

XCEL UNEVEN BARS

Bronze	Silver	Gold	Platinum	Diamond	Sapphire
Warm-up: 30 seconds	45 seconds	1:00 minute	1:30 minutes	2:00 minutes	2:00 minutes
VALUE PARTS Deduct from SV for each missing VP					
Bronze 4 A (0.1 each)	Silver 5 A (0.1 each)	Gold 6 A (0.1 each)	Platinum 6 A (0.1 each) 1 B (0.3 each)	Diamond 5 A (0.1 each) 2 B (0.3 each)	Sapphire 9.6 SV 3 A (0.1 each) 3 B (0.3 each) 1 C (0.5 each) Connect Bonus (↑0.4) B+B C/D Bonus (↑0.4) any C & 1 D
DIFFICULTY RESTRICTIONS Deduct - 0.5 from SV for each restricted skill performed — May not fulfill SR					
No 'B' or higher VP No Skills on HB No Salto Dismounts No LB Giants	No 'B' or higher VP No Giants (LB or HB) No Salto Dismounts	No 'C' or higher VP No Giants (LB or HB) No release move with bar change	No 'C' or higher VP <i>except</i> : Clear Hip HS Stalder Bwd to HS Pike sole circle bwd to HS	No 'E' VP 1 'D' element allowed No Bonus	No 'E' VP
CLARIFICATIONS Courtesy score = 4.0 Short exercise: Less than 3 Elements deduct 2.0					
	Long hang pullover from a long swing = 360° circle	Long hang pullover from a long swing = 360° circle	Long hang pullover from a cast = 360° circle		
Cast squat-on to Jump-off DMT are 2 "A" Skills	Cast squat-on to Jump-off DMT are 2 "A" Skills		One tap/underswing- counterswing allowed = "A" <i>with no extra swing deduction</i>		Clear Hip LB is NOT different from Clear Hip HB for SR Release can be in mount / not DMT
Extra swings OK	Extra swings OK	Extra swings OK	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/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. Mount	1. Skill that finishes in clear support - Min. horizontal - Not Mt/Dmt	1. Skill that finishes in clear support - Above 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 - at Vertical - within 20° - Not Mount / Dismount
2. Cast - Hips must leave bar - Not Mt/Dmt	2. Cast - Min 45° below Horz. - Not Mt/Dmt	2. 360° Circling Skill - Not Mt/Dmt	2. 360° Circling Skill - Not Mt/Dmt	2. 360° Circling Skill - 'B' - Minimum 'B' - Not Mt/Dmt	2. 360° Circling Skill - 'B' - Minimum 'B' - Not Mount / Dismount
3. 360° Circling Skill - Not Mt/Dmt	3. 360° Circling Skill - Not Mt/Dmt	3. 2nd 360° Circling Skill - 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)	3. Minimum 'B' Skill - Release, Turn, or 2nd 360° Circle (different) A release in mount is OK
4. Dismount - LB - No saltos	4. Dismount - HB or LB - No saltos	4. Dismount - HB	4. Dismount - HB	4. Dismount - HB - Salto / Hecht	4. B Dismount - OR C to an A Salto
Bronze	Silver	Gold	Platinum	Diamond	Sapphire

XCEL UNEVEN BARS - Additional 'A' Value Part Chart

Bronze	Silver	Gold	Platinum	Diamond	Sapphire
<i>2.2.2026 D. Hanford</i>					
'A' MOUNTS					
<ul style="list-style-type: none"> • Pullover LB - 1 or 2 feet or run • Glide swing to stand • Run-out glide kip • Single leg Jam kip - From glide or run • Jump to front support 	<ul style="list-style-type: none"> • Pullover LB or HB - 1 or 2 feet or run • Glide swing to stand • Run-out glide kip • Single leg Jam kip - From glide or run • Jump to squat on 	<ul style="list-style-type: none"> • Pullover LB or HB - 1 or 2 feet or run • Glide swing to stand • Run-out glide kip • Single leg Jam kip - From glide or run • Jump to squat on 	<ul style="list-style-type: none"> • Jump to squat on 	<ul style="list-style-type: none"> • Jump to squat on 	
• Jump to clear support, immediate back hip circle: OK for all levels					
'A' CASTS					
<ul style="list-style-type: none"> • Cast - Hips must leave the bars 	<ul style="list-style-type: none"> • Cast - $\geq 45^\circ$ below horizontal - SR/VP credit if within 10° 	<ul style="list-style-type: none"> • Cast - Min horizontal - SR/VP credit if within 10° 	<ul style="list-style-type: none"> • Cast - $89^\circ - 21^\circ$ from vertical - SR/VP credit if within 10° 	<ul style="list-style-type: none"> • Cast - $45^\circ - 21^\circ$ from vertical - SR/VP credit if within 10° 	
'A' CIRCLES					
<ul style="list-style-type: none"> • Stride Circle Fwd • Stride Circle Bwd 	<ul style="list-style-type: none"> • Stride Circle Fwd • Stride Circle Bwd • Long hang pullover - From long swing = 360° circle 	<ul style="list-style-type: none"> • Stride Circle Fwd • Stride Circle Bwd • Long hang pullover - From long swing = 360° circle 	Examples of skills that can receive credit for finishing in clear support performed to within 10° of the target angle: <i>(provided they are allowable in that division)</i> Cast Clear Hip / Stalder / Toe-on to clear support Giant (XP / XD / XSa)		
'A' SWINGS & OTHER SKILLS					
<ul style="list-style-type: none"> • Basket Swing - 1 leg - Bent knee OK • Cast shoot-through • Single leg cut Fwd/Bwd • Single leg swing Fwd/Bwd 	<ul style="list-style-type: none"> • Tap/Under Swing - Counterswing • Basket Swing - 1 leg - Bent knee OK • Cast shoot-through • Single leg cut Fwd/Bwd • Single leg swing Fwd/Bwd 	<ul style="list-style-type: none"> • Tap/Under Swing - Counterswing • Basket Swing - 1 leg - straight leg only • Cast shoot-through • Single leg cut Fwd/Bwd 	<ul style="list-style-type: none"> • Tap/Under Swing - Counterswing - Only one (1) allowed 		
'A' DISMOUNTS					
<ul style="list-style-type: none"> • Cast-off to Stand 1 VP - Release bar before landing - No cast VP / No cast SR • $\frac{3}{4}$ Bwd Seat Circle LB to stand - Pike, Straddle or Stretched • $\frac{3}{4}$ Fwd Circle to stand • Underswing/sole circle LB • Stretch Jump Off - Forward to stand 	<ul style="list-style-type: none"> • Tap Swing fwd $\frac{1}{2}$ turn • $\frac{3}{4}$ Bwd Sole Circle LB - Tuck, Pike or Straddle • $\frac{3}{4}$ Bwd Seat Circle LB - Pike, Straddle, or Stretched • Underswing/sole circle LB • Stretch Jump Off - Forward to stand 	<ul style="list-style-type: none"> • Tap Swing fwd $\frac{1}{2}$ turn • Tap Swing fwd $\frac{1}{2}, \frac{1}{2}$ - Hand touch required • $\frac{3}{4}$ Bwd Sole Circle HB - Tuck, Pike or Straddle 	<ul style="list-style-type: none"> • Tap Swing fwd $\frac{1}{2}, \frac{1}{2}$ - Hand touch required • $\frac{3}{4}$ Bwd Sole Circle HB - Tuck, Pike or Straddle 		
Bronze	Silver	Gold	Platinum	Diamond	Sapphire

XCEL BALANCE BEAM - Additional 'A' Value Part Chart

Bronze	Silver	Gold	Platinum	Diamond	Sapphire
Warm-up: 30 seconds Compete: 45 seconds	Warm-up: 45 seconds Compete: 50 seconds	Warm-up: 1:00 minute Compete: 1:00 minute	Warm-up: 1:30 minutes Compete: 1:15 minutes	Warm-up: 2:00 minutes Compete: 1:15 minutes	Warm-up: 2:00 minutes Compete: 1:30 minutes
VALUE PARTS Deduct from SV for each missing VP					
Bronze 4 A (0.1 each)	Silver 5 A (0.1 each)	Gold 6 A (0.1 each)	Platinum 6 A (0.1 each) 1 B (0.3 each)	Diamond 5 A (0.1 each) 2 B (0.3 each)	Sapphire 9.6 SV 3 A (0.1 each) 3 B (0.3 each) 1 C (0.5 each) Connect Bonus (↑0.4) B+B C/D Bonus (↑0.4) any C & 1 D
DIFFICULTY RESTRICTIONS Deduct - 0.5 from SV for each restricted skill performed — May not fulfill SR					
No 'B' or higher VP No Walkovers No Salto /Aerial Dmts	No 'B' Acro VP No 'C' or higher VP	No 'C' or higher VP	No 'C' Acro VP No 'D' or higher VP	No 'E' VP 1 'D' element allowed No Bonus	No 'E' VP
CLARIFICATIONS Courtesy score = 4.0 Short Exercise: Less than 3 elements deduct 2.0					
SR credit awarded for cross/side leaps/jumps within 20° of specified split (XS-XD) or within 45° for Sapphire. Deduct ↑0.2 for insufficient split					
Cross split jump = A Cross straddle jump = A Split leap = A (any split angle)	'B' Dance allowed <u>90° split</u> Leaps/jumps 70-134° = A/SR Leaps/jumps ≥135° = VP/SR	'B' Dance allowed <u>120° split</u> Leaps/jumps 100-134° = A/SR Leaps/jumps ≥135° = VP/SR	'C' Dance allowed <u>120° split</u> Leaps/jumps 100-134° = A/SR Leaps/jumps ≥135° = VP/SR	1 'D' element allowed <u>155° split</u> Leaps/jumps ≥135° = VP/SR Leaps/jumps below 135° = A	<u>180° split</u> Leaps/jumps ≥135° = VP/SR Leaps/jumps below 135° = A
All unlisted Mounts are 'A' VP — Acro must start and finish on BB — Walkover-type elements require the same split angle for their level To achieve vertical look at hips being over the shoulders — Handstands are considered the same skill, no 2 sec hold (regardless of angle achieved)					
SPECIAL REQUIREMENTS Deduct 0.5 from SV for each missing requirement					
1. Min ½ (180°) turn - on 1 or 2 feet	1. Min ½ (180°) turn - on 1 foot	1. Min 1/1 (360°) turn - on 1 foot	1. Min 1/1 (360°) turn - on 1 foot	1. Min 1/1 (360°) turn - on 1 foot	1. Min 1/1 (360°) turn - on 1 foot
2. One Jump / Leap - Not Mt/Dmt	2. One Jump / Leap - 90° split cross/side - Not Mt/Dmt	2. Two Jumps / Leaps - Grp 2 -must be different - One = 120° split cross/side - Isolated or in series	2. Dance Series 2 VP - Group 1,2,3* same or diff *Dance mounts & 1-ft turns AND 1 Leap/Jump - 120° split cross/side - Isolated or in series	2. Dance Series 2 VP - Group 1,2,3* same or diff *Dance mounts & 1-ft turns AND 1 Leap/Jump - 155° split cross/side - Isolated or in series	2. Dance Series 2 VP - Group 1,2,3* same or diff *Dance mounts & 1-ft turns AND 1 Leap/Jump - 180° split cross/side - Isolated or in series
3. One Acro Skill - Non-flight - Must start & finish on beam	3. One Acro Skill - Non-flight - Must start & finish on beam	3. Two Acro Skills - With or without flight - 1 achieves/passes thru inverted vertical - Isolated or in series - Must start & finish on beam	3. One Acro Series - With or without flight - 1 achieves/pass thru vertical - Must start & finish on beam OR 1 Acro Flight Skill - Isolated or in series - Must start & finish on beam	3. One Acro Series - With or without flight - 1 achieves/pass thru vertical - Not Mt / Dmt AND 1 Acro Flight Skill - Isolated or in series - Must start & finish on beam	3. One Acro Series - With 1 Acro flight skill (min) - 1 achieves/pass thru vertical or be a Salto or Aerial - Must start & finish on beam - Not Mt / Dmt
4. Dismount - No aerials or saltos	4. Dismount	4. Dismount	4. Dismount	4. Dismount - Aerial or Salto	4. 'B' Dismount OR 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					
<small>2.2.2026 D. Hanford</small>					
<ul style="list-style-type: none"> • Stag / Stride Leap - Any split angle • Cross split jump - Any split angle • Cross straddle jump - Any split angle 	<ul style="list-style-type: none"> • Split Jump 90° • Stride Leap 90° • Side Leap 90°- 180°+ • Straddle Jump 90°- 180°+ • Credit up to 20° deficiency 	<ul style="list-style-type: none"> • Split Jump 120° • Stride Leap 120° • Side Leap 120° • Straddle Jump 120° • Switch Leap 120° • Credit up to 20° deficiency 	<ul style="list-style-type: none"> • Leaps / Jumps / Hops - below 135° Split - Cross or side split 	<ul style="list-style-type: none"> • Leaps / Jumps / Hops - below 135° Split - Cross or side split 	
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> Leaps/Jumps with ≥ 135° will receive Xcel CoP listed Value Part, but will only receive a deduction for the split angle required at the level. </div>					
'A' ½ TURNS					
<ul style="list-style-type: none"> • Pivot Turn - 180° • Squat ½ Turn - 180° • 1-Foot ½ Turn - 180° • Heel snap ½ turn - 180° • Swing Turn Fwd - 180° • Swing Turn Bwd - 180° 	<ul style="list-style-type: none"> • 1-Foot ½ Turn - 180° • Heel snap ½ turn - 180° • Swing Turn Fwd - 180° • Swing Turn Bwd - 180° 				
'A' ACRO					
<ul style="list-style-type: none"> • Partial Handstand - One leg reaches min of 45° of vertical while both feet are off beam • Vertical Handstand - Cross or side - No hold - Any leg position • Bridge from Lying on BB - Push up & hold 1 sec. • Lever to touch Beam - free leg horizontal or higher 	<ul style="list-style-type: none"> • Partial Handstand - Feet MUST close together at min . 45° of vertical - Both must be simultaneous • Vertical Handstand - Cross or side - No hold - Any leg position • Bridge from Lying on BB - Push up & hold 1 sec. 	<ul style="list-style-type: none"> • Partial Handstand - Feet MUST close together at min. 45° of vertical - Both must be simultaneous • Vertical Handstand - Cross or side - No hold - Any leg position 			
'A' ACRO SERIES					
<ul style="list-style-type: none"> • Cartwheel to Partial HS - Any entry / No hold - 45° of vertical - Land facing Beam • Cartwheel to HS ¼ turn - Any entry / Mark HS • Any Jump from 1 or 2 feet - also up to 360° turn 	<ul style="list-style-type: none"> • Cartwheel to Partial HS - Any entry / No hold - 45° of vertical - Land facing Beam • Cartwheel to HS ¼ turn - Any entry / Mark HS • Any Jump from 1 or 2 feet - also up to 360° turn 	<ul style="list-style-type: none"> • Cartwheel to HS ¼ turn - Any entry / Mark HS 			
Bronze	Silver	Gold	Platinum	Diamond	Sapphire

XCEL FLOOR EXERCISE

1.31.2026 D.Hanford

Bronze	Silver	Gold	Platinum	Diamond	Sapphire
Warm-up: 30 seconds Compete: 45 seconds	Warm-up: 45 seconds Compete: 1:00 minute	Warm-up: 1:00 minute Compete: 1:00 minute	Warm-up: 1:30 minutes Compete: 1:30 minutes	Warm-up: 2:00 minutes Compete: 1:30 minutes	Warm-up: 2:00 minutes Compete: 1:30 minutes
VALUE PARTS Deduct from SV for each missing VP					
Bronze 4 A (0.1 each)	Silver 5 A (0.1 each)	Gold 6 A (0.1 each)	Platinum 6 A (0.1 each) 1 B (0.3 each)	Diamond 5 A (0.1 each) 2 B (0.3 each)	Sapphire 9.6 SV 3 A (0.1 each) 3 B (0.3 each) 1 C (0.5 each) Connect Bonus (↑0.4) B+B includes B+B indirect acro C/D Bonus (↑0.4) any C & 1 D
DIFFICULTY RESTRICTIONS Deduct - 0.5 from SV for each restricted skill performed — May not fulfill SR					
No 'B' or higher VP No Saltos / Aerials Max 2 Acro flight skills	No 'B' Acro VP No 'C' or higher VP Max 1 Salto / Aerial	No 'B' Twisting Saltos No 'C' or higher VP	No 'C' Acro VP No 'D' or higher VP	No 'E' VP 1 'D' element maximum No Bonus	No 'E' VP
CLARIFICATIONS Courtesy score = 4.0 Short Exercise: Less than 3 elements deduct 2.0					
SR credit awarded for cross/side leaps/jumps within 20° of specified split (XB-XD) or within 45° for Sapphire. Deduct ↑0.2 for insufficient split					
<u>60° split</u> Leaps/jumps 40°-180° = A	'B' Dance OK <u>90° split</u> Leaps/jumps 70-134° = A/SR Leaps/jumps ≥135° = VP/SR	'B' Dance OK <u>120° split</u> Leaps/jumps 100-134° = A/SR Leaps/jumps ≥135° = VP/SR	'C' Dance OK <u>155° split</u> Leaps/jumps ≥135° = VP/SR Leaps/jumps below 135° = A	1 'D' element allowed <u>155° split</u> Leaps/jumps ≥135° = VP/SR Leaps/jumps below 135° = A	<u>180° split</u> Leaps/jumps ≥135° = VP/SR 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					
Walkover-type elements require the same split angle for their level					
SPECIAL REQUIREMENTS Deduct 0.5 from SV for each missing requirement					
1. Acro Pass - 2 VP - 2 directly connected acro - with or without flight	1. Acro Pass - 2 VP - 2 directly connected acro - One with flight	1. Acro Flight Pass - 2 directly connected acro - Both with flight	1. Acro Flight Pass - 2 directly connected w flight - one an 'A/B' Salto	1. Two Acro Flight Passes - 2 separate passes, each with 2 direct connected flight skills OR the 2nd pass = 'C' Salto	1. A Two-Salto Acro Pass - same or different salto - directly connected flight skills
2. 2nd Acro Pass - Min of 1 Acro Skill - with or without flight	2. 2nd Acro Pass - Min of 2 Acro skills - with or without flight OR 1 Acro flight skill	2. 2nd Acro Flight Pass - 2 directly connected - Both with flight OR 1 Salto or Aerial	2. 2nd Acro Flight Pass - 2 directly connected - Both with flight OR 1 'B' Salto	2. Two Different Saltos - One must be 'B' Salto - Isolated or in series - May be combined with SR#1	2. Three Different Saltos - One must be 'B' Salto - Isolated or in series - May be combined with SR#1
3. Dance Passage - 2 different Group 1 VP - 60° split cross/side leap - direct or indirect	3. Dance Passage - 2 different Group 1 VP - 90° split cross/side leap - direct or indirect	3. Dance Passage - 2 different Group 1 VP - 120° split cross/side leap - direct or indirect	3. Dance Passage - 2 different Group 1 VP - 155° split cross/side leap - direct or indirect	3. Dance Passage - 2 different Group 1 VP - 155° split cross/side leap - direct or indirect	3. Dance Passage - 2 different Group 1 VP - 180° split cross/side leap - direct or indirect
4. Min ½ (180°) turn - on 1 foot	4. Min 1/1 (360°) turn - on 1 foot	4. Min 1/1 (360°) turn - on 1 foot	4. Min 1/1 (360°) turn - on 1 foot	4. Min 'B' turn - on 1 foot	4. Min 'B' turn - 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					
<small>9.12.2024 D. Hanford</small>					
<ul style="list-style-type: none"> • Split Jump 60° • Stride Leap 60° • Side Leap 60°- 180°+ • Straddle Jump 60°- 180°+ <p>• Credit up to 20° deficiency</p> <ul style="list-style-type: none"> • Leg Swing Hop <i>- Free leg horizontal -within 20°</i> 	<ul style="list-style-type: none"> • Split Jump 90° • Stride Leap 90° • Side Leap 90°- 180°+ • Straddle Jump 90°- 180°+ <p>• Credit up to 20° deficiency</p> <ul style="list-style-type: none"> • Leg Swing Hop <i>- Free leg horizontal -within 20°</i> 	<ul style="list-style-type: none"> • Split Jump 120° • Stride Leap 120° • Side Leap 120° • Straddle Jump 120° • Switch Leap 120° <p>• Credit up to 20° deficiency</p> <ul style="list-style-type: none"> • Leg Swing Hop <i>- Free leg horizontal -within 20°</i> 	<ul style="list-style-type: none"> • Leaps / Jumps / Hops <i>- below 135° Split</i> <i>- Cross or side split</i> 	<ul style="list-style-type: none"> • Leaps / Jumps / Hops <i>- below 135° Split</i> <i>- Cross or side split</i> 	
Leaps/Jumps with ≥ 135° will receive Xcel CoP listed Value Part, but will only receive a deduction for the split angle required at the level.					
'A' ½ TURNS					
<ul style="list-style-type: none"> • 1-Foot ½ Turn - 180° <i>- Any leg position</i> • Swing Turn Fwd - 180° • Swing Turn Bwd - 180° 					
'A' ACRO					
<ul style="list-style-type: none"> • Partial Handstand <i>- 45° of vertical</i> <i>- FEET together</i> • Vertical Handstand <i>- Mark Handstand</i> • Headstand • Bridge Kick-over <i>- From Stand or Lying</i> 	<ul style="list-style-type: none"> • Vertical Handstand <i>- Mark Handstand</i> • Headstand • Bridge Kick-over <i>- From Stand or Lying</i> 	<ul style="list-style-type: none"> • Vertical Handstand <i>- Mark Handstand</i> • Headstand • Bridge Kick-over <i>- From Stand or Lying</i> 			
'A' ACRO SERIES					
<ul style="list-style-type: none"> • RO-Rebound-Back Roll <i>- Acceptable Acro Series</i> <i>- Only these skills!</i> <i>- Roll end position optional</i> 	<ul style="list-style-type: none"> • RO-Rebound-Back Roll <i>- Acceptable Acro Series</i> <i>- Only these skills!</i> <i>- Roll end position optional</i> 				
Bronze	Silver	Gold	Platinum	Diamond	Sapphire