Level 1 and Xcel Bronze VT 1
Stretch jump; Handstand to flat back SV= L1 10.0 / XB1 9.0 SV

STRETCH JUMP SV = L1 5.0 / XB1 4.5

Run L1 only :
horiz sp ^ 0.3
exc lean ^ 0.3

Height ^0.5
Arm/head align ^ 0.3
Body: ^ 0.3 arch
^ 0.5 pk
^0.5 tuck
Leg split ^ 0.2
feet ^ 0.1

Add'l jumps 0.3 ea

Dynamics ^0.3

KICK TO HANDSTAND, FLAT BACK SV = L1 5.0 / XB1 4.5
(gymnast may step back on board to kick to hdst on board or mat stack)

In support:
Arms ^ 0.5
Shoulder angle ^ 0.3
Body ^ 0.3 arch
^ 0.5 pk
Legs ^ 0.3
Leg split ^ 0.2
feet ^ 0.1
Add'l hand steps -- 0.1 each, max 0.3
Fail to show inverted vertical pos. (roll) – 2.0
Fail to contact mat w/ both hands - 0.1 ea

Arms by ears ^0.2
Extra kick up 0.5 ea

Mat: min 16"max 48"
May use alternate springboard

Jump Landing --
Failure to land in demi-plie w control, proper body ^0.5
Land not bottom of feet first = VOID (5.0 or 4.5)
Fall after landing on feet 0.5
Coach spot on straight jump = L1 2.0/ XB 1.0
XB1 only: feet land max hip width and not close 0.05
feet land wider than hip width, not close 0.1
entire foot/feet slide or lift off floor to join ^0.1
staggered feet ^0.1

Landing- while on her back
finish on straight lying position ^ 1.0
- 0.5 arched position on mat, bent legs
- 0.5 lands sitting, salutes, leaves
- 1.0 lands on feet, salutes, leaves
May take execution while falling to back if lands as above but lays down to finish

XB- NO Penalty for sliding off the end of the mat stack.

*Remember Xcel courtesy score = 4.0 when you void half of vault

BALK= running approach that does NOT come to rest/support on top of mat stack. Balk 2&3=VOID

All levels: 45 sec fall time starts once gymnast on her feet…if exceeds time, no 2nd vault attempt allowed

Level 2 and Xcel Bronze VT 2
Jump to hdst, fall to flat back

Range (avg decides)	
9.5 - 10.0	0.2
9.0 - 9.475	0.5
8.0 - 8.975	0.7
below 8.0	1.0

45
^.5
^ 1.0

angle=body when hands hit mat, **past** the vertical

Run L2 only :
insuf accel ^ 0.3
horiz speed ^ 0.3
excess lean ^ 0.3

Flight:
head ^ 0.1
B ^ 0.3 arch
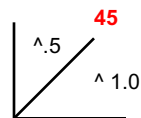^ 0.5 pk
L ^ 0.3
LS ^ 0.2
ft ^ 0.1

Add'l jumps 0.3 ea

In support:
shoulders ^ 0.3
arms ^0.5 /
Head on stack - 2.0 (includes arm bend)
step 0.1 ea max 0.3
angle ^ 1.0

head ^ 0.1
B ^ 0.3 arch
^ 0.5 pk
L ^ 0.3
LS ^ 0.2
ft ^ 0.1

Post hdst, while falling to back
head ^ 0.1
Body ^ 0.3 arch
^ 0.5 pike
Legs ^ 0.3
Leg split ^ 0.2
feet ^ 0.1

Mat: minumim 16"
max height 48"
L2 - tape line 32" from front edge of mat

Direction ^0.3
Dynamics ^0.3

failure to show inverted vertical pos. (roll) = ^ 2.0
failure to contact mat with both hands = 3.0
incorrect vault = VOID *(never achieves vertical and returns to the board or rest/support on top of mat stack on body parts other than the back)*
Coach may stand between board and mat, and lean on mat – no deduction
Vault w/o signal of CJ = 0.5 off repeated vault (CJ)
Xcel - Marking the mat stack is allowed
XB 1:
aid of coach, any phase = 1.0
landing 0.5….max spot ded = 1.5
L2 :
aid of coach before hand support = VOID
after hand support = 2.0 landing 0.5

Landing- while on her back
finish on straight lying position ^ 1.0
- 0.5 arched position on mat, bent legs
- 0.5 lands sitting, salutes, leaves
- 1.0 lands on feet, salutes, leaves

XB- NO Penalty for sliding off the end of the mat stack.

L2 only:
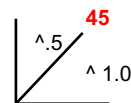Both hands land beyond tape line -0.5
Staggered hands one in/one out zone -0.2

J. Doucette 8/23

Level 3 and Xcel Silver Vaulting

XS Option 1: handspring over mat stack
XS Option 2: ¼ - ½ onto mat stack, repulsion off

shoulder angle ^0.2
arms bent ^0.5 (except Opt 2 lead arm)
head touch 2.0 (includes arms ded.)
neutral head ^0.1
Body piked ^0.5
    arched ^0.3
step/hop hands ea 0.1 max 0.3
staggered/alt hand ^0.1
alt repulsion ^0.2

L3, XS Opt 1

L3 only in support:
Legs separated ^0.2
Legs bent ^0.3
Foot form ^0.1
Angle past vert ^1.0

45
^.5
^ 1.0

L3: angle=body when hands hit mat, **past** the vertical

Failure to pass thru vert (Opt 2) ^0.3

neutral head	^ 0.1
legs crossed	^ 0.1
legs separation	^ 0.2
legs bent	^ 0.3
foot form	^ 0.1
Body piked	^ 0.5
arched	^ 0.3

NO Height or Length

neutral head	^ 0.1
legs crossed	^ 0.1
legs separation	^ 0.2
legs bent	^ 0.3
foot form	^ 0.1
Body piked	^ 0.5
arched	^ 0.3
Incomplete twist (opt 2) ^0.3	

too long support L3 ^ 0.5
                  XS ^ 0.3

XS Opt 2: failure to land facing mat stack ^0.3

Mat stack – XS min 24 in/ L3 min 32 in; max 48 in height,
At end of mat stack, min 4" tall, 6' x 12 landing mat

Direction ^0.3
(at initial contact of mat)
Dynamics ^0.3
(speed, power)

Landing
steps each up to 0.2 -> max 0.4
  (entire foot/feet slide or lift off floor to join = sm step)
feet land max hip width and not close 0.05
feet land wider than hip width, not close 0.1
staggered feet, small hop, adjust ^0.1
trunk movements ^0.2
arm swings to maintain balance ^0.1
body posture (when feet land) ^0.2
squat (hips lower than knees) ^0.3 -> then falls +0.5
brush/touch floor (no support) ^0.3
brush/hit body on mat stack ^0.2
falls/support with hand(s) 0.5
falls against mat stack 0.5
Failure to land feet first = 2.0 (includes fall)
Land standing/sitting/lying on mat stack **after** passing
    through vertical (handstand) = -2.0 + 0.5 fall

One hand on mat stack (at least ½ panel) --1.0 CJ
No contact of hands on mat stack = VOID
VOID = Incorrect vault (squat, etc)
    =runs on board and steps on mat stack or rests/support on
    mat stack w/other body parts
    =never achieve vertical and returns to board/mat stack
Coach aid landing --0.5 (if also fall, additional -0.5)
Coach aiding vault L3 = 2.0
                    XS =1.0 each phase, w/ max spot ded 1.5
Coach standing between board and mat stack, and
    leaning/bearing weight on mat stack = NO DEDUCTION
vault w/o judge's prior signal – take 0.5 off repeated vault (CJ)
Not performing allowable choice of vault = VOID
Use of alternate springboard = allowed
Incorrect tape/excessive chalk on mat or runway - 0.2 CJ
  (mark allowed on mat stack)

Balk = run approach that does NOT come to a rest or
support on top of the mat stack.   2nd /3rd balk = VOID
-- allowed 3 approaches to perform 1 OR 2 vaults

Timed warmup – amount determined by
    largest squad in meet.
Timing not includes run back/drills/run past
    table on runway.
Start time: a mount onto mat stack for jump
    or with run/touch springboard.
No blocked time.
Next competitor can run/jump on runway -
    but not touch equipment and NOT in
    front of judges

Touch warm-up = #vaults guaranteed:
    XB =1; XS-P, L1-5 =2
Allow ONE stand on mat stack to jump off
    per gymnast before time starts, ONE
    run back after present.

Quick symbols
sh
arm
h
B
step
stag
alt
V
sup

L
LS
ft

L
LS
LCr
h
ft
B
tw

L
LS
LCr
h
ft
B

Dir
Dy

La - step
BP

All levels: 45 sec fall time starts once
gymnast on her feet, ends at salute
for next vault…if exceeds time, no
2nd vault attempt allowed

Range -- Avg	
9.5 - 10.0	0.2
9.0 - 9.475	0.5
8.0 - 8.975	0.7
below 8.0	1.0

J. Doucette 9/23

^.25 Xcel **45**

^.5

.55-1.0

.3-.5 Xcel
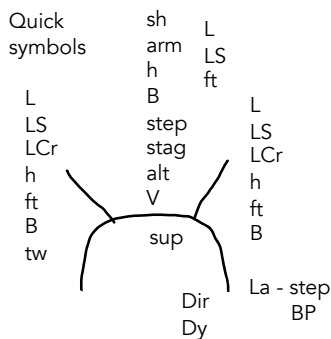
Except Gp 3 Tsuk or Gp 5 full on- salto off

bent legs (early tuck salto vaults) ^0.3
shoulder angle ^0.2
arms bent ^0.5 (except Tsuk lead arm)
head touch 2.0 (includes arms)
Excessive arch ^0.2
step/hop hands ea 0.1, max 0.3 (hop)
early twist (on table) ^0.3
not achieve vertical ^0.3

staggered/alt hand) ^0.1
alt repulsion ^0.2

Height ^0.5
Length ^0.3
----
legs crossed ^0.1
legs separation ^0.2
legs bent ^0.3
foot form ^0.1
----
body shape –
insuf Tuck, Pike ^0.3
stretch – (arch or pike) ^ 0.3
pike down of stretched ^ 0.3
lack of opening ^0.25 absence 0.3
    (stretch prior to landing, saltos only)
----

angle = hands to body part furthest past the vertical when leaving the table
L8-10 ^1.0
XG, XP, XD ^0.5

incomplete twist ^0.3
  (1/1+ or -1/4)
Arched (excessive) ^0.2
Piked   ^0.3
legs crossed   ^0.1
legs separation   ^0.2
legs bent   ^0.3
foot form   ^0.1

non-salto: too long support ^ 0.5
     ang of repulsion (L8-10) ^ 1.0
              (Xcel ^ 0.5)

Twists -
exact twist ^0.1 (crisp)
complete twist late ^0.3 (on mat)
    (Gps 1, 4&5 w/o salto)
incomplete turn ^0.3
----
under rotate salto up to 0.1

10 - vault value

+ bonus

Direction ^0.3
Dynamics ^0.3

One hand on table (at least ½ panel see) - -1.0 CJ
No contact of hands on table = VOID
Land standing/sitting/lying on table = VOID
Coach between board and table -0.5 (except RO vaults)
        >> XG, XP, XD = NO deduction
Coach aid landing -0.5 >> if also fall, additional -0.5
Coach catching falling gymnast = fall -0.5 ONLY
Coach aiding vault = VOID >> *XG, XP, XD = -1.0*
L8 only: coach spot **post** flight = -1.0 (salto vaults only)
Perform vault w/o judge prior signal – take 0.5 off repeated vault (CJ)
Either vault not on appropriate chart (restricted) = VOID
Unauthorized matting, unauthorized spring config = 0.3 CJ
No safety zone for RO & Hdspr-onto-bd vaults = VOID
Use of alternate springboard = VOID **XG = 9.5 SV**
Incorrect tape/excessive chalk on table or runway = 0.2 CJ

Landing
steps each up to 0.2 -> max 0.4
   (entire foot/feet slide or lift off floor to join = sm step)
feet land max hip width and not close 0.05
feet land *wider* than hip width, not close 0.1
staggered feet, small hop, adjust ^0.1
add'l trunk movements to maintain balance ^0.2
arm swings to maintain balance ^0.1
body posture (upon landing) ^0.2
squat (hips lower than knees) ^0.3 -> then falls +0.5
brush/hit body on far end of table ^0.2
brush/touch floor ^0.3 (no support)
falls against table   0.5
falls to hand(s)/knee(s)/hips on floor 0.5
failure to land feet first = VOID

All levels: 45 sec fall time starts once gymnast on her feet (after injury assessment), ends at salute for 2nd vault

Balk = run approach that does NOT come to a rest or support on top of the table.   2nd /3rd balk = VOID
-- allowed 3 approaches to perform 1 OR 2 vaults

