

**XCEL VAULT TABLE**

	<b>VAULTS</b>	<b>GOLD</b>	<b>PLATINUM</b>	<b>DIAMOND</b>
1.101	Handspring	<b>10.0</b>	<b>9.7</b>	<b>9.4</b>
1.102	Handspring → ½ twist off	<b>10.0</b>	<b>9.9</b>	<b>9.6</b>
1.201	Handspring → 1/1 twist off	<b>10.0</b>	<b>10.0</b>	<b>10.0</b>
1.202	Handspring → 1½ twist off			<b>10.0</b>
1.301	Handspring → 2/1 twist off			<b>10.0</b>
1.103	Yamashita	<b>10.0</b>	<b>9.7</b>	<b>9.4</b>
1.104	Yamashita → ½ twist off	<b>10.0</b>	<b>10.0</b>	<b>9.6</b>
1.203	Yamashita → 1/1 twist off	<b>10.0</b>	<b>10.0</b>	<b>10.0</b>
1.106	¼ twist on → Repulsion off ( <i>facing table</i> )	<b>10.0</b>	<b>9.7</b>	<b>9.4</b>
	½ twist on → Repulsion off ( <i>facing table</i> )			
1.109	¼ twist on → ¼ twist off ( <i>facing away from table</i> )	<b>10.0</b>	<b>9.7</b>	<b>9.4</b>
1.105	¼ twist on → ¾ twist off	<b>10.0</b>	<b>9.9</b>	<b>9.6</b>
	½ twist on → ½ twist off			
1.206	¼ twist on → 1¼ twist off	<b>10.0</b>	<b>10.0</b>	<b>9.9</b>
	½ twist on → 1/1 twist off			
1.205	¼ twist on → 1¾ twist off			<b>10.0</b>
	½ twist on → 1½ twist off			
1.306	¼ twist on → 2¼ twist off			<b>10.0</b>
	½ twist on → 2/1 twist off			
3.201	Tsukahara → Back Tuck			<b>10.0</b>
3.303	Tsukahara → Back Pike			<b>10.0</b>
3.304	Tsukahara → Back Layout			<b>10.0</b>
1.207	1/1 twist on → Handspring or Yamashita off	<b>10.0</b>	<b>10.0</b>	<b>10.0</b>
1.208	1/1 twist on → ½ twist off	<b>10.0</b>	<b>10.0</b>	<b>10.0</b>
4.101	RO-FF on → Repulsion off ( <i>flight to feet</i> )		<b>9.7</b>	<b>9.4</b>
4.102	RO-FF on → Repulsion ½ off		<b>9.7</b>	<b>9.6</b>
4.201	RO-FF on → 1/1 twist off			<b>10.0</b>
4.202	RO-FF on → 1½ twist off ( <i>Allen</i> )			<b>10.0</b>
4.203	RO-FF on → Back Tuck			<b>10.0</b>
4.304	RO-FF on → Back Pike			<b>10.0</b>
4.305	RO-FF on → Back Layout			<b>10.0</b>
5.101	RO-FF ½ on → Handspring			<b>9.6</b>
5.102	RO-FF ½ on → ½ twist off			<b>9.8</b>
5.201	RO-FF ½ on → 1/1 twist off			<b>10.0</b>
5.202	RO-FF ½ on → 1½ twist off			<b>10.0</b>
5.312	RO-FF ½ on → 2/1 twist off			<b>10.0</b>



