


Vault: Bronze		Option: 1	SV: 9.0
Run & Board Contact	Stretch Jump	Handstand	Landing
Additional jumps: <u>0.3</u> each Run onto board to mat/ Not landing on feet: <u>5.0/Void</u>	Lack of height: ^0.5 Foot form: ^0.1 Legs Separated: ^0.2	Arms by ears: ^0.2 Extra Kick: <u>0.5</u> each	Fail land st.-lying position on back: ^1.0
General Faults	Legs Bent: ^0.3	Arms Bent: ^0.5	Lands on feet & steps off mat: <u>1.0</u>
Dynamics: ^0.3	Head/Arm alignment: ^0.3	Legs Bent: ^0.3	Land on seat 90° hip angle & steps off mat: <u>0.5</u>
Spot Straight Jump: <u>2.0</u>	Arch: ^0.3	Legs Separated: ^0.2	Lands in arch & bent legs & steps off mat: <u>0.5</u>
Spot landing of St Jump: <u>0.5</u>	Pike/tuck: ^0.5	Shoulder Align(<180): ^0.3	
Fall after spot: <u>0.5</u> (additional)	Fail land Demi-plie: ^0.5	Pike: ^0.5	
	Land Feet Apart/stag: ^0.1	Arch: ^0.3	
	Fail to Join Feet: <u>0.05</u>	Vertical: ^2.0	
	Fall: <u>0.5</u>	One Hand: <u>1.0</u>	
		Add Hand place: <u>0.1</u> ea (max <u>0.3</u>)	
		Foot form: ^0.1	

Gymnast#:	Stretch Jump (4.5)	Handstand (4.5)	Landing
Run & Board Contact Jumps	Height. _____ Feet. _____ Legs Sep: _____ Legs Bent: _____ Head: _____ Arch/Pk/tk _____ Direction _____ Landing. _____	Arms by ears: _____ Arms Bent: _____ Legs Bent: _____ Legs Separated: _____ Shoulder Align: _____ Pike/Arch: _____ Vertical: ^2.0: _____ Foot form: ^0.1: _____	 General Dynamics: _____ Spot/fall: _____

Gymnast#:	Stretch Jump (4.5)	Handstand (4.5)	Landing
Run & Board Contact Jumps	Height. _____ Feet. _____ Legs Sep: _____ Legs Bent: _____ Head: _____ Arch/Pk/tk _____ Direction _____ Landing. _____	Arms by ears: _____ Arms Bent: _____ Legs Bent: _____ Legs Separated: _____ Shoulder Align: _____ Pike/Arch: _____ Vertical: ^2.0: _____ Foot form: ^0.1: _____	General Dynamics: _____ Spot/fall: _____

Gymnast#:	Stretch Jump (4.5)	Handstand (4.5)	Landing
Run & Board Contact Jumps	Height. _____ Feet. _____ Legs Sep: _____ Legs Bent: _____ Head: _____ Arch/Pk/tk _____ Direction _____ Landing. _____	Arms by ears: _____ Arms Bent: _____ Legs Bent: _____ Legs Separated: _____ Shoulder Align: _____ Pike/Arch: _____ Vertical: ^2.0: _____ Foot form: ^0.1: _____	General Dynamics: _____ Spot/fall: _____

Vault: Bronze		Option: 2	Start Value: 10.0
First Phase General (Each Phase)	General Faults	Support Phase	Landing
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: <u>2.0</u>	Inc. Shoulder Align: ^0.3 Arms Bent: ^0.5 Bent Arms Head Cont: <u>2.0</u> Additional hand place: <u>0.1</u> ea (max 0.3) 1 or no hand contact: <u>3.0</u> Fail to show vertical: ^2.0 Contact After Vertical: 0° - 45°: ^1.5 46° - 89°: ^1.0	Lands on feet & steps off mat: <u>1.0</u> Land on seat 90° hip angle & steps off mat: <u>0.5</u> Lands in arch & bent legs & steps off mat: <u>0.5</u>

Gymnast#:	General (Each Phase)	Support Phase	Landing
	Feet. _____ Legs Sep: _____ Legs Bent: _____ Head: _____ Arch/Pike _____	Shoulder: _____ Arms Bent: _____ Hand Place: _____ Vertical: _____	General Dynamics: _____ Direction: _____

