

Bronze Vault Option 2 Start Value 10.0

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

Xcel Bronze Bars Warm-up: 30 seconds

SKILL CHART				VALUE PARTS	DEDUCTIONS	
Mounts: - Pullover (1,2, or run) - Jump to fnt Support - Glide to stand - Run out glide kip - Single leg jam (glide or run)		Circles: - Stride Circle fwd / bwd - Single leg basket swing (bent knee ok) - Single leg swing bwd / fwd - Single leg 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	Minimum 4 “A” VP (0.1 each) Restrictions: (Ded. 0.5 from SV) - 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 - Insufficient swingful execution throughout - Energy maintained throughout exercise - Makes difficult look effortless ^0.10 Each Poor rhythm in VP/connections
SR (0.5 each)	MOUNT - LB	CAST	360 CIRCLING SKILL (no mt/dis)		DISMOUNT LB only	10.0 SV



	SR (0.5 each)	MOUNT - LB	CAST	360 CIRCLING SKILL (no mt/dis)	DISMOUNT LB only	10.0 SV
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	SR (0.5 each)	MOUNT - LB	CAST	360 CIRCLING SKILL (no mt/dis)	DISMOUNT LB only	10.0 SV
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Xcel Bronze Beam Warm-up: 30 seconds TIME LIMIT: 45 seconds

SKILL CHART				VALUE PARTS	DEDUCTIONS	
<u>Leaps & Jumps: (any split angle)</u> - Stag / Stride Leap - Cross Split Jump - Cross Straddle Jump <u>Turns:</u> - 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> - 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.		<u>Dismounts:</u> - 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	<u>Min. 4 “A” VP (0.1) each</u> <u>Restrictions (-0.50 from SV)</u> - No “B” or higher - No salto/aerial DMT - No walkovers Max execution deductions: 4.0 Courtesy Score: 4.0	<u>Artistry ^0.3</u> ^0.10 Lack of variety in choreography ^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. ½ (180) turn (1 or 2 feet)	1 Jump or Leap (not MT or DMT)	One Acro skill	DISMOUNT	10.0 SV	

	SR (0.5 each)	Min. ½ (180) turn (1 or 2 feet)	1 Jump or Leap (not MT or DMT)	One Acro skill	DISMOUNT	10.0 SV
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Xcel Bronze Floor Warm-up: 30 seconds TIME LIMIT: 45 seconds

SKILL CHART			VALUE PARTS	DEDUCTIONS
<u>Leaps, Jumps, Hops</u> - Split Jump (min 60) - Stride Leap (min 60) - Side Leap (min 60) - Straddle Jump (min 60) - Leg swing hop w/ free leg min horizontal	<u>Turns:</u> - ½ Turn one foot (any leg position) - FWD Swing Turn BWD Swing Turn <u>Acro Skills</u> - Bridge, Kick-over - Headstand	<u>Handstands Partial:</u> - Feet must close together - Min 45o from vertical <u>Handstand Vertical:</u> - Cross or side - No Hold Required - Any Leg Position <u>**RO, rebound BWD roll is acro connection**</u>	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	<u>Artistry ^0.3</u> ^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

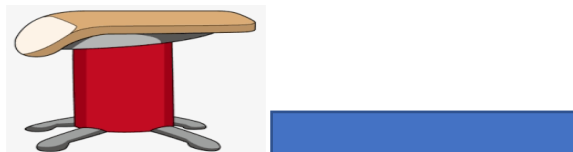
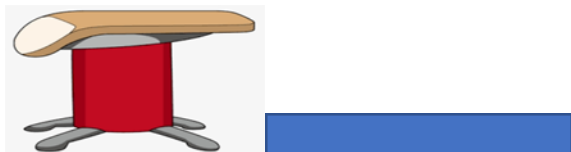

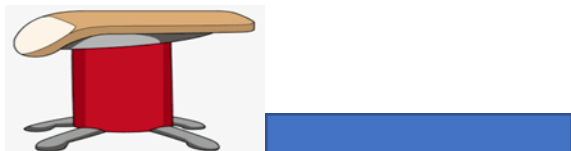
	SR (0.5 each)	2 direct connect acro w/w/o flt	2nd pass min 1 acro	Dance pass 2 diff one min 60o leap	Min ½ turn 1 foot	10.0 SV
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	SR (0.5 each)	2 direct connect acro w/w/o flt	2nd pass min 1 acro	Dance pass 2 diff one min 60o leap	Min ½ turn 1 foot	10.0 SV
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Vault: Silver

Option 1: Handspring

Option 2: Half-On

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(<u>0.05</u>) Hop/adjust/stag feet: ^0.1 Steps: <u>0.1</u> ea. (<u>max 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: 0.5 Fail to land on feet: <u>2.0</u> Land on mat stack: <u>2.5</u>	
Gymnast						Score
Gymnast						Score

Vault: Silver

Option 1: Handspring

Option 2: Half-On

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Xcel Silver Bars Warm-up: 45 Seconds

SKILL CHART				VALUE PARTS	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 > 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 - Single leg cut fwd or bwd	Dismounts: - Tap swing fwd w/ ½ turn - Squat, stoop, or straddle on low bar – stretch jump to stand -¾ back seat circle dmt (pike or straddle) from low bar	Minimum 5 “A” VP (0.1 each) 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 (0.5 each)	MOUNT - LB	CAST > 45 below HZ	360 CIRCLING SKILL (no mt/dis)	DISMOUNT LB/HB	10.0 SV



	SR (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)	MOUNT - LB	CAST > 45 below HZ	360 CIRCLING SKILL (no mt/dis)	DISMOUNT LB/HB	10.0 SV

Xcel Silver Beam Warm-up: 45 seconds TIME LIMIT: 50 seconds

SKILL CHART				VALUE PARTS	DEDUCTIONS	
<u>Leaps & Jumps: (min. 90o)</u> - Stag / Stride Leap - Split Jump - Cross Straddle Jump <u>Turns:</u> - Heal Snap ½ turn (180) - ½ turn on one foot (180) - FWD Swing Turn (180) - BWD Swing Turn (180)		<u>Holds & Stands:</u> - Bridge from lying position Hold 1 sec. Partial Handstand - Feet must close together - Min 45o from vertical		<u>Dismounts:</u> - 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	<u>Min. 5 “A” VP (0.1) each</u> <u>Restrictions (-0.50 from SV)</u> - No “B” Acro VP - No “C” or higher VP Max execution deductions: 4.0 Courtesy Score: 4.0	<u>Artistry ^0.3</u> ^0.10 Lack of variety in choreography ^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. ½ (180o) turn (1 foot)	1 Jump or Leap 90 (not MT or DMT)	One Acro skill	DISMOUNT	10.0 SV	

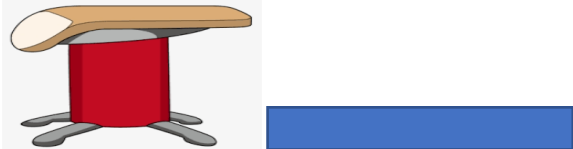
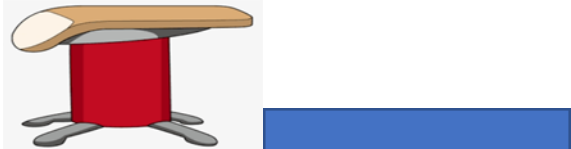
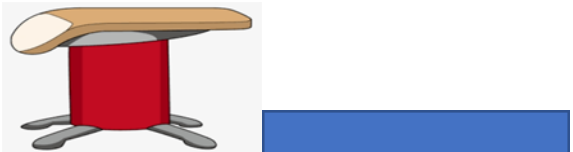
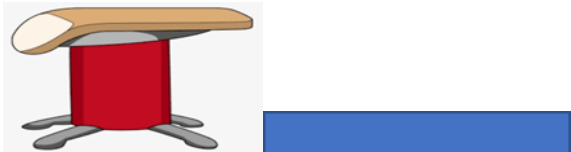
	SR (0.5 each)	Min. ½ (180) turn (1 or 2 feet)	1 Jump or Leap 90 (not MT or DMT)	One Acro skill	DISMOUNT	10.0 SV
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Xcel Silver Floor Warm-up: 45 seconds TIME LIMIT: 1:00 minute

