XCEL UNEVEN BARS

30 seconds 45 seconds 1:00 minutes 1:30 minutes 2:00 minutes 2:00 minutes VALUE PARTS Deduct froms V for each missing VP Silver 5 A (0.1 each) 5 A (0.1 each) 3 A (0.1 each) 3 B (0.3 each) 3 B (0.3 each) 3 B (0.1 each) 3 B (Bronze	Silver	Gold	Platinum	Diamond	Sapphire	
VALUE PARTS Deduct from 5V for each missing VP Bronze Silver Gold Platinum Diamond Sapphire 9.6 SV 4 A (0.1 each) 5 A (0.1 each) 6 A (0.1 each) 6 A (0.1 each) 5 A (0.1 each) 3 A (0.1 each) 3 A (0.1 each) 3 B (0.3 each) 1 C (0.5 each) 3 C (0.1 each) 3 B (0.3 each) 1 C (0.5 each)	Warm-up: 30 seconds	45 seconds	1:00 minute	1:30 minutes	2:00 minutes	2:00 minutes	
Bronze 4 A (0.1 each) Silver 5 A (0.1 each) Gold 6 A (0.1 each) Platinum 6 A (0.1 each) Diamond 5 A (0.1 each) Sapphre 9.6 SV 3 A (0.1 each) DIFFICULTY RESTRICTIONS Deduct - 0.5 from SV for each restricted skill performed - May not fulfill SR Connect fulliance No 'B' or higher VP No 'C' or higher VP No 'E' VP No 'E' VP No 'E' VP No Salto Dismounts No Salto Dismounts No Salto Dismounts No field or high sor vigh sor or high sor vigh sor or high sor vigh sor or high sor vi							
4 A (0.1 each) 5 A (0.1 each) 6 A (0.1 each) 5 A (0.1 each) 3 A (0.1 each) 9 A (0.1 each) 5 A (0.1 each) 1 B (0.3 each) 1 B (0.3 each) 3 B (0.3 each) 0 B or higher VP No 'B' or higher VP No 'E' VP No Salto Dismounts No Salto Dismounts No Salto Dismounts No Bonus No 'E' VP No 'E' VP CLAR (FLATIONS Courtesy score = 4.0 Long hang pullover from a long swing = 360' circle Long hang pullover from a long swing elabort HTM Clear support Clear support HTM Clear support Circle One tap/Inderswing - Counterswing allowed - 'A'' Extra swing deductions apply Extra swing deductions apply Extra swing deductions apply Extra				Platinum	Diamond	Sapphire 9.6 SV	
DIFFICUEUTY RESTRICTIONS Deduct - 0.5 from SV for each restricted skill performed — May not fulfill SR No 'B' or higher VP No 'B' or higher VP No 'B' or higher VP No 'C' or higher VP No 'E' VP No 'E' VP No 'E' VP No Ball Dismounts No Salto Dismounts No Salto Dismounts No 'C' or higher VP No 'C' or higher VP No 'C' ar higher VP No 'E' VP No 'E' VP No 'E' VP No Ball Dismounts No Salto Dismounts No C' or higher VP No 'E' VP No Bonus No 'E' VP CLARFICATIONS Courtesy score = 4.0 Long hang pullover from a long swing = 360' circle Long hang pullover from a long swing = 360' circle Courtesy sing deduction Courtesy sing deduction PC Courtesy sing deduction PC Extra swing deductions apply Extra swing deductions PC ast angle dedu				6 A (0.1 each)	5 A (0.1 each)	3 A (0.1 each) 3 B (0.3 each) 1 C (0.5 each) Connect Bonus (个0.4) B+B	
No 'B' or higher VP No Salto Dismounts No 'E' VP No Salto Dismounts No Salto Dismount Salt No Salto Mu/Dmt No 'E' VP No Salto No Salto No Salto Dismount Salt No Salto No Mu/Dmt No 'E' VP No Salto No Mu/Dmt No 'E'						C/D Bonus (个0.4) any C & 1 D	
No Skills on HB No Salto Dismounts No Salto Dismounts No Giants (LB or HB) No Salto Dismounts No Giants (LB or HB) No release move with bar change along swing = 360° circle 1 'D' element allowed No Bonus CLARIFICATIONS Courtesy score = 4.0 Short exercise: Less than 3 Elements deduct 2.0 CLARIFICATIONS Courtesy score = 4.0 Long hang pullover from along swing = 360° circle Long hang pullover from along swing = 360° circle Cast squat-on to Jump-off DMT are 2 'A' skills Cast squat-on to Jump-off DMT are 2 'A' skills Cast squat-on to Jump-off DMT are 2 'A' skills Extra swings OK Extra swing deductions apply Extra swing deductions apply Extra swings OK Extra swings OK Extra swing to K Extra swing deductions apply Extra