## XCEL UNEVEN BARS

UB	Bronze	Silver	Gold	Platinum	Diamond
<b>Warm-up:</b>	30 seconds	45 seconds	1:00 minute	1:30 minutes	2:00 minutes
Deduct - 0.5 from SV for each restricted skill performed			— Courtesy score = 4.0		
<b>Difficulty Restrictions</b>	No 'B' or higher VP No Skills on HB No Salto Dismounts No LB Giants	No 'B' or higher VP No Giants (LB or HB) No Salto Dismounts	No 'C' or higher VP No Giants (LB or HB) No release move with bar change	No 'C' or higher VP except: Clear Hip HS = OK Stalder Bwd to HS = OK Pike sole cir bwd to HS = OK	No 'E' VP 1 'D' element allowed No Bonus
Skill preceded by a cast = both receive VP credit — DO NOT use DP cast angle deductions!					
<u>Exceptions:</u> Cast-Squat/Stoop/Straddle on w/wo jump to HB / Cast Shoot-thru = one (1) 'A' VP for all divisions — Cast off DMT = one (1) 'A' VP for Bronze					
<b>VP Clarifications</b>		Long hang pullover from a long swing = 360° circle	Long hang pullover from a long swing = 360° circle	Long hang pullover from a cast = 360° circle	Long hang pullover from a cast = 360° circle
	Cast squat-on to Jump-off DMT are 2 "A" Skills	Cast squat-on to Jump-off DMT are 2 "A" Skills		<b>One</b> tap/underswing-counterswing allowed = "A" with no extra swing deduction	<b>Any</b> Tap/underswing-counterswings receive a - 0.3 extra swing deduction
	No extra swing deduction	No extra swing deduction	No extra swing deduction	Extra swing deductions apply	Extra swing deductions apply
<b>Value Parts</b> Subtract from SV for each missing VP	<b>Bronze</b> 4 A (0.1 each)	<b>Silver</b> 5 A (0.1 each)	<b>Gold</b> 6 A (0.1 each)	<b>Platinum</b> 6 A (0.1 each) 1 B (0.3 each)	<b>Diamond</b> 5 A (0.1 each) 2 B (0.3 each)
VP & SR credit given for casts finishing within 10° of requirement. Deduct up to 0.1 for amplitude deficiency.					
<b>Special Requirements</b>  Deduct -0.5 from SV for each missing SR	<b>1. Mount LB</b>	<b>1. Mount</b>	<b>1. Skill that finishes in clear support</b> - Min. horizontal (10°) - Not Mt/Dmt	<b>1. Skill that finishes in clear support</b> - Above horizontal (10°) - Not Mt/Dmt	<b>1. Skill that finishes in clear support</b> - Min 45° from vertical (10°) - Not Mt/Dmt
	<b>2. Cast</b> - Hips must leave bar - Not Mt/Dmt	<b>2. Cast</b> - Min 45° below Horz. - Not Mt/Dmt	<b>2. 360° Circling Skill</b> - Not Mt/Dmt	<b>2. 360° Circling Skill</b> - Not Mt/Dmt	<b>2. 360° Circling Skill - 'B'</b> - Minimum 'B' - Not Mt/Dmt
	<b>3. 360° Circling Skill</b> - Not Mt/Dmt	<b>3. 360° Circling Skill</b> - Not Mt/Dmt	<b>3. 2<sup>nd</sup> 360° Circling Skill</b> - Not Mt/Dmt - same or diff	<b>3. Kip</b>	<b>1. Minimum 'B' skill</b> - Release, Turn, or 2nd 360° Circle (same or diff)
	<b>4. Dismount - LB</b> - No saltos	<b>4. Dismount - HB or LB</b> - No saltos	<b>4. HB Dismount</b>	<b>4. HB Dismount</b>	<b>4. HB Dismount</b> - Salto / Hecht / or any B dismount
UB	Bronze	Silver	Gold	Platinum	Diamond

## XCEL UNEVEN BARS

### UNEVEN BARS - Additional 'A' Value Part Chart

UB	Bronze	Silver	Gold	Platinum	Diamond
<b>'A' MOUNTS</b>	<ul style="list-style-type: none"> <li>• Pullover LB - 1 or 2 feet or run</li> <li>• Jump to front support</li> <li>• Glide swing to stand</li> <li>• Run-out glide kip</li> <li>• Single leg Jam kip - From glide or run</li> </ul>	<ul style="list-style-type: none"> <li>• Pullover LB or HB - 1 or 2 feet or run</li> <li>• Jump to squat on</li> <li>• Glide swing to stand</li> <li>• Run-out glide kip</li> <li>• Single leg Jam kip - From glide or run</li> </ul>	<ul style="list-style-type: none"> <li>• Pullover LB or HB - 1 or 2 feet or run</li> <li>• Jump to squat on</li> <li>• Glide swing to stand</li> <li>• Run-out glide kip</li> <li>• Single leg Jam kip - From glide or run</li> </ul>	<ul style="list-style-type: none"> <li>• Jump to squat on</li> </ul>	<ul style="list-style-type: none"> <li>• Jump to squat on</li> </ul>
<b>'A' CASTS</b>	<ul style="list-style-type: none"> <li>• Cast - Hips must leave the bars</li> </ul>	<ul style="list-style-type: none"> <li>• Cast - <math>\geq 45^\circ</math> below horizontal - SR/VP credit if within <math>10^\circ</math></li> </ul>	<ul style="list-style-type: none"> <li>• Cast - Min horizontal - SR/VP credit if within <math>10^\circ</math></li> </ul>	<ul style="list-style-type: none"> <li>• Cast - <math>89^\circ - 21^\circ</math> from vertical - SR/VP credit if within <math>10^\circ</math></li> </ul>	<ul style="list-style-type: none"> <li>• Cast - <math>45^\circ - 21^\circ</math> from vertical - SR/VP credit if within <math>10^\circ</math></li> </ul>
<b>'A' CIRCLES</b>	<ul style="list-style-type: none"> <li>• Stride Circle Fwd</li> <li>• Stride Circle Bwd</li> </ul>	<ul style="list-style-type: none"> <li>• Stride Circle Fwd</li> <li>• Stride Circle Bwd</li> <li>• Long hang pullover - From long swing = <math>360^\circ</math> circle</li> </ul>	<ul style="list-style-type: none"> <li>• Stride Circle Fwd</li> <li>• Stride Circle Bwd</li> <li>• Long hang pullover - From long swing = <math>360^\circ</math> circle</li> </ul>	<ul style="list-style-type: none"> <li>• Long hang pullover - From cast = <math>360^\circ</math> circle</li> </ul>	<ul style="list-style-type: none"> <li>• Long hang pullover - From cast = <math>360^\circ</math> circle</li> </ul>
<b>'A' SWINGS &amp; OTHER SKILLS</b>	<ul style="list-style-type: none"> <li>• Basket Swing - 1 leg - Bent knee OK</li> <li>• Cast shoot-through</li> <li>• Single leg cut Fwd/Bwd</li> <li>• Single leg swing Fwd/Bwd</li> </ul>	<ul style="list-style-type: none"> <li>• Tap/Under Swing - Counterswing</li> <li>• Basket Swing - 1 leg - Bent knee OK</li> <li>• Cast shoot-through</li> <li>• Single leg cut Fwd/Bwd</li> <li>• Single leg swing Fwd/Bwd</li> </ul>	<ul style="list-style-type: none"> <li>• Tap/Under Swing - Counterswing</li> <li>• Basket Swing - 1 leg - Bent knee OK</li> <li>• Cast shoot-through</li> <li>• Single leg cut Fwd/Bwd</li> </ul>	<ul style="list-style-type: none"> <li>• Tap/Under Swing - Counterswing - Only one (1) allowed</li> </ul>	
<b>'A' DISMOUNTS</b>	<ul style="list-style-type: none"> <li>• Cast-off to Stand <sup>1 VP</sup> - Release bar before landing - No cast VP / No cast SR</li> <li>• <math>\frac{3}{4}</math> Fwd Circle to stand</li> <li>• Stretch Jump Off - Forward to stand - From squat, straddle or stoop on LB</li> </ul>	<ul style="list-style-type: none"> <li>• Tap Swing fwd <math>\frac{1}{2}</math> turn</li> <li>• <math>\frac{3}{4}</math> Bwd Seat Circle - Pike or Straddle from LB</li> <li>• Stretch Jump Off - Forward to stand - From squat, straddle or stoop on LB</li> </ul>	<ul style="list-style-type: none"> <li>• Tap Swing fwd <math>\frac{1}{2}</math> turn</li> </ul>		
<b>UB</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Platinum</b>	<b>Diamond</b>