Gymnast#:	General (Each Phase)	Support Phase	Landing
	Feet. _____ Legs Sep: _____ Legs Bent: _____ Head: _____ Arch/Pike _____	Shoulder: _____ Arms Bent: _____ Hand Place: _____ Vertical: _____	General Dynamics: _____ Direction: _____

Gymnast#:	General (Each Phase)	Support Phase	Landing
	Feet. _____ Legs Sep: _____ Legs Bent: _____ Head: _____ Arch/Pike _____	Shoulder: _____ Arms Bent: _____ Hand Place: _____ Vertical: _____	General Dynamics: _____ Direction: _____


Gymnast#:	General (Each Phase)	Support Phase	Landing
	Feet. _____ Legs Sep: _____ Legs Bent: _____ Head: _____ Arch/Pike _____	Shoulder: _____ Arms Bent: _____ Hand Place: _____ Vertical: _____	General Dynamics: _____ Direction: _____


Vault: Silver


Option 1: Handspring

Option 2: Half-On

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

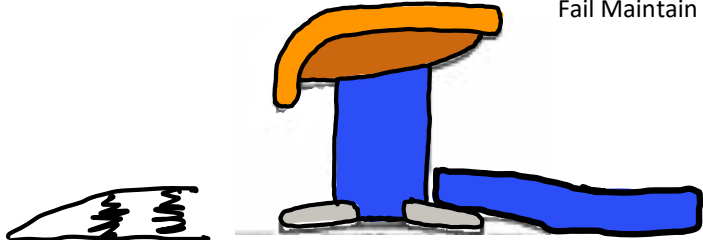
Gymnast#:	1 st & 2 nd Flight	Support Phase	Landing
	Feet: _____ Legs Sep: _____ Legs Bent: _____ Head: _____ Arch/Pike _____	Shoulder: _____ Arms Bent: _____ Hand Placement: _____ Support: _____	
			Dynamics _____ Direction _____

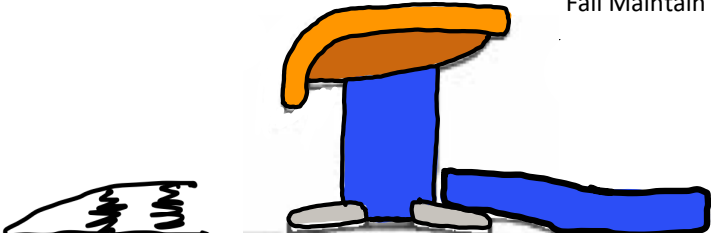
Gymnast#:	General (Each Phase)	Support Phase	Landing
	Feet: _____ Legs Sep: _____ Legs Bent: _____ Head: _____ Arch/Pike _____	Shoulder: _____ Arms Bent: _____ Hand Placement: _____ Support: _____	
			Dynamics _____ Direction _____

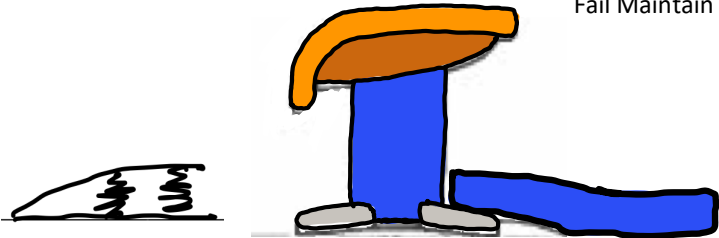
Gymnast#:	General (Each Phase)	Support Phase	Landing
	Feet: _____ Legs Sep: _____ Legs Bent: _____ Head: _____ Arch/Pike _____	Shoulder: _____ Arms Bent: _____ Hand Placement: _____ Support: _____	
			Dynamics _____ Direction _____

Vault: Gold / Platinum / Diamond / Sapphire

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

Gymnast#:	Support Phase	2 nd Flight	Landing
1 st & 2 nd Flight	Shoulder: _____ Arms Bent: _____ Hand Stag: _____ Support: _____ Alt Repulsion: _____	Length: _____ Height: _____ Angle: _____ Exact LA turn: _____ Late Comp Twist: _____ Under Rotate Salto: _____ Exact Body Position: _____ Insuf. Extension: _____ Fail Maintain Stretch: _____	Legs/feet: _____ Jump/hop: _____ Arms/Trunk: _____ Dynamics _____ Direction _____
Feet. _____ Legs Sep: _____ Legs Bent: _____ Head: _____ Arch/Pike _____			
			

Gymnast#:	Support Phase	2 nd Flight	Landing
1 st & 2 nd Flight	Shoulder: _____ Arms Bent: _____ Hand Stag: _____ Support: _____ Alt Repulsion: _____	Length: _____ Height: _____ Angle: _____ Exact LA turn: _____ Late Comp Twist: _____ Under Rotate Salto: _____ Exact Body Position: _____ Insuf. Extension: _____ Fail Maintain Stretch: _____	Legs/feet: _____ Jump/hop: _____ Arms/Trunk: _____ Dynamics _____ Direction _____
Feet. _____ Legs Sep: _____ Legs Bent: _____ Head: _____ Arch/Pike _____			
			

Gymnast#:	Support Phase	2 nd Flight	Landing
1 st & 2 nd Flight	Shoulder: _____ Arms Bent: _____ Hand Stag: _____ Support: _____ Alt Repulsion: _____	Length: _____ Height: _____ Angle: _____ Exact LA turn: _____ Late Comp Twist: _____ Under Rotate Salto: _____ Exact Body Position: _____ Insuf. Extension: _____ Fail Maintain Stretch: _____	Legs/feet: _____ Jump/hop: _____ Arms/Trunk: _____ Dynamics _____ Direction _____
Feet. _____ Legs Sep: _____ Legs Bent: _____ Head: _____ Arch/Pike _____			
			

Xcel Bronze Bars			Warm up: 30 seconds			
Skill Chart				Value Part	Deductions	
<u>Mounts:</u> <ul style="list-style-type: none">- Pullover (1,2, or run)- Jump to fnt Support- Glide to stand- Run out glide kip- Single leg jam (glide or run)		<u>Circles:</u> <ul style="list-style-type: none">- Stride Circle fwd / bwd- Single leg basket swing (bent knee ok)- Single leg swing bwd / fwd- Single leg cut fwd or bwd		<u>Cast:</u> <ul style="list-style-type: none">- Cast (hips leave bar)- Cast Shoot Through <u>Dismounts:</u> <ul style="list-style-type: none">- Cast off to stand- ¾ fwd circle to stand- Squat, stoop, or straddle on low bar – stretch jump to stand	Minimum 4 “A” VP (0.1 each) Restrictions: (Ded. 0.5 from SV) <ul style="list-style-type: none">- No “B” or higher- No HB skills- No salto dismount- No LB giants No Ex swing deductions applied Max execution deductions: 4.0 Courtesy Score: 4.0	^0.20 Insufficient Dynamics <ul style="list-style-type: none">- Insufficient swingful execution throughout- Energy maintained throughout exercise- Makes difficult look effortless ^0.10 Each Poor rhythm in VP/connections
SR (0.50 each):	Mount – Low Bar	Cast	360° Circling skill (no mt/dmt)	Dismount – LB only	10.0	
SR (0.50 each):	Mount – Low Bar	Cast	360° Circling skill (no mt/dmt)	Dismount – LB only	10.0	
SR (0.50 each):	Mount – Low Bar	Cast	360° Circling skill (no mt/dmt)	Dismount – LB only	10.0	