SKILL CHART		VALUE PARTS	DEDUCTIONS			
Leaps, Jumps, Hops - Split Jump (min 90o) - Stride Leap (min 90o) - Side Leap (min 90o) - Straddle Jump (min 90o) - Leg swing hop w/ free leg min horizontal	Handstand Vertical: - Cross or side - No Hold Required Acro Skills - Bridge, Kick-over - Headstand	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 in VP/connections - ^0.20 Insufficient variationrhythm/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 (0.5 each)	Min 2 direct acro 1 w/ flt	2nd pass w direct acro or 1 acro w flt	Dance pass 2 diff one min 90 leap	1/1 turn	10.0 SV

	SR (0.5 each)	Min 2 direct acro 1 w/ flt	2nd pass w direct acro or 1 acro w flt	Dance pass 2 diff one min 90 leap	1/1 Turn	10.0 SV
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Vault: Gold/Platinum/Diamond/Sapphire

First Flight		General (1 st and 2 nd Flights)	Support Phase	2 nd Flight	Landing
Incomplete LA Turn: ^0.3 Fail pass through Vert: ^0.3		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	Staggered Hands: 0.1 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 <u>0.3</u>) Arms Bent: <u>^0.5</u> Bent Arms Head Cont: <u>2.0</u> Too long in support: <u>^0.5</u> 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 Non-Salto Vaults Angle of Repulsion: ^0.5	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: 0.5 Fail to land on feet: <u>2.0</u> Land on mat stack: <u>2.5</u>
Gymnast					Score
Gymnast					Score

Xcel Gold Bars Warm-up: 1:00 minute

SKILL CHART			VALUE PARTS	DEDUCTIONS
Mounts: - 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)	Circles: - Stride Circle fwd or bkw - Long Hang Pull-Over (from long swing) - Single leg basket swing (straight legs) - Single leg cut fwd or bwd	Casts / Counter Swings: - Cast > horizontal - Cast Shoot Through - Tap/Underswing counter swing Dismounts: - 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 (0.5 each)	Skill to clear support \geq Hz	360 Circling skill (no mt/dmt)	2nd 360 Circling skill (no mt/dmt)	DISMOUNT HB	10.0 SV
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	SR (0.5 each)	Skill to clear support \geq Hz	360 Circling skill (no mt/dmt)	2nd 360 Circling skill (no mt/dmt)	DISMOUNT HB	10.0 SV
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	SR (0.5 each)	Skill to clear support \geq Hz	360 Circling skill (no mt/dmt)	2nd 360 Circling skill (no mt/dmt)	DISMOUNT HB	10.0 SV
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Xcel Gold Beam Warm-up: 1:00 minute TIME LIMIT: 1:00 minute

SKILL CHART	VALUE PART	DEDUCTIONS	
Leaps & Jumps: (min. 120) Handstands: do not have to be held Partial Handstand: - Feet must close together - Min 45o from vertical Dismount: - Cartwheel to HS ¼ turn	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	Artistry ^0.3 ^0.10 Orig/creative choreoelements/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 (0.5 each)	Min. 1/1 (360) turn (1 foot)	2 Diff Leap/Jump, one min 120o split	2 acro skills, 1 pass/achieve vertical	DISMOUNT	10.0 SV
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	SR (0.5 each)	Min. 1/1 (360) turn (1 foot)	2 Diff Leap/Jump, one min 120o split	2 acro skills, 1 pass/achieve vertical	DISMOUNT	10.0 SV
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Xcel Gold Floor Warm-up: 1:00 minute TIME LIMIT: 1:00 minute

SKILL CHART		VALUE PARTS	DEDUCTIONS			
Leaps, Jumps, Hops - All Split Jump (min 120o) - Leg swing hop w/ free leg min horizontal - Switch Leg Leap (min 120o)	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 variationrhythm/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 (0.5 each)	Min 2 direct acro both flt	2nd pass w direct acro flt or 1 salto/aerial	Dance pass 2 diff one min 120 leap	1/1 turn	10.0 SV

	SR (0.5 each)	Min 2 direct acro both flt	2nd pass w direct acro flt or 1 salto/aerial	Dance pass 2 diff one min 120 leap	1/1 Turn	10.0 SV
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Xcel Platinum Bars Warm-up: 1:30 minutes

SKILL CHART	VALUE PARTS			DEDUCTIONS
Mounts: Jump to Squat On Casts / Counter Swings: - Cast 89o to 21o 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 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 swingful execution throughout - Energy maintained throughout exercise - Makes difficult look effortless ^0.10 Each Poor rhythm in VP/connections