Range -- Avg	
9.5 - 10.0	0.2
9.0 - 9.475	0.5
8.0 - 8.975	0.7
below 8.0	1.0

Averages trick

if **both w/.05 -** drop .05 from high, add to low score…then avg the score

if **one w/.05 -** drop .05 out, avg score…then add .025 to average

sh
arm/h
arc   Quick symbols
Tw   V
L   stag   L
LS   alt   L   LS
LCr hop   LCr   Tw - L
ft   H   ft   -ex
pk   D   B (T/P/S)   -C
arc   op
Tw   sup   rot

    ang

  □ +1   Dir   La - step
          Dy   BP

Timed warmup – amount determined by **largest squad** in meet. Timing not includes run back/drills/run past table on runway. Start time: a mount onto table for jump/salto off table or with run/touch springboard.
No blocked time.
Next competitor can run/jump on runway - but not touch equipment and NOT in front of judges
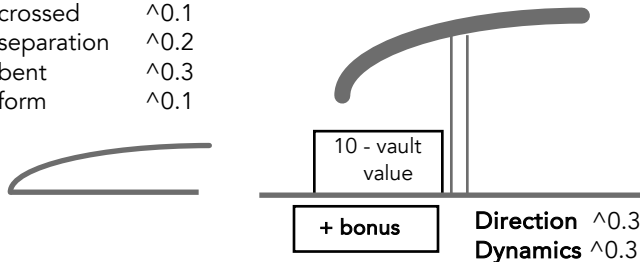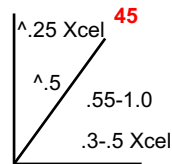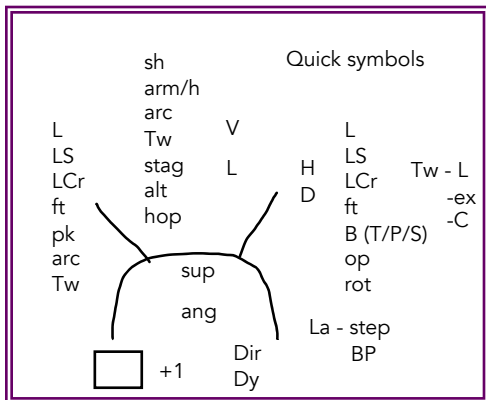Touch warm-up = #vaults : XG,XP, 2; XD = 3 L8-10=3
Allow ONE stand on table to jump/salto off per gymnast before time starts, ONE run back after present to judges.

Xcel Gold, Platinum, Diamond & Sapphire VAULT VALUES

Group 1: Handspring/Yami w w/o twist

			XP	XD	XA
1.101	Hdsp		9.7	9.4	9.0
1.102	Hdsp	1/2	9.9	9.6	9.1
1.103	Yami		9.7	9.4	9.0
1.104	Yami	1/2	10.0	9.6	9.1
1.105	1/2	1/2	9.9	9.6	9.1
1.105	1/4	3/4	9.9	9.6	9.1
1.106	1/4 - 1/2	repul	9.7	9.4	9.0
1.108	1/4	1/4 face away	9.7	9.4	9.0
1.109	hdsp-hdspr	hdsp		9.5	9.1
1.110	hdsp-hdspr	1/2		9.7	9.2
1.111	hdsp-1/2on	repul		9.5	9.1
1.201	Hdsp	full	10.0	10.0	9.4
1.202	Hdsp	1 1/2		10.0	9.5
1.203	Yami	full	10.0	10.0	9.4
1.205	1/2	1 1/2			
1.205	1/4	1 3/4 face away		10.0	9.6
1.206	1/2	full	10.0	9.9	9.4
1.206	1/4	1 1/4 face table	10.0	9.9	9.4
1.207	full	hdsp/yami	10.0	10.0	9.5
1.208	full	1/2	10.0	10.0	9.6
1.209	hdsp-hdspr	full		10.0	9.5
1.211	hdsp-1/2on	1/2		9.7	9.2
1.301	Hdsp	2 twist		10.0	10.0
1.306	1/2 + 2	or 1/4 + 2 1/4		10.0	10.0
1.307	full	full			10.0
1.311	hdsp-1/2on	full		10.0	9.5

BOLD	those vaults XG may perform = 10.0 SV
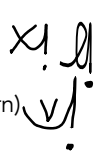
Group 2: Hdsp w w/o full twist, saltos fwd/bkwd

		None			

Group 3: Tsukahara (1/4 to 1/2 on), saltos

			XP	XD	XA
3.201	Tsuk	bk tuck		10.0	9.7
3.302	Tsuk	bk tuck full			
3.303	Tsuk	bk pike		10.0	9.8
3.304	Tsuk	bk layout		10.0	10.0

Group 4: Round Off (Yurchenko) entry

			XP	XD	XA
4.101	RO	repul	9.7	9.4	9.0
4.102	RO	1/2 twist	9.7	9.6	9.1
4.201	RO	full twist		10.0	9.4
4.202	RO	1 1/2 twist		10.0	9.5
4.203	RO	bk tuck		10.0	9.7
4.301	RO	2 twist			10.0
4.304	RO	bk pike		10.0	9.8
4.305	RO	bk layout		10.0	10.0

Group 5: RO 1/2 or Full (Yurchenko 1/2 or full) entry

			XP	XD	XA
5.101	RO 1/2	hdsp		9.6	9.1
5.102	RO 1/2	1/2			9.2
5.107	RO full	1/2			9.6
5.108	RO full	repul			9.5
5.201	RO 1/2	full twist		10.0	9.6
5.202	RO 1/2	1 1/2 twist		10.0	9.8
5.207	RO full	full twist			10.0
5.301	RO 1/2	front tuck			
5.312	RO 1/2	2 twist		10.0	10.0

Xcel Uneven Bars

	Bronze	Silver	Gold	Platinum	Diamond	Sapphire (XA)
Value Parts	4 A	5A	6 A	6A 1B	5A 2B	3A 3B 1C SV 9.6
Special Reqmts 0.5 each; (#2,#3 no mt/dismt) No VP no SR	Mount LB Cast (hip off bar) 360° circle skill Dismount - LB	Mount Cast min 45° below horiz 360° circle skill Dismount	Clear support skill min horiz **2 x 360° circle skills:** >If same= conn, HB/LB >If diff = conn, iso, or HB/ LB Dismount - HB	Clear support skill above horiz 360° circle skill Kip Dismount - HB (min A)	Clear support skill min 45° from vert Min B 360° circle Min B skill – release, turn (not mt/dmt), or add'l circle (same or diff) Salto/hecht dismt (min A) or any B	Clear support skill at vertical Min B 360° circle Min B skill – release, pirouette, or diff circle Min B dismt or C skill dir conn to A salto dismt
Restricted -.5 SV, no VP no SR	No Bs + No HB skills No giants No salto dismt	No Bs + No giants No salto dismt	No Cs + No giants No release elem with bar change	No C + Except: XI II = B (w/o turn) VI	1 D allowed No E No bonus	C = +0.1 First D = +0.1 CV: B+B = +0.1 No Es
notes	No extra swing ded	No extra swing ded	No extra swing No clear hip angle ded	1 tap-cntersw allowed w/o ded. = A	Extra swing deductions and angles for circles/turns apply XP, XD, XA	
Warm up	30 sec	45 sec	1:00	1:30	2:00	2:00

CLARIFICATIONS

Cast + skill = may be 2 elem if cast achieves div angle requirements,
 exceptions (1 elem): cast to squat/pk/str on- with or w/o jump to HB; cast shoot thru; cast to stand dismt (XB).
SR cast is different than non-SR short cast for before/after a VP element for credit
unallowable skill = no VP, no SR (-0.5). If restricted = take add'l -.5 SV. If restricted dismount, also take 0.3 dismt of no value
Long hand pull over = circle skill if preceded by cast (XP,XD)
One skill can count for 2 SRs – cast hdst ½; clear hip (circle and clear elem)
With no extra swings, remember 3rd cast does not count VP
No composition; max 4.0 execution; courtesy score 4.0

APPARATUS DEDUCTIONS

dynamics (energy, swingful, effortless)	**up to 0.2**
rhythm in element/conn	up to 0.1
extra swing/cast (max 0.5 for 1 elem)	ea 0.3
hesitation in hdst or jump to HB	up to 0.1
fail to maintain hand contact 2-part mt	0.1
insuf extension of glide/swing to kip	up to 0.1
amplitude of bar elements, releases	up to 0.2
amplitude of salto dismounts	up to 0.3
under rotation of release/flight elem	up to 0.1
Countersw body arched, hips open over LB (on rise)	0.3
swing fwd/bwd under horiz	NO ded.
bent arms in support or bent legs	up to 0.3
insuf exact stretch (w arch or pike)	up to 0.2
incomplete turn/twist salto dismt	up to 0.2
fail to maintain stretched body in dismt (pikes down)	up to 0.2
insuf extension (open) of tk/pk prior to land	up to 0.3
lack release bar prior to landing dismt	0.3
landing too close to bars on dismt	0.1
Dismount of no value/ restricted (from SV)	0.3
brush foot on apparatus/mat	up to 0.1
hit foot on apparatus------- 0.2 on mat-----	0.3
grasp apparatus to avoid fall	0.3
third run approach	0.5
Coach between bars throughout exercise	NO PENALTY
failure to remove mount/spot block	(CJ) 0.3