swing deductions apply Still preceded by a cast = both receive VP credit - Cast Squat-On to Jump to HB / Cast Shoot-thru = one (1)'A' VP for Bronze VP & SR credit given for cast/circle finishing within 10° of requirement (XS-XD). Deduct up to 0.1 for amplitude deficiency for element fulfilling requirement. SPECIAL REQUIREMENT Deduct 0.5 from SV for each missing requirement - Min. horizontal - Not Mt/Dmt 1. Skill that finishes in clear support - Min 45° from vertical - Not Mt/Dmt 1. Skill that finishes in clear support - Not Mt/Dmt 1. Skill that finishes in clear support -				· · · · · · · · · · · · · · · · · · ·			
Long hang pullover from a long swing = 360° circle Long hang pullover from a long swing = 360° circle Long hang pullover from a long swing = 360° circle Long hang pullover from cast = 360° circle Jump-off DMT are 2 °A° Skills Cast squat-on to Jump-off DMT are 2 °A° Skills Cast squat-on to Jump-off DMT are 2 °A° Skills Extra swings OK Extra swing allowed = "A" with no extra swing allowed = "A" with no extra swing deductions apply Extra swing deductions apply Extra swing deductions apply Extra swings OK Extra swings OK Extra swing deductions apply Extra swing deductions apply Extra swing deductions apply Kate swings OK Extra swings OK Extra swings deductions apply Extra swing deductions apply Extra swing deductions apply Skill preceded by a cast = both receive VP credit ON OT use DP cast angle deductions! Interpret on cast/circle finishing within 10° of requirement (XS-XD). Deduct up to 0.1 for amplitude deficiency for element fulfilling requirement. SPECIAL REQUREMENTS Deduct 0.5 from SV for each missing requirement I. Skill that finishes in clear support - Min. horizontal - Not Mt/Dmt I. Skill that finishes in clear support - Min Mt/Dmt I. Skill that finishes in clear support - Not Mt/Dmt I. Skill that fin	No Skills on HB No Salto Dismounts	No Giants (LB or HB)	No Giants (LB or HB) No release move with	Clear Hip HS Stalder Bwd to HS	1 'D' element allowed	No 'E' VP	
Long hang pullover from a long swing = 360° circle Long hang pullover from a long swing = 360° circle Long hang pullover from a long swing = 360° circle Long hang pullover from cast = 360° circle Jump-off DMT are 2 °A° Skills Cast squat-on to Jump-off DMT are 2 °A° Skills Cast squat-on to Jump-off DMT are 2 °A° Skills Extra swings OK Extra swing allowed = "A" with no extra swing allowed = "A" with no extra swing deductions apply Extra swing deductions apply Extra swing deductions apply Extra swings OK Extra swings OK Extra swing deductions apply Extra swing deductions apply Extra swing deductions apply Kate swings OK Extra swings OK Extra swings deductions apply Extra swing deductions apply Extra swing deductions apply Skill preceded by a cast = both receive VP credit ON OT use DP cast angle deductions! Interpret on cast/circle finishing within 10° of requirement (XS-XD). Deduct up to 0.1 for amplitude deficiency for element fulfilling requirement. SPECIAL REQUREMENTS Deduct 0.5 from SV for each missing requirement I. Skill that finishes in clear support - Min. horizontal - Not Mt/Dmt I. Skill that finishes in clear support - Min Mt/Dmt I. Skill that finishes in clear support - Not Mt/Dmt I. Skill that fin	CLARIFICATIONS	Courtesy score = 4.0		Short exercise: Less than 3 B	Elements deduct 2.0		
