First 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 <u>0.3</u>) 1 or no hand contact: <u>3.0</u> Fail to show vertical: ^2.0 Contact After Vertical: 0 - 45: ^.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>
			Score
			Score

		SKILL	CHART		VALU	JE PARTS	D	EDUCTIONS
Mounts: - Pullover (1,2, or run) - Jump to fnt Support - stand - Run out glide kip - Single leg jam (glide o		- Single leg knee ok) - Single leg	cle fwd / bwd g basket swing (bent g swing bwd / fwd cut fwd or bwd	Casts: - Cast (hips leave bar) - Cast Shoot Through Dismounts: - Cast off to stand - ¾ fwd circle to stand - Squat, stoop, or straddle on low bar - stretch jump to stand	SV) - No "B" or h - No HB skills - No salto dis - No LB giant No Ex swing applied Max executi	: (Ded. 0.5 from higher s smount ts deductions on deductions:	 Insufficie execution t Energy m throughout Makes dif 	t exercise ficult look effortle Poor rhythm in
					4.0 Courtesy	/ Score: 4.0		
SR (0.5 each)	MOUNT	- LB	CAST	360 CIRCLING SKILL (no r	<u> </u>	DISMOUNT LB	only	10.0 SV
					nt/dis)	DISMOUNT LB		
SR (0.5 each) SR (0.5 each)	MOUNT		CAST	360 CIRCLING SKILL (no r 360 CIRCLING SKILL (no r	nt/dis)			10.0 SV
		- LB			nt/dis) nt/dis)	DISMOUNT LB	s only	

Xcel Bronze Bars Warm-up: 30 seconds

		SKI	LL CHART		VA	LUE PAR	TS	DEDUCTIONS	
Leaps & Jump angle) - Stag / Stride - Cross Split Ju - Cross Stradd <u>Turns:</u> - Pivot Turn (1 - Heal Snap ½ - ½ turn on on - FWD Swing 1 - BWD Swing 1	Leap ump lle Jump L80) turn (180) ne foot (180) Furn (180)	apply body s need to retur Partial Hands - both feet of - one leg 45 f	ich Beam: No angle req, hape ded, foot does not in to beam for VP credit stand: if the beam	Dismounts: - Cartwheel to HS(45 facing beam - Cartwheel to HS(ma - Any jump from 2 fee to 360 turn	rk) ¼ turn	Restricti SV) - No "B" - No salt - No wal Max exe deductio	ecution		of movement Il style of expression ained ercise It look efforth oor rhythm in s ient variation
SR (0.5 each)	Min. ½ (180 2 feet))) turn (1 or	1 Jump or Leap (not MT or DMT)	One Acro skill			DISMOUNT	10.0 SV	
							DISINICONT	10.0 50	

Leaps, Jumps, Hops - Split Jump (min 60) -% Turn one foot -% Turn one foot (any leg position) -% T	_Split Jump (min 60) - ½ Turn one foot (any leg position) - Feet must close together (any leg position) Restrictions (-0.50 from SV) ^0.10 Orig/creative choreo-elements/conn ^0.10 Quality of movement to reflect person on the straddle Jump (min 60) - Straddle Jump (min 60) - WD Swing Turn Acro Skills - Cross or side - No Hold Required - Max. 2 Acro Fit/routine ^0.10 Orig/creative choreo-elements/conn ^0.10 Quality of movement to reflect person on the straddle Jump (min 60) - Leg swing hop w/ free leg min horizontal - Bridge, Kick-over - Headstand - No Hold Required - Any Leg Position - Max. 2 Acro Fit/routine - Makes difficult look effortless Rhythm SR (0.5 2 direct connect each) 2 nd pass min 1 acro Dance pass 2 diff one min 600 leap Min ½ turn 1 foot 10.0 SV	Split Jump (min 60) -¼ Turn one foot (any leg position) -Feet must close together (any leg position) Restrictions (-0.50 from SV) 0.10 Orig/creative choreo-elements/conn 0.10 Quality of movement to reflect perso style - Straddle Jump (min 60) - FWD Swing Turn (acro Skills - FWD Swing Turn (acro Skills - FWD Swing Turn (acro Skills - Ro saito or aerials - No "Bit" or higher VP - No saito or aerials - No saito or aerials - Leg swing hop w/ free leg min horizontal - Bridge, Kick-over - Headstand - No Hold Required - Any Leg Position - No Hold Required - Any Leg Position - Max 2 Acro Fit/routine - No Hold Required - No Hold Required - Any Leg Position SR (0.5 each) 2 direct connect acro w/w/o fit 2nd pass min 1 acro Dance pass 2 diff one min 60o leap Min ½ turn 1 foot 10.0 SV SR (0.5 each) 2 direct connect 2nd pass min 1 Dance pass 2 diff one min 60o leap Min ½ turn 1 foot 10.0 SV			SKILL CHART		VAI	LUE PARTS		DEDUCTIONS
each) acro w/w/o fit acro	each) acro w/w/o fit acro seach) acro w/w/o fit acro SR (0.5 each) 2 direct connect 2nd pass min 1 Dance pass 2 diff one min 600 leap Min ½ turn 1 foot 10.0 SV	each) acro w/w/o fit acro seach) acro w/w/o fit acro SR (0.5 each) 2 direct connect 2nd pass min 1 Dance pass 2 diff one min 600 leap Min ½ turn 1 foot 10.0 SV	<u>-</u> Split Jump (min 60) - Stride Leap (min 60) - Side Leap (min 60) - Straddle Jump (min 60) - Leg swing hop w/ fre	- ½ Tu (any l - FWE BWD <u>Acro 3</u> e - Brid	- Irn one foot leg position) O Swing Turn Swing Turn <u>Skills</u> ge, Kick-over	 Feet must close together Min 45o from vertical <u>Handstand Vertical:</u> Cross or side No Hold Required Any Leg Position **RO, rebound BWD roll is 	Restrictions (-0.50 from - No "B" or higher VP - No salto or aerials - Max. 2 Acro Flt/routin Max execution deducti	n SV) ne ions: 4.0	^0.10 Orig/crea ^0.10 Quality o style ^0.10 Quality o <u>Dynamics ^0.2</u> - Energy mainta - Makes difficul <u>Rhythm</u> - ^0.10 Each Po - ^0.20 Insuffici	f movement to reflect perso f expression ained throughout exercise it look effortless or rhythm in VP/connection
SR (0.5 each) 2 direct connect 2nd pass min 1 Dance pass 2 diff one min 60o leap Min ½ turn 1 foot 10.0 SV						Dance pass 2 diff one min	i 60o leap	Min ½ tu	rn 1 foot	10.0 SV
			SR (0.5 each) 2 direa	ct connect	2nd pass min 1	Dance pass 2 diff one min	1 60o leap	Min ½ ti	urn 1 foot	10.0 SV