45 sec fall time once gymnast on her feet (after injury assessmt)

Range (avg)

9.5 - 10.0	0.2
9.0 - 9.475	0.5
8.0 - 8.975	0.7
below 8.0	1.0

CASTS

B VP (XB,XS restr) 20
XD = A, SR 45
XP = A, SR
XG = A,SR (at horiz)
XS = A, SR
XB = A, SR Away from bar 45
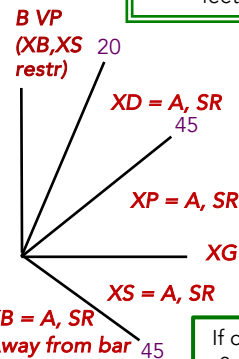
If cast angle within 0-10° = SR, -0.1 (only on cast used for SR)

Angle deductions below – XP, XD, XA only:

high VP
Lower VP
.05 XD, XA
20
10
45
^.2
Circles

C VP
B VP
.05 XD, XA
20
10
45
^.25
0.3
.35 - .4
Clear Hips

VP
lower VP
.05
10
20
Flt to Hdst LB

.1
.15-.2
20
30
45
.25-.3
180-360 turns

.05-.15
30
45
.2-.3
Healy, 540 turns

Xcel Balance Beam

	Bronze	Silver	Gold	Platinum	Diamond	Sapphire (XA)
Value Parts	4 A B strad/split jump, split leap	5A B dance	6 A	6A 1B C Dance	5A 2B 1 D allowed	3A 3B 1C SV 9.6
Special Reqmts 0.5 each No VP = no SR Acro skills or series => not mt/dsmt	180° turn, 1 or 2 ft Leap/jump, any angle split Acro skill, non-flight Dismount	180° turn, 1 ft Leap/jump, 90° split Acro skill, non-flight Dismount	360° turn, 1 foot 2 diff Gp 2 elem, one w/ 120° split (iso or series) 2 acro elem, w/w/o flight, one thru vertical Dismount	360° turn, 1 foot **Dance series** min 2 elem Gp 1/2/3 (same/diff), --AND-- a Leap/jump 120° split (in series or iso) **Acro** elem w/ flight –OR- acro series w/w/o flight (1 through vertical) Dismount	**360° turn, 1 foot** **Dance series** min 2 elem Gp 1/2/3 (same/diff) –AND-- a Leap/jump 155° split (in series or iso) **Acro Series** w/w/o flight --AND– 1 acro flight elem **Dismount** Salto or Aerial	**360° turn, 1 foot** **Dance series** min 2 elem Gp 1/2/3 (same/diff) –AND-- Leap/jump 180° split (in series or iso) **Acro Series** w min 1 flight (min 1 thru vert) **Dismount** B dismt OR acro flt dir conn to "A" salto or aerial
Restricted -.5 SV, no VP no SR	No Bs + no salto/aerial dismount No walkovers	No B acro No Cs + No flight acro	No Cs +	No C acro No D	No Es No bonus	C = +0.1 First D = +0.1 CV: B+B = +0.1 No Es
Cross or side split >	No split angle	Split angle 90°	Split angle 120°	Split angle 120°	Split angle 155°	Split angle 180°
Warm up	30 sec	45 sec	1:00	1:30	2:00	2:00
Routine	**45 sec**	**50 sec**	**1:00**	**1:15**	**1:15**	

CLARIFICATIONS

Split angles Leap/Jump/walkover for SR = as listed per division within 20°, for XA 135-180° ; split angle for a B/C element VP = min 135°, no angle ded when split reaches division reqm't

unallowable skill (below reqmts) – no VP, no SR (-.5). If restricted (above reqmts), take exec + .5 SV, and if restricted dismount, also take 0.3 for no dismt of value

Partial hdst and vertical hdst are considered the same element (except in XB); if hdst within 10° of vertical for SR credit, -0.1 (only on hdst used for SR)

Levers: free leg must be horiz or above

Acro skills (w/w/o flt) are <u>different</u> with take off or land with 1 vs 2 feet