Xcel Silver Bars		Warm up: 45 Seconds			
Skill Chart				Value Part	Deductions
Mounts: - Pullover (1,2, or run) - Pullover High Bar - Glide to stand - Run out glide kip - Single leg jam (glide or run) - Jump to squat on	Casts / Counter Swings: - Cast $\geq 45^\circ$ below horizontal - Cast Shoot Through - Tap/Underswing counter swing Circles: - Stride Circle fwd or bkw - Long Hang Pull-Over (from long swing) - Single leg basket swing (bent knee ok) - Single leg swing bwd / fwd - Single leg cut fwd or bwd	Dismounts: - Tap swing fwd w/ $\frac{1}{2}$ turn - Squat, stoop, or straddle on low bar – stretch jump to stand - $\frac{1}{4}$ back seat circle dmt (pike or straddle) from low bar	Minimum 5 “A” VP (0.1 each) Restrictions: (Ded. 0.5 from SV) Restrictions (-0.50 from SV) - No “B” or higher - No salto dismount - No giants No Ex swing deductions applied 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):	Mount	Cast $\geq 45^\circ$ below HZ	360° Circling skill (no mt/dmt)	Dismount – LB or HB	10.0
SR (0.50 each):	Mount	Cast $\geq 45^\circ$ below HZ	360° Circling skill (no mt/dmt)	Dismount – LB or HB	10.0
SR (0.50 each):	Mount	Cast $\geq 45^\circ$ below HZ	360° Circling skill (no mt/dmt)	Dismount – LB or HB	10.0

Xcel Gold Bars		Warm up: 1:00 min			
Skill Chart				Value Part	Deductions
<u>Mounts:</u> <ul style="list-style-type: none"> - Pullover (1,2, or run) - Pullover High Bar - Jump to Squat On - Glide to stand - Run out glide kip - Single leg jam (glide or run - 				<u>Circles:</u> <ul style="list-style-type: none"> - Stride Circle fwd or bkw - Long Hang Pull-Over (from long swing) - Single leg basket swing (straight legs) - Single leg cut fwd or bwd - 	<u>Casts / Counter Swings:</u> <ul style="list-style-type: none"> - Cast \geq horizontal - Cast Shoot Through - Tap/Underswing counter swing - Tap swing fwd w/ $\frac{1}{2}$ turn
				Minimum 6 "A" VP (0.1 each) Restrictions: (Ded. 0.5 from SV) <ul style="list-style-type: none"> - 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 <ul style="list-style-type: none"> - 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 \geq hz	360° Circling skill (no mt/dmt)	2 nd 360° Circling skill (no mt/dmt)	Dismount – HB	10.0
SR (0.50 each):	Skill to clear support \geq hz	360° Circling skill (no mt/dmt)	2 nd 360° Circling skill (no mt/dmt)	Dismount – HB	10.0
SR (0.50 each):	Skill to clear support \geq hz	360° Circling skill (no mt/dmt)	2 nd 360° Circling skill (no mt/dmt)	Dismount – HB	10.0

Xcel Platinum Bars		Warm up: 1:30 min			
Skill Chart		Value Part			Deductions
<u>Mounts:</u> Jump to Squat On <u>Casts / Counter Swings:</u> - Cast 89° to 21° from vert. - Tap/underswing Counterswing (only 1 allowed)		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 <u>Extra Swings:</u> One Tap/Underswing counter swing allowed for “A” VP w/o <u>0.30</u> extra swing deduction <u>Extra Leg Pump: 0.30</u> max 0.50 each time	^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):	Kip	Clear support > Horizontal	360° Circling skill (no mt/dmt)	Dismount – HB	
SR (0.50 each):	Kip	Clear support > Horizontal	360° Circling skill (no mt/dmt)	Dismount – HB	
SR (0.50 each):	Kip	Clear support > Horizontal	360° Circling skill (no mt/dmt)	Dismount – HB	

Xcel Diamond Bars		Warm up: 2:00 min			
Skill Chart		Value Part			Deductions
<u>Mounts:</u> - Jump to Squat on <u>Casts:</u> - Cast 45° to 21° from vertical		Minimum VP: - 6 “A” (0.1) each - 1 “B” (0.3) each	Restrictions (-0.50 from SV) - No “E” elements 1 “D” element allowed	NO Tap/Underswing Counter swing allowed <u>Extra Leg Pump: 0.30</u> max 0.50 each time 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):	Clear support ≥ 45° ab HZ	Min “B” 360° skill	“B” release or turn or 2 nd 360° skill same/diff	B Salto/Hecht DMT	
SR (0.50 each):	Clear support ≥ 45° HZ	Min “B” 360° skill	“B” release or turn or 2 nd 360° skill same/diff	B Salto/Hecht DMT	
SR (0.50 each):	Clear support ≥ 45° HZ	Min “B” 360° skill	“B” release or turn or 2 nd 360° skill same/diff	B Salto/Hecht DMT	