Option 1: Handspring

General Faults	Option 2 Deductions	General (1st & 2nd Flight)	Support Phase	Landing
Dev from straight dir: ^0.3 Dynamics: ^0.3 Assistance of Coach: <u>1.0</u>	Incomplete LA Turn: ^0.3 Fail pass through Vert: ^0.3 Incomplete Twist: ^0.3 Fail to land facing Mat stack: ^0.3	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 <u>0.3</u>) 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(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				Score
Gymnast				Score

Xcel Silver Bars Warm-up: 45 Seconds

- Pullover (1,2, or run) - Cast > 45 below horizontal - Tap swing fwd w/ ½ turn each) - Insufficient swing - Pullover High Bar - Cast Shoot Through - Squat, stoop, or straddle Restrictions (-0.50 from SV) execution through - Glide to stand - Tap/Underswing counter - No "B" or higher - Energy maintaine - Run out glide kip swing - stretch jump to stand - No salto dismount throughout exercise - Single leg jam (glide or run - Stride Circle fwd or bkw (pike or - No giants - Makes difficult lo - Jump to squat on - Strigle leg basket swing (bent knee ok) - Single leg basket swing (bent knee ok) - Single leg swing bwd / fwd - Single leg swing bwd / fwd - Single leg cut fwd or bwd - Courtesy Score: 4.0 - VP/connections	Pullover (1,2, or run) - Cast > 45 below horizontal - Tap swing fwd w/ ½ turn each) - Insufficient swingful Pullover High Bar - Cast Shoot Through - Squat, stoop, or straddle No "B" or higher - No "B" or higher - Tap/Underswing counter - Tap/Underswing counter - Stride Lircle fund - No "B" or higher - No "B" or higher - No alto dismount - Stride Circles - Stride Circle fwd or bkw - Stride Circle fwd or bkw - No Ex swing deductions - Makes difficult look eff - Single leg basket swing (bent knee ok) - Single leg swing bwd / fwd - Single leg swing bwd / fwd - Single leg cut fwd or bwd - Soo CIRCLING SKILL (no mt/dis) DISMOUNT LB/HB 10.0 SV			SKILL CHART		VALU	JE PARTS	DE	DUCTIONS
SR (0.5 each) MOUNT - LB CAST > 45 below HZ 360 CIRCLING SKILL (no mt/dis) DISMOUNT LB/HB 10.		 Pullover (1,2, or run Pullover High Bar Glide to stand Run out glide kip Single leg jam (glide) or run	 - Cast > 45 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 	 Tap swing fwd w/ ½ turn Squat, stoop, or straddle on low bar stretch jump to stand ¾ back seat circle dmt (pike or 	each) Restrictions - No "B" or h - No salto dia - No giants No Ex swing applied Max executi 4.0	(-0.50 from SV) higher smount deductions on deductions:	 Insufficien execution th Energy ma throughout Makes diffi ^0.10 Each F 	t swingful iroughout intained exercise icult look effo Poor rhythm
	t (0.5 each) MOUNT - LB CAST > 45 below HZ 360 CIRCLING SKILL (no mt/dis) DISMOUNT LB/HB 10.0 SV								
	R (0.5 each) MOUNT - LB CAST > 45 below HZ 360 CIRCLING SKILL (no mt/dis) DISMOUNT LB/HB 10.0 SV	SR (0.5 each)			360 CIRCLING SKILL (no r	mt/dis)	DISMOUNT LB	/нв	10.0 SV
SR (0.5 each) MOUNT - LB CAST > 45 below HZ 360 CIRCLING SKILL (no mt/dis) DISMOUNT LB/HB 10.		SR (0.5 each)			360 CIRCLING SKILL (no r	mt/dis)	DISMOUNT LB	/нв	10.0 SV

				SKILL CHART		VAL	UE PARTS	DEDUCTIONS
- Stag - Split - Cross <u>Turns:</u> - Heal - ½ tur - FWD	/ Stride L Jump s Straddle <u>-</u> Snap ½ t rn on one Swing Tu		Holds & Star - Bridge fron position Hole Partial Hand - Feet must o - Min 450 fro	n lying d 1 sec. stand :lose together	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	Restricti SV) - No "B" - No "C" Max exe deductio		Artistry ^0.3 ^0.10 Lack of variety in choreography ^0.10 Quality of movement of reflect personal style ^0.10 Quality of expression Dynamics ^0.2 - Energy maintained throughout exercise - Makes difficult look effortle Rhythm - ^0.10 Each Poor rhythm in VP/connections - ^0.20 Insufficient variation rhythm/tempo throughout
		i .	_			_		
SR (0. each)		Min. ½ (180) foot)	o) turn (1	1 Jump or Leap 90 (not MT or DMT)	One Acro skill		DISMOUNT	10.0 SV
					One Acro skill One Acro skill		DISMOUNT	10.0 SV 10.0 SV

	SKILL	CHART		VALUE PARTS		DEDUCI	IONS		
Leaps, Jumps, - Split Jump (n - Stride Leap (n - Side Leap (m - Straddle Jum - Leg swing ho leg min horizo	nin 90o) min 90o) in 90o) p (min 90o) p w/ free	- Cross - No H Acro S	ge, Kick-over	Min. 5 "A" VP (0.1) each Restrictions (-0.50 from SV) - No "B" Acro VP - No "C" or higher VP - Max 1 salto/aerial/routine	Rhythm - ^0.10 Each Poor rhythm VP/connections - ^0.20 Insufficient variationrhythm/tempo throughout Max execution deductions Courtesy Score: 4.0		Artistry ^0.3 ^0.10 Orig/creative ch ^0.10 Quality of move style ^0.10 Quality of expre Dynamics ^0.2 - Energy maintained th - Makes difficult look	ment to refle ssion hroughout ex	ect personal
SR (0.5 each)	Min 2 direct 1 w/ flt	acro	2nd pass w direct acro or 1 acro w flt	Dance pass 2 diff one	e min 90 leap	1/1 tu	rn	10.0 SV	
SR (0.5 each)	Min 2 direct a 1 w/ flt	icro	2nd pass w direct acro or 1 acro w flt	Dance pass 2 diff one	e min 90 leap	1/1 T	urn	10.0 SV	

P

First Flight	General (1 st and 2 nd Flights)	Support Phase	2 nd Flight	Landing
Incomplete LA Turn: ^0.3	Foot form: ^0.1	Staggered Hands: 0.1	Exact LA turn: ^0.1	Feet Apart (Hip width): 0.1(0.05)
Fail pass through Vert: ^0.3	Legs Separated: ^0.2	Shoulder Angle: ^0.2	Late Comp Twist: ^0.3	Hop/adjust/stag feet: ^0.1
	Legs Bent: ^0.3	Arch: ^0.2	Under Rotate Salto: ^0.1	Steps: <u>0.1</u> ea. (<u>max 0.4</u>)
	Neutral Head Position: ^0.3	Alt Repulsion: ^0.2	Length: ^0.3	Lg. Jump: <u>0.2</u> (max <u>0.4</u>) Arm Swings: ^0.1
	Arch: ^0.3	Legs bent/tuck early: ^0.3	Height: ^0.5	Inc Body Post: ^0.2
	Pike: ^0.5	Add hand place: <u>0.1</u> ea	Exact Body Position: ^0.3	Add Trunk Movement: ^0.2
		(max <u>0.3</u>)	Insuf. Extension: ^0.3	Squat on Landing: ^0.3
	Dynamics: ^0.3	Arms Bent: <u>^0.5</u>	Fail Maintain Stretch: ^0.3	Assist on landing: <u>0.5</u>
		Bent Arms Head Cont: 2.0	Non-Salto Vaults	Fall: 0.5
		Too long in support: <u>^0.5</u>	Angle of Repulsion: ^0.5	Fail to land on feet: 2.0
		1 hand touch: <u>1.0</u>		Land on mat stack: <u>2.5</u>
Gymnast		No hands touch: Void		Score
Gymnast				Score

- Pullover (1,2, or run) - Stride Circle fwd or bkw Swings: each) - Insufficient swingful - Jump to Squar On - Long Hang Pull-Over - Cast > Restrictions: (Ded. 0.5 from - Energy maintained - Glide to stand - Single leg basket swing - Cast Shoot - No "C" or higher - Insufficient swingful - Single leg jam (glide or run - Single leg cut fwd or bwd - Cast Shoot - No "C" or higher - Makes difficul took - Single leg jam (glide or run - Single leg cut fwd or bwd - Makes difficul took - No grienes wy bar change - No serving - Makes difficul took - Single leg jam (glide or run - Single leg cut fwd or bwd - Makes difficul took - Makes difficul took - Makes difficul took - Tap swing fwd NO Clear hip amp MAX execution deductions: - Makes difficul took - Makes difficul took SR (0.5 each) Skill to clear support ≥ Hz 360 Circling skill (no mt/dmt) 2nd 360 Circling skill (no mt/dmt) DISMOUNT HB 10.0 SV SR (0.5 each) Skill to clear support ≥ hz 360 Circling skill (no mt/dmt) 2nd 360 Circling skill (no mt/dmt) DISMOUNT HB 10.0 SV	- Pullover (1,2, or run) - Stride Circle fwd or bkw Swings: each) - Insufficient swingful execution throughout - Pullover High Bar - Long Hang Pull-Over - Cast > Restrictions: (Ded. 0.5 from - Energy maintained - Glide to stand - Single leg basket swing - Cast Shoot - No "C" or higher - Energy maintained - Single leg basket swing - Cast Shoot - No "C" or higher - Makes difficult look - Single leg iam (glide or run - Single leg out fwd or bwd - Single leg out fwd or bwd - No release w/ bar change - Makes difficult look - Single leg iam (glide or run - Single leg out fwd or bwd - No release w/ bar change No Ex swing deductions - No 10 Each Poor rhythm ir - SR (0.5 each) Skill to clear support ≥ Hz 360 Circling skill (no mt/dmt) 2nd 360 Circling skill (no mt/dmt) DISMOUNT HB 10.0 SV	- Pullover (1,2, or run) - Stride Circle fwd or bkw Swings: each) - Sextide Circle fwd or bkw - Jump to Squar On - Long Hang Pull-Over - Gat > Restrictions: (Ded. 0.5 from borzontal SV) - Single leg basket swing - Glide to stand - Single leg basket swing - Cast Shoot - No "C" or higher - Makes difficult look - Single leg jam (glide or run - Single leg cut fwd or bwd - Cast Shoot - No "C" or higher - Nakes difficult look - Single leg jam (glide or run - Single leg cut fwd or bwd - Cast Shoot - No "C" or higher - Nakes difficult look - Single leg jam (glide or run - Single leg cut fwd or bwd - Cast Shoot - No celease w/ bar change - Makes difficult look - Single leg jam (glide or run - Single leg cut fwd or bwd - Tap swing fwd No Ex swing deductions - Makes difficult look - Tap swing fwd No Clear hip amp udeductions - Tap swing fwd No Clear hip amp udeductions: - Ocurreas Score: 4.0 SR (0.5 each) Skill to clear support ≥ Hz 360 Circling skill (no mt/dmt) 2nd 360 Circling skill (no mt/dmt) DISMOUNT HB 10.0 SV	- Pullover (1,2, or run) - Stride Circle fwd or bkw Swings: each) - Insufficient swingful - Jump to Squat On - Long Hang Pull-Over - Cast > Restrictions: (Ded. 0.5 from execution throughout - Glide to stand - Single leg basket swing - Cast > - No "C" or higher - Energy maintained - Single leg jam (glide or run) - Single leg basket swing - Cast Shoot - No "C" or higher - Makes difficult look effortless - Single leg jam (glide or run) - Single leg cut fwd or bwd - Single leg sawlet with or bwd - Cast Shoot - No "C" or higher - Makes difficult look effortless - Single leg sawlet with or bwd - Single leg cut fwd or bwd - Tap/Underswing - No Eclease w/ bar change - Makes difficult look effortless - SR (0.5 each) Skill to clear support ≥ Hz 360 Circling skill (no mt/dmt) 2nd 360 Circling skill (no mt/dmt) DISMOUNT HB 10.0 SV SR (0.5 each) Skill to clear support ≥ hz 360 Circling skill (no mt/dmt) Znd 360 Circling skill (no mt/dmt) DISMOUNT HB 10.0 SV		SKIL	L CHART		VALUE PARTS	DEI	DUCTIONS
SR (0.5 each) Skill to clear support ≥ hz 360 Circling skill (no mt/dmt) 2nd 360 Circling skill (no mt/dmt) DISMOUNT HB 10.0 SV	SR (0.5 each) Skill to clear support ≥ hz 360 Circling skill (no mt/dmt) 2nd 360 Circling skill (no mt/dmt) DISMOUNT HB 10.0 SV	SR (0.5 each) Skill to clear support ≥ hz 360 Circling skill (no mt/dmt) 2nd 360 Circling skill (no mt/dmt) DISMOUNT HB 10.0 SV	SR (0.5 each) Skill to clear support ≥ hz 360 Circling skill (no mt/dmt) 2nd 360 Circling skill (no mt/dmt) DISMOUNT HB 10.0 SV	 Pullover (1,2, or run) Pullover High Bar Jump to Squat On Glide to stand Run out glide kip 	 Stride Circle fwd Long Hang Pull-C (from long swing) Single leg basket (straight legs) 	Over : swing	Swings: - Cast > horizontal - Cast Shoot Through - Tap/Underswing counter swing Dismounts: - Tap swing fwd	each) Restrictions: (Ded. 0.5 fro SV) - No "C" or higher - No giants - No release w/ bar chang No Ex swing deductions applied NO Clear hip amp deductions Max execution deduction 4.0	- Insufficien execution ti - Energy ma throughout - Makes diff effortless ^0.10 Each VP/connect	nt swingful hroughout aintained exercise ficult look Poor rhythm in
				SR (0.5 each) Skill to clear	support <u>></u> Hz 360) Circling skill (no mt/dmt)	2nd 360 Circling s	kill (no mt/dmt)	DISMOUNT HB	10.0 SV
SB (0.5 each) Skill to clear support > bz 360 Circling skill (no mt/dmt) 2nd 360 Circling skill (no mt/dmt) DISMOUNT HB 10.0 SV	SR (0.5 each) Skill to clear support ≥ hz 360 Circling skill (no mt/dmt) 2nd 360 Circling skill (no mt/dmt) DISMOUNT HB 10.0 SV	SR (0.5 each) Skill to clear support ≥ hz 360 Circling skill (no mt/dmt) 2nd 360 Circling skill (no mt/dmt) DISMOUNT HB 10.0 SV	SR (0.5 each) Skill to clear support ≥ hz 360 Circling skill (no mt/dmt) 2nd 360 Circling skill (no mt/dmt) DISMOUNT HB 10.0 SV	SR (0.5 each) Skill to clear	support ≥ Hz 360) Circling skill (no mt/dmt)	2nd 360 Circling s	kill (no mt/dmt)	DISMOUNT HB	10.0 SV
				<u> </u>						
				SR (0.5 each) Skill to clea	ır support <u>≥</u> hz 36	50 Circling skill (no mt/dmt)	2nd 360 Circling	skill (no mt/dmt)	DISMOUNT HB	10.0 SV

Xcel Gold Bars Warm-up: 1:00 minute

SKILL CHART	VALUE PART	DEDUCTIONS		
Handstands: do not have to be held Partial Handstand: - Feet must close together	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	<u>Artistry</u> ^0.3 ^0.10 Orig/creative choreoelements/connections ^0.10 Quality of movement to reflect personal style ^0.10 Quality of expression	Dynamics <u>^0.2</u> - Energy maintaine exercise - Makes difficult lo <u>Rhythm</u> - <u>^0.10 Each Poor n</u> VP/connections - <u>^0.20 Insufficient</u> rhythm/tempo throughout	ook effortless whythm in
SR (0.5 each) Min. 1/1 (360) turn (1 foot)	2 Diff Leap/Jump, one min 1200 split	2 acro skills, 1 pass/achieve vertical	DISMOUNT	10.0 SV

SR (0.5 each)	Min. 1/1 (360) turn (1	2 Diff Leap/Jump, one min	2 acro skills, 1 pass/achieve vertical	DISMOUNT	10.0 SV
	foot)	120o split			

	SKIL	L CHAF	RT	VALUE PARTS		DEDUC	TIONS		
Leaps, Jumps, - All Split Jum - Leg swing ho min horizonta - Switch Leg Lo 1200)	p (min 120o) pp w/ free leg I		<u>kills</u> çe, Kick-over lstand	Min. 6 "A" VP (0.1) each <u>Restrictions (-</u> <u>0.50 from SV)</u> <u>-</u> No "B" Saltos - No "C" or higher	Rhythm - ^0.10 Each Poor rhythm VP/connections - ^0.20 Insufficient variationrhythm/tempo throughout Max execution deductions Courtesy Score: 4.0		Artistry <u>^0.3</u> <u>^0.10</u> Orig/creative c <u>^0.10</u> Quality of mov style <u>^0.10</u> Quality of expr <u>Dynamics <u>^0.2</u> <u>-</u>Energy maintained to <u>-</u>Makes difficult look</u>	ement to refle ession :hroughout ex	ct personal
SR (0.5 each)	Min 2 direct both flt	acro	2nd pass w direct acro flt or 1 salto/aerial	Dance pass 2 dif	f one min 120 leap	1/1 tu	rn	10.0 SV	
 SR (0.5 each)	Min 2 direct a both flt	icro	2nd pass w direct acro flt or 1 salto/aerial	Dance pass 2 diff	one min 120 leap	1/1 T	urn	10.0 SV	