'A' handstands do NOT require a hold; may be used as 1st or 2nd element in a series

XP,XD,XA: allowed for Dance series: mt leap/jump free onto beam (1.101,1.201,1.301; XD,XA-1.401); Gp3 turns on 1 ft

All mounts = A (unless listed B+ in code)

No composition; max 4.0 execution; courtesy score 4.0

Range - avg

9.5 - 10.0	0.2
9.0 - 9.475	0.5
8.0 - 8.975	0.7
below 8.0	1.0

Averages trick

if **both w/.05 -** drop .05 from high, add to low score…then avg the score

if **one w/.05 -** drop .05 out, avg score…then add .025 to average

CJ Deductions

Overtime 0.1 = fall time 45 sec (on feet, after any injury assmnt)
Coach instructs gymnast verbally during routine = 0.2 (no warning, judge must hear) --if just a cue heard, warn before taking ded
failure to remove mount/spot block 0.3
Coach remains by beam during whole routine = NO PENALTY
Short routine - less than 3 elements = 2.0

APPARATUS DEDUCTIONS

Incorr body alignmt, position or posture non-VP throughout	up to 0.3	B
relaxed/incorrect footwork in non-VP	up to 0.3	ft
variation of rhythm and tempo throughout	**up to 0.2**	**R**
insuff sureness of performance throughout	**up to 0.2**	**sure**
Insuff dynamics (energy, effortless)	**up to 0.2**	**dy**
artistry of presentation		**art**
• quality of expression- projection, focus	up to 0.1	ex
• variety of choreography	up to 0.1	ch
• quality of movement	up to 0.1	mv

rhythm during acro connection (fwd/back, fwd/side, non-flight)
continuous body, slow, slight extend-bend knees=>	up to 0.1
torso out of line with beam=>	.15 to 0.2
rhythm during dance/mix conn.	up to 0.2
height of acro/dance/saltos	ea up to 0.2
salto dismount	up to 0.3
Insufficient leg split in L/J, walkover (per SR, VP reqms)	up to 0.2
legs not parallel to beam in split/strad L/J	ea up to 0.2
failure to land feet together in L/J (land side)	ea up to 0.1
incomplete turn/twist	ea up to 0.2
turns not in high relevé	ea up to 0.1
lack of precision in VP dance	ea up to 0.1
incorrect body position in VP dance	ea up to 0.1
insuf exactness of tuck/pike/stretch position	up to 0.2
hesitation in jump/press/swing to hdst	up to 0.1
concentration pause – 2 sec = ea .1 >> more than 2 sec = ea 0.2	
support of leg against beam, hit	ea 0.2
balance ----- up to 0.3 grasp to prevent fall-------0.3	
use supplement support (feet on floor or base)	0.3
Insuf extension of body (open) prior to land	up to 0.3
Direction of landing on dismount	0.1
direction of gainer dismount off end	up to 0.3
Incorrect body position landing elements/dismounts	up to 0.2
landing too close to beam on dismt	0.1
dismount of no value/restricted (from SV)	0.3
third run approach	0.5

Xcel Floor Exercise

	Bronze	Silver	Gold	Platinum	Diamond	Sapphire (XA)
Value Parts	4 A B strad/split jump, split leap	5A B dance = A	6 A	6A 1B C Dance = B	5A 2B 1 D allowed	3A 3B 1C **SV 9.6**
Special Reqmts 0.5 each No VP = no SR	2 dir conn acro skills, w/w/o flight 2nd pass w min 1 acro elem, w/w/o flight **Dance passage** (2 diff Gp 1 elem, one 60° leap) 180° turn, 1 foot	2 dir conn acro skills, 1 w/ flight 2nd pass either 2 acro conn –OR- acro skill w/flight **Dance passage** (2 diff Gp 1 elem, one 90° leap) 360° turn, 1 foot	2 dir conn acro flight skills 2nd pass either 2 acro conn flight skills –OR- 1 salto/aerial **Dance passage** (2 diff Gp 1 elem, one 120° leap) 360° turn, 1 foot	2 dir conn acro flight w/ 1 A or B salto 2nd pass either 2 acro conn flight –OR- 1 B salto **Dance passage** (2 diff Gp 1 elem, one 155° leap) 360° turn, 1 foot	**2 acro passes** 2 flt elem each **or** 1 pass 2 flt +1 pass iso C salto) **2 diff saltos**, 1 min B **Dance passage** (2 diff Gp 1 elem, one 155° leap) **B turn**, 1 foot	1 acro pass w 2 saltos, same/diff 3 diff saltos, 1 min B **Dance passage** (2 diff Gp 1 elem, one 180° leap) B turn, 1 foot
Restricted -.5 SV, no VP, no SR	No Bs + No saltos, aerials Max 2 flight skills allowed	No B+ acro Max 1 salto/aerial	No B twist saltos No Cs +	C dance allowed No C acro No Ds	No Es No bonus	C = +0.1 First D = +0.1 CV: B+B = +0.1 No Es
Cross or side split	Strad jump = A Side leap = A Split angle 60°	Split angle 90°	Split angle 120°	Split angle 155°	SR#2 B salto may be in SR#1 Split angle 155°	Split angle 180°
Warmup	30 sec	45 sec	1:00	1:30	2:00	2:00
Routine	**45 sec**	**1:00**	**1:00**	**1:30**	**1:30**	**1:30**