Xcel Sapphire Bars		Warm up: 2:00 min			
Bonus: Max: Up to 0.40		Value Part			Deductions
Difficulty Bonus: Connection Bonus: - C - +0.1 unlimited - B + B = +0.10 - D - +0.1 only 1		Minimum VP: - 3 "A" (0.1) each - 3 "B" (0.3) each - 1 "C" (0.5) each	Restrictions (- 0.50 from SV) - No "E" elements	NO Tap/Underswing Counter swing allowed Extra Leg Pump: 0.30 max 0.50 each time 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
Start Value: 9.60					
SR (0.50 each):	B Clear support to vertical	Min "B" 360° skill	"B" release or turn or 2 nd 360° skill diff		B Salto/Hecht DMT or C to A DMT SV: 9.40
SR (0.50 each):	B Clear support to vertical	Min "B" 360° skill	"B" release or turn or 2 nd 360° skill diff		B Salto/Hecht DMT or C to A DMT SV: 9.40
SR (0.50 each):	B Clear support to vertical	Min "B" 360° skill	"B" release or turn or 2 nd 360° skill diff		B Salto/Hecht DMT or C to A DMT SV: 9.40

Xcel Bronze Beam			Warm Up: 30 Seconds		Time Limit: 45 Seconds	
Skill Chart			Value Part		Deductions	
<u>Leaps & Jumps: (any split angle)</u> <ul style="list-style-type: none">- Stag / Stride Leap- Cross Split Jump- Cross Straddle Jump <u>Turns:</u> <ul style="list-style-type: none">- Pivot Turn (180°)- Heal Snap ½ turn (180°)- ½ turn on one foot (180°)- FWD Swing Turn (180°)- BWD Swing Turn (180°)	<u>Holds & Stands:</u> <ul style="list-style-type: none">- Lever to touch Beam: No angle req, apply body shape ded, foot does not need to return to beam for VP credit <u>Partial Handstand:</u> <ul style="list-style-type: none">- both feet off the beam- one leg 45° from vertical- Bridge from lying position Hold 1 sec.	<u>Dismounts:</u> <ul style="list-style-type: none">- Cartwheel to HS(45° from VT) land facing beam- Cartwheel to HS(mark) ¼ 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) <ul style="list-style-type: none">- No “B” or higher- No salto/aerial DMT- No walkovers Max execution deductions: 4.0 Courtesy Score: 4.0		Artistry ^0.3 ^0.10 Lack of variety in choreography ^0.10 Quality of movement to reflect personal style ^0.10 Quality of expression Dynamics ^0.2 <ul style="list-style-type: none">- Energy maintained throughout exercise- Makes difficult look effortless Rhythm <ul style="list-style-type: none">- ^0.10 Each Poor rhythm in VP/connections- ^0.20 Insufficient variation-rhythm/tempo throughout	
SR (0.50 each):	Min. ½ (180°) turn (1 or 2 feet)	1 Jump or Leap (not MT or DMT)	One Acro skill		Dismount	
SR (0.50 each):	Min. ½ (180°) turn (1 or 2 feet)	1 Jump or Leap (not MT or DMT)	One Acro skill		Dismount	
SR (0.50 each):	Min. ½ (180°) turn (1 or 2 feet)	1 Jump or Leap (not MT or DMT)	One Acro skill		Dismount	

Xcel Silver Beam		Warm Up: 45 Seconds		Time Limit: 50 Seconds	
Skill Chart			Value Part	Deductions	
Leaps & Jumps: (min. 90°) <ul style="list-style-type: none"> - Stag / Stride Leap - Split Jump - Cross Straddle Jump 	Holds & Stands: <ul style="list-style-type: none"> - Bridge from lying position Hold 1 sec. - Partial Handstand - Feet must close together - Min 45° from vertical 	Dismounts: <ul style="list-style-type: none"> - 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) each Restrictions (-0.50 from SV) <ul style="list-style-type: none"> - No “B” Acro VP - No “C” or higher VP Max execution deductions: 4.0 Courtesy Score: 4.0	Artistry ^0.3 ^0.10 Orig/creative choreo-elements/connections ^0.10 Quality of movement to reflect personal style ^0.10 Quality of expression Dynamics ^0.2 <ul style="list-style-type: none"> - Energy maintained throughout exercise - Makes difficult look effortless Rhythm <ul style="list-style-type: none"> - ^0.10 Each Poor rhythm in VP/connections - ^0.20 Insufficient variation-rhythm/tempo throughout 	
SR (0.50 each):	Min. ½ (180°) turn (1 foot)	1 Jump or Leap 90° (not MT 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 skill	Dismount	
SR (0.50 each):	Min. ½ (180°) turn (1 foot)	1 Jump or Leap 90° (not MT or DMT)	One Acro skill	Dismount	

Xcel Gold Beam		Warm Up: 1:00 min		Time Limit: 1:00 min	
Skill Chart		Value Part		Deductions	
<u>Leaps & Jumps: (min. 120°)</u> <u>Handstands:</u> do not have to be held <u>Partial Handstand</u> <ul style="list-style-type: none">- Feet must close together- Min 45° from vertical <u>Dismount:</u> <ul style="list-style-type: none">- Cartwheel to HS ¼ turn		Min. 6 “A” VP (0.1) each Restrictions (-0.50 from SV) <ul style="list-style-type: none">- No “C” or higher Max execution deductions: 4.0 Courtesy Score: 4.0		Artistry ^0.3 ^0.10 Orig/creative choreo-elements/connections ^0.10 Quality of movement to reflect personal style ^0.10 Quality of expression Dynamics ^0.2 <ul style="list-style-type: none">- Energy maintained throughout exercise- Makes difficult look effortless Rhythm <ul style="list-style-type: none">- ^0.10 Each Poor rhythm in VP/connections- ^0.20 Insufficient variation-rhythm/tempo throughout	
SR (0.50 each):	Min. 1/1 (360°) turn (1 foot)	2 Diff Leap/Jump, one min 120° split		2 acro skills, 1 pass/achieve vertical	
				Dismount	
SR (0.50 each):	Min. 1/1 (360°) turn (1 foot)	2 Diff Leap/Jump, one min 120° split		2 acro skills, 1 pass/achieve vertical	
				Dismount	
SR (0.50 each):	Min. 1/1 (360°) turn (1 foot)	2 Diff Leap/Jump, one min 120° split		2 acro skills, 1 pass/achieve vertical	
				Dismount	

Xcel Platinum Beam		Warm Up: 1:30 min		Time Limit: 1:15 min	
Skill Chart		Value Part		Deductions	
Leaps & Jumps: (min. 120°) Handstands: do not have to be held Max execution deductions: 4.0 Courtesy Score: 4.0		Minimum VP: <ul style="list-style-type: none">- 6 “A” (0.1) each- 1 “B” (0.3) each Restrictions (-0.50 from SV) <ul style="list-style-type: none">- No “C” Acro VP- No “D” or higher VP		Artistry ^0.3 ^0.10 Orig/creative choreo-elements/connections ^0.10 Quality of movement to reflect personal style ^0.10 Quality of expression	
				Dynamics ^0.2 <ul style="list-style-type: none">- Energy maintained throughout exercise- Makes difficult look effortless Rhythm <ul style="list-style-type: none">- ^0.10 Each Poor rhythm in VP/connections- ^0.20 Insufficient variation-rhythm/tempo throughout	
SR (0.50 each):	Min. 1/1 turn (1 ft)	Dance Series w/ 120° leap/jump	1 Acro Series or 1 Flight	Dismount	
SR (0.50 each):	Min. 1/1 turn (1 ft)	Dance Series w/ 120° leap/jump	1 Acro Series or 1 Flight	Dismount	
SR (0.50 each):	Min. 1/1 turn (1 ft)	Dance Series w/ 120° leap/jump	1 Acro Series or 1 Flight	Dismount	

Skill Chart		Value Part	Deductions	
Leaps & Jumps: (min. 120°) - Sissonne min 150° - Stag-open split leap 150° Handstands: do not have to be held Max execution deductions: 4.0 Courtesy Score: 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	Artistry ^0.3 ^0.10 Orig/creative choreo-elements/connections ^0.10 Quality of movement to reflect personal style ^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/tempo throughout
SR (0.50 each):	Min. 1/1 turn (1 ft)	Dance Series w/ 150° leap/jump	1 Acro Series & 1 Acro Flight	Dismount
SR (0.50 each):	Min. 1/1 turn (1 ft)	Dance Series w/ 150° leap/jump	1 Acro Series & 1 Acro Flight	Dismount
SR (0.50 each):	Min. 1/1 turn (1 ft)	Dance Series w/ 150° leap/jump	1 Acro Series & 1 Acro Flight	Dismount

Xcel Sapphire Beam		Warm Up: 2:00 min		Time Limit: 1:30 min		
Bonus: Max: Up to 0.40		Value Part	Deductions			
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	Artistry ^0.3 ^0.10 Orig/creative choreo- elements/connections ^0.10 Quality of movement to reflect personal style ^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/tempo throughout	
SR (0.50 each):	Min. 1/1 turn (1 ft)	Dance Series w/ 180° leap/jump		Acro Series w/ 1 Acro Flight	B Dismount or Acro Flt to A salto/arial DMT	
SR (0.50 each):	Min. 1/1 turn (1 ft)	Dance Series w/ 180° leap/jump		Acro Series w/ 1 Acro Flight	B Dismount or Acro Flt to A salto/arial DMT	
SR (0.50 each):	Min. 1/1 turn (1 ft)	Dance Series w/ 180° leap/jump		Acro Series w/ 1 Acro Flight	B Dismount or Acro Flt to A salto/arial DMT	

Xcel Bronze Floor			Warm Up: 30 seconds		Time Limit: 45 seconds	
Skill Chart			Value Part		Deductions	
Leaps, Jumps, Hops <ul style="list-style-type: none">- 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: <ul style="list-style-type: none">- ½ Turn one foot (any leg position)- FWD Swing Turn- BWD Swing Turn Acro Skills <ul style="list-style-type: none">- Bridge, Kick-over- Headstand	Handstands Partial: <ul style="list-style-type: none">- Feet must close together- Min 45° from vertical Handstand Vertical: <ul style="list-style-type: none">- Cross or side- No Hold Required- Any Leg Position **RO, rebound BWD roll is acro connection**	Min. 4 “A” VP (0.1) each Restrictions (-0.50 from SV) <ul style="list-style-type: none">- 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 movement to reflect personal style ^0.10 Quality of expression Dynamics ^0.2 <ul style="list-style-type: none">- Energy maintained throughout exercise- Makes difficult look effortless Rhythm <ul style="list-style-type: none">- ^0.10 Each Poor rhythm in VP/connections- ^0.20 Insufficient variation-rhythm/tempo throughout	
SR (0.50 each):	2 direct connect acro w/w/o flt	2 nd pass min 1 acro	Dance pass 2 diff one min 60° leap	Min ½ turn 1 foot	10.0	
SR (0.50 each):	2 direct connect acro w/w/o flt	2 nd pass min 1 acro	Dance pass 2 diff one min 60° leap	Min ½ turn 1 foot	10.0	
SR (0.50 each):	2 direct connect acro w/w/o flt	2 nd pass min 1 acro	Dance pass 2 diff one min 60° leap	Min ½ turn 1 foot	10.0	