SKILL CHART VALUE PARTS DEDUCTIONS **^0.20** Insufficient Dynamics **Mounts:** Minimum VP: Allowable "C" Max execution deductions: 4.0 Jump to Squat On - 6 "A" (0.1) each - Clear Hip HS Courtesy Score: 4.0 - Insufficient swingful - 1 "B" (0.3) each **Extra Swings:** execution throughout - Pike Sole Circle - Energy maintained **Casts / Counter Swings:** BWD to HS One Tap/Underswing counter swing - Cast 890 to 210 from allowed for "A" VP w/o 0.30 extra throughout exercise **Restrictions** (-0.50 from SV) - Stalder BWD to HS - Makes difficult look vert. - No "C" or higher ALL w/o swing - Tap/underswing deduction effortless turn Counterswing (only 1 Extra Leg Pump: 0.30 max 0.50 each ^0.10 Each Poor rhythm in allowed) time VP/connections SR (0.5 each) Кір 360 Circling skill (no mt/dmt) DISMOUNT HB 10.0 SV **Clear support > Horizontal**

Xcel Platinum Bars Warm-up: 1:30 minutes
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SR (0.5 each)	Кір	Clear support > Horizontal	360 Circling skill (no mt/dmt)	DISMOUNT HB	10.0 SV
SR (0.5 each)	Кір	Clear support > Horizontal	360 Circling skill (no mt/dmt)	DISMOUNT HB	10.0 SV

Xcel Platinum Beam Warm-up: 1:30 minutes TIME LIMIT: 1:15 minute

SKILL CHART	VALUE PART	DEDUCTIONS		
Leaps & Jumps: (min. 120) Handstands: do not have to be Held	<u>Minimum VP</u> : - 6 "A" (0.1) each - 1 "B" (0.3) each <u>Restrictions</u> (-0.50 from SV)	Artistry <u>^0.3</u> <u>^0.10 Orig/creative choreo-elements/connections</u> <u>^0.10 Quality of movement to reflect personal style</u> <u>^0.10 Quality of expression</u>	<u>Dynamics ^0.2</u> - Energy maintained - Makes difficult loo <u>Rhythm</u> - ^0.10 Each Poor rl	
Max execution deductions: 4.0 Courtesy Score: 4.0	- No "C" Acro VP - No "D" or higher VP		VP/connections - ^0.20 Insufficient rhythm/tempo thro	
SR (0.5 each) Min. 1/1	turn (1 ft) Dance Series	w/ 120 leap/jump 1 Acro Series or 1 Flight	DISMOUNT	10.0 SV

	SR (0 5 each)	Min. 1/1 turn (1 ft)	Dance Series w/ 120o leap/jump	1 Acro Series or 1 Flight	DISMOUNT	10.0 SV
	Sit (0.5 cucit)		Dunce Series w/ 1200 reap/jump	I Acro Scries of I right	DISINICON	10.0 3 0

SKIL	L CHART	VALUE PARTS		D	EDUCTIONS			
<u>Leaps / Jumps /</u> Min 150	<u>Hops</u>	Minimum VP: - 6 "A" (0.1) each - 1 "B" (0.3) each <u>Restrictions</u> (-0.50 from SV) - No "C" VP Acro - No "D" or higher VP	^0.10 Qua style ^0.10 Qua	/creative choreo-elements/ lity of movement to reflect lity of expression ution deductions: 4.0		- Makes difficult <u>Rhythm</u> - ^0.10 Each Poo	ined throughout exe look effortless or rhythm in VP/con ent variation-rhythm	nections
SR (0.5 each)	1/1 turn (1 ft)	Dance Series w/ 150o lo	eap/jump	Min 2 acro flt w/ salto	2nd pass w 2	flt or B salto	6 - A's (0.10) 1 -"B" (0.30)	10.0

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	SR (0.5 each)	1/1 turn (1 ft)	Dance Series w/ 150o leap/jump	Min 2 acro flt w/ salto	2nd pass w 2 flt or B salto	6 - A's (0.10) 1 -"B" (0.30)	10.0

Xcel Diamond Bars Warm-up: 2:00 minutes

Mounts: Jump to Squat On Gasts / Counter Swings: - Casts 800 to 210 from vert. - Tap/underswing (only 1 allowed) Minimum VP: - 6 "A" (0.1) each - 1 "B" (0.3) each 1 "D" elements 1 "D" element allowed NO Tap/Underswing Counter swing allowed - Insufficient Dyn - Insufficient swingful execution throughout execution throughout throughout exercise - Makes difficult look effortless Tap/underswing Counterswing (only 1 allowed) Min "B" 3600 skill "B" release or turn or 2nd 3600 skill same/diff B Salto/Hecht DMT 10.0 SV SR (0.5 each) Clear support > 45 ab HZ Clear support ≥ Horizontal "B" release or turn or 2nd 3600 skill same/diff B Salto/Hecht DMT 10.0 SV	S	KILL CHART		VALUE PA	RTS		DED	UCTIONS
SR (0.5 each) Clear support > 45 ab HZ Min "B" 360o skill "B" release or turn or 2nd 360o skill same/diff B Salto/Hecht DMT 10.0 SV	Jump to Squat (Casts / Counter - Cast 890 to 21 - Tap/underswing Counterswing (o	<u>Swings:</u> o from vert. ng	- 6 "A" (0.1) each	SV) - No "E" elements	allowed <u>Extra Leg Pump: 0.30 max</u> 0 time Max execution deductions:	- I 0.50 each ex - E 4.0 thi - N eff	Insufficien kecution th Energy ma roughout Makes diffi fortless 0.10 Each F	it swingfu nroughout nintained exercise icult look Poor rhyth
SR (0.5 each) Clear support > 45 ab HZ Clear support ≥ Horizontal "B" release or turn or 2nd 360o skill same/diff B Salto/Hecht DMT 10.0 SV	SR (0.5 each)	Clear support > 45 ab HZ	Min "B" 360o skill	"B" release or turn or 2nd	d 360o skill same/diff			
SK (U.S each) Clear support > 45 ab H2 Clear support > Horizontal "B" release or turn or 2nd 3600 skill same/diff B Salto/Hecht DMT 10.0 SV								
	SR (0.5 each)	Clear support > 45 ab HZ	Clear support ≥ Hor	rizontal "B" release or tur	n or 2nd 360o skill same/diff	B Salto/Hecht I	DMT	10.0 SV
	SR (0.5 each)	Clear support > 45 ab HZ	Clear support ≥ Ho	rizontal "B" release or tur	n or 2nd 360o skill same/diff	B Salto/Hecht I	DMT	10.0 SV
	SR (0.5 each)	Clear support > 45 ab HZ	Clear support ≥ Ho	rizontal "B" release or tur	n or 2nd 360o skill same/diff	B Salto/Hecht I	DMT	10.0 SV
SR (0.5 each) Clear support > 45 ab HZ Clear support > Horizontal "B" release or turn or 2nd 360o skill same/diff B Salto/Hecht DMT 10.0 SV								
SR (0.5 each) Clear support > 45 ab HZ Clear support > Horizontal "B" release or turn or 2nd 360o skill same/diff B Salto/Hecht DMT 10.0 SV								
SR (0.5 each) Clear support > 45 ab HZ Clear support ≥ Horizontal "B" release or turn or 2nd 360o skill same/diff B Salto/Hecht DMT 10.0 SV								

Xcel Beam Diamond Warm-up: 2:00 minutes TIME LIMIT: 1:15 minute

SKILL CHART	VALUE PART	DEDUCTIONS	
Leaps & Jumps: (min. 120) - Sissonne min 1500 - Stag-open split leap 150 <u>Handstands: do not have to be</u> <u>held</u> Max execution deductions: 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 <u>^0.3</u> <u>^0.10 Orig/creative choreo-elements/connections</u> <u>^0.10 Quality of movement to reflect personal style</u> <u>^0.10 Quality of expression</u>	Dynamics ^0.2 - Energy maintained throughout exercise - Makes difficult look effortless <u>Rhythm</u> - ^0.10 Each Poor rhythm in VP/connections - ^0.20 Insufficient variation-
Courtesy Score: 4.0	- NO D of higher VP		rhythm/tempo throughout
SR (0.5 each) Min. 1/1	turn (1 ft) Dance Series	w/ 150 leap/jump 1 Acro Series and 1 Acro Flight	DISMOUNT 10.0 SV

SR (0.5 each) Min. 1/1 turn (1 ft) Dance Series w/ 150 leap/jump 1 Acro Series and 1 Acro Flight DISMOUNT 10.0 SV		SR (0.5 each)	Min. 1/1 turn (1 ft)	Dance Series w/ 150 leap/jump	1 Acro Series and 1 Acro Flight	DISMOUNT	10.0 SV
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	SKILL C	CHART		VALUE PARTS		0	DEDUCTIONS			
Leaps Min 1	<u>/ Jumps /</u> 50	<u>Hops</u>		- 6 "A" (0.1) each - 2 "B" (0.3) each <u>Restrictions (-0.50 from</u> <u>SV)</u> - No "E" VP	0.10 0.10 style 0.10 Max e	ry <u>^0.3</u> Orig/creative choreo-elements Quality of movement to reflect Quality of expression execution deductions: 4.0 esy Score: 4.0		- Makes difficul <u>Rhythm</u> - ^0.10 Each Poo	ined throughout exer t look effortless or rhythm in VP/conn ent variation-rhythm,	ection
SR (0.	.5 each)	"B" Turn	Dan	nce Series w/ 150 leap/jum	р	2 separate acro passes	2 diff saltos	_ (1 min "B")	5 - A's (0.10) 2 -"B's" (0.30)	10.0