Jump-off DMT are 2 "A" Skills Jump-off DMT are 2 "A" Skills counterswing allowed = "A" with no extra swing deduction counterswing allowed = "A" with no extra swing deductions Extra swing deductions apply Extra swing deductions apply Extra swing deductions apply Extra swings OK Extra swings OK Extra swings OK Extra swing deductions apply Extra swing deductions apply Extra swing deductions apply Extra swing deductions apply Skill preceded by a cast = both receive VP credit — DO NOT use DP cast angle deductions! — — Exceptions: Cast-Squat/Stoodp/Stradle on woo jump to HB / Cast Shoot-thru = one (1) 'A' VP for all divisions — Cast off DMT = one (1) 'A' VP for Bronze — — VP & SR credit given for cast/circle finishing within 10° of requirement (XS-XD). Deduct up to 0.1 for amplitude deficiency for element fulfilling requirement. Specific ar support — - - one (1) 'A' VP for Bronze SPECIAL REQUIREMENT Deduct 0.5 from SV for each missing requirement (XS-XD). Deduct up to 0.1 for amplitude deficiency for element fulfilling requirement. - </td <td></td> <td>Long hang pullover from</td> <td></td> <td>Long hang pullover from a</td> <td></td> <td></td>		Long hang pullover from		Long hang pullover from a			
Skill preceded by a cast = both receive VP credit DO NOT use DP cast angle deductions! Exceptions: Cast-Squat/Stoop/Straddle on w/wo jump to HB / Cast Shoot-thru = one (1) 'A' VP for all divisions Cast off DMT = one (1) 'A' VP for Bronze VP & SR credit given for cast/circle finishing within 10° of requirement (XS-XD). Deduct up to 0.1 for amplitude deficiency for element fulfilling requirement. SPECIAL REQUIREMENTS Deduct 0.5 from SV for each missing requirement 1. Mount LB 1. Skill that finishes in clear support - Nin. horizontal - Not Mt/Dmt - Not Mt/Dmt 2. Cast - Min 45° below Horz. - Soft Mt/Dmt - Not Mt/Dmt 2. 360° Circling Skill - Not Mt/Dmt 3. 360° Circling Skill - Not Mt/Dmt 3. 2nd 360° Circling Skill - Not Mt/Dmt - Not Mt/Dmt - Not M	Jump-off DMT are	Jump-off DMT are		counterswing allowed = "A"			
Exceptions: Cast-Squat/Stoop/Straddle on w/wo jump to HB / Cast Shoot-thru = one (1) 'A' VP for all divisions — Cast off DMT = one (1) 'A' VP for Bronze VP & SR credit given for cast/circle finishing within 10° of requirement (XS-XD). Deduct up to 0.1 for amplitude deficiency for element fulfilling requirement. SPECIAL REQUIREMENTS Deduct 0.5 from SV for each missing requirement (XS-XD). Deduct up to 0.1 for amplitude deficiency for element fulfilling requirement. 1. Mount LB 1. Mount 1. Skill that finishes in clear support - Min. horizontal - Not Mt/Dmt 1. Skill that finishes in clear support - Min 45° from vertical - Not Mt/Dmt 1. Skill that finishes in clear support - Min 45° from vertical - Not Mt/Dmt 1. Skill that finishes in clear support - Min 45° clear support - Not Mt/Dmt 1. Skill that finishes in clear support - Not Mt/Dmt 1. Skill that finishes in clear support - Min 45° from vertical - Not Mt/Dmt 1. Skill that finishes in clear support - Not Mt/Dmt 1. Skill that finishes in clear support - Not Mt/Dmt 1. Skill that finishes in clear support - Not Mt/Dmt 1. Skill that finishes in clear support - Not Mt/Dmt 1. Skill that finishes in clear support - Not Mt/Dmt 1. Skill that finishes in clear support - Not Mt/Dmt 1. Skill that finishes in clear support - Not Mt/Dmt 1. Skill that finishes in clear support - Not Mt/Dmt 1. Skill that finishes in clear support - Not Mt/Dmt 1. Skill that finishes in clear support - Not Mt/Dmt 1. Skill that finishes in clear support - Not Mt/Dmt 1. Skill that finishes in clear support - Not Mt/Dmt 1. Skill that finishes in clear support - Not Mt/Dmt	Extra swings OK	Extra swings OK	Extra swings OK	Extra swing deductions apply	Extra swing deductions apply	Extra swing deductions apply	