### XCEL BALANCE BEAM

BB	Bronze	Silver	Gold	Platinum	Diamond
<b>Warm-up:</b>	30 seconds warm-up	45 seconds warm-up	1:00 minute warm-up	1:30 minutes warm-up	2:00 minutes warm-up
<b>Time Limit:</b>	45 seconds	50 seconds	1:00 minute	1:15 minutes	1:15 minutes
Deduct - 0.5 from SV for each restricted skill performed			— Courtesy score = 4.0		
<b>Difficulty Restrictions</b>	No 'B' or higher VP No Walkovers No Salto /Aerial Dmts	No 'B' Acro VP No 'C' or higher VP	No 'C' or higher VP	No 'C' Acro VP No 'D' or higher VP	No 'E' VP 1 'D' element allowed No Bonus
All unlisted Mounts are 'A' VP — Acro must start and finish on BB — Handstands are considered the same skill, no 2 sec hold <i>(regardless of angle achieved)</i>					
<b>VP Clarifications</b>	Cross split jump = A Cross straddle jump = A Split leap = A <i>(any split angle)</i>	'B' Dance allowed <u>90° split</u> Leaps/jumps 70-134° = A Leaps/jumps ≥135° = VP	<u>120° split</u> Leaps/jumps 100-134° = A Leaps/jumps ≥135° = VP	'C' Dance allowed <u>120° split</u> Leaps/jumps 100-134° = A Leaps/jumps ≥135° = VP	1 'D' element allowed <u>150° split</u> Leaps/jumps 130-134° = A Leaps/jumps ≥135° = VP
<b>Value Parts</b> Subtract from SV for each missing VP	<b>Bronze</b> 4 A (0.1 each)	<b>Silver</b> 5 A (0.1 each)	<b>Gold</b> 6 A (0.1 each)	<b>Platinum</b> 6 A (0.1 each) 1 B (0.3 each)	<b>Diamond</b> 5 A (0.1 each) 2 B (0.3 each)
SR credit awarded for cross/side leaps/jumps within 20° of specified split. Deduct ↑0.2 for insufficient split					
<b>Special Requirements</b>  Deduct -0.5 from SV for each missing SR	<b>1. Min ½ (180°) turn</b> - on 1 or 2 feet	<b>1. Min ½ (180°) turn</b> - on 1 foot	<b>1. Min 1/1 (360°) turn</b> - on 1 foot	<b>1. Min 1/1 (360°) turn</b> - on 1 foot	<b>1. Min 1/1 (360°) turn</b> - on 1 foot
	<b>2. One Jump / Leap</b> - Not Mt/Dmt	<b>2. One Jump / Leap</b> - <b>90° split cross/side</b> - Not Mt/Dmt	<b>2. Two Jumps / Leaps</b> - Grp 2 -must be different - One = <b>120° split cross/side</b> - Isolated or in series	<b>2. Dance Series 2 VP</b> - Group 1*,2,3* same or diff *Dance mounts & 1-foot turns <b>AND 1 Leap/Jump</b> - <b>120° split cross/side</b> - Isolated or in series	<b>2. Dance Series 2 VP</b> - Group 1*,2,3* same or diff *Dance mounts & 1-foot turns <b>AND 1 Leap/Jump</b> - <b>150° split cross/side</b> - Isolated or in series
	<b>3. One Acro Skill</b> - Non-flight - Must start & finish on beam	<b>3. One Acro Skill</b> - Non-flight - Must start & finish on beam	<b>3. Two Acro Skills</b> - With or without flight - 1 achieves/passes thru inverted vertical - Isolated or in series - Must start & finish on beam	<b>3. One Acro Series</b> - With or without flight - 1 achieves/passes thru vertical - Must start & finish on beam <b>OR 1 Acro Flight Skill</b> - Isolated or in series - Must start & finish on beam	<b>3. One Acro Series</b> - With or without flight - 1 achieves/passes thru vertical - Not Mt / Dmt <b>AND 1 Acro Flight Skill</b> - Isolated or in series - Must start & finish on beam
	<b>4. Dismount</b> - No aerials or saltos	<b>4. Dismount</b>	<b>4. Dismount</b>	<b>4. Dismount</b>	<b>4. Dismount</b> - Aerial or Salto
<b>BB</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Platinum</b>	<b>Diamond</b>

**XCEL BALANCE BEAM**

**BALANCE BEAM - Additional 'A' Value Part Chart**

BB	Bronze	Silver	Gold	Platinum	Diamond
'A' LEAPS & JUMPS	<ul style="list-style-type: none"> <li>• <b>Stag / Stride Leap</b> - Any split angle</li> <li>• <b>Cross split jump</b> - Any split angle</li> <li>• <b>Cross straddle jump</b> - Any split angle</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Stag / Stride Leap 90°</b></li> <li>• <b>Cross split jump 90°</b></li> <li>• <b>Cross straddle jump 90°</b></li> </ul> <p align="center">Credit up to 20° deficiency</p>	<ul style="list-style-type: none"> <li>• <b>Leaps / Jumps 120°</b> - Cross or side split</li> </ul> <p align="center">Credit up to 20° deficiency</p>	<ul style="list-style-type: none"> <li>• <b>Leaps / Jumps 120°</b> - Cross or side split</li> </ul> <p align="center">Credit up to 20° deficiency</p>	<ul style="list-style-type: none"> <li>• <b>Split of 130 - 134°</b></li> </ul>
'A' ½ TURNS	<ul style="list-style-type: none"> <li>• <b>Pivot Turn - 180°</b></li> <li>• <b>Squat ½ Turn - 180°</b></li> <li>• <b>1-Foot ½ Turn - 180°</b></li> <li>• <b>Heel snap ½ turn - 180°</b></li> <li>• <b>Swing Turn Fwd - 180°</b></li> <li>• <b>Swing Turn Bwd - 180°</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>1-Foot ½ Turn - 180°</b></li> <li>• <b>Heel snap ½ turn - 180°</b></li> <li>• <b>Swing Turn Fwd - 180°</b></li> <li>• <b>Swing Turn Bwd - 180°</b></li> </ul>			
'A' ACRO	<ul style="list-style-type: none"> <li>• <b>Partial Handstand</b> - <b>One leg</b> reaches min of <b>45°</b> of vertical while both feet are off beam</li> <li>• <b>Vertical Handstand</b> - Cross or side - No hold - Any leg position</li> <li>• <b>Bridge from Lying on BB</b> - Push up &amp; hold 1 sec.</li> <li>• <b>Lever to touch Beam</b> - No angle required</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Partial Handstand</b> - Feet <b>MUST</b> close together at min. <b>45°</b> of vertical - Both must be simultaneous</li> <li>• <b>Vertical Handstand</b> - Cross or side - No hold - Any leg position</li> <li>• <b>Bridge from Lying on BB</b> - Push up &amp; hold 1 sec.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Partial Handstand</b> - Feet <b>MUST</b> close together at min. <b>45°</b> of vertical - Both must be simultaneous</li> <li>• <b>Vertical Handstand</b> - Cross or side - No hold - Any leg position</li> </ul>		
'A' DISMOUNTS	<ul style="list-style-type: none"> <li>• <b>Cartwheel to Partial HS</b> - Any entry / No hold - <b>45°</b> of vertical - Land facing Beam</li> <li>• <b>Cartwheel to HS ¼ turn</b> - Any entry / Mark HS</li> <li>• <b>Any Jump from feet</b> - also up to 360° turn</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Cartwheel to Partial HS</b> - Any entry / No hold - <b>45°</b> of vertical - Land facing Beam</li> <li>• <b>Cartwheel to HS ¼ turn</b> - Any entry / Mark HS</li> <li>• <b>Any Jump from feet</b> - also up to 360° turn</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Cartwheel to HS ¼ turn</b> - Any entry / Mark HS</li> </ul>		
BB	Bronze	Silver	Gold	Platinum	Diamond

Leaps/Jumps with ≥ 135° will receive Xcel CoP listed Value Part

### XCEL FLOOR EXERCISE

FX	Bronze	Silver	Gold	Platinum	Diamond
<i>Warm-up time based on # of gymnast in largest squad</i>					
<b>Warm-up:</b>	30 seconds warm-up	45 seconds warm-up	1:00 minute warm-up	1:30 minutes warm-up	2:00 minutes warm-up
<b>Time Limit:</b>	45 seconds	1:00 minute	1:00 minute	1:30 minutes	1:30 minutes
Deduct - 0.5 from SV for each restricted skill performed — Courtesy score = 4.0					
<b>Difficulty Restrictions</b>	No 'B' or higher VP No Saltos / Aerials Max 2 Acro flight skills <i>per routine</i>	No 'B' Acro VP No 'C' or higher VP Maximum 1 Salto/Aerial <i>per routine</i>	No 'B' Twisting Saltos No 'C' or higher VP	No 'C' Acro VP No 'D' or higher VP	No 'E' VP 1 'D' element maximum No Bonus
Acro hand support flight skills VP are SR eligible regardless of the number of times performed - Acro Pass must be different					
<b>VP Clarifications</b>	<u>60° split</u> Straddle/side 40°-180° = A Split/stride 40°-180° = A	<u>90° split</u> Leaps/jumps 70-134° = A Leaps/jumps ≥135° = VP	<u>120° split</u> Leaps/jumps 100-134° = A Leaps/jumps ≥135° = VP	<u>150° split</u> Leaps/jumps 130-134° = A Leaps/jumps ≥135° = VP	<u>150° split</u> Leaps/jumps 130-134° = A Leaps/jumps ≥135° = VP
	RO-Rebound-Back Roll is acro pass connection	RO-Rebound-Back Roll is acro pass connection	Front Pike & Layout OK		
<b>Value Parts</b> Subtract from SV for each missing VP	<b>Bronze</b> 4 A (0.1 each)	<b>Silver</b> 5 A (0.1 each)	<b>Gold</b> 6 A (0.1 each)	<b>Platinum</b> 6 A (0.1 each) 1 B (0.3 each)	<b>Diamond</b> 5 A (0.1 each) 2 B (0.3 each)
Dive Roll does NOT fulfill acro flight! — SR credit awarded for cross/side leaps/jumps within 20° of specified split. Deduct ↑0.2 for insufficient split					
SR #1 and SR #2 cannot be combined for Bronze, Silver, Gold, and Platinum					
<b>Special Requirements</b>	<b>1. Acro Pass - 2 VP</b> - 2 directly connected acro - with or without flight	<b>1. Acro Pass - 2 VP</b> - 2 directly connected acro - One with flight	<b>1. Acro Flight Pass</b> - 2 directly connected acro - Both with flight	<b>1. Acro Flight Pass</b> - 2 directly connected w flight - one an 'A/B' Salto	<b>1. Two Acro Flight Passes</b> - 2 separate acro passes - Min 2 acro flight skills each pass - directly connected flight skills
	<b>2. 2<sup>nd</sup> Acro Pass</b> - Min of 1 Acro Skill - with or without flight	<b>2. 2<sup>nd</sup> Acro Pass</b> - Min of 2 Acro skills - with or without flight <b>OR 1 Acro flight skill</b>	<b>2. 2<sup>nd</sup> Acro Flight Pass</b> - 2 directly connected - Both with flight <b>OR 1 Salto or Aerial</b>	<b>2. 2<sup>nd</sup> Acro Flight Pass</b> - 2 directly connected - Both with flight <b>OR 1 'B' Salto</b>	<b>2. Two Different Saltos</b> - One must be 'B' Salto - Isolated or in series - May be combined with SR#1
	<b>3. Dance Passage</b> - 2 different Group 1 VP - <b>60°</b> split cross/side leap - direct or indirect	<b>3. Dance Passage</b> - 2 different Group 1 VP - <b>90°</b> split cross/side leap - direct or indirect	<b>3. Dance Passage</b> - 2 different Group 1 VP - <b>120°</b> split cross/side leap - direct or indirect	<b>3. Dance Passage</b> - 2 different Group 1 VP - <b>150°</b> split cross/side leap - direct or indirect	<b>3. Dance Passage</b> - 2 different Group 1 VP - <b>150°</b> split cross/side leap - direct or indirect
	<b>4. Min ½ (180°) turn</b> - on 1 foot	<b>4. Min 1/1 (360°) turn</b> - on 1 foot	<b>4. Min 1/1 (360°) turn</b> - on 1 foot	<b>4. Min 1/1 (360°) turn</b> - on 1 foot	<b>4. Min 'B' turn</b> - on 1 foot
<b>FX</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Platinum</b>	<b>Diamond</b>

## XCEL FLOOR EXERCISE

### FLOOR EXERCISE - Additional 'A' Value Part Chart

FX	Bronze	Silver	Gold	Platinum	Diamond
<b>'A' LEAPS &amp; JUMPS</b>	<ul style="list-style-type: none"> <li>• Split Jump 60°</li> <li>• Stride Leap 60°</li> <li>• Side Leap 60°- 180°+</li> <li>• Straddle Jump 60°- 180°+</li> <li>• Credit up to 20° deficiency</li> <li>• Leg Swing Hop <i>- Free leg horizontal (within 20°)</i></li> </ul>	<ul style="list-style-type: none"> <li>• Split Jump 90°</li> <li>• Stride Leap 90°</li> <li>• Side Leap 90°- 180°+</li> <li>• Straddle Jump 90°- 180°+</li> <li>• Credit up to 20° deficiency</li> <li>• Leg Swing Hop <i>- Free leg horizontal (within 20°)</i></li> </ul>	<ul style="list-style-type: none"> <li>• Split Jump 120°</li> <li>• Stride Leap 120°</li> <li>• Side Leap 120°</li> <li>• Straddle Jump 120°</li> <li>• Switch Leap 120°</li> <li>• Credit up to 20° deficiency</li> <li>• Leg Swing Hop <i>- Free leg horizontal (within 20°)</i></li> </ul>	<ul style="list-style-type: none"> <li>• Leaps / Jumps / Hops <i>- 130 -134° Split</i> <i>- Cross or side split</i></li> </ul> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;">                     Leaps/Jumps with ≥ 135° will receive Xcel CoP listed Value Part                 </div>	<ul style="list-style-type: none"> <li>• Leaps / Jumps / Hops <i>- 130 -134° Split</i> <i>- Cross or side split</i></li> </ul>
<b>'A' ½ TURNS</b>	<ul style="list-style-type: none"> <li>• 1-Foot ½ Turn - 180° <i>- Any leg position</i></li> <li>• Swing Turn Fwd - 180°</li> <li>• Swing Turn Bwd - 180°</li> </ul>				
<b>'A' ACRO</b>	<ul style="list-style-type: none"> <li>• Partial Handstand <i>- 45° of vertical</i> <i>- Legs together</i></li> <li>• Vertical Handstand <i>- Legs together / stag / split</i></li> <li>• Headstand</li> <li>• Bridge Kick-over <i>- From Stand or Lying</i></li> </ul>	<ul style="list-style-type: none"> <li>• Vertical Handstand <i>- Mark Handstand</i></li> <li>• Headstand</li> <li>• Bridge Kick-over <i>- From Stand or Lying</i></li> </ul>	<ul style="list-style-type: none"> <li>• Vertical Handstand <i>- Mark Handstand</i></li> <li>• Headstand</li> <li>• Bridge Kick-over <i>- From Stand or Lying</i></li> </ul>		
<b>ACRO SERIES</b>	<ul style="list-style-type: none"> <li>• RO-Rebound-Back Roll <i>- Acceptable Acro Series</i> <i>- Only these skills!</i> <i>- Roll end position optional</i></li> </ul>	<ul style="list-style-type: none"> <li>• RO-Rebound-Back Roll <i>- Acceptable Acro Series</i> <i>- Only these skills!</i> <i>- Roll end position optional</i></li> </ul>			
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