Xcel Sapphire Bars Warm-up: 2:00 minutes

Difficulty Bonus: - C + 0.1 unlimited allowed - D + 0.1 ONLY 1 allowed - D + 0.1 ONLY 1 allowed - D + 0.1 ONLY 1 allowed - 1 "C" (0.5) each - 1 "C" (0.5)	Bonus	Max: Up to 0.40		VALUE	PARTS		DEDU	CTIONS
SR (0.5 each) B Clear support to vertical Min "B" 360 skill "B" release or turn or 2nd 360 skill same/diff B Salto/Hecht DMT or C to A DMT 9.40 SV	- C +0.1 unlimit - D +0.1 ONLY 1 Connection Bon - B + B = +0.10	ed allowed allowed us:	- 3 "A" (0.1) each - 3 "B" (0.3) each	from SV)	allowed <u>Extra Leg Pump: 0.30</u> time Max execution deduct	max 0.50 each ions: 4.0	 Insufficient execution thr Energy main throughout ex Makes diffic effortless ^0.10 Each Po 	swingful oughout ntained xercise ult look oor rhythm in
	SR (0.5 each)	B Clear support to vertical	Min "B" 360 skill	"B" release or turn or	r 2nd 360 skill same/diff	B Salto/Hecht DMT o	or C to A DMT	9.40 SV
SR (0.5 each) B Clear support to vertical Min "B" 360 skill "B" release or turn or 2nd 360 skill same/diff B Salto/Hecht DMT or C to A DMT 9.40 SV	SP (0.5 oach)	B Clear support to vertical	Min "B" 260 skill	"B" release or turn or	2nd 260 skill same/diff	B Salto/Hecht DMT c	or C to A DMT	9.40 SV
SR (0.5 each) B Clear support to vertical Min "B" 360 skill "B" release or turn or 2nd 360 skill same/diff B Salto/Hecht DMT or C to A DMT 9.40 SV	SR (0.5 each)	B Clear support to vertical	Min "B" 360 skill	"B" release or turn or	2nd 360 skill same/diff	B Salto/Hecht DMT c	or C to A DMT	9.40 SV
Sk (0.5 each) B clear support to vertical Ivini B 560 skill B release of turn of 2nd 560 skill same/uni B Santo/necht Divi of C to A Divi 9.40 SV	SR (0.5 each)	B Clear support to vertical	Min "B" 360 skill	"B" release or turn or	2nd 360 skill same/diff	B Salto/Hecht DMT c	or C to A DMT	9.40 SV

Xcel Sapphire Beam Warm-up: 2:00 minutes TIME LIMIT: 1:30 minute

BONUS up to 0.40	VALUE PART	DEDUCTIONS	
Difficulty Bonus: - C - +0.1 unlimited - D - +0.1 only 1 Connection Bonus: B + B = +0.10 START VALUE 9.60	- 3 "A" (0.1) each - 3 "B" (0.3) each - 1 "C" (0.5) each <u>Restrictions (-0.50 from</u> <u>SV)</u> - 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	<u>Dynamics ^0.2</u> - Energy maintained throughout exercise - Makes difficult look effortless <u>Rhythm</u> - ^0.10 Each Poor rhythm in VP/connections - ^0.20 Insufficient variation- rhythm/tempo throughout
SR (0.5 each) Min. 1/1	turn (1 ft) Dance Series		Dismount or Acro Flt A salto/arial DMT

SR (0.5 each)	Min. 1/1 turn (1 ft)	Dance Series w/ 180 leap/jump	Acro Series w/ 1 Acro Flight	B Dismount or Acro Flt	10.0 SV
				to A salto/arial DMT	

Xcel Sapphire Floor Warm-up: 2:00 minutes TIME LIMIT: 1:30 minute

Difficulty Bonus: - C - +0.1 unlimited - D - +0.1 only 1- 3 "A" (0.1) each - 3 "B" (0.3) each - 1 "C" (0.5) each Restrictions (-0.50 from SV) - No E Value PartsArtistry ^0.3 - 0.10 Orig/creative choreo-elements/connections ^0.10 Quality of movement to reflect personal style ^0.10 Quality of expressionDynamics ^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	BONUS up to 0.40	VALUE PART	DEDUCTI	ONS		
	- C - +0.1 unlimited - D - +0.1 only 1 Connection Bonus: B + B = +0.10	- 3 "B" (0.3) each - 1 "C" (0.5) each <u>Restrictions (-0.50 from</u> <u>SV)</u>	^0.10 Ori ^0.10 Qu	g/creative choreo-ele ality of movement to	=	 Energy maintained throughout exercing the second structure of the
SR (0.5 each) "B" Turn Dance Series w/ 1800 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 (0.5 each) "B" Turn	Dance Series w/ 180o lea	ap/jump	Double Salto Pass	3 diff saltos (1 min "E	

	SR (0.5 each)	"B" Turn	Dance Series w/ 180o leap/jump	Double Salto Pass		3 - A's (0.10) 3 - "B" (0.30) 1 "C" (0.5) each
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