CLARIFICATIONS

Chassés, straight jumps and assemblés are not Gp 1 elements. Dance passage skills are directly or indirectly connected, no pause or stop.
Split angle leap/Jump/walkover for SR = as listed per division within 20°, for XA 135-180° ; split angle for a B/C element VP = min 135°,
     no angle deductions when split reaches division reqm't
Elements can't get VP credit 2nd time in same connection or 3rd time, *except* for acro flight w/hand support in <u>different</u> acro passes
➔ Two Acro passes are different if: 1) diff number of acro VP, or 2) acro VP are in different order, or 3) acro VP elements are different, or
     4) add/deletion of a dance element at end of the acro pass. Give VP credit to <u>all</u> elements in this case.
Acro elements in dance series breaks the series, and so does dance elements in acro series
Aerials and salto landing sit/prone positions do not fulfill salto SR for XP, XD, XA. Dive roll does *not* fulfill SR flight requirements.
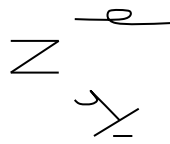Restricted elements can receive execution deductions, regardless if receive VP.
No composition; max 4.0 execution; courtesy score 4.0

Range (avg decides)

9.5 - 10.0	0.2
9.0 - 9.475	0.5
8.0 - 8.975	0.7
below 8.0	1.0

Timed Warmups - based on time of largest squad

Dance passage: look for root skills

CJ Deductions

Out of bounds - 0.1
Failure to mark boundary on mat – 0.1
Unauthorized matting - 0.3
Overtime - 0.1
Absence of music/music w/words -1.0
Coach on Floor – NO PENALTY in Xcel
Lands acro in solid/loose foam pit – 0.3 and - 0.1 out of bounds
Short exercise (less than 3 elements) -2.0

Averages trick

if **both w/.05 -** drop .05 from high, add to low score…then avg the score

if **one w/.05 -** drop .05 out, avg score…then add .025 to average

APPARATUS DEDUCTIONS

Incorr body alignment, position or posture non-VP throughout	up to 0.3	B/L
relax/incorrect footwork on non-VP	up to 0.3	ft
rhythm and tempo variation (whole exercise)	**up to 0.2**	R
Insuff dynamics (energy, effortless)	**up to 0.2**	dy
artistry of presentation		art
• quality of expression - projection, focus	up to 0.1	ex
• variety of choreography	up to 0.1	ch
• quality of movement	up to 0.1	mv
rhythm during direct connection	ea up to 0.1	
Insuf height – dance, acro w/hands, aerials	ea up to 0.1	
salto (not apply to accel fwd elem)	up to 0.3	
Insuf leg split in leaps/jumps/walkovers (per SR, VP reqmt)	up to 0.2	
legs not parallel to the floor in split/straddle	up to 0.2	
failure to land feet together in L/J	ea up to 0.1	
turns not in high relevé	ea up to 0.1	
incomplete turn/twist	ea up to 0.2	
incorrect body posture in VP dance	ea up to 0.1	
lack of precision in VP dance	ea up to 0.1	
Insuf exactness of tuck/pike/layout positions	up to 0.2	
Legs crossed in twisting saltos	up to 0.1	
Insuf opening prior to landing (saltos)	up to 0.3	
Body position in landing elements	up to 0.2	
poor relationship of music and movement		
throughout exercise ---- up to 0.3		
not ending with music --- 0.1 not hold ending pose ---	0.05	
concentration pauses – 2 sec or more	0.1	