Xcel Silver Floor		Warm Up: 45 Seconds		Time Limit: 1:00 min	
Skill Chart		Value Part	Deductions		
Leaps, Jumps, Hops <ul style="list-style-type: none">- Split Jump (min 90°)- Stride Leap (min 90°)- Side Leap (min 90°)- Straddle Jump (min 90°)- Leg swing hop w/ free leg min horizontal	Handstand Vertical: <ul style="list-style-type: none">- Cross or side- No Hold Required Acro Skills <ul style="list-style-type: none">- Bridge, Kick-over- Headstand	Min. 5 "A" VP (0.1) each Restrictions (-0.50 from SV) <ul style="list-style-type: none">- No "B" Acro VP- No "C" or higher VP- Max 1 salto/aerial/routine	Rhythm <ul style="list-style-type: none">- ^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 choreo-elements/connections ^0.10 Quality of movement to reflect personal style ^0.10 Quality of expression Dynamics ^0.2 <ul style="list-style-type: none">- Energy maintained throughout exercise- Makes difficult look effortless	
SR (0.50 each):	Min 2 direct acro 1 w/ flt	2 nd pass w direct acro or 1 acro 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 nd pass w direct acro or 1 acro 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 nd pass w direct acro or 1 acro w flt	Dance pass 2 diff 1 min 90° leap	1/1 Turn	10.0

Xcel Gold Floor		Warm Up: 1:00 min		Time Limit: 1:00 min		
Skill Chart			Value Part	Deductions		
Leaps, Jumps, Hops - All Split Jump (min 120°) - Leg swing hop w/ free leg min horizontal - Switch Leg Leap (min 120°)		Acro Skills - Bridge, Kick-over - Headstand		Min. 6 “A” VP (0.1) each Restrictions (-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 choreo-elements/connections ^0.10 Quality of movement to reflect personal style ^0.10 Quality of expression Dynamics ^0.2 - Energy maintained throughout exercise - Makes difficult look effortless
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 1 min 120° leap	1/1 Turn	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 1 min 120° leap	1/1 Turn	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 1 min 120° leap	1/1 Turn	10.0

Time Limit: 1:30 min

Skill Chart		Value Part	Deductions				
Leaps / Jumps / Hops Min 150°		Minimum VP: <ul style="list-style-type: none">- 6 "A" (0.1) each- 1 "B" (0.3) each Restrictions (-0.50 from SV) <ul style="list-style-type: none">- No "C" VP Acro- No "D" or higher VP	Artistry ^0.3 ^0.10 Orig/creative choreo-elements/connections ^0.10 Quality of movement to reflect personal style ^0.10 Quality of expression Max execution deductions: 4.0 Courtesy Score: 4.0			Dynamics ^0.2 <ul style="list-style-type: none">- Energy maintained throughout exercise- Makes difficult look effortless Rhythm <ul style="list-style-type: none">- ^0.10 Each Poor rhythm in VP/connections- ^0.20 Insufficient variation-rhythm/tempo throughout	
SR (0.50 each):	1/1 turn (1 ft)	Dance Series w/ 150° leap/jump	Min 2 acro flt w/ salto	2 nd 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	Min 2 acro flt w/ salto	2 nd 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	Min 2 acro flt w/ salto	2 nd pass w 2 flt or B salto	6 - A's (0.10)	1 -"B" (0.30)	

Skill Chart		Value Part	Deductions				
Leaps / Jumps / Hops Min 150°		Minimum VP: <ul style="list-style-type: none"> - 6 "A" (0.1) each - 2 "B" (0.3) each Restrictions (-0.50 from SV) <ul style="list-style-type: none"> - No "E" VP - Max. 1 "D" or higher VP 	Artistry ^0.3 ^0.10 Orig/creative choreo-elements/connections ^0.10 Quality of movement to reflect personal style ^0.10 Quality of expression Max execution deductions: 4.0 Courtesy Score: 4.0		Dynamics ^0.2 <ul style="list-style-type: none"> - Energy maintained throughout exercise - Makes difficult look effortless Rhythm <ul style="list-style-type: none"> - ^0.10 Each Poor rhythm in VP/connections - ^0.20 Insufficient variation-rhythm/tempo throughout 		
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 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 min "B")	5 - A's (0.10)	2 - "B" (0.30)	

Bonus: Max: Up to 0.40			Value Part		Deductions			
Difficulty Bonus: - C - +0.1 unlimited - D - +0.1 only 1		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" VP	Artistry ^0.3 ^0.10 Orig/creative choreo-elements/connections ^0.10 Quality of movement to reflect personal style ^0.10 Quality of expression Max execution deductions: 4.0 Courtesy Score: 4.0		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		
Start Value: 9.60								
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	
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	
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	

Time Limit: 1:30 min