	SR (0.5 each)	Kip	Clear support > Horizontal	360 Circling skill (no mt/dmt)	DISMOUNT HB	10.0 SV
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	SR (0.5 each)	Kip	Clear support > Horizontal	360 Circling skill (no mt/dmt)	DISMOUNT HB	10.0 SV
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	SR (0.5 each)	Kip	Clear support > Horizontal	360 Circling skill (no mt/dmt)	DISMOUNT HB	10.0 SV
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Xcel Platinum Beam Warm-up: 1:30 minutes TIME LIMIT: 1:15 minute

SKILL CHART	VALUE PART	DEDUCTIONS	
<u>Leaps & Jumps:</u> (min. 120) <u>Handstands:</u> do not have to be Held Max execution deductions: 4.0 Courtesy Score: 4.0	<u>Minimum VP:</u> - 6 "A" (0.1) each - 1 "B" (0.3) each <u>Restrictions</u> (-0.50 from SV) - No "C" Acro VP - No "D" or higher VP	<u>Artistry</u> ^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</u> ^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-rhythm/tempo throughout

	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
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	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
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Xcel Platinum Floor Warm-up: 1:30 minute TIME LIMIT: 1:30 minute

SKILL CHART			VALUE PARTS	DEDUCTIONS			
<u>Leaps / Jumps / Hops</u> Min 150			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	<u>Artistry</u> ^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		<u>Dynamics</u> ^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-rhythm/tempo throughout	
	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

	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
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Xcel Diamond Bars Warm-up: 2:00 minutes

SKILL CHART	VALUE PARTS			DEDUCTIONS
<u>Mounts:</u> Jump to Squat On <u>Casts / Counter Swings:</u> - Cast 89o to 21o from vert. - Tap/underswing Counterswing (only 1 allowed)	Minimum VP: - 6 "A" (0.1) each - 1 "B" (0.3) each	<u>Restrictions</u> (-0.50 from SV) - No "E" elements 1 "D" element allowed	NO Tap/Underswing Counter swing allowed <u>Extra Leg Pump: 0.30 max</u> 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 (0.5 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
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	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
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	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
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Xcel Beam Diamond Warm-up: 2:00 minutes TIME LIMIT: 1:15 minute

SKILL CHART	VALUE PART	DEDUCTIONS	
Leaps & Jumps: (min. 120) - Sissonne min 150o - Stag-open split leap 150 <u>Handstands: do not have to be held</u> Max execution deductions: 4.0 Courtesy Score: 4.0	Minimum VP: _ 6 "A" (0.1) each - 2 "B" (0.3) each <u>Restrictions (-0.50 from SV)</u> 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 <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 w/ 150 leap/jump	1 Acro Series and 1 Acro Flight	DISMOUNT	10.0 SV
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	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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Xcel Diamond Floor Warm-up: 2:00 minute TIME LIMIT: 1:30 minute

SKILL CHART		VALUE PARTS	DEDUCTIONS				
Leaps / Jumps / Hops 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-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		
	SR (0.5 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's" (0.30)	10.0

	SR (0.5 each)	"B" Turn	Dance Series w/ 150o leap/jump	2 separate acro passes	2 diff saltos (1 min "B")	5 - A's (0.10) 2 - "B's" (0.30)	10.0
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Xcel Sapphire Bars Warm-up: 2:00 minutes

Bonus: Max: Up to 0.40	VALUE PARTS			DEDUCTIONS
Difficulty Bonus: - C +0.1 unlimited allowed - D +0.1 ONLY 1 allowed Connection Bonus: - B + B = +0.10 Start Value: 9.60	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

	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
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	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
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	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
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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 SV)</u> - No E Value Parts	<u>Artistry ^0.3</u> ^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 w/ 180 leap/jump	Acro Series w/ 1 Acro Flight	B Dismount or Acro Flt to A salto/arial DMT	10.0 SV
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	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 to A salto/arial DMT	10.0 SV
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Xcel Sapphire Floor 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 SV)</u> - No E Value Parts	<u>Artistry ^0.3</u> ^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)	"B" Turn	Dance Series w/ 180o 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
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	SR (0.5 each)	"B" Turn	Dance Series w/ 180o 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
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