BARS

BRONZE	4 **A** 0.1
1. MOUNT --- LOW BAR ONLY	
2. CAST --HIPS MUST LEAVE BAR (NOT MOUNT or DISMOUNT)	**10.00 SV**
3. **360*** CIRCLING SKILL (NOT MOUNT or DISMOUNT)	
4. DISMOUNT --- LOW BAR ONLY (NO SALTO)	
DIFFICULTY RESTRICTIONS - 0.50 OFF SV	
NO " **B** " or HIGHER **VP**	
NO SKILLS ON HIGH BAR	
NO SALTO DISMOUNT	**30 SEC.**
NO LOW BAR GIANTS	**WARM UP TIME**

ELEMENT CLARIFICATIONS

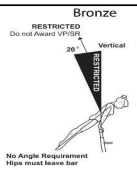
SKILL PRECEDED BY A CAST, BOTH CAST & SKILL MAY RECEIVE SEPARATE **VP** / SKILL CREDIT, IF CAST ACHIEVES DIVISIONS ANGLE REQUIREMENT WITH THE FOLLOWING EXCEPTIONS:

EXCEPTIONS: CAST SQUAT, STOOP, or STRADDLE ON - ALSO WITH or WITHOUT JUMP TO HIGH BAR, CAST SHOOT THROUGH, & CAST OFF TO STAND DISMOUNT (**BRONZE ONLY**) RECEIVE 1 " **A** " **VP** IN ALL DIVISIONS. THESE SKILLS MAY NOT BE USED TO FULFILL CAST **SR**.

CASTS ~ BRONZE

NO ANGLE REQUIREMENT - HIPS MUST LEAVE BAR

RESTRICTED - **0*** - **20* FROM VERTICAL** - **NO VP** / **SR**



FALLS & DOES NOT RE-MOUNT

DEDUCT **0.50** FALL

DEDUCT **0.50** MISSING **SR** DISMOUNT

DEDUCT ANY OTHER MISSING **SR**

DEDUCT **VP**'S MISSING (IF APPLICABLE)

COURTESY SCORE **4.00** MAY BE AWARDED FOR SHORT ROUTINE DUE TO INJURY

AFTER A FALL, GYMNAST IS ALLOWED TO BE LIFTED TO THE LOW BAR or HIGH BAR - A COACH MAY ASSIT THE GYMNAST ONTO THE BAR, REGARDLESS IF THE REMOUNTING SKILL WAS A VALUE PART LISTED IN THE XCEL CODE, WITH NO DEDUCTION.

MAX 2 PUMP SWING TO INITIATE MOMENTUM -- **0.30** DEDUCTION FOR MORE THAN 2 SWINGS (APPLIES TO PLATINUM, DIAMOND, SAPPHIRE ONLY) MAX **0.50**

AFTER A FALL FROM BAR, JUDGING RESUMES WITH THE FIRST ELEMENT / VALUE PART ALLOWED & PERFORMED AT THEIR DIVISION. -- A COACH MAY ASSIST THE GYMNAST ONTO THE BAR, REGARDLESS IF THE REMOUNTING SKILL WAS A VALUE PART LISTED IN XCEL CODE, WITH NO DEDUCTION.

FALL TIME : 45 SECONDS

FALL TIME BEGINS WHEN THE GYMNAST STAND BACK UP ON HER FEET. IF AN INJURY OCCURS, FALL TIME BEGINS AFTER THE MEDICAL ASSESSMENT IS COMPLETE

VALUE PARTS : ANY SKILL LISTED IN THE XCEL CODE OF POINTS and ALLOWED AT THE RESPECTIVE DIVISION.
BRONZE : ANY " **A** " **VP**

0.10 DEDUCTION FOR CAST WITHIN **10*** OF DIVISION ANGLE FOR BRONZE - DIAMOND and **20*** FOR SAPPHIRE REQUIREMENT WILL RECEIVE **VP** and **SR**. DOES NOT APPLY TO **BRONZE**.

CAST OFF TO STAND - SHOULD BE DONE WITH STRAIGHT ARMS & SHOW STRAIGHT BODY POSITION IN THE AIR

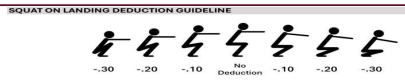
3/4 FORWARD CIRCLE TO STAND DISMOUNT - STRAIGHT LEGS and LAND BEHIND THE BAR. ~ **0.00** FEET BEHIND BAR **0.10** FEET UNDER THE BAR ~ **0.20** FEET IN FRONT THE BAR

STRETCH JUMP OFF FORWARD TO STAND - MAINTAIN STRETCH BODY DURING JUMP

NO EXTRA SWING DEDUCTION

BRONZE : NO EXTRA SWING DEDUCTIONS TAKEN

TWO CAST ARE ALLOWED FOR " **A** " **VP** CREDIT, PROVIDED THEY ARE IN DIFFERENT CONNECTIONS & MEET THE ANGLE REQUIREMENTS TO COUNT AS AN " **A** ". ~ A THIRD CAST WOULD NOT RECEIVE **VP** CREDIT. ~ ALL CAST ARE SUBJECT TO EXECUTION DEDUCTIONS. ~ DO NOT DEDUCT FOR AN EXTRA SWING. ~ AN UP TO **0.10** DEDUCTION MAY POSSIBLY BE APPLIED FOR POOR RHYTHM IN CONNECTIONS.



SPOTS DURING ELEMENT

DEDUCT **0.50** SPOT

NO VP AWARDED

NO SR AWARDED

NO BONUS (SAPPHIRE)

FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

SPOTS UPON LANDING

DEDUCT **0.50** SPOT

VP AWARDED

SR AWARDED

NO BONUS (SAPPHIRE)

FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

TOUCHES WITHOUT ASSISTING

DEDUCT **0.50** SPOT

VP AWARDED

SR AWARDED

NO BONUS (SAPPHIRE)

COACH CATCHES A FALLING GYMNAST DEDUCT **0.50** FALL ONLY

BARS

SILVER

1. MOUNT
2. CAST TO A MINIMUM OF **45*** BELOW HORIZONTAL (NOT MOUNT or DISMOUNT)
3. **360*** CIRCLING SKILL (NOT MOUNT or DISMOUNT)
4. DISMOUNT -- LOW BAR or HIGH BAR (NO SALTO)

5**A** 0.1

10.00 SV

45 SEC.

WARM UP TIME

DIFFICULTY RESTRICTIONS - 0.50 OFF SV

NO " **B** " or HIGHER **VP**
NO SALTO DISMOUNT
NO LOW or HIGH BAR GIANTS

ELEMENT CLARIFICATIONS

SKILL PRECEDED BY A CAST, BOTH CAST & SKILL MAY RECEIVE SEPARATE **VP** / SKILL CREDIT, IF CAST ACHIEVES DIVISIONS ANGLE REQUIREMENT WITH THE FOLLOWING EXCEPTIONS :

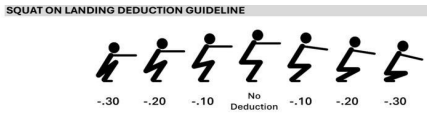
EXCEPTIONS: CAST SQUAT, STOOP, or STRADDLE ON - ALSO WITH or WITHOUT JUMP TO HIGH BAR, CAST SHOOT THROUGH RECEIVE 1 " **A** " **VP** IN ALL DIVISIONS. THESE SKILLS MAY NOT BE USED TO FULFILL CAST **SR**.

TAPSWING - COUNTERSWING / UNDERSWING / COUNTERSWING

SILVER ~ TWO ARE ALLOWED PROVIDED THEY ARE IN DIFFERENT CONNECTIONS. THIRD WILL NOT RECEIVE **VP** CREDIT. DO NOT DEDUCT FOR EXTRA SWING.

CASTS ~ SILVER

MINIMUM **45*** BELOW HORIZONTAL
46* - 55* FROM HORIZONTAL - **0.10** DEDUCTION - **"A" VP / SR**
56* or MORE BELOW HORIZONTAL - **0.10** DEDUCTION - **NO VP / SR**
RESTRICTED - 0* - 20* FROM VERTICAL - NO VP / SR



FALLS & DOES NOT RE-MOUNT

DEDUCT **0.50** FALL
DEDUCT **0.50** MISSING **SR** DISMOUNT
DEDUCT ANY OTHER MISSING **SR**
DEDUCT **VP**'S MISSING (IF APPLICABLE)

COURTESY SCORE **4.00** MAY BE AWARDED FOR SHORT ROUTINE DUE TO INJURY

AFTER A FALL, GYMNAST IS ALLOWED TO BE LIFTED TO THE LOW BAR or HIGH BAR - A COACH MAY ASSIT THE GYMNAST ONTO THE BAR, REGARDLESS IF THE REMOUNTING SKILL WAS A VALUE PART LISTED IN THE XCEL CODE, WITH NO DEDUCTION.

MAX 2 PUMP SWING TO INITIATE MOMENTUM -- **0.30** DEDUCTION FOR MORE THAN 2 SWINGS (APPLIES TO PLATINUM, DIAMOND, SAPPHIRE ONLY) MAX **0.50**

AFTER A FALL FROM BAR, JUDGING RESUMES WITH THE FIRST ELEMENT / VALUE PART ALLOWED & PERFORMED AT THEIR DIVISION. -- A COACH MAY ASSIST THE GYMNAST ONTO THE BAR, REGARDLESS IF THE REMOUNTING SKILL WAS A VALUE PART LISTED IN XCEL CODE, WITH NO DEDUCTION.

FALL TIME : 45 SECONDS

FALL TIME BEGINS WHEN THE GYMNAST STAND BACK UP ON HER FEET. IF AN INJURY OCCURS, FALL TIME BEGINS AFTER THE MEDICAL ASSESSMENT IS COMPLETE.

VALUE PARTS : ANY SKILL LISTED IN THE XCEL CODE OF POINTS and ALLOWED AT THE RESPECTIVE DIVISION. **SILVER** : ANY " **A** " **VP**

0.10 DEDUCTION FOR CAST WITHIN **10*** OF DIVISION ANGLE FOR SILVER - DIAMOND and **20*** FOR SAPPHIRE REQUIREMENT WILL RECEIVE **VP** and **SR**.

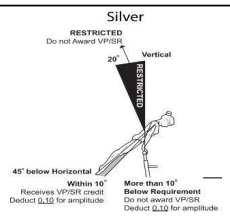
STRETCH JUMP OFF FORWARD TO STAND - MAINTAIN STRETCH BODY DURING JUMP

3/4 SOLE CIRCLE DISMOUNT LOW BAR - CAST ON "**A**" 3/4 SOLE CIRCLE "**A**"

NO EXTRA SWING DEDUCTION

SILVER : NO EXTRA SWING DEDUCTIONS TAKEN

TWO CAST ARE ALLOWED FOR " **A** " **VP** CREDIT, PROVIDED THEY ARE IN DIFFERENT CONNECTIONS & MEET THE ANGLE REQUIREMENTS TO COUNT AS AN " **A** ". ~ A THIRD CAST WOULD NOT RECEIVE **VP** CREDIT. ~ ALL CAST ARE SUBJECT TO EXECUTION DEDUCTIONS. ~ DO NOT DEDUCT FOR AN EXTRA SWING. ~ AN UP TO **0.10** DEDUCTION MAY POSSIBLY BE APPLIED FOR POOR RHYTHM IN CONNECTIONS



SPOTS DURING ELEMENT

DEDUCT **0.50** SPOT
NO VP AWARDED
NO SR AWARDED
NO BONUS (SAPPHIRE)
FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

SPOTS UPON LANDING

DEDUCT **0.50** SPOT
VP AWARDED
SR AWARDED
NO BONUS (SAPPHIRE)
FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

TOUCHES WITHOUT ASSISTING

DEDUCT **0.50** SPOT
VP AWARDED
SR AWARDED
NO BONUS (SAPPHIRE)

COACH CATCHES A FALLING GYMNAST DEDUCT **0.50** FALL

BARS

GOLD

1. A SKILL FINISHING IN CLEAR SUPPORT AT A MINIMUM OF HORIZONTAL (NOT MOUNT / DISMOUNT)

2/3. TWO **360*** CIRCLING SKILL (NOT MOUNT or DISMOUNT) MUST BE ONE OF THE FOLLOWING
~ TWO DIRECTLY CONNECTED SAME CIRCLING SKILL ELEMENT (PERFORMED ON EITHER BAR) or
~ TWO DIFFERENT CIRCLING ELEMENTS CONNECTED or ISOLATED (PERFORMED ON EITHER BAR) or
~ TWO OF THE SAME CIRCLING ELEMENT; ONE PERFORMED ON LOW and OTHER ON HIGH BAR

4. DISMOUNT --- HIGH BAR

DIFFICULTY RESTRICTIONS - 0.50 OFF SV

NO " **C** " or HIGHER **VP**

" **B** " **EXCEPTIONS**: NO GIANTS (LOW BAR or HIGH BAR)

NO RELEASE SKILLS WITH BAR CHANGE

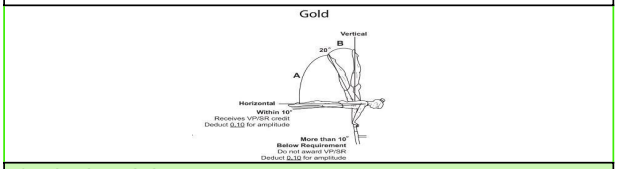
0.10 DEDUCTION FOR CAST WITHIN **10*** OF DIVISION ANGLE FOR SILVER - DIAMOND and **20*** FOR SAPPHIRE REQUIREMENT WILL RECEIVE **VP** and **SR**. DOES NOT APPLY TO **BRONZE**.

DEDUCTION **0.50** IS APPLIED FOR EACH MISSING CIRCLE **UP TO 1.00**

TWO BACK HIPCIRCLE ON THE SAME BAR THAT ARE NOT DIRECTLY CONNECTED WOULD NOT FULFILL THE **SR**.

TAPSWING - COUNTERSWING / UNDERSWING / COUNTERSWING

GOLD ~ TWO ARE ALLOWED PROVIDED THEY ARE IN DIFFERENT CONNECTIONS. THIRD WILL NOT RECEIVE **VP** CREDIT. DO NOT DEDUCT FOR EXTRA SWING.



CASTS ~ GOLD

HORIZONTAL

1* - 10* BELOW HORIZONTAL - **0.10** DEDUCTION - " **A** " **VP** / **SR**

11* or MORE BELOW HORIZONTAL - **0.10** DEDUCTION - **NO VP** / **SR**

0* - 20* FROM **VERTICAL** AWARD " **B** " **VP** / **SR**

FALLS & DOES NOT RE-MOUNT

DEDUCT **0.50** FALL DEDUCT **VP**'S MISSING (IF APPLICABLE)

DEDUCT **0.50** MISSING **SR** DISMOUNT

DEDUCT ANY OTHER MISSING **SR**

COURTESY SCORE **4.00** MAY BE AWARDED FOR SHORT ROUTINE DUE TO INJURY

AFTER A FALL, GYMNAST IS ALLOWED TO BE LIFTED TO THE LOW BAR OR HIGH BAR - A COACH MAY ASSIT THE GYMNAST ONTO THE BAR, REGARDLESS IF THE REMOUNTING SKILL WAS A VALUE PART LISTED IN THE XCEL CODE, WITH NO DEDUCTION.

MAX 2 PUMP SWING TO INITIATE MOMENTUM -- **0.30** DEDUCTION FOR MORE THAN 2 SWINGS (APPLIES TO PLATINUM, DIAMOND, SAPPHIRE ONLY)

AFTER A FALL FROM BAR, JUDGING RESUMES WITH THE FIRST ELEMENT / VALUE PART ALLOWED & PERFORMED AT THEIR DIVISION. -- A COACH CAN ASSIST THE GYMNAST ONTO THE BAR, REGARDLESS IF THE REMOUNTING SKILL WAS A VALUE PART LISTED IN XCEL CODE, WITH NO DEDUCTION.

6 **A** 0.1

10.00 SV

1:00 MINUTE
WARM UP TIME

FALL TIME : 45 SECONDS

FALL TIME BEGINS WHEN THE GYMNAST STAND BACK UP ON HER FEET. IF AN INJURY OCCURS, FALL TIME BEGINS AFTER THE MEDICAL ASSESSMENT IS COMPLETE

VALUE PARTS : ANY SKILL LISTED IN THE XCEL CODE OF POINTS and ALLOWED AT THE RESPECTIVE DIVISION. **GOLD** : ANY " **A** " or " **B** " **VP**

ELEMENT CLARIFICATIONS

SKILL PRECEDED BY A CAST, BOTH CAST & SKILL MAY RECEIVE SEPARATE **VP** / SKILL CREDIT, IF CAST ACHIEVES DIVISIONS ANGLEREQUIREMENT WITH THE FOLLOWING EXCEPTIONS:
EXCEPTIONS: CAST SQUAT, STOOP, or STRADDLE ON - ALSO WITH or WITHOUT JUMP TO HIGH BAR, CAST SHOOT THROUGH, RECEIVE 1 " **A** " **VP** IN ALL DIVISIONS. THESE SKILLS MAY NOT BE USED TO FULFILL CAST **SR**.

LONG HANG PULLOVER : IS CONSIDERED A 360* CIRCLING SKILL

3/4 SOLE CIRCLE DISMOUNT HIGH BAR - CAST " **A** " DISMOUNT " **A** "

NO EXTRA SWING DEDUCTION

GOLD : NO EXTRA SWING DEDUCTIONS TAKEN

TWO CAST ARE ALLOWED FOR " **A** " **VP** CREDIT, PROVIDED THEY ARE IN DIFFERENT CONNECTIONS & MEET THE ANGLE REQUIREMENTS TO COUNT AS AN " **A** ". ~ A THIRD CAST WOULD NOT RECEIVE **VP** CREDIT. ~ ALL CAST ARE SUBJECT TO EXECUTION DEDUCTIONS. ~ DO NOT DEDUCT FOR AN EXTRA SWING. ~ AN UP TO **0.10** DEDUCTION MAY POSSIBLY BE APPLIED FOR POOR RHYTHM IN CONNECTIONS.

CLEAR HIP CIRCLE - GOLD

NO AMPLITUDE DEDUCTIONS

SPOTS DURING ELEMENT

DEDUCT **0.50** SPOT **NO BONUS** (SAPPHIRE)
NO VP AWARDED **NO SR** AWARDED
FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

SPOTS UPON LANDING

DEDUCT **0.50** SPOT **NO BONUS** (SAPPHIRE)
VP AWARDED **SR** AWARDED
FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

TOUCHES WITHOUT ASSISTING

DEDUCT **0.50** SPOT **VP** AWARDED
NO BONUS (SAPPHIRE) **SR** AWARDED

FALLS ON SALTO DISMOUNT

NEVER INITIATES SALTO or INITIATES & FALLS

DEDUCT EXECUTION / AMPLITUDE ERRORS
DEDUCT MISSING **VP - NO VP**
DEDUCT **0.50** FALL **SR** - DEDUCT **0.50** FROM **SV**

INITIATES SALTO or INITIATES & FALLS

DEDUCT **0.50** FALL NO **VP** AWARDED
NO SR AWARDED **SR** - DEDUCT **0.50** FROM **SV**
DEDUCT FOR EXECUTION / AMPLITUDE ERRORS



COACH CATCHES A FALLING GYMNAST DEDUCT **0.50** FALL

BARS

PLATINUM

1. A SKILL FINISHING IN CLEAR SUPPORT ABOVE HORIZONTAL (NOT MOUNT / DISMOUNT)
2. **360*** CIRCLING SKILL (NOT MOUNT or DISMOUNT)
3. KIP
4. DISMOUNT --- HIGH BAR -- MINIMUM "**A**"

DIFFICULTY RESTRICTIONS - 0.50 OFF SV

NO " **C** " or HIGHER **VP**

EXCEPTIONS: CLEAR HIP HANDSTAND, STALDER BWD TO HANDSTAND, PIKE SOLE CIRCLE BWD TO HANDSTAND (ALL WITHOUT TURN)

ELEMENT CLARIFICATIONS

SKILL PRECEDED BY A CAST, BOTH CAST & SKILL MAY RECEIVE SEPARATE **VP** / SKILL CREDIT, IF CAST ACHIEVES DIVISIONS ANGLE REQUIREMENT WITH THE FOLLOWING EXCEPTIONS :

EXCEPTIONS : CAST SQUAT, STOOP, or STRADDLE ON - ALSO WITH or WITHOUT JUMP TO HIGH BAR, CAST SHOOT THROUGH, RECEIVE 1 " **A** " **VP** IN ALL DIVISIONS. THESE SKILLS MAY NOT BE USED TO FULFILL CAST **SR**.

LONG HANG PULLOVER : IS CONSIDERED A **360*** CIRCLING SKILL ONLY IF PRECEDED BY A CAST FOR PLATINUM.

TAPSWING - COUNTERSWING / UNDERSWING / COUNTERSWING

PLATINUM ~ ONE MAY BE USED FOR " **A** " **VP** CREDIT. ANY SUBSEQUENT TAP SWING - COUNTERSWING or UNDERSWING COUNTERSWING WILL RECEIVE AN EXTRA SWING DEDUCTION OF **0.30** WITH A MAXIMUM DEDUCTION OF **0.50** FOR MULTIPLE EXTRA SWINGS FOLLOWING AN ELEMENT.

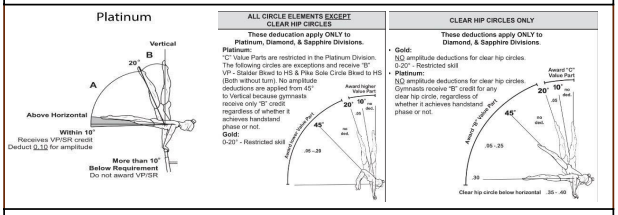
CASTS ~ PLATINUM

ABOVE HORIZONTAL

HORIZONTAL - 9* BELOW - **0.10** DEDUCTION - " **A** " **VP** / **SR**

10* BELOW HORIZONTAL - **0.10** DEDUCTION - **NO VP** / **SR**

0* - **20*** FROM VERTICAL - " **B** " **VP** / **SR**



AFTER A FALL, GYMNAST IS ALLOWED TO BE LIFTED TO THE LOW BAR or HIGH BAR - A COACH MAY ASSIT THE GYMNAST ONTO THE BAR, REGARDLESS IF THE REMOUNTING SKILL WAS A VALUE PART LISTED IN THE XCEL CODE, WITH NO DEDUCTION.

MAX 2 PUMP SWING TO INITIATE MOMENTUM -- **0.30** DEDUCTION FOR MORE THAN 2 SWINGS (APPLIES TO PLATINUM, DIAMOND, SAPPHIRE ONLY) MAX **0.50**

FALLS & DOES NOT RE-MOUNT

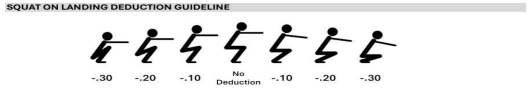
DEDUCT **0.50** FALL — DEDUCT ANY OTHER MISSING **SR**

DEDUCT **0.50** MISSING **SR** DISMOUNT

DEDUCT **VP**'S MISSING (IF APPLICABLE)

COURTESY SCORE **4.00** MAY BE AWARDED FOR SHORT ROUTINE DUE TO INJURY

AFTER A FALL FROM BAR, JUDGING RESUMES WITH THE FIRST ELEMENT / VALUE PART ALLOWED & PERFORMED AT THEIR DIVISION. --



6 **A** 0.1

1 **B** 0.3

10.00 SV

1:30 MINUTE WARM UP TIME

EXTRA SWING

YES - **EXCEPTION** : ONLY **ONE** TAP / UNDERSWING - COUNTERSWING MAY RECEIVE AN " **A** " **VP** and BE PERFORMED WITHOUT A **0.30** EXTRA SWING DEDUCTION

FALL TIME : 45 SECONDS

FALL TIME BEGINS WHEN THE GYMNAST STAND BACK UP ON HER FEET. IF AN INJURY OCCURS, FALL TIME BEGINS AFTER THE MEDICAL ASSESSMENT IS COMPLETE

VALUE PARTS : ANY SKILL LISTED IN THE XCEL CODE OF POINTS and ALLOWED AT THE RESPECTIVE DIVISION. **PLATINUM** : ANY " **A** " or " **B** " **VP**

0.10 DEDUCTION FOR CAST WITHIN **10*** OF DIVISION ANGLE FOR SILVER - DIAMOND and **20*** FOR SAPPHIRE REQUIREMENT WILL RECEIVE **VP** and **SR**.

3/4 SOLE CIRCLE DISMOUNT HIGH BAR - CAST " **A** " DISMOUNT " **A** "

PLATINUM - EXTRA SWING

EACH EXTRA SWING IS A **0.30** DEDUCTION WITH A MAXIMUM DEDUCTION FOR **0.50** FOR MULTIPLE EXTRA SWING FOLLOWING AN ELEMENT. ~ WHEN AN EXTRA CAST / SWING OCCURS ONLY APPLY A **0.30** DEDUCTION FOR EXTRA SWING. DO NOT APPLY THE ADDITIONAL **0.10** AMPLITUDE DEDUCTION. ~ IF A GYMNAST PERFORMS AN " **A** " or " **B** " CAST THAT MEETS THE **SR** AMPLITUDE FOR THAT DIVISION BUT THEN RETURNS TO A FRONT SUPPORT, IT STILL RECEIVES A **0.30** EXTRA SWING / CAST DEDUCTION.

EXCEPTIONS - EXTRA SWING

~ TAP SWING COUNTERSWING PERFORMED PRIOR TO SALTO FORWARD FLYAWAY (FRONT FLYAWAY)

~ TAP SWING COUNTERSWING PERFORMED PRIOR TO A RELEASE STRADDLE BACK LB

~ TAP SWING COUNTERSWING PERFORMED PRIOR TO A BACK UPRISE

~ CONSECUTIVE SOLE CIRCLE ON LB IN ATTEMPT TO JUMP HB

~ SWING DOWN TO GLIDE KIP & CAST AGAIN AFTER FAILED ATTEMPT TO PERFORM ELEMENT

CLEAR HIPS - PLATINUM

NO AMPLITUDE DEDUCTION

RECEIVES " B " CREDIT FOR ANY CLEAR HIP, REGARDLESS OF WHETHER IT ACHIEVES HANDSTAND PHASE OR NOT.

SPOTS DURING ELEMENT

DEDUCT **0.50** SPOT — **NO BONUS** (SAPPHIRE)

NO VP / **NO SR** AWARDED

FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

SPOTS UPON LANDING

DEDUCT **0.50** SPOT — **NO BONUS** (SAPPHIRE)

VP / **SR** AWARDED

FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

TOUCHES WITHOUT ASSISTING

DEDUCT **0.50** SPOT — **NO BONUS** (SAPPHIRE)

VP / **SR** AWARDED

COACH CATCHES A FALLING GYMNAST DEDUCT **0.50** FALL

FALLS ON SALTO DISMOUNT

NEVER INITIATES SALTO OR INITIATES & FALLS

NO VP — DEDUCT EXECUTION / AMPLITUDE ERRORS

DEDUCT MISSING **VP**

DEDUCT **0.50** FALL — **SR** - DEDUCT **0.50** FROM **SV**

INITIATES SALTO or INITIATES & FALLS

DEDUCT **0.50** FALL — NO **VP** AWARDED

NO SR AWARDED — **SR** - DEDUCT **0.50** FROM **SV**

DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

BARS

DIAMOND

1. A SKILL FINISHING IN CLEAR SUPPORT AT A MINIMUM OF **45*** FROM VERTICAL (NOT MOUNT / DISMOUNT)
2. MINIMUM " **B** " **360*** CIRCLING SKILL (NOT MOUNT or DISMOUNT)
3. ADDITIONAL MINIMUM " **B** " SKILL - A TURN or 2ND **360*** CIRCLING SKILL (SAME AS or DIFFERENT FROM **SR#2**) (NOT MOUNT or DISMOUNT) or (RELEASE, NOT IN DSMT)
4. SALTO or HECHT DISMOUNT-HIGH BAR MINIMUM " **A** " or ANY DISMOUNT MINIMUM " **B** " FROM HIGH BAR

DIFFICULTY RESTRICTIONS - 0.50 OFF SV

MAXIMUM OF ONE " **D** " **VP** ALLOWED (**NO BONUS**)

NO " **E** " **VP**

5 **A** 0.1

2 **B** 0.3

10.00 SV

2:00 MINUTE
WARM UP TIME

EXTRA SWING

YES - **0.30** EXTRA SWING DEDUCTION

FALL TIME : 45 SECONDS

FALL TIME BEGINS WHEN THE GYMNAST STAND BACK UP ON HER FEET. IF AN INJURY OCCURS, FALL TIME BEGINS AFTER THE MEDICAL ASSESSMENT IS COMPLETE

VALUE PARTS : ANY SKILL LISTED IN THE XCEL CODE OF POINTS and ALLOWED AT THE RESPECTIVE DIVISION.

DIAMOND : ANY " **A** " , " **B** " , " **C** " **VP** & 1 " **D** "

0.10 DEDUCTION FOR CAST WITHIN **10*** OF DIVISION ANGLE FOR SILVER - DIAMOND and **20*** FOR SAPPHIRE REQUIREMENT WILL RECEIVE **VP** and **SR**. DOES NOT APPLY TO **BRONZE**.

ELEMENT CLARIFICATIONS

SKILL PRECEDED BY A CAST, BOTH CAST & SKILL MAY RECEIVE SEPARATE **VP** / SKILL CREDIT, IF CAST ACHIEVES DIVISIONS ANGLE REQUIREMENT WITH THE FOLLOWING EXCEPTIONS: **EXCEPTIONS:** CAST SQUAT, STOOP, or STRADDLE ON -ALSO WITH or WITHOUT JUMP TO HIGH BAR, CAST SHOOT THROUGH, RECEIVE 1 " **A** " **VP** IN ALL DIVISIONS. THESE SKILLS MAY NOT BE USED TO FULFILL CAST **SR**.

TAPSWING - COUNTERSWING / UNDERSWING / COUNTERSWING

DIAMOND ~ NO EXTRA SWING

ALL TAP SWING - COUNTERSWING or UNDERSWING - COUNTERSWING WILL RECEIVE AN EXTRA SWING DEDUCTION OF **0.30** WITH A MAXIMUM DEDUCTION OF **0.50** FOR MULTIPLE EXTRA SWINGS FOLLOWING AN ELEMENT.

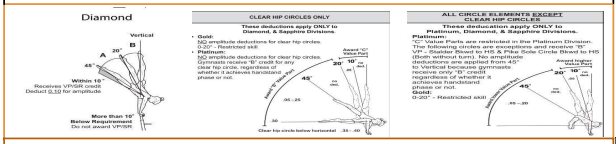
CASTS ~ DIAMOND

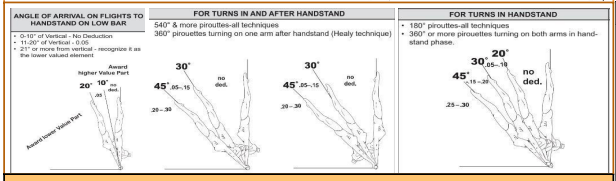
45* FROM VERTICAL or ABOVE

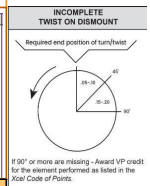
46* - 55* FROM VERTICAL - **0.10** DEDUCTION - " **A** " **VP** / **SR**

MORE THAN 55* FROM VERTICAL - **0.10** DEDUCTION - **NO VP** / **SR**

0* - 20* FROM VERTICAL - " **B** " **VP** / **SR**







PERFORMS RELEASE ELEMENT, GRASP / TOUCHES THE BAR W/ 1 or 2 HANDS & FALLS

VP AWARDED **SR** FULFILLED (IF APPLICABLE)

EXECUTION and AMPLITUDE ERRORS ARE TAKEN

PERFORMS RELEASE ELEMENT, NEVER TOUCHES

NO VP, NO SR, 0.50 FALL EXECUTION and AMPLITUDE ERRORS ARE TAKEN

* MAY REPEAT FOR **SR, VP** (IF APPLICABLE)

SPOTS DURING ELEMENT

DEDUCT **0.50** SPOT - **NO VP** / **NO SR** AWARDED - **NO BONUS** (SAPPHIRE)

FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

SPOTS UPON LANDING

DEDUCT **0.50** SPOT **VP / SR** AWARDED **NO BONUS** (SAPPHIRE)

FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

TOUCHES WITHOUT ASSISTING

DEDUCT **0.50** SPOT **VP / SR** AWARDED **NO BONUS** (SAPPHIRE)

COACH CATCHES A FALLING GYMNAST DEDUCT **0.50** FALL



DIAMOND - EXTRA SWING

EACH EXTRA SWING IS A **0.30** DEDUCTION WITH A MAXIMUM DEDUCTION FOR **0.50** FOR MULTIPLE EXTRA SWING FOLLOWING AN ELEMENT. ~ WHEN AN EXTRA CAST / SWING OCCURS ONLY APPLY A **0.30** DEDUCTION FOR EXTRA SWING. DO NOT APPLY THE ADDITIONAL **0.10** AMPLITUDE DEDUCTION. ~ IF A GYMNAST PERFORMS AN " **A** " or " **B** " CAST THAT MEETS THE **SR** AMPLITUDE FOR THAT DIVISION BUT THEN RETURNS TO A FRONT SUPPORT, IT STILL RECEIVES A **0.30** EXTRA SWING / CAST DEDUCTION.

CLEAR HIPS CIRCLE -

0* - 10* FROM VERTICAL - NO AMPLITUDE DEDUCTION - " **C** " **VP**

11* - 20* FROM VERTICAL - **0.05** DEDUCTION - " **C** " **VP**

21* - 45* FROM VERTICAL - NO DEDUCTION - " **B** " **VP**

46* - 89* FROM VERTICAL - 0.05 - 0.25 DEDUCTION - " **B** " **VP**

HORIZONTAL - **0.30** DEDUCTION - " **B** " **VP**

BELOW HORIZONTAL - **0.35 - 0.40** DEDUCTION - " **B** " **VP**

EXCEPTIONS - EXTRA SWING

~ TAP SWING COUNTERSWING PERFORMED PRIOR TO SALTO FORWARD FLYAWAY (FRONT FLYAWAY)

~ TAP SWING COUNTERSWING PERFORMED PRIOR TO A RELEASE STRADDLE BACK LB

~ TAP SWING COUNTERSWING PERFORMED PRIOR TO A BACK UPRISE

~ CONSECUTIVE SOLE CIRCLE ON LB IN ATTEMPT TO JUMP HB

~ SWING DOWN TO GLIDE KIP & CAST AGAIN AFTER FAILED ATTEMPT TO PERFORM ELEMENT

FALLS & DOES NOT RE-MOUNT

DEDUCT **0.50** FALL DEDUCT ANY OTHER MISSING **SR**

DEDUCT **0.50** MISSING **SR** DISMOUNT

DEDUCT **VP**'S MISSING (IF APPLICABLE)

COURTESY SCORE **4.00** MAY BE AWARDED FOR SHORT ROUTINE DUE TO INJURY

AFTER A FALL, GYMNAST IS ALLOWED TO BE LIFTED TO THE LOW BAR OR HIGH BAR - A COACH MAY ASSIT THE GYMNAST ONTO THE BAR, REGARDLESS IF THE REMOUNTING SKILL WAS A VALUE PART LISTED IN THE XCEL CODE, WITH NO DEDUCTION.

MAX 2 PUMP SWING TO INITIATE MOMENTUM -- **0.30** DEDUCTION FOR MORE THAN 2 SWINGS (APPLIES TO PLATINUM, DIAMOND, SAPPHIRE ONLY)

FALLS ON SALTO DISMOUNT

NEVER INITIATES SALTO or INITIATES & FALLS

NO VP DEDUCT EXECUTION / AMPLITUDE ERRORS

DEDUCT MISSING **VP**

DEDUCT **0.50** FALL **SR** - DEDUCT **0.50** FROM **SV**

INITIATES SALTO or INITIATES & FALLS

DEDUCT **0.50** FALL NO **VP** AWARDED

NO SR AWARDED **SR** - DEDUCT **0.50** FROM **SV**

DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

BARS

SAPPHIRE

1. MINIMUM OF A " **B** " SKILL FINISHING IN CLEAR SUPPORT AT VERTICAL (NOT MOUNT / DISMOUNT)
2. MINIMUM " **B** " **360*** CIRCLING SKILL (NOT MOUNT or DISMOUNT)
3. MINIMUM " **B** " TURN or 2ND **360*** CIRCLING SKILL (MIN. " **B** " & DIFFERENT FROM **SR #2**) (NOT MOUNT or DISMOUNT) or MIN. " **B** " RELEASE (NOT IN DSMT)
4. MINIMUM " **B** " DISMOUNT or " **C** " SKILL DIRECTLY CONNECTED TO AN " **A** " SALTO DISMOUNT

DIFFICULTY RESTRICTIONS - 0.50 OFF SV

NO " **E** " **VP**

ELEMENT CLARIFICATIONS

SKILL PRECEDED BY A CAST, BOTH CAST & SKILL MAY RECEIVE SEPARATE **VP** / SKILL CREDIT, IF CAST ACHIEVES DIVISIONS ANGLE REQUIREMENT WITH THE FOLLOWING EXCEPTIONS: **EXCEPTIONS:** CAST SQUAT, STOOP, or STRADDLE ON - ALSO WITH or WITHOUT JUMP TO HIGH BAR, CAST SHOOT THROUGH, RECEIVE 1 "**A**" **VP** IN ALL DIVISIONS. THESE SKILLS MAY NOT BE USED TO FULFILL CAST **SR**.

TAPSWING - COUNTERSWING / UNDERSWING / COUNTERSWING

TAPSWING or UNDERSWING / COUNTERSWING NOT **VP** WOULD RECEIVE AN EXTRA SWING DEDUCTIONS WITH THE FOLLOWING EXCEPTION : IF A TAPSWING or COUNTERSWING IS INHERENTLY PART OF THE ENTRY INTO AN ELEMENT.

CLEAR HIPS CIRCLE -

0* - 10* FROM VERTICAL - NO AMPLITUDE DEDUCTION - " **C** " **VP**

11* - 20* FROM VERTICAL - **0.05** DEDUCTION - " **C** " **VP**

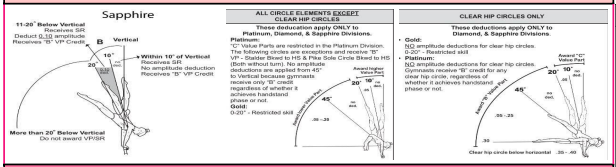
21* - 45* FROM VERTICAL - NO DEDUCTION - " **B** " **VP**

46* - 89* FROM VERTICAL - **0.05 - 0.25** DEDUCTION - " **B** " **VP**

HORIZONTAL - **0.30** DEDUCTION - " **B** " **VP**

BELOW HORIZONTAL - **0.35 - 0.40** DEDUCTION - " **B** " **VP**

A CLEAR HIP CIRCLE ON LOW BAR AND THE HIGH BAR ARE NOT CONSIDERED DIFFERENT SKILLS EVEN IF THEY HAVE DIFFERENT EXIT OR ENTRANCE.



PERFORMS RELEASE ELEMENT, GRASP / TOUCHES THE BAR W/ 1 or 2 HANDS & FALLS

SR FULFILLED (IF APPLICABLE) **VP** AWARDED

EXECUTION and AMPLITUDE ERRORS ARE TAKEN

PERFORMS RELEASE ELEMENT, NEVER TOUCHES

NO VP, **NO SR**, **0.50** FALL EXECUTION and AMPLITUDE ERRORS ARE TAKEN

MAX 2 PUMP SWING TO INITIATE MOMENTUM -- **0.30** DEDUCTION FOR MORE THAN 2 SWINGS (APPLIES TO PLATINUM, DIAMOND, SAPPHIRE ONLY)

FALLS & DOES NOT RE-MOUNT

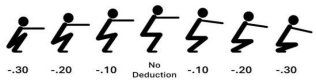
DEDUCT **0.50** FALL DEDUCT **VP'S** MISSING (IF APPLICABLE)

DEDUCT **0.50** MISSING **SR** DISMOUNT DEDUCT ANY OTHER MISSING **SR**

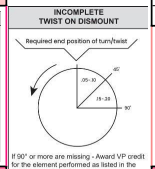
COURTESY SCORE **4.00** MAY BE AWARDED FOR SHORT ROUTINE DUE TO INJURY

AFTER A FALL, GYMNAST IS ALLOWED TO BE LIFTED TO THE LOW BAR OR HIGH BAR - A COACH MAY ASSIT THE GYMNAST ONTO THE BAR, REGARDLESS IF THE REMOUNTING SKILL WAS A VALUE PART LISTED IN THE XCEL CODE, WITH NO DEDUCTION.

SQUAT ON LANDING DEDUCTION GUIDELINE



3 **A**	0.1
3 **B**	0.3
1 **C**	0.5
9.60 SV	
UP TO 0.40 MAX BONUS	
2:00 MINUTE WARM UP TIME	



EXTRA SWING

YES - **0.30** EXTRA SWING DEDUCTION

FALL TIME : 45 SECONDS

FALL TIME BEGINS WHEN THE GYMNAST STAND BACK UP ON HER FEET. IF AN INJURY OCCURS, FALL TIME BEGINS AFTER THE MEDICAL ASSESSMENT IS COMPLETE

VALUE PARTS : ANY SKILL LISTED IN THE XCEL CODE OF POINTS and ALLOWED AT THE RESPECTIVE DIVISION. **SAPPHIRE** : ANY " **A** " , " **B** " , " **C** " , " **D** " **VP**

0.10 DEDUCTION FOR CAST WITHIN **10*** OF DIVISION ANGLE FOR BRONZE - DIAMOND and **20*** FOR SAPPHIRE REQUIREMENT WILL RECEIVE **VP** and **SR**. DOES NOT APPLY TO **BRONZE**.

SAPPHIRE - EXTRA SWING

EACH EXTRA SWING IS A **0.30** DEDUCTION WITH A MAXIMUM DEDUCTION FOR **0.50** FOR MULTIPLE EXTRA SWING FOLLOWING AN ELEMENT. ~ WHEN AN EXTRA CAST / SWING OCCURS ONLY APPLY A **0.30** DEDUCTION FOR EXTRA SWING. DO NOT APPLY THE ADDITIONAL **0.10** AMPLITUDE DEDUCTION. ~ IF A GYMNAST PERFORMS AN " **A** " or " **B** " CAST THAT MEETS THE **SR** AMPLITUDE FOR THAT DIVISION BUT THEN RETURNS TO A FRONT SUPPORT, IT STILL RECEIVES A **0.30** EXTRA SWING / CAST DEDUCTION.

EXCEPTIONS - EXTRA SWING

~ TAP SWING COUNTERSWING PERFORMED PRIOR TO SALTO FORWARD FLYAWAY (FRONT FLYAWAY)

~ TAP SWING COUNTERSWING PERFORMED PRIOR TO A RELEASE STRADDLE BACK LB

~ TAP SWING COUNTERSWING PERFORMED PRIOR TO A BACK UPRISE

~ CONSECUTIVE SOLE CIRCLE ON LB IN ATTEMPT TO JUMP HB

~ SWING DOWN TO GLIDE KIP & CAST AGAIN AFTER FAILED ATTEMPT TO PERFORM ELEMENT

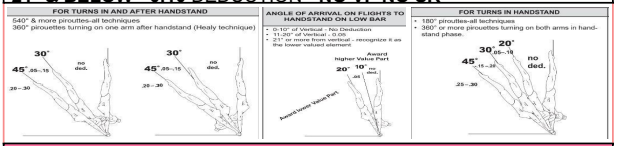
CASTS ~ SAPPHIRE

VERTICAL

VERTICAL - " **B** " **VP** / **SR**

11* - 20* FROM VERTICAL - **0.10** DEDUCTION - " **B** " **VP** / **SR**

21* & BELOW - **0.10** DEDUCTION - **NO VP NO SR**



FALLS ON SALTO DISMOUNT

NEVER INITIATES SALTO or INITIATES & FALLS

NO VP DEDUCT EXECUTION / AMPLITUDE ERRORS

DEDUCT MISSING **VP**

DEDUCT **0.50** FALL **SR** - DEDUCT **0.50** FROM **SV**

INITIATES SALTO or INITIATES & FALLS

DEDUCT **0.50** FALL NO **VP** AWARDED

NO SR AWARDED **SR** - DEDUCT **0.50** FROM **SV**

DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

SPOTS DURING ELEMENT

DEDUCT **0.50** SPOT **NO BONUS** (SAPPHIRE)

NO VP AWARDED **NO SR** AWARDED

FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

SPOTS UPON LANDING

DEDUCT **0.50** SPOT **NO BONUS** (SAPPHIRE)

VP AWARDED **SR** AWARDED

FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

TOUCHES WITHOUT ASSISTING

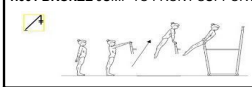
DEDUCT **0.50** SPOT **NO BONUS** (SAPPHIRE)

VP AWARDED **SR** AWARDED

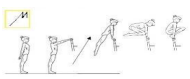
COACH CATCHES A FALLING GYMNAST DEDUCT **0.50** FALL

XCEL - BARS " A " SKILLS

1.001 BRONZE JUMP TO FRONT SUPPORT



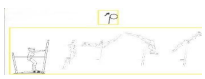
1.002 S/G/P JUMP TO SQUAT ON



1.003A B/S/G PULLOVER LOW BAR



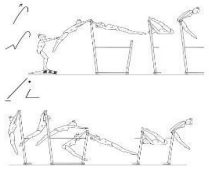
1003B S/G PULLOVER HIGH BAR



1.004 B/S/G GLIDE SWING TO STAND

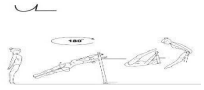


1.106 JUMP HB KIP / REVERSE GRIP



JUMP TO HB LB GRIP

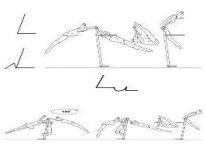
1.102 JUMP 1/2 KIP





1.104 GLIDE LB BK KIP UP HB / 1/2

1.101 GLIDE KIP / REVERSE GRIP



GLIDE 1/2 KIP

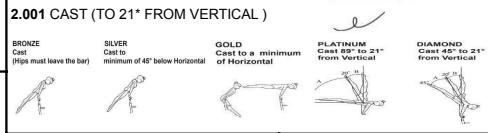
1.006 B/S/G SINGLE LEG JAM KIP



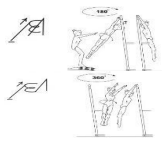
1.005 B/S/G RUN OUT GLIDE KIP



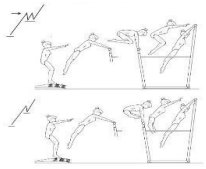
2.001 CAST (TO 21* FROM VERTICAL)



1.107 HB JUMP 1/2 / 1/1



1.108 SQUAT/STRADDLE VAULT OVER LB TO HB

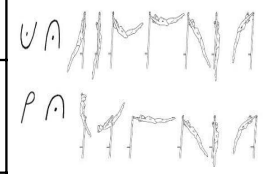


1.109 JUMP TO SUPPORT LB BHC

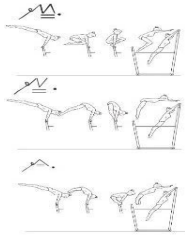




2.002 B/S/G CAST SHOOT THROUGH-ONE 'A' VP



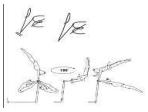
2.003 S/G/P (ONE ALLOWED PLAT) TAPSWING



ONE 'A' VP

2.102 CAST SQUAT/STOOP/STRADDLE ON LB/HB

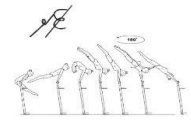
3.102 UNDERSWING HB 1/2 AT/ABOVE HORIZ



3.105 CLEAR HIP CIRCLE 1/2



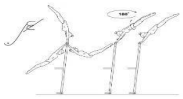
2.101 CAST 21*-45* VERTICAL / 1/2



3.106 INVERTED PIKE SWING

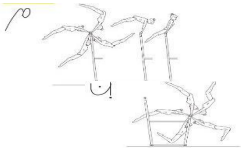


4.101 HDST SWING DOWN B/W BAR SWING FWD 1/2



4.102 CAST LONG HANG PULLOVER-

BOTH RECEIVE VP TO FULFILL SR IF APPLICABLE

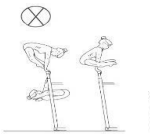


LB GAINT CIRCLE BWD TO HDST

6.101 CLEAR STRADDLE CIRCLE FWD TO CLEAR SUPPORT

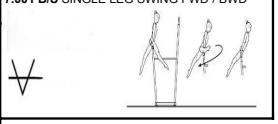


6.104 CLEAR STRADDLE CIRCLE BWD TO CLEAR SUPPORT



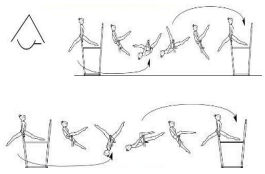
CLEAR STRADDLE CIRCLE 1/2 ON UPSWING AT HORIZ

7.001 B/S SINGLE LEG SWING FWD / BWD



7.003 B/S/G SINGLE LEG BASKET SWING

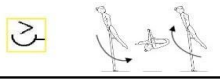
~ STRAIGHT LEG FOR GOLD ONLY



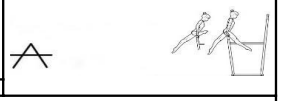
7.004 B/S/G STRIDE CIRCLE FWD / BWD



7.006 ALL DIVISION BASKET SWING



7.002 B/S/G SINGLE LEG CUT FWD / BWD



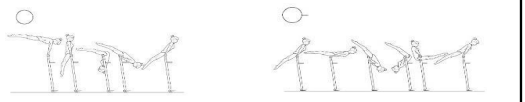
7.005 S/G LONG HANG PULLOVER FROM LONG SWING ELIGIBLE FOR CIRCLING SR SILVER/GOLD ONLY



7.109 PIKE SOLE CIRCLE BWD 1/2 UPSWING AT HORIZ



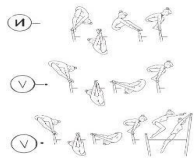
7.101 BHC / FHC



7.102 FALSE POP



7.103 SOLE CIRCLE FWD / BWD TO STAND



8.002 BRONZE 3/4 FWD CIRCLE TO STAND



7.104 PIKE CIRCLE FWD THROUGH CLEAR REAR SUPPORT

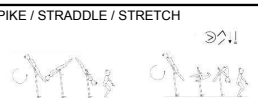


8.001 BRONZE CAST OFF W/ RELEASE OF BAR TO STAND

~ 1 SINGLE VP NOT ELIGIBLE FOR SR OR CAST VP



PIKE / STRADDLE / STRETCH



7.106 PIKE CIRCLE BWD TO REAR SUPPORT

8.007 G/P TAP SWING FWD 1/2 1/2

TWIST IN ONE DIRECTION-TOUCH OF HAND

8.004 B/S FROM SQUAT/STRADDLE/STOOP STRETCH JUMP OFF FWD TO STAND

8.003 SILVER 3/4 BK SEAT CIRCLE DSMT

8.005 S/G TAP SWING FWD W/ 1/2 TURN

8.006 B/S TOE ON/CLEAR TO STAND

FROM SQUAT/STRADDLE/STOOP TOE ON SOLE CIRCLE TO STAND

8.008 SILVER SOLE CIRCLE BWD 3/4 RELEASE TO STAND

LOW BAR

8.009 G/P SOLE CIRCLE BWD 3/4 RELEASE TO STAND

HIGH BAR

8.107 SWING DOWN B/W BAR REVERSE GRIP SALTO

FWD T/P/S

1/2

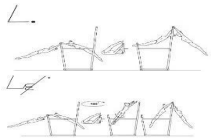
8.101 HB UNDERSWING TO STAND / 1/2 / 1/1

8.010 G/P/D/SA CAST STOOP/SWING FWD BK KIP UP TO BRIEF REAR SUPPORT SALTO BWD T/P/S

8.103 FLYAWAY TUCK/PIKE/STRETCHED

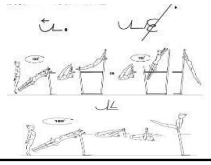
XCEL - BARS " B " SKILLS

1.201 KIP LB GRIP CHANGE HANG HB

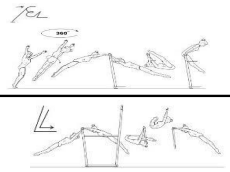


ALSO 1/2

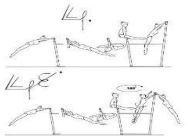
1.202 JUMP 1/2 KIP LB GRIP CHANGE TO HANG HB WITH OR WITHOUT 1/2



1.203 JUMP 1/1 KIP TO FRONT SUPPORT LB

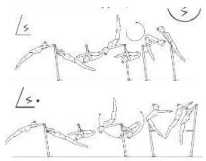


1.204 GLIDE LB STOOP THROUGH BK KIP UP LB ALSO 1/2

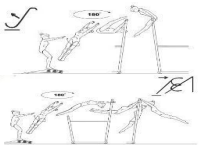


GLIDE LB STOOP THROUGH BK KIP UP STRADDLE CUT

1.205 REVERSE KIP

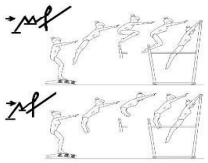


1.206 JUMP 1/2 KIP TO SUPPORT HB

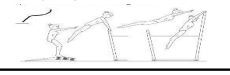


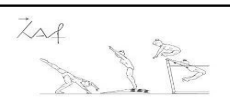
FREE JUMP 1/2 OVER LB TO HB

1.208 FREE TUCK/STRADDLE OVER LB TO HANG HB



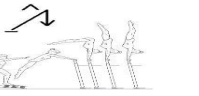
1.209 HECHT JUMP HAND REPULSION OVER LB TO HANG HB

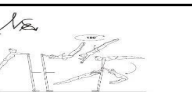




1.211 R/O FLIGHT BWD THROUGH CLEAR STRADDLE LB

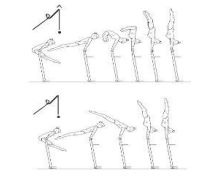
1.214 JUMP TO HDST



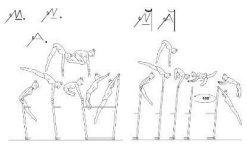


1.215 JUMP TO HANG HB UNDERSWING 1/2 FLIGHT OVER LB

2.201 CAST HDST

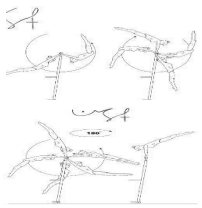


2.202 FREE SQUATSTOOP/STRADDLE OVER LB GRIP CHANGE TO HANG HB



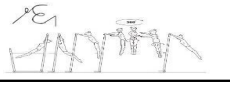
HB FREE STOOP/STRADDLE FWD OVER HB 1/2 HB HANG

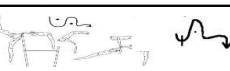
2.203 HANG HB UPRISE BWD TO CLEAR SUPPORT



1/2

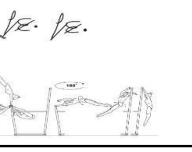
2.204 HANG HB SWING BWD RELEASE 1/1 TO HANG HB



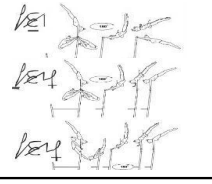


2.205 HANG HB COUNTERSWING BWD FLIGHT OVER LB

3.201 UNDERSWING LB 1/2 GRIP CHANGE HANG HB

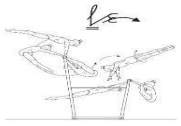


3.202 UNDERSWING HB 1/2 SIDE FLAIR FLIGHT TO HANG

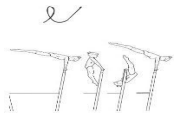


1/2

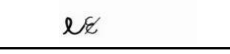
3.203 TOE ON 1/2 FLIGHT OVER LB HANG LB



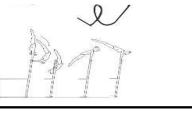
3.204 CLEAR HIP TO SUPPORT



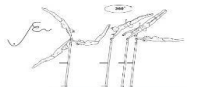
3.205 CLEAR HIP 1/2 UPSWING AT 21*-44*



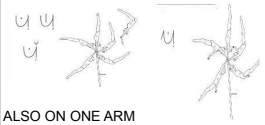
3.207 WEILER KIP TO SUPPORT



4.201 HDST HB SWING DOWN B/W BAR SWING FWD 1/1 TO L HANG AT HB

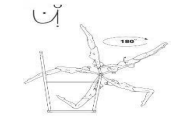


4.202 HDST HB GIANT CIRCLE BWD

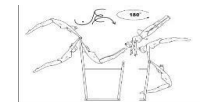


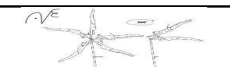
ALSO ON ONE ARM

4.203 LB BWD GAINT 1/2 TO HDST

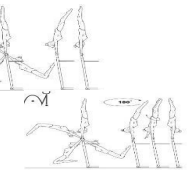


4.204 HB LONG SWING FWD 1/2 FLIGHT OVER LB



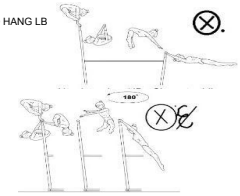


5.201 HDST HB SWING DOWN FWD B/W BAR SWING BWD 1/1



5.202 HDST LB GIANT CIRCLE SWING FWD REVERSE GRIP / 1/2

6.202 CLEAR STRADDLE CIRCLE BWD HB GRIP CHANGE TO HANG LB



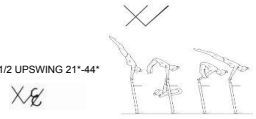
HDST HB CLEAR STRADDLE BWD HB 1/2 TO HANG HB

6.201 STALDER FWD TO SUPPORT



6.204 STALDER BWD TO SUPPORT

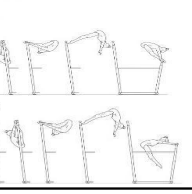
1/2 UPSWING 21*-44*

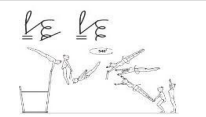


7.202 CAST LB FREE HIP CIRCLE BWD HIP REPULSION FREE STRADDLE FWD OVER LB TO REAR SUPPORT

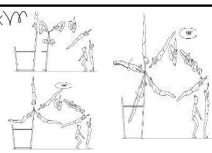


7.203 SOLE CIRCLE BWD PIKE FLIGHT FROM HB TO LB TO STAND LB

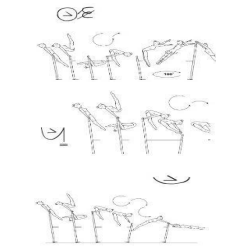




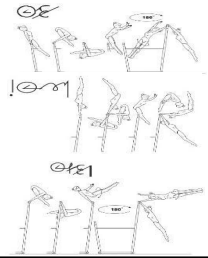
8.201 HB TOE ON/CLEAR W/ 1 1/2 / 2/1



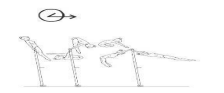
7.206 PIKE CIRCLE BWD 1/2 GRIP CHANGE TO HANG HB



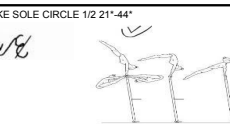
7.204 PIKE CIRCLE FWD THROUGH CLEAR SUPPORT



7.205 REAR SUPPORT PIKE CIRCLE FWD TO STRADDLE CUT BWD



PIKE SOLE CIRCLE 1/2 21*-44*



7.209 PIKE SOLE CIRCLE TO CLEAR SUPPORT

7.213 CLEAR PIKE CIRCLE BWD TO SUPPORT



8.203 FWD SALTO TO BWD T/P/S 1/2 / 1/1

8.207 FWD SALTO TUCK/PIKE/STRETCHED / 1/2 / 1/1

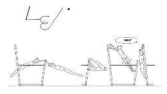
8.208 BHC HECHT / BK CLEAR HIP

8.209 OUTER FT SUPPORT CAST SALTO FWD TUCK

8.210 WHIP SALTO TANAC

XCEL - BARS " C " SKILLS

1.301 KIP LB 1/1 GRIP CHANGE TO HANG HB



1.302 JUMP 1/2 KIP LB W/ 1/1 GRIP CHANGE HANG HB



1.303 JUMP 1/1 KIP LB GRIP CHANGE TO HANG HB



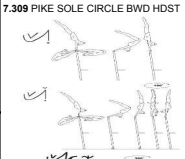
1.304 GLIDE LB STOOP THROUGH BK KIP UP STRADDLE CUT BWD TO HANG HB



1.205 REVERSE KIP / GRIP CHANGE



7.309 PIKE SOLE CIRCLE BWD HDST



1/2

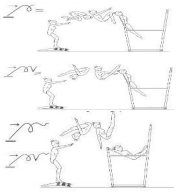
1.307 HB SALTO FWD TO HANG HB



1.308 JUMP FWD FREE STRADDLE 1/2 CATCH HB ~1/2 MUST BE FREE



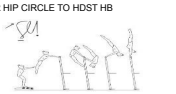
1.310 SALTO FWD T/P/ST OVER LB TO SIT BRIEF LB



GLIDE LB STOOP THROUGH BK KIP UP OVER LB 1/1 TO HANG HB



1.315 JUMP TO BRIEF CLEAR SUPPORT HB CLEAR HIP CIRCLE TO HDST HB



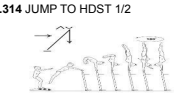
JUMP TO HANG HB SALTO ROLL BWD T/ST GRIP CHANGE



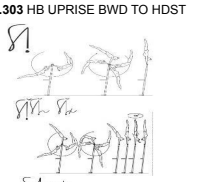
1.311 ROUND OFF FLIGHT BWD OVER LB TO HANG HB



1.314 JUMP TO HDST 1/2

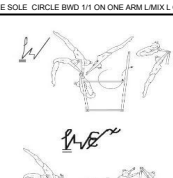


2.303 HB UPRISE BWD TO HDST



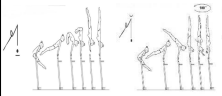
1/2

PIKE SOLE CIRCLE BWD 1/1 ON ONE ARM L/MIX L GRIP



1/2

2.301 CAST HDST HOP REVERSE GRIP / 1/2 CAST HDST 1/2



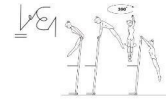
1/2 L GRIP / MIX L GRIP 1/1 ON ONE ARM TO L GRIP / MIX L GRIP



2.302 HANG HB UPRISE BWD FLIGHT OVER HB



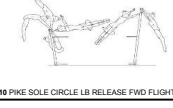
2.304 CASLAVSKA PIROUETTE



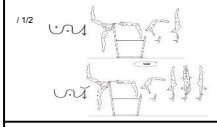
UPRSIE BWD TO HDST HB 1/1 ON ONE ARM HEARLY



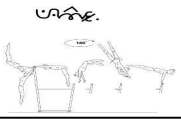
7.310 PIKE SOLE CIRCLE LB RELEASE FWD FLIGHT HB



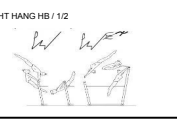
2.305 HB COUNTERSWING BWD S/P FLIGHT HDST LB / 1/2



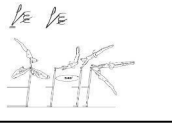
2.306 COUNTERSWING TO SALTO FWD P/ST 1/2 CATCH LB



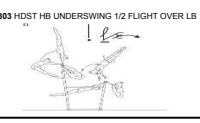
3.301 UNDERSWING LB COUNTER MOVEMENT FLIGHT HANG HB / 1/2



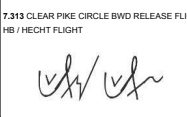
3.302 UNDERSWING 1 1/2 TO HANG



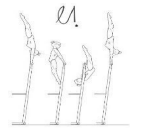
3.303 HDST HB UNDERSWING 1/2 FLIGHT OVER LB



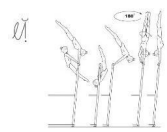
7.313 CLEAR PIKE CIRCLE BWD RELEASE FLIGHT TO HB / HECHT FLIGHT



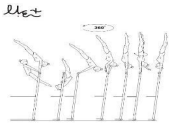
3.304 CLEAR HIP CIRCLE HANDSTAND



3.305 CLEAR HIP HDST 1/2 HDST TO REGULAR GRIP

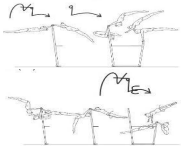


CLEAR HIP HDST 1/1 ON ONE ARM TO L/MIX L GRIP

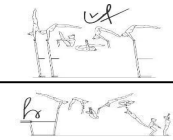


3.306 INVERTED PIKE SWING DISLOCATE HOP CHANGE

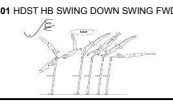




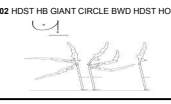
CLEAR PIKE CIRCLE BWD DISENGAGING LEGS



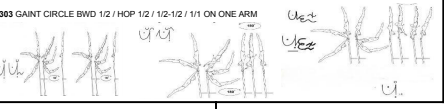
4.301 HDST HB SWING DOWN SWING FWD 1 1/2



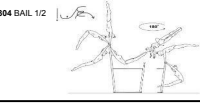
4.302 HDST HB GIANT CIRCLE BWD HDST HOP GRIP

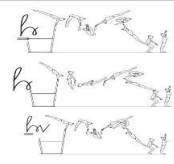


4.303 GAINT CIRCLE BWD 1/2 / HOP 1/2 / 1/2-1/2 / 1/1 ON ONE ARM



4.304 BAIL 1/2





8.301 TOE ON/CLEAR / BK STALDER SALTO FWD T/P TUCK 1/2



4.306 PEACH SALTO

4.307 3/4 GIANT SWING BWD RELEASE 1/2 TUCK

LB GIENGER TUCK

5.302 GIANT CIRCLE FWD / 1/2 / HOP CHANGE / 1/1 ONE ARM TO L/MIX L GRIP / REVERSE GRIP 1/1

LB GIANT FWD HDST REVERSE GRIP 1/1

5.303 HB STRADDLE/PIKE FLIGHT BWD OVER LB

5.304 SWING DOWN B/W BAR GRIP CHANGE CROSS GRIP 1/2 IN RANGE OF HANG POSITION SWING UPWARD TO HDST

1/2

5.305 GIANT CIRCLE FWD SALTO FWD CATCH HB

5.306 CIRCLE SWING FWD REVERSE GRIP FREE STOOP/STRADDDLE VAULT 1/2

8.302 UNDERSWING 1/2 SALTO BWD T/P

6.301 CHOW

6.302 CLEAR STRADDLE CIRCLE FWD FLIGHT BWD OVER LB

6.303 STALDER FWD L GRIP TO SUPPORT

7.305 INVERTED PIKE CIRCLE FWD STRADDLE CUT FLIGHT OVER LB HANG

7.306 FULL CIRCLE SWING BWD FINISH REAR SUPPORT

6.304 STALDER BWD HDST / 1/2

6.305 RAY

7.301 CLEAR HIP CIRCLE BWD LB HECHT HANG HB

1/2

8.303 SALTO BWD STRETCHED 1 1/2 / 2/1

STALDER BWD HDST 1/1 ON ONE ARM L/MIX L GRIP

STALDER BWD RELEASE HECHT HANG HB

8.304 DOUBLE SALTO BWD TUCK / PIKE

7.308 PIKE SOLE CIRCLE HDST / 1/2 / 1/1 HEALY

8.307 SALTO FWD T/P/S 1 1/2

8.308 HIP CIRCLE BWD HECHT 1/1

8.309 CAST NEAR HDST SALTO FWD PIKE

SALTO BWD TUCK / PIKE

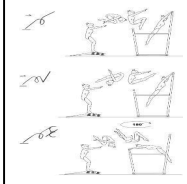
8.310 CHC SWING BWD THROUGH HDST SALTO BWD T/P

GIANT CIRCLE BWD TUCK / 1/2

TANAC 1/1 - 1 1/2

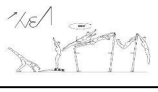
XCEL - BARS " D " SKILLS

1.410 SALTO FWD T/P OVER LB HANG HB



SALTO FWD TUCK OVER LB 1/2 TO GRASP LB

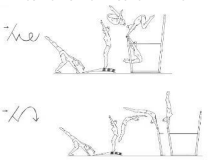
1.411 ROUNDOFF FLIGHT BWD OVER LB 1/1 TO HB



1.415 JUMP TO SUPPORT CHC HDST 1/2

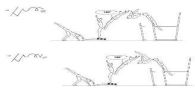


1.412 ROUNDOFF SALTO BK TUCK OVER LB TO HB

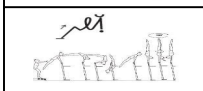


ROUNDOFF BHS TO HDST LB

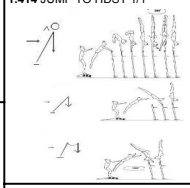
1.413 ROUND OFF ARABIAN SALTO T/P OVER LB



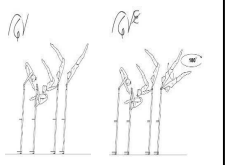
1.416 JUMP TO SUPPORT LB CHC FWD HDST 1/2



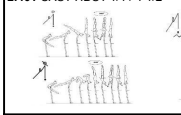
1.414 JUMP TO HDST 1/1



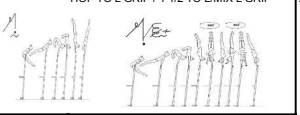
7.404 PIKE CIRCLE FWD THROUGH CLEAR / 1/2



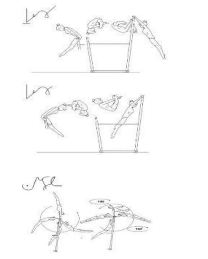
2.401 CAST HDST 1/1 / 1 1/2



HOP TO L GRIP / 1 1/2 TO L/MIX L GRIP

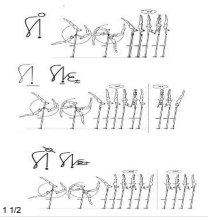


2.402 CAST SALTO ROLL FWD TO HANG HB

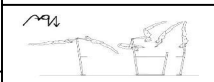


GIANT CIRCLE BWD 1/2 UPRISE VAULT FLIGHT OVER HB

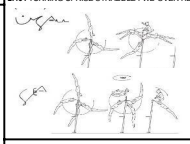
2.403 UPRISE BWD HDST 1/1 / HOP TO REVERSE GRIP/ 1/1



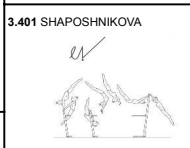
1 1/2



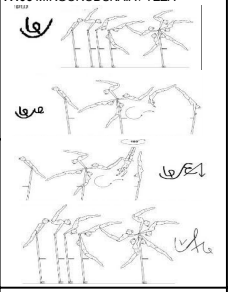
2.404 TURNING UPRISE STRADDLE FWD OVER HB 1/2



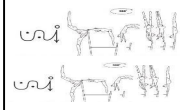
3.401 SHAPOSHNIKOVA



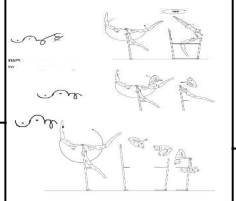
7.406 MIRGORODSKAIA / TEZA



2.405 COUNTERSWING BWD ST/P FLIGHT HDST 1/1



2.406 COX

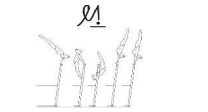


COUNTERSWING HB SALTO FWD STRADDLE CATCH

3.403 UNDERSWING 1/2 FLIGHT OVER LB HDST LB



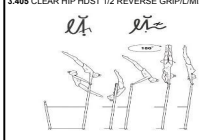
3.404 CLEAR HIP HDST HOP GRIP CHANGE HDST



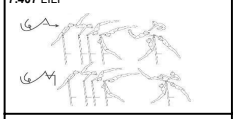
3.406 INVERTED PIKE BWD DISLOCATE FLIGHT HDST



3.405 CLEAR HIP HDST 1/2 REVERSE GRIP/L/MIX L



7.407 LILI



3.407 WEILER KIP HDST / 1/2 / 1/1



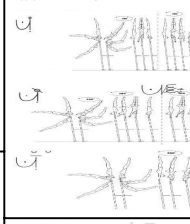
3.408 FWD CLEAR HIP IMMEDIATE FWD PIKE OVER LB TO HB



4.402 GIANT CIRCLE BWD HOP REGULAR TO L GRIP



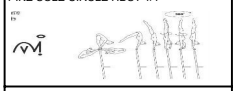
4.403 GIANT BWD HDST 1/1 / 1 1/2



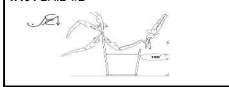
7.408 PIKE SOLE CIRCLE FWD L GRIP / 1/2



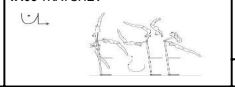
PIKE SOLE CIRCLE HDST 1/1



4.404 BAIL 1/2



4.405 TKATCHEV



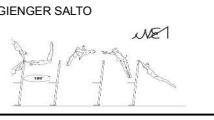
4.406 PAK SALTO



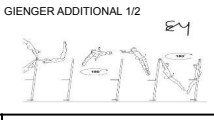
4.407 DELTCHEV SALTO



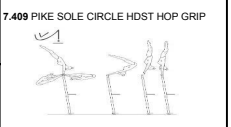
GIENGER SALTO



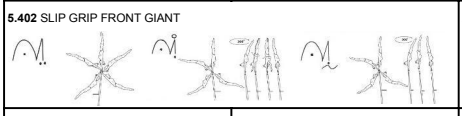
GIENGER ADDITIONAL 1/2



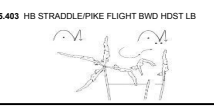
7.409 PIKE SOLE CIRCLE HDST HOP GRIP



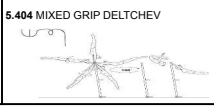
5.402 SLIP GRIP FRONT GIANT



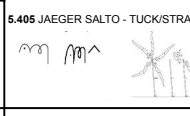
5.403 HB STRADDLE/PIKE FLIGHT BWD HDST LB



5.404 MIXED GRIP DELTCHEV



5.405 JAEGER SALTO - TUCK/STRADDLE



PIKE SOLE CIRCLE BWD HDST 1/2 REVERSE/L/MIX L

5.406 CIRCLE SWING FWD REVERSE GRIP 1/2 STRADDLE FLIHGT OVER HB TO HB

5.407 GIANT CIRCLE SWING FWD L GRIP HDST PIKE/STRETCH / 1/2

6.401 STALDER FWD / HDST / HDST 1/2

1/1 ON ONE ARM HEALY

6.402 HB CLEAR STRADDLE CIRCLE FWD/BWD FLIGHT HDST LB

STALDER CIRCLE FWD SALTO FWD STRADDLE CATCH HB

7.410 MALONEY / OSTER

6.403 STALDER FWD L GRIP HDST / 1/2

6.404 STALDER BWD HDST HOP GRIP CHANGE

HOP GRIP CHANGE 1/1

STALDER BWD HDST 1/2 REVERSE L/MIX L GRIP

6.405 STALDER BWD THROUGH HDST FLIGHT HANG HB

7.401 FREE HIP CIRCLE BWD HECHT FLIGHT 1/2

7.412 CLEAR PIKE CIRCLE FWD HDST / 1/2

7.413 CLEAR PIKE BWD HDST / 1/2

8.403 SWING FWD TO SALTO BWD STRETCH 2 1/2

8.401 TOE ON/CLEAR SALTO FWD PIKE 1/2

BK STALDER SALTO FWD TUCK 1/2

TOE ON/CLEAR SALTO FWD STRETCH / 1/2

TOE ON/CLEAR SALTO FWD TUCK 1/1

8.402 CLEAR OKINO

8.404 SWING FWD DOUBLE SALTO BWD TUCK 1/2

8.405 SWING FWD DOUBLE SALTO BWD STRETCHED/PIKE / PIKE/STRETCHED

8.407 SALTO FWD T/P/S 2/1

GIANT CIRCLE FWD 1/2 FLIGHT DOUBLE SALTO BWD T/P

8.410 STALDER BWD HDST SALTO BWD T/P TANAC 2/1

8.408 HECHT SALTO BWD TUCK

1/2

BEAM

BRONZE

4 **A** 0.1

10.00 SV

1. MINIMUM **1/2** TURN ON ONE or TWO FEET
2. ONE JUMP or LEAP (NOT MOUNT or DISMOUNT) NO SPLIT ANGLE REQUIRED
3. ONE ACRO ELEMENT ~ NON--FLIGHT
4. DISMOUNT --- NO SALTO or AERIALS

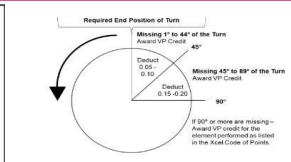
DIFFICULTY RESTRICTIONS - 0.50 OFF SV

- NO " **B** " or HIGHER **VP**
- NO SALTO or AERIAL DISMOUNT
- NO WALKOVERS

SPLIT JUMP / LEAP or STRADDLE JUMP (ANY ANGLE) = " A " VP

BRONZE

No Angle Requirement



ARTISTRY

^ 0.40 CHOREOGRAPHY

- **^ 0.20** LACK OF PURPOSEFUL CHOREOGRAPHY
- **^ 0.10** CHOREOGRAPHY IN ALL DIRECTIONS (MISSING SIDE and BACK) 0.05 FOR EACH
- **^ 0.10** LACK OF VARIETY OF FOCUS CHANGES, POSES, PHASES / CONNECTIONS

^ 0.20 RHYTHM and TEMPO

- **^ 0.10** INSUFFICIENT VARIATION
- **^ 0.10** DISCONNECTED MOVEMENT

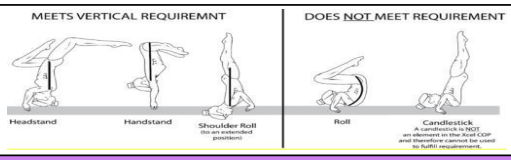
^ 0.20 SURENESS

^ 0.30 BODY POSTURE

^ 0.30 FOOTWORK

^ 0.20 DYNAMICS

- **^ 0.10** INSUFFICIENT AMPLITUDE OF CHOREOGRAPHED MOVEMENT
- **^ 0.10** ENERGY MAINTAINED



CONCENTRATION PAUSES

- EACH **0.10** TWO SECONDS
- EACH **0.20** MORE THAN TWO SECONDS

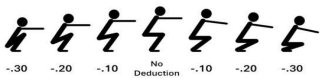
ELEMENT COMPLETE (CONTACT ON TOP OF BEAM W/ FOOT)& FALL

- **VP** AWARDED
- **SR** AWARDED (IF APPLICABLE)
- IF FALLS ON SECOND ELEMENT, **SR** AWARDED
- DEDUCT **0.50** FALL, BUT NOT BALANCE ERRORS
- DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

ELEMENT INCOMPLETE (NO CONTACT W/ TOP OF BEAM W/ FOOT)& FALL

- **NO VP** AWARDED
- **NO SR** AWARDED
- IF FALL OCCURS ON 2ND ELEMENT IN ACRO SERIES, **SR** NOT AWARDED
- DEDUCT **0.50** FALL
- DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

SQUAT ON LANDING DEDUCTION GUIDELINE



FALL TIME : 45 SECONDS

FALL TIME BEGINS WHEN THE GYMNAST STAND BACK UP ON HER FEET. IF AN INJURY OCCURS, FALL TIME BEGINS AFTER THE MEDICAL ASSESSMENT IS COMPLETE

HANDSTAND HOLD NOT REQUIRED FOR ANY " **A** " **VP**
ANY " **B** " **VP** HANDSTAND REQUIRES 2 SEC. HOLD

30 SEC.
WARM UP TIME
45 SEC.
TIME LIMIT - NO MIN. TIME

BODY MUST BE WITHIN **10°** OF VERTICAL, HIPS OVER SHOULDER - **0.10 SR AWARDED**

CLARIFICATION : **0.10** DEDUCTION FOR VERTICAL SKILLS ON BEAM IS ONLY APPLIED TO THE ELEMENT THAT IS BEING USED TO FULFILL A **SR**. IT IS NOT APPLIED TO EVERY ATTEMPTED HANDSTAND ON BEAM.

SR#3 ALL ACRO SKILLS / SERIES MUST START & FINISH ON THE BