Vault: Bronze	Option: 1	SV: 9.0	
Run & Board Contact	Stretch Jump	Handstand	Landing
Additional jumps: 0.3 ead	ch Lack of height: ^0.5	Arms by ears: ^0.2	Fail land stlying position on
Run onto board to mat/ N	Not Foot form: ^0.1	Extra Kick: <u>0.5</u> each	back: ^1.0
landing on feet: 5.0/Void		Arms Bent: ^0.5	Lands on feet & steps off
General Faults	Legs Bent: ^0.3	Legs Bent: ^0.3	mat: <u>1.0</u>
Dynamics: ^0.3	Head/Arm alignment: ^0.3	Legs Separated: ^0.2	Land on seat 90° hip angle &
Spot Straight Jump: 2.0	Arch: ^0.3	Shoulder Align(<180): ^0.3 Pike: ^0.5	steps off mat: 0.5
Spot landing of St Jump: (		Arch: ^0.3	Lands in arch & bent legs &
Fall after spot: <u>0.5</u> (addition	<del></del>	Vertical: ^2.0	steps off mat: <u>0.5</u>
Tall arter spot. <u>0.5</u> (addition	Land Feet Apart/stag: ^0.1	One Hand: <u>1.0</u>	3tcp3 011 mat. <u>0.5</u>
	Fail to Join Feet: 0.05	Add Hand place: <u>0.1</u> ea (max <u>0.3</u> )	
	Fall: <u>0.5</u>	Foot form: ^0.1	
		1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	2
Gymnast#:	Stretch Jump (4.5)	Handstand (4.5)	Landing
	Height.	Arms by ears:	
	Feet	Arms Bent:	13
	Legs Sep:	Legs Bent:	[1]
	Legs Bent:	Legs Separated:	U
	Head:	Shoulder Align:	General
	Legs Bent: Head: Arch/Pk/tk Direction	Pike/Arch: ( Vertical: ^2.0:	
	Direction	Vertical: ^2.0:	Dynamics:
	Landing {\infty}	Foot form: ^0.1:	Spot/fall:
	1/		K.
	V		
Gymnast#:	Stretch Jump (4.5)	Handstand (4.5)	Landing
· · · · · · · · · · · · · · · · · · ·	Height.	Arms by ears:	Landing
	Feet.	Arms Bent:	
	Legs Sep:	Legs Bent:	
	Legs Bent:	Legs Separated:	Cananal
	Head:	Shoulder Align:	General
	Arch/Pk/tk	Pike/Arch:	
	Direction	Vertical: ^2.0:	Dynamics:
	Landing.	Foot form: ^0.1:	Spot/fall:
Gymnast#:	Stretch Jump (4.5)	Handstand (4.5)	Landing
•	Height.	Arms by ears:	201101119
	Feet.	Arms By cars	
	Legs Sep:	Legs Bent:	
	Legs Bent:	Legs Separated:	
	<del></del>	Shoulder Align:	General
	Head: Arch/Pk/tk	Pike/Arch:	General
		Vertical: ^2.0:	Dynamics
		Foot form: ^0.1:	Dynamics:
	Landing.	1 00t 101111. "U.1	Spot/fall:

Vault: Bronze	Option: 2	Start Value: 10.0	
First Phase	General Faults	Support Phase	Landing
General (Each Phase) Foot form: ^0.1 Legs Separated: ^0.2 Legs Bent: ^0.3 Neutral Head Position: ^0.1 Arch: ^0.3 Pike: ^0.5	Dynamics: ^0.3 Dev from straight dir: ^0.3 Spot After HS: 2.0	Inc. Shoulder Align: ^0.3 Arms Bent: ^0.5 Bent Arms Head Cont: 2.0 Additional hand place: 0.1 ea (max 0.3) 1 or no hand contact: 3.0 Fail to show vertical: ^2.0 Contact After Vertical: 0° - 45°: ^.5 46° - 89°: ^1.0	Lands on feet & steps off mat: 1.0 Land on seat 90° hip angle & steps off mat: 0.5 Lands in arch & bent legs & steps off mat: 0.5
	General (Each Phase) Feet Legs Sep: Legs Bent: Head: Arch/Pike	Support Phase Shoulder: Arms Bent: Hand Place: Vertical:	General Dynamics: Direction:
	General (Each Phase) Feet Legs Sep: Legs Bent: Head:	Support Phase Shoulder: Arms Bent: Hand Place: Vertical:	General Dynamics: Direction:
	General (Each Phase) Feet. Legs Sep: Legs Bent: Head: Arch/Pike	Support Phase Shoulder: Arms Bent: Hand Place: Vertical:	Landing  General  Dynamics:  Direction:
	General (Each Phase) Feet. Legs Sep: Legs Bent: Head: Arch/Pike	Support Phase Shoulder: Arms Bent: Hand Place: Vertical:	Landing  General  Dynamics:  Direction:

Vault: Silver	Option 1: Handspri	ing Option 2	: Half-On
General Faults	General (1 <sup>st</sup> & 2 <sup>nd</sup> Flight)	Support Phase	Landing
Dev from straight dir: ^0 Dynamics: ^0.3 Assistance of Coach: 1.0  Option 2 Deductions Incomplete LA Turn: ^0.3 Fail pass through Vert: ^0.3 Incomplete Twist: ^0.3 Fail to land facing Mat stack:	Legs Separated: ^0.2 Legs Bent: ^0.3 Neutral Head Position: ^0.1 Arch: ^0.3 Pike: ^0.5	Staggered Hands: 0.1 Inc. Shoulder Align: ^0.2 Alt Repulsion: ^0.2 Additional hand place: 0.1 ea (max 0.3) Arms Bent: ^0.5 Bent Arms Head Cont: 2.0 Too long in support: ^0.3 1 hand touch: 1.0 No hands touch: Void	Feet Apart (Hip width): 0.1(0.05) Hop/adjust/stag feet: ^0.1 Steps: 0.1 ea. (max 0.4) Lg. Jump: 0.2 (max 0.4) Arm Swings: ^0.1 Inc Body Post: ^0.2 Add Trunk Movement: ^0.2 Squat on Landing: ^0.3 Assist on landing: 0.5 Fall: 0.5 Fail to land on feet: 2.0 Land on mat stack: 2.5
Gymnast#:	1 <sup>st</sup> & 2 <sup>nd</sup> Flight	Support Phase	Landing
	Feet. Legs Sep: Legs Bent: Head: Arch/Pike	Shoulder:  Arms Bent:  Hand Placement:  Support:	
		A.	Dynamics
			Direction _ <u></u>
Gymnast#:	General (Each Phase) Feet.	Support Phase Shoulder:	Landing
	Legs Sep:	Arms Bent: Hand Placement: Support:	
			Dynamics Direction
Gymnast#:	General (Each Phase)  Feet	Support Phase Shoulder: Arms Bent: Hand Placement: Support:	Landing
			Dynamics Direction

Vault: Gold / Platinum / Diam	iond/Sapphire		
1 <sup>st</sup> Flight	Support Phase	2 <sup>nd</sup> Flight	Landing
Incomplete LA Turn: ^0.3	Staggered Hands: <u>0.1</u>	Exact LA turn: ^0.1	Feet Apart (Hip width): 0.1(0.05)
Fail pass through Vert: ^0.3	Shoulder Angle: ^0.2	Late Comp Twist: ^0.3	Hop/adjust/stag feet: ^0.1
General (1st & 2nd Flight)	Arch: ^0.2	Under Rotate Salto: ^0.1	Steps: <u>0.1</u> ea. (max <u>0.4</u> )
Foot form: ^0.1	Alt Repulsion: ^0.2	Length: ^0.3	Lg. Jump: <u>0.2</u> (max <u>0.4)</u>
Legs Separated: ^0.2	Legs bent/tuck early: ^0.3	Height: ^0.5	Arm Swings: ^0.1
Legs Bent: ^0.3	Add hand place: <u>0.1</u> ea (max 0.3)	Exact Body Position: ^0.3	Inc Body Post: ^0.2
Neutral Head Position: ^0.3	Arms Bent: ^0.5	Insuf. Extension: ^0.3	Add Trunk Movement: ^0.2
Arch: ^0.3	Bent Arms Head Cont: 2.0	Fail Maintain Stretch: ^0.3	Squat on Landing: ^0.3
Pike: ^0.5	Too long in support: ^0.5	Non-Salto Vaults	Spot on landing: <u>0.5</u>
	1 hand touch: 1.0	Angle of Repulsion: ^0.5	Spot Vault: 1.0
Dynamics: ^0.3	No hands touch: Void		Fail to land on feet: Void
Gymnast#:	Support Phase	2 <sup>nd</sup> Flight	Landing
	Shoulder:	Length:	Legs/feet:
1 <sup>st</sup> & 2 <sup>nd</sup> Flight	Arms Bent:	Height:	Jump/hop:
Feet		Angle:	Arms/Trunk:
Legs Sep:		Exact LA turn:	
Legs Bent:	Support:	Late Comp Twist:	
Head:	Alt Repulsion:	Under Rotate Salto:	
Arch/Pike		Exact Body Position:	Dynamics
		Insuf. Extension:	Direction
		Fail Maintain Stretch:	
3	3		
Gymnast#:	Support Phase	2 <sup>nd</sup> Flight	Landing
	Shoulder:	Length:	Legs/feet:
1 <sup>st</sup> & 2 <sup>nd</sup> Flight	Arms Bent:	Height:	Jump/hop:
Feet	Hand Stag:	Angle:	Arms/Trunk:
Legs Sep:	Support:	Exact LA turn:	
Legs Bent:	Alt Repulsion:	Late Comp Twist:  Under Rotate Salto:	
Head:	Ait Repuision.	Exact Body Position:	
Arch/Pike		Insuf. Extension:	Dynamics
		Fail Maintain Stretch:	Direction
3	3		
Gymnast#:	Support Phase	2 <sup>nd</sup> Flight	Landing
	Shoulder:	Length:	Legs/feet:
1 <sup>st</sup> & 2 <sup>nd</sup> Flight	Arms Bent:	Height:	Jump/hop:
Feet.	Hand Stag:	Angle:	Arms/Trunk:
Legs Sep:	9	Exact LA turn:	
Legs Bent:	Support:	Late Comp Twist:	
Head:	Alt Repulsion:	Under Rotate Salto:	
Arch/Pike		Exact Body Position:	Dynamics
		Insuf. Extension:	Direction
		Fail Maintain Stretch:	
3	3		

Xcel Bronze Bars			Warm up: 30 secon	ds					
Skill Chart				Value Part		Deductions			
Mounts: - Pullover (1,2, or run) - Jump to fnt Support - Glide to stand - Run out glide kip - Single leg jam (glide or run)	<ul><li>Single leg basket swing knee ok)</li><li>Single leg swing bwd / f</li></ul>	de Circle fwd / bwd gle leg basket swing (bent ee ok) gle leg swing bwd / fwd gle leg cut fwd or bwd  - Cast (hips le: - Cast Shoot T  Dismounts: - Cast off to st - ¾ fwd circle - Squat, stoop bar – stretch		Minimum 4 "A" VP (C Restrictions: (Ded. 0. Cast Shoot Through Smounts: Cast off to stand Minimum 4 "A" VP (C Restrictions: (Ded. 0. No "B" or hig No HB skills No salto disr No LB giants Squat, stoop, or straddle on low bar – stretch jump to stand Max execution deduction		- No HB skills - No salto dismount - No LB giants No Ex swing deductions applied Max execution deductions: 4.0 Courtesy Score: 4.0		throughout - Energy mainta throughout ex	vingful execution nined tercise t look effortless
SR (0.50 each):	Mount – Low Bar	Cast	360° Circling skill (n		Dismount – LB	only	10.0		
SR (0.50 each):	Mount – Low Bar	Cast	360° Circling skill (i	no mt/dmt)	Dismount – LB o	only	10.0		
SP (0 F0 each):	Mount Low Por	Cast	3600 Circling skill	(no mt/dmt)	Dismount ID	only	10.0		
SR (0.50 each):	Mount – Low Bar	Cast	360° Circling skill	(no mt/amt)	Dismount – LB	Only	10.0		

Skill Chart			Wa	rm up: 45 Seconds				
Skill Clidit					Value Part		Deductions	
Mounts: -Pullover (1,2, or run) -Pullover High Bar -Glide to stand -Run out glide kip -Single leg jam (glide or -Jump to squat on	h Bar - Cast Shoot Through - Tap/Underswing counter swing e kip Circles: - Stride Circle fwd or bkw		- Tap sw - Squat, - stret - ¾ back	- Tap swing fwd w/ ½ turn - Squat, stoop, or straddle on low bar - stretch jump to stand - ½ back seat circle dmt (pike or straddle) from low bar  No gi No Ex swing d Max execution		- No salto dismount		nt Dynamics cient swingful ion throughout maintained hout exercise difficult look ess rhythm in
SR (0.50 each):	Mount	Cast > 45° below	HZ	360° Circling skill (no mt,	/dmt)	Dismount – LB or	НВ	10.0
SR (0.50 each):	Mount	Cast > 45° below	/ HZ	360° Circling skill (no mt,	/dmt)	Dismount – LB or	НВ	10.0
SR (0.50 each):	Mount	Cast ≥45° below	/ HZ	360° Circling skill (no mt/	/dmt)	Dismount – LB or	НВ	10.0

Xcel Gold Bars	Warm up: 1:00 min		
Skill Chart		Value Part	Deductions
- Pullover High Bar - Long Ha - Jump to Squat On (from lo - Glide to stand - Single le - Run out glide kip (straight	Casts / Counter Swings:       rcle fwd or bkw     - Cast ≥ horizontal       ng Pull-Over     - Cast Shoot Through       ng swing)     - Tap/Underswing counter       g basket swing     swing       legs)     Dismounts:       g cut fwd or bwd     - Tap swing fwd w/ ½ turn	Minimum 6 "A" VP (0.1 each) Restrictions: (Ded. 0.5 from SV)  - No "C" or higher  - No giants  - No release w/ bar change No Ex swing deductions applied NO Clear hip amp deductions Max execution deductions: 4.0 Courtesy Score: 4.0	^0.20 Insufficient Dynamics - Insufficient swingful execution throughout - Energy maintained throughout exercise - Makes difficult look effortless ^0.10 Each Poor rhythm in VP/connections
SR (0.50 each): Skill to clear support > hz	360° Circling skill (no mt/dmt) 2 <sup>nd</sup> 360° (	Circling skill (no mt/dmt) Dismo	unt – HB 10.0
SR (0.50 each): Skill to clear support > hz	360° Circling skill (no mt/dmt) 2 <sup>nd</sup> 360° (	Circling skill (no mt/dmt) Dismo	unt – HB 10.0
SR (0.50 each): Skill to clear support > hz	360° Circling skill (no mt/dmt) 2 <sup>nd</sup> 360° C	Circling skill (no mt/dmt) Dismo	unt – HB 10.0

Xcel Platinum Bars Warm up: 1:30 min								
Skill Chart	Value Part	·		Deductions				
Mounts: Jump to Squat On Casts / Counter Swings: - Cast 89° to 21° from vert Tap/underswing Counterswing (only 1 allowed) SR (0.50 each): Kip	Minimum VP:  - 6 "A" (0.1) each  - 1 "B" (0.3) each Restrictions (-0.50 from SV)  - No "C" or higher	Allowable "C" - Clear Hip HS - Pike Sole Circle BWD to HS - Stalder BWD to HS ALL w/o turn	Max execution deductions: 4.0 Courtesy Score: 4.0 Extra Swings: One Tap/Underswing counter swing allowed for "A" VP w/o 0.30 extra swing deduction Extra Leg Pump: 0.30 max 0.50 each time		^0.20 Insufficient Dynamics - Insufficient swingf throughout - Energy maintained exercise - Makes difficult loo ^0.10 Each Poor rhythm in	ul execution throughout k effortless		
SK (U.SU EdUI).   KIP	Clear support > Hor	izontal 360° Circling ski	ii (no my ami)	Dismount – HB				
SR (0.50 each): Kip	Clear support > Hor	izontal 360° Circling ski	ill (no mt/dmt)	Dismount – HB				
SR (0.50 each):   Kip	Clear support > Horiz	zontal 360° Circling ski	ill (no mt/dmt)	Dismount – HB				

Xcel Diamond	Bars	Warm up: 2:00	min					
Skill Chart	Value Part					Deducti		
Mounts: - Jump to Squa Casts: - Cast 45° to 2° from vertical	- 1 "B" (0.3) each	Restrictions (-0.50 from - No "E" element 1 "D" element allowed	<b>SV)</b> s	NO Tap/Underswing Counter swing allowed <u>Extra Leg Pump</u> : <u>0.30</u> max 0.50 each time Max execution deductions: 4.0 Courtesy Score: 4.0		- I - E - I	ufficient Dynamics Insufficient swingful execution Energy maintained throughout Makes difficult look effortless th Poor rhythm in VP/connecti	exercise
SR (0.50 each):	Clear support > 45° ab HZ	Min "B" 360° skill	"B" relea	ase or turn or 2 <sup>nd</sup> 360° skill same/diff	B Salto/He			<u> </u>
SR (0.50 each):	Clear support ≥ 45° HZ	Min "B" 360° skill	"B" rele	ease or turn or 2 <sup>nd</sup> 360° skill same/diff	B Salto/He	echt DMT		
CD (0.50h)		N4:- 1(0)/ 2C00 1:11	(ID), and	201 200 skill same /4iff	I n salva (tr			
SR (0.50 each):	Clear support > 45° HZ	Min "B" 360° skill	"B" rele	ease or turn or 2 <sup>nd</sup> 360° skill same/diff	B Salto/He	echt DMT		

Xcel Sapphire	e Bars	Warm up: 2:0	00 min				_
Bonus: Max: U		Value Part				Deductions	
Difficulty Bonus - C - +0.1 unlin - D - +0.1 only Start Value: 9.60	nited - B + B = +0.10 1	Minimum VP: - 3 "A" (0.1) each - 3 "B" (0.3) each - 1 "C" (0.5) each	- 3 "A" (0.1) each		Extra Leg Pump: <b>0.30</b> max 0.50 each time Max execution deductions: 4.0		throughout exercise
SR (0.50 each):		Min "B" 360° skill	"R" release or tu	Courtesy Score: 4.0 urn or 2 <sup>nd</sup> 360° skill diff	B Salto/H	^0.10 Each Poor rhythm in VP/connection of the DMT or C to A DMT	SV: 9.40
SR (0.50 each):	B Clear support to vertical	Min "B" 360° skill	"R" release or tu	urn or 2 <sup>nd</sup> 360° skill diff	B Salto/H	echt DMT or C to A DMT	SV: 9.40
		N. 404 2520 LW					514.0.40
SR (0.50 each):	B Clear support to vertical	Min "B" 360° skill	"B" release or tu	ırn or 2 <sup>nd</sup> 360° skill diff	B Salto/He	echt DMT or C to A DMT	SV: 9.40

Xcel Bronze Beam		conds	Time Limit: 45 Se	conds				
Skill Chart			Value Part		Dedu	ctions		
Leaps & Jumps: (any split angle) - Stag / Stride Leap - Cross Split Jump - Cross Straddle Jump Turns: - Pivot Turn (180°) - Heal Snap ½ turn (180°) - ½ turn on one foot (180°) - FWD Swing Turn (180°) - BWD Swing Turn (180°)	Holds & Stands:  - Lever to touch Beam: No angle req, apply body shape ded, foot does not need to return to beam for VP credit Partial Handstand:  - both feet off the beam  - one leg 45° from vertical  - Bridge from lying position Hold 1 sec.	Dismounts:  - Cartwheel to HS(45° from VT) land facing beam  - Cartwheel to HS(mark) ½ turn  - Any jump from 2 feet w or w/o up to 360° turn	Min. 4 "A" VP (0.1) each Restrictions (-0.50 from SV) - No "B" or higher		Restrictions (-0.50 from SV)  - No "B" or higher  - No salto/aerial DMT  - No walkovers  Max execution deductions: 4.0  ^0.10 Quality of movement to refle ^0.10 Quality of expression  Dynamics ^0.2  - Energy maintained throughout - Makes difficult look effortless		ct persor	ons
	//in. ½ (180°) turn (1 or 2 feet)	1 Jump or Leap (not MT or I	OMT) Or	ne Acro skill		Dismount		
SR (0.50 each): N	/lin. ½ (180°) turn (1 or 2 feet)	1 Jump or Leap (not MT or	DMT) O	ne Acro skill		Dismount		
SR (0.50 each): N	Лin. ½ (180°) turn (1 or 2 feet)	1 Jump or Leap (not MT or	DMT) O	one Acro skill		Dismount		
Sit (0.50 cacil).	72 (100 ) turn (1 01 2 reet)	Trainip or Leap (not ivi) or	Divily   0	THE THEFO SKIII		Distribution		

Xcel Silver Beam		Warm Up	: 45 Seconds	Γime Limit:	50 Seconds		
Skill Chart		·	Value Part		Deductions		
Leaps & Jumps: (min. 90 - Stag / Stride Leap - Split Jump - Cross Straddle Jump Turns: - Heal Snap ½ turn (1: - ½ turn on one foot ( - FWD Swing Turn (18: - BWD Swing Turn (18:	- Bridge from lying position Hold 1 sec. Partial Handstand - Feet must close together Min 45° from vertical (180°) (180°)	Dismounts:  - Ctwheel to HS (45° from VT) land facing beam  - Ctwheel to HS(mark) ¼ turn  - Any jump from 2 feet w or w/o up to 360° turn	Min. 5 "A" VP (0.1) ear Restrictions (-0.50 from - No "B" Acro V - No "C" or high Max execution deducti Courtesy Score: 4.0	n SV) P ner VP	^0.10 Quality of ^0.10 Quality of <b>Dynamics ^0.2</b> - Energy maint - Makes difficu <b>Rhythm</b> - ^0.10 Each Po	ive choreo-elements/conn movement to reflect perso expression rained throughout exercise alt look effortless oor rhythm in VP/connecticient variation-rhythm/tem	nal style ons
SR (0.50 each):	Min. ½ (180°) turn (1 foot)	1 Jump or Leap 90° (not N	/IT or DMT)	One Acro	skill	Dismount	
SR (0.50 each):	Min. ½ (180°) turn (1 foot)	1 Jump or Leap 90° (not	MT or DMT)	One Acro	o skill	Dismount	
SR (0.50 each):	Min. ½ (180°) turn (1 foot)	1 Jump or Leap 90° (not	MT or DMT)	One Acr	o skill	Dismount	

Xcel Gold Beam		Warm Up: 1:00	) min	Time Limit: 1	L:00 min		
Skill Chart		Value Part	Deducti	ons			
Leaps & Jumps: (mi Handstands: do not Partial Handstand - Feet must close - Min 45° from ver Dismount: - Cartwheel to HS	have to be held together rtical	Min. 6 "A" VP (0.1) each Restrictions (-0.50 from SV) - No "C" or higher  Max execution deductions: 4.0 Courtesy Score: 4.0	elements ^0.10 Quareflect pe	0.3 g/creative choreo- /connections ality of movement to crsonal style ality of expression	Dynamics ^0.2  - Energy maintained  - Makes difficult loc Rhythm  - ^0.10 Each Poor rh  - ^0.20 Insufficient throughout	ok effortless nythm in VP/con	nections
SR (0.50 each):		oot) 2 Diff Leap/Jump, one min 120	)º split	2 acro skills, 1 pass/acl	hieve vertical	Dismount	
SR (0.50 each):	Min. 1/1 (360°) turn (1 f	oot) 2 Diff Leap/Jump, one min 12	0° split	2 acro skills, 1 pass/ac	hieve vertical	Dismount	
SD (0.50			1200				
SR (0.50 each):	Min. 1/1 (360°) turn (1 f	oot) 2 Diff Leap/Jump, one min	120° split	2 acro skills, 1 pass/	achieve vertical	Dismount	

Xcel Platinum Beam		Wa	orm Up: 1:30 min Time	e Limit: 1::	15 min		
Skill Chart	Value Part	Deduction					
Leaps & Jumps: (min. 120°) Handstands: do not have to be held  Max execution deductions: 4.0 Courtesy Score: 4.0	Minimum VP:  - 6 "A" (0.1) ea  - 1 "B" (0.3) ea  Restrictions (-0.50 fror  - No "C" Acro V  - No "D" or high	<b>ch</b>	3 creative choreo-elements/conne ty of movement to reflect perso ty of expression	• ^0.2 r maintained throughout exer difficult look effortless Each Poor rhythm in VP/conn nsufficient variation-rhythm/	ections		
SR (0.50 each): Min. 1/1 turn		w/ 120° leap/jump	1 Acro Series or 1 Flight	Dismoun		, , , , , , , , , , , , , , , , , , , ,	
SR (0.50 each): Min. 1/1 turn	n (1 ft) Dance Series	w/ 120° leap/jump	1 Acro Series or 1 Flight	Dismou	nt		
SR (0.50 each): Min. 1/1 turi	n (1 ft) Dance Series	w/ 120° leap/jump	1 Acro Series or 1 Flight	Dismo	ınt		
Six (0.30 each).   Willi. 1/1 tull	in (1 in)   Dance Series	w/ 120 теар/jump	TAGO SERES OF TRIBIT	UISITIO	ant		

Xcel Diamond B	Beam			Warm Up: 2:00 min Tir	ne Limit: 1:15 min	
Skill Chart		Value Part	Deduct	tions		
Leaps & Jumps: (m - Sissonne - Stag-oper Handstands: do no Max execution dec Courtesy Score: 4.0	min 150° n split leap 150° of have to be held ductions: 4.0	Minimum VP:  - 6 "A" (0.1) each - 2 "B" (0.3) each Restrictions (-0.50 from SV) 1 "D" Element allowed - No "C" Acro VP - No "D" or higher VP	element ^0.10 Q style	^0.3 rig/creative choreo- ts/connections uality of movement to reflect personal uality of expression	Dynamics ^0.2  - Energy maintained throughout exercise  - Makes difficult look effortless Rhythm  - ^0.10 Each Poor rhythm in VP/connections  - ^0.20 Insufficient variation-rhythm/tempo through	
SR (0.50 each):	Min. 1/1 turn (1		np	1 Acro Series & 1 Acro Flight	 Dismount	
SR (0.50 each):	Min. 1/1 turn (1	ft) Dance Series w/ 150° leap/jum	20	1 Acro Series & 1 Acro Flight [	Dismount	
					Dismount	
SR (0.50 each):	Min. 1/1 turn (1	ft) Dance Series w/ 150° leap/ju	ımp	1 Acro Series & 1 Acro Flight	Dismount	

Xcel Sapphire Bea	am			Warm Up: 2:00 min Ti	ime Limit: 1:30 min
Bonus: Max: Up to		Value Part	Deduct	tions	
Difficulty Bonus: - C - +0.1 unlimited - D - +0.1 only 1 Start Value: 9.60	Connection Bonus: B + B = +0.10	-3 "A" (0.1) each -3 "B" (0.3) each -1 "C" (0.5) each Restrictions (-0.50 from SV) - No E Value Parts	element ^0.10 Qu style	^0.3 rig/creative choreo- s/connections uality of movement to reflect personal uality of expression	Dynamics ^0.2  - Energy maintained throughout exercise  - Makes difficult look effortless Rhythm  - ^0.10 Each Poor rhythm in VP/connections  - ^0.20 Insufficient variation-rhythm/tempo throughout
SR (0.50 each): N	Min. 1/1 turn (1 ft)	Dance Series w/ 180° leap/jun			B Dismount or Acro Flt to A salto/arial DMT
SR (0.50 each): N	Min. 1/1 turn (1 ft)	Dance Series w/ 180° leap/jun	าท	Acro Series w/ 1 Acro Flight	B Dismount or Acro Flt to A salto/arial DMT
SR (0.50 each): N	Min. 1/1 turn (1 ft)	Dance Series w/ 180° leap/ju	ımp	Acro Series w/ 1 Acro Flight	B Dismount or Acro Flt to A salto/arial DMT

Xcel Bronze Floor			Wa	rm Up: 30	seconds Time	Limit: 45 second	S	
Skill Chart				Value Pa	rt	Deductions		
Leaps, Jumps, Hops - Split Jump (min 60°) - Stride Leap (min 60°) - Side Leap (min 60°) - Straddle Jump (min 60°) - Leg swing hop w/ free leg min horizontal	Turns:  - ½ Turn one foot (any leg position)  - FWD Swing Turn BWD Swing Turn Acro Skills  - Bridge, Kick-over - Headstand	- Min 45° fr Handstand V - Cross or s - No Hold F - Any Leg P	close together rom vertical /ertical: ide dequired osition and BWD roll is	Min. 4 "A" VP (0.1) each Restrictions (-0.50 from SV)  - No "B" or higher VP  - No salto or aerials  - Max. 2 Acro Flt/routine Max execution deductions: 4.0 Courtesy Score: 4.0  Artistry ^0.3  ^0.10 Orig/creative choreo-elements/connections ^0.10 Quality of expression Dynamics ^0.2  - Energy maintained throughout exercise - Makes difficult look effortless Rhythm  - ^0.10 Each Poor rhythm in VP/connections - ^0.20 Insufficient variation-rhythm/tempote			rement to reflect personal styl ression and throughout exercise ok effortless rhythm in VP/connections	le
SR (0.50 each): 2	2 direct connect acro w		2 <sup>nd</sup> pass min 1	acro	Dance pass 2 diff one		Min ½ turn 1 foot	10.0
SR (0.50 each): 2	2 direct connect acro w	/w/o flt	2 <sup>nd</sup> pass min 1	1 acro	Dance pass 2 diff on	<mark>e min 60º leap</mark>	Min ½ turn 1 foot	10.0
			Land	-				1
SR (0.50 each): 2	2 direct connect acro w	/w/o flt	2 <sup>nd</sup> pass min 1	l acro	Dance pass 2 diff on	e min 60° leap	Min ½ turn 1 foot	10.0

Xcel Silver Floor		Warm U	p: 45 Second	s Time Limit	: 1:00 min		
Skill Chart		Value Part	Deductions				
Leaps, Jumps, Hops - Split Jump (min 90°) - Stride Leap (min 90°) - Side Leap (min 90°) - Straddle Jump (min - Leg swing hop w/ fro	Imps, Hops Jump (min 90°) Le Leap (min 90°) Leap (min 90°) Leap (min 90°) Leap (min 90°) Acro Skills Swing hop w/ free  Handstand Vertical: Cross or side No Hold Required Acro Skills Bridge, Kick-over Headstand  Min. 5 "A" VP (0.1) eac Restrictions (-0.50 from C "0.50 from C "0		Rhythm - ^0.10 Each VP/connec - ^0.20 Insuf rhythm/ter Max execution Courtesy Scor	Poor rhythm in tions ficient variation- npo throughout n deductions: 4.0 e: 4.0	^0.10 Quality of ^0.10 Quality of Dynamics ^0.2 - Energy main - Makes diffic	ntained throughout e	ct personal style xercise
SR (0.50 each):	Min 2 direct acro 1 w/ flt	2 <sup>nd</sup> pass w direct acro or 1 ac	ro w flt	Dance pass 2 diff 1 r	nin 90° leap	1/1 Turn	10.0
SR (0.50 each):	Min 2 direct acro 1 w/ flt	2 <sup>nd</sup> pass w direct acro or 1 ac	cro w flt	Dance pass 2 diff 1	min 90° leap	1/1 Turn	10.0
SR (0.50 each):	Min 2 direct acro 1 w/ flt	2 <sup>nd</sup> pass w direct acro or 1 a	cro w flt	Dance pass 2 diff 1	L min 90° leap	1/1 Turn	10.0

Xcel Gold Floor				Warm	Up: 1:00 min	Time Limit:	1:00 min		
Skill Chart			Value	e Part	Deductions				
Leaps, Jumps, Hops - All Split Jump (mir - Leg swing hop w/ min horizontal - Switch Leg Leap (r 120°)	n 120°) free leg min	Acro Skills - Bridge, Kick-over - Headstand		6 "A" VP (0.1) each ictions (-0.50 from SV) No "B" Saltos No "C" or higher	Rhythm  - ^0.10 Each Poor rhythm in VP/connections  - ^0.20 Insufficient variation-rhythm/tempo throughout  Max execution deductions: 4.0  Courtesy Score: 4.0  Artistry ^0.3  ^0.10 Orig/creative ^0.10 Quality of mo ^0.10 Quality of exp Dynamics ^0.2  - Energy maintain - Makes difficult to			rement to reflect ression d throughout ex	t personal style
SR (0.50 each):	Min 2 c	direct acro both flt	2 <sup>n</sup>	<sup>d</sup> pass w direct acro	flt or 1 salto/aerial	Dance pass 2 diff	1 min 120° leap	1/1 Turn	10.0
CD (O FO acab)	Min 2	direct para bath St		nd poor well-not a second	Sit or 1 colts /o sviet	Dance rees 3 4/6	f 1 min 1200 lass	1/1 T	10.0
SR (0.50 each):	Min 2	direct acro both flt	2	nd pass w direct acro	flt or 1 salto/aerial	Dance pass 2 diff	f 1 min 120° leap	1/1 Turn	10.0
SR (0.50 each):	Min 2	direct acro both flt		2 <sup>nd</sup> nass w direct ac	ro flt or 1 salto/aerial	Dance pass 2 diff	f 1 min 120° lean	1/1 Turn	10.0
SK (U.SU each):	IVIII 2	unect acro both fit		z pass w direct ac	TO HE OF 1 Salto/aerial	Dance pass 2 din	i i iiiiii izo- ieab	1/1 Turn	10.0

Xcel Platinum	Floor				Warm Up: 1:30 min	Time Limit: 1:3	30 min			
Skill Chart		Value	Part		uctions					
Leaps / Jumps /	Hops	Minim	um VP:	Artist	ry ^0.3		Dynamic	s ^0.2		
Min 150°		-	6 "A" (0.1) each	^0.10	^0.10 Orig/creative choreo-elements/connections - Energy maintained throughout exerc					
			1 "B" (0.3) each		Quality of movement to ref			difficult look effo		
		Restric	tions (-0.50 from SV)	^0.10	Quality of expression		Rhythm			
		-	No "C" VP Acro	Max e	execution deductions: 4.0			Each Poor rhythm		
		-	No "D" or higher VP	Courte	esy Score: 4.0		- ^0.20	Insufficient variati	on-rhythm/ter	npo throughout
SR (0.50 each):	1/1 turn	(1 ft)	Dance Series w/ 150° leap/jump	М	in 2 acro flt w/ salto	2 <sup>nd</sup> pass w 2 flt or	B salto	6 - A's (0.10)	1 -"B" (0.30	))
SR (0.50 each):	1/1 turn	(1 ft)	Dance Series w/ 150° leap/jump	N	/lin 2 acro flt w/ salto	2 <sup>nd</sup> pass w 2 flt or	r B salto	6 - A's (0.10)	1 -"B" (0.30	))
	•							•		
SR (0.50 each):	1/1 turn	(1 ft)	Dance Series w/ 150° leap/jump	N	/lin 2 acro flt w/ salto	2 <sup>nd</sup> pass w 2 flt or	B salto	6 - A's (0.10)	1 -"B" (0.30	))

Xcel Diamond	Floor		Warm Up: 2:	00 min Tim	ne Limit: 1:30	min			
Skill Chart		Value Part	Deductions						
Leaps / Jumps / Min 150°		Minimum VP:  - 6 "A" (0.1) each - 2 "B" (0.3) each Restrictions (-0.50 from SV) - No "E" VP - Max. 1 "D" or higher VP	Artistry ^0.3 ^0.10 Orig/creative choreo-elemen	0.10 Orig/creative choreo-elements/connections - Energy maintained throid - Makes difficult look efformation - Makes diff					
SR (0.50 each):	"B" Turn	Dance Series w/ 150° leap/jump	2 separate acro passes	2 diff saltos (1 min	"B")	5 - A's (0.10)	2 -"B" (0.30)		
SR (0.50 each):	"B" Turn	Dance Series w/ 150° leap/jump	2 separate acro passes	2 diff saltos (1 mir	າ "B")	5 - A's (0.10)	2 -"B" (0.30)		
SR (0.50 each):	"B" Turn	Dance Series w/ 150° leap/jump	2 separate acro passes	2 diff saltos (1 m	in "B")	5 - A's (0.10)	2 -"B" (0.30)		

Xcel Sapphire	Floor			Warm Up: 2:	:00 min Tim	ne Limit:	1:30 min		
Bonus: Max: Up to 0.40 Value Part Deductions									
Difficulty Bonus:	: Conr	nection Bonus:	- 3 "A" (0.1) each	Artistry ^0.3		Dynamics			
- C-+0.1	B + E	3 = +0.10	- 3 "B" (0.3) each	^0.10 Orig/creative choreo-eleme				oughout exercise	
unlimited			- 1 "C" (0.5) each	^0.10 Quality of movement to refl	ect personal style		difficult look ef	fortless	
- D - +0.1 only	1		Restrictions	^0.10 Quality of expression		Rhythm			
a			(-0.50 from SV)	Max execution deductions: 4.0				m in VP/connecti	
Start Value: 9.60	"B" Turn	Danas Carias	- No "E" VP	Courtesy Score: 4.0	2 diff   14 14 15		3 - A's (0.10)	ation-rhythm/tem	1 "C" (0.5) each
SR (0.50 each):	B Turn	Dance Series	w/ 180° leap/jump	Double Salto Pass	3 diff saltos (1 min	в)	3 - A S (0.10)	3 - B (0.30)	1 C (0.5) each
SR (0.50 each):	"B" Turn	Dance Series	w/ 180° leap/jump	Double Salto Pass	3 diff saltos (1 min	"B")	3 - A's (0.10)	3 - "B" (0.30)	1 "C" (0.5) each
Sit (0.50 cacil).	D Tulli	Dance Series	w/ 100 icap/jamp	Double Suito 1 uss	3 din 3dito3 (1 min	ן ט	3 A 3 (0.10)	3 B (0.30)	1 6 (0.5) cacii
CD (0.50 L)	((D)) =	D C :	/ 4.000   /	Double Calka Da	2 4:4514 /4 -	((D))	2 4/- (2.42)	2 ((D)) (0.20)	1 ((C)) (0.5)
SR (0.50 each):	"B" Turn	Dance Series	w/ 180° leap/jump	Double Salto Pass	3 diff saltos (1 min	R)	3 - A's (0.10)	3 - "B" (0.30)	1 "C" (0.5) each
-									