1. Mount LB 1. Mount 1. Skill that finishes in clear support	VP & SR credit give	quat/Stoop/Straddle on w	/wo jump to HB / Cast Sho within 10° of requirement ()	ot-thru = one (1) 'A' VP for XS-XD). Deduct up to 0.1 for	all divisions – Cast off DMT		
clear support - Min. horizontal - Not Mt/Dmtclear support - Above horizontal - Not Mt/Dmtclear support - Min 45° from vertical - Not Mt/Dmtclear support - at Vertical - within 20° - Not Mount / Dismount2. Cast - Hips must leave bar - Not Mt/Dmt2. Goo° Circling Skill - Min 45° below Horz. - Not Mt/Dmt2. 360° Circling Skill - Not Mt/Dmt3. Kip3. Minimum 'B' - Not Mt/Dmt3. Minimum 'B' - Not Mt/Dmt3. 360° Circling Skill - Not Mt/Dmt3. 2 nd 360° Circling Skill - Not Mt/Dmt - Same: connect or 1LB/1HB - Different: isolate or connect3. Kip3. Minimum 'B' Skill - Release, Turn, or 2nd 360° Circle (same or different) A release in mount is OK4. Dismount - LB - No saltos4. Dismount - HB - No saltos4. Dismount - HB - Salto / Hecht4. B Dismount - OR C to an A Salto	SPECIAL REQUIREIVIEN						
- Hips must leave bar - Not Mt/Dmt - Min 45° below Horz. - Not Mt/Dmt - Not Mt/Dmt - Minimum 'B' - Not Mt/Dmt - Minimum 'B' - Not Mt/Dmt 3. 360° Circling Skill - Not Mt/Dmt 3. 2nd 360° Circling Skill - Not Mt/Dmt 3. 2nd 360° Circling Skill - Not Mt/Dmt 3. Kip 3. Minimum 'B' Skill - Not Mt/Dmt 3. Minimum 'B' Skill - Not Mt/Dmt - Not Mt/Dmt - Not Mt/Dmt 3. 2nd 360° Circling Skill - Not Mt/Dmt - Not Mt/Dmt - Same: connect or 1LB/1HB - Different: isolate or connect 3. Kip 3. Minimum 'B' Skill - Release, Turn, or 2nd 360° Circle (same or different) A release in mount is OK 4. Dismount - LB - No saltos 4. Dismount - HB or LB - No saltos 4. Dismount - HB - No saltos 4. Dismount - HB - Salto / Hecht 4. B Dismount - OR C to an A Salto	1. Mount LB	1. Mount	clear support - Min. horizontal	clear support - Above horizontal	clear support - Min 45° from vertical	clear support - at Vertical - within 20°	
- Not Mt/Dmt - Not Mt/Dmt - Not Mt/Dmt - Not Mt/Dmt - Release, Turn, or 2nd 360° - Release, Turn, or 2nd 360° - Same: connect or 1LB/1HB - Different: isolate or connect - Different: isolate or connect - Release, Turn, or 2nd 360° - Release, Turn, or 2nd 360° 4. Dismount - LB - No saltos 4. Dismount - HB or LB - No saltos - No saltos - OR C to an A Salto		- Min 45° below Horz.	•	-	- Minimum 'B'	- Minimum 'B'	
- No saltos - No saltos - OR C to an A Salto	3. 360° Circling Skill - Not Mt/Dmt	•	- Not Mt/Dmt - Same: connect or 1LB/1HB	3. Кір	- Release, Turn, or 2nd 360°	- Release, Turn, or 2nd 360° Circle (different)	
	4. Dismount - LB		4. Dismount - HB	4. Dismount - HB			
	Bronze	Silver	Gold	Platinum	Diamond	Sapphire	

XCEL UNEVEN BARS - Additional 'A" Value Part Chart

Bronze	Silver	Gold	Platinum	Diamond	Sapphire
'A' MOUNTS					9.12.2024 D. Hanford
• Pullover LB	• Pullover LB or HB	 Pullover LB or HB 			
- 1 or 2 feet or run	- 1 or 2 feet or run	- 1 or 2 feet or run			
 Glide swing to stand 	 Glide swing to stand 	 Glide swing to stand 			
• Run-out glide kip	 Run-out glide kip 	 Run-out glide kip 			
• Single leg Jam kip	 Single leg Jam kip 	 Single leg Jam kip 			
- From glide or run	- From glide or run	- From glide or run			
 Jump to front support 	 Jump to squat on 	 Jump to squat on 	 Jump to squat on 	 Jump to squat on 	
	• Jump t	o clear support, immediate	e back hip circle: OK for all l	evels	
'A' CASTS					
• Cast	• Cast	• Cast	• Cast	• Cast	
- Hips must leave the bars	- ≥ 45° below horizontal	- Min horizontal	- 89°-21° from vertical	- 45° - 21° from vertical	
'	- SR/VP credit if within 10°	- SR/VP credit if within 10°	- SR/VP credit if within 10°	- SR/VP credit if within 10°	
'A' CIRCLES	- , ,	-,,	- , · ,	-,,	
 Stride Circle Fwd 	 Stride Circle Fwd 	 Stride Circle Fwd 			
 Stride Circle Bwd 	 Stride Circle Bwd 	 Stride Circle Bwd 			
	 Long hang pullover 	 Long hang pullover 			
	- From long swing	- From long swing			
	= 360° circle	= 360° circle			
'A' SWINGS & OTHER SKIL	LS				
	a Tan (Under Curing	A Tan / Under Curing	• Top / Under Curing		
	• Tap/Under Swing -	• Tap/Under Swing -	• Tap/Under Swing -		
	Counterswing	Counterswing	Counterswing		
 Basket Swing - 1 leg 	 Basket Swing - 1 leg 	 Basket Swing - 1 leg 	- Only one (1) allowed		
- Bent knee OK	- Bent knee OK	- straight leg only			
 Cast shoot-through 	 Cast shoot-through 	 Cast shoot-through 			
 Single leg cut Fwd/Bwd 	 Single leg cut Fwd/Bwd 	 Single leg cut Fwd/Bwd 			
 Single leg swing Fwd/Bwd 	 Single leg swing Fwd/Bwd 				
'A' DISMOUNTS					
• Cast-off to Stand 1 VP	• Tap Swing fwd ½ turn	• Top Swing fund 1/ turn			
- Release bar before landing	- Tap Swing twu /2 turn	 Tap Swing fwd ½ turn 			
- No cast VP / No cast SR	• ³ / ₄ Bwd Seat Circle	• Tap Swing fwd ½, ½	• Tap Swing fwd ½, ½		
• ¾ Fwd Circle to stand	- Pike or Straddle from LB	- Hand touch required	- Hand touch required		
	-				
Underswing/sole circle LB Stretch lump Off	Underswing/sole circle LB Stretch lump Off				
 Stretch Jump Off Forward to stand 	 Stretch Jump Off Forward to stand 				
- Forward to stand - From squat, straddle or	- Forward to stand - From squat, straddle or				
stoop on LB	stoop on LB				
· · ·	-	O et al		Diseased	Constitut
Bronze	Silver	Gold	Platinum	Diamond	Sapphire

XCEL BALANCE BEAM

Bronze	Silver	Gold	Platinum	Diamond	Sapphire			
Warm-up: 30 seconds	Warm-up: 45 seconds	Warm-up: 1:00 minute	Warm-up: 1:30 minutes	Warm-up: 2:00 minutes	Warm-up: 2:00 minutes			
Compete: 45 seconds	Compete: 50 seconds	Compete: 1:00 minute	Compete: 1:15 minutes	Compete: 1:15 minutes	Compete: 1:30 minutes			
VALUE PARTS	Deduct from SV for each missing VP							
Bronze	Silver	Gold	Platinum	Diamond	Sapphire 9.6 SV			
4 A (0.1 each)	5 A (0.1 each)	6 A (0.1 each)	6 A (0.1 each)	5 A (0.1 each)	3 A (0.1 each)			
			1 B (0.3 each)	2 B (0.3 each)	3 B(0.3 each) 1 C(0.5 each)			
					Connect Bonus (个0.4) B+B			
					C/D Bonus (个0.4) any C & 1 D			
DIFFICULTY RESTRICTIO	NS Deduct - 0.5 from	SV for each restricted skill p	i Derformed — May not	fulfill SR	-, -, -, -, -, -, -, -, -, -, -, -, -, -			
No 'B' or higher VP	No 'B' Acro VP	No 'C' or higher VP	No 'C' Acro VP	No 'E' VP	No 'E' VP			
No Walkovers	No 'C' or higher VP		No 'D' or higher VP	1 'D' element allowed				
No Salto /Aerial Dmts	0			No Bonus				
CLARIFICATIONS	Courtesy score = 4.0		Short Exercise: Less than 3 e	elements deduct 2.0				
		mps within 20° of specified	split (XS-XD) or within 45° fo		for insufficient split			
Cross split jump = A	'B' Dance allowed	'B' Dance allowed	'C' Dance allowed	1 'D' element allowed				
Cross straddle jump = A	90° split	<u>120° split</u>	<u>120° split</u>	<u>155° split</u>	<u>180° split</u>			
Split leap = A	Leaps/jumps 70-134°= A/SR	Leaps/jumps 100-134°= A/SR	Leaps/jumps 100-134°= A/SR	Leaps/jumps ≥135°= VP/SR	Leaps/jumps ≥135° = VP/SR			
(any split angle)	Leaps/jumps ≥135°= VP/SR	Leaps/jumps ≥135°= VP/SR	Leaps/jumps ≥135°= VP/SR	Leaps/jumps below 135° = A	Leaps/jumps below 135° = A			
All unlisted Mounts ar	re 'A' VP — Acro must st	art and finish on BB – F	landstands are considered t	ne same skill, no 2 sec hold (regardless of angle achieved)			
	W	/alkover-type elements requ	uire the same split angle for t	heir level				
SPECIAL REQUIREMENT	S Deduct 0.5 from SV f	or each missing requiremer	nt					
1. Min ½ (180°) turn	1. Min ½ (180°) turn	1. Min 1/1 (360°) turn	1. Min 1/1 (360°) turn	1. Min 1/1 (360°) turn	1. Min 1/1 (360°) turn			
- on 1 or 2 feet	- on 1 foot	- on 1 foot	- on 1 foot	- on 1 foot	- on 1 foot			
2. One Jump / Leap	2. One Jump / Leap	2. Two Jumps / Leaps	2. Dance Series 2 VP	2. Dance Series 2 VP	2. Dance Series 2 VP			
- Not Mt/Dmt	- 90° split cross/side	- Grp 2 -must be different	- Group 1,2,3* same or diff	- Group 1,2,3* same or diff	- Group 1,2,3* same or diff			
	- Not Mt/Dmt	- One = 120° split cross/side	*Dance mounts & 1-ft turns	*Dance mounts & 1-ft turns	*Dance mounts & 1-ft turns			
		- Isolated or in series	AND 1 Leap/Jump	<u>AND</u> 1 Leap/Jump	AND 1 Leap/Jump			
			- 120° split cross/side	- 155° split cross/side	- 180° split cross/side			
			- Isolated or in series	- Isolated or in series	- Isolated or in series			
3. One Acro Skill	3. One Acro Skill	3. Two Acro Skills	3. One Acro Series	3. One Acro Series	3. One Acro Series			
- Non-flight	- Non-flight	- With or without flight	- With or without flight	- With or without flight	- With 1 Acro flight skill (min)			
- Must start & finish on	- Must start & finish on	- 1 achieves/passes thru	- 1 achieves/pass thru vertical	- 1 achieves/pass thru vertical	- 1 achieves/pass thru vertical			
beam	beam	inverted vertical	- Must start & finish on beam	- Not Mt / Dmt	- Must start & finish on beam			
		- Isolated or in series	<u>OR</u> 1 Acro Flight Skill	<u>AND</u> 1 Acro Flight Skill	- Not Mt / Dmt			
		- Must start & finish on	- Isolated or in series	- Isolated or in series				
		beam	- Must start & finish on beam	- Must start & finish on beam				
4. Dismount	4. Dismount	4. Dismount	4. Dismount	4. Dismount	4. 'B' Dismount OR			
- No aerials or saltos				- Aerial or Salto	Acro flight to 'A' Salto / Aerial			
Bronze	Silver	Gold	Platinum	Diamond	Sapphire			

XCEL BEAM EXERCISE - Additional 'A" Value Part Chart

Bronze	Silver	Gold	Platinum	Diamond	Sapphire
'A' LEAPS & JUMPS					9.12.2024 D. Hanford
 Stag / Stride Leap 	• Split Jump 90°	• Split Jump 120°	• Leaps / Jumps / He	ops • Leaps / Jumps / Hops	
- Any split angle	• Stride Leap 90°	• Stride Leap 120°	- below 135° Split	- below 135° Split	
• Cross split jump	• Side Leap 90°- 180°+	• Side Leap 120°	- Cross or side split	- Cross or side split	
- Any split angle	• Straddle Jump 90°- 180°+	• Straddle Jump 120°			
• Cross straddle jump		• Switch Leap 120°		eaps/Jumps with ≥ 135° will	
- Any split angle		·		eceive Xcel CoP listed Value Pa out will only receive a deduction	
	 Credit up to 20° deficiency 	 Credit up to 20° deficiency 		or the split angle required at th	
'A' ½ TURNS					
• Pivot Turn - 180°					
• Squat ½ Turn - 180°					
• 1-Foot ½ Turn - 180°	• 1-Foot ½ Turn - 180°				
• Heel snap ½ turn - 180°	• Heel snap ½ turn - 180°				
• Swing Turn Fwd - 180°	• Swing Turn Fwd - 180°				
• Swing Turn Bwd - 180°	• Swing Turn Bwd - 180°				
J	Swing fulli Bwu - 180				
'A' ACRO					
Partial Handstand	Partial Handstand	Partial Handstand			
 One leg reaches min of 45° of vertical while 	 Feet MUST close together at min . 45° of vertical 	 Feet MUST close together at min. 45° of vertical 			
both feet are off beam	- Both must be simultaneous	- Both must be simultaneous			
Vertical Handstand	Vertical Handstand	Vertical Handstand			
- Cross or side	- Cross or side	- Cross or side			
- No hold	- No hold	- No hold			
- Any leg position	- Any leg position	- Any leg position			
 Bridge from Lying on BB 	 Bridge from Lying on BB 				
- Push up & hold 1 sec.	- Push up & hold 1 sec.				
 Lever to touch Beam 					
- free leg horizontal or higher					
'A' ACRO SERIES					
• Cartwheel to Partial HS	• Cartwheel to Partial HS	• Cartwheel to HS ¼ turn			
- Any entry / No hold	- Any entry / No hold	- Any entry / Mark HS			
- 45° of vertical	- 45° of vertical				
- Land facing Beam	- Land facing Beam				
• Cartwheel to HS ¼ turn	 Cartwheel to HS ¼ turn 				
- Any entry / Mark HS	- Any entry / Mark HS				
 Any Jump from 1 or 2 feet 	• Any Jump from 1 or 2 feet				
- also up to 360° turn	- also up to 360° turn				
Bronze	Silver	Gold	Platinum	Diamond	Sapphire

XCEL FLOOR EXERCISE

Bronze	Silver	Gold	Platinum	Diamond	Sapphire		
Warm-up: 30 seconds	Warm-up: 45 seconds	Warm-up: 1:00 minute	Warm-up: 1:30 minutes	Warm-up: 2:00 minutes	Warm-up: 2:00 minutes		
Compete: 45 seconds VALUE PARTS Dec	Compete: 1:00 minute luct from SV for each missir	Compete: 1:00 minute	Compete: 1:30 minutes	Compete: 1:30 minutes	Compete: 1:30 minutes		
Bronze	Silver	Gold	Platinum	Diamond	Sapphire 9.6 SV		
4 A (0.1 each)	5 A (0.1 each)	6 A (0.1 each)	6 A (0.1 each)	5 A (0.1 each)	3 A (0.1 each)		
			1 B (0.3 each)	2 B (0.3 each)	3 B (0.3 each)		
			, , , , , , , , , , , , , , , , , , ,	, , , , , , , , , , , , , , , , , , ,	1 C (0.5 each)		
					Connect Bonus (个0.4) B+B		
					C/D Bonus (个0.4) any C & 1 D		
DIFFICULTY RESTRICTIO	NS Deduct - 0.5 from	SV for each restricted skill p	erformed — May not	fulfill SR			
No 'B' or higher VP	No 'B' Acro VP	No 'B' Twisting Saltos	No 'C' Acro VP	No 'E' VP	No 'E' VP		
No Saltos / Aerials	No 'C' or higher VP	No 'C' or higher VP	No 'D' or higher VP	1 'D' element maximum			
Max 2 Acro flight skills	Max 1 Salto / Aerial			No Bonus			
CLARIFICATIONS	Courtesy score = 4.0		Short Exercise: Less than 3	elements deduct 2.0			
SR credit awa	rded for cross/side leaps/ju		split (XB-XD) or within 45° fo		for insufficient split		
	'B' Dance OK	'B' Dance OK	'C' Dance OK	1 'D' element allowed			
<u>60° split</u>	<u>90° split</u>	<u>120° split</u>	<u>155° split</u>	<u>155° split</u>	<u>180° split</u>		
Leaps/jumps 40°-180°		Leaps/jumps 100-134°= A/SR		Leaps/jumps ≥135°= VP/SR	Leaps/jumps ≥135° = VP/SR		
= A	Leaps/jumps ≥135°= VP/SR	Leaps/jumps ≥135°= VP/SR	Leaps/jumps below 135° = A	Leaps/jumps below 135° = A	Leaps/jumps below 135° = A		
RO-Rebound-Back Roll is acro pass connection	RO-Rebound-Back Roll is acro pass connection	Front Pike & Layout OK			B+B indirect acro pass receives bonus		
	SR #1 and SR #2 cannot be combined for Bronze, Silver, Gold, and Platinum — Dive Roll does NOT fulfill acro flight! — Acro hand support flight skills VP are SR eligible regardless of the number of times performed, but the Acro Passes must be different						
			ire the same split angle for	their level			
SPECIAL REQUIREMENT	S Deduct 0.5 from SV f	or each missing requiremen	it				
1. Acro Pass - 2 VP	1. Acro Pass - 2 VP	1. Acro Flight Pass	1. Acro Flight Pass	1. Two Acro Flight Passes	1. A Two-Salto Acro Pass		
- 2 directly connected acro	-	- 2 directly connected acro	- 2 directly connected w flight	- 2 separate passes, each with	- same or different salto		
- with or without flight	- One with flight	- Both with flight	- one an 'A/B' Salto	2 direct connected flight skills OR the 2nd pass = 'C' Salto	- directly connected flight skills		
2. 2 nd Acro Pass	2. 2 nd Acro Pass	2. 2 nd Acro Flight Pass	2. 2 nd Acro Flight Pass	2. Two Different Saltos	2. Three Different Saltos		
- Min of 1 Acro Skill	- Min of 2 Acro skills	- 2 directly connected	- 2 directly connected	- One must be 'B' Salto	- One must be 'B' Salto		
- with or without flight	- with or without flight	- Both with flight	- Both with flight	- Isolated or in series	- Isolated or in series		
	OR 1 Acro flight skill	OR 1 Salto or Aerial	<u>OR</u> 1 'B' Salto	- May be combined with SR#1	- May be combined with SR#1		
3. Dance Passage	3. Dance Passage	3. Dance Passage	3. Dance Passage	3. Dance Passage	3. Dance Passage		
- 2 different Group 1 VP	- 2 different Group 1 VP	- 2 different Group 1 VP	- 2 different Group 1 VP	- 2 different Group 1 VP	- 2 different Group 1 VP		
- 60° split cross/side leap		- 120° split cross/side leap	- 155° split cross/side leap	- 155° split cross/side leap	- 180° split cross/side leap		
- direct or indirect	- direct or indirect	- direct or indirect	- direct or indirect	- direct or indirect	- direct or indirect		
4. Min ½ (180°) turn	4. Min $1/1 (360^{\circ})$ turn	4. Min 1/1 (360°) turn	4. Min $1/1 (360^{\circ})$ turn	4. Min 'B' turn	4. Min 'B' turn		
- on 1 foot	- on 1 foot	- on 1 foot	- on 1 foot	- on 1 foot	- on 1 foot		
Bronze	Silver	Gold	Platinum	Diamond	Sapphire		

XCEL FLOOR EXERCISE - Additional 'A" Value Part Chart

Bronze	Silver	Gold	Platinum	Diamond	Sapphire
'A' LEAPS & JUMPS					9.12.2024 D. Hanford
• Split Jump 60°	• Split Jump 90°	• Split Jump 120°	• Leaps / Jumps / Hops		
• Stride Leap 60°	• Stride Leap 90°	• Stride Leap 120°	- below 135° Split	- below 135° Split	
• Side Leap 60°- 180°+	• Side Leap 90°- 180°+	• Side Leap 120°	- Cross or side split	- Cross or side split	
• Straddle Jump 60°- 180°+	• Straddle Jump 90°- 180°+	• Straddle Jump 120°			
• Credit up to 20° deficiency	• Credit up to 20° deficiency	 Switch Leap 120° Credit up to 20° deficiency 	rec but	ps/Jumps with ≥ 135° will eive Xcel CoP listed Value P will only receive a deduction the split angle required at t	on
 Leg Swing Hop 	• Leg Swing Hop	• Leg Swing Hop		1	
- Free leg horizontal -within 20°	- Free leg horizontal -within 20°	- Free leg horizontal -within 20°			
'A' ½ TURNS					
• 1-Foot ½ Turn - 180° - Any leg position					
• Swing Turn Fwd - 180° • Swing Turn Bwd - 180°					
'A' ACRO					
• Partial Handstand - 45° of vertical - FEET together					
• Vertical Handstand - Mark Handstand	• Vertical Handstand - Mark Handstand	• Vertical Handstand - Mark Handstand			
• Headstand	• Headstand	Headstand			
• Bridge Kick-over - From Stand or Lying	• Bridge Kick-over - From Stand or Lying	• Bridge Kick-over - From Stand or Lying			
'A' ACRO SERIES					
 RO-Rebound-Back Roll 	• RO-Rebound-Back Roll				
- Acceptable Acro Series - Only these skills! - Roll end position optional	- Acceptable Acro Series - Only these skills! - Roll end position optional				
Bronze	Silver	Gold	Platinum	Diamond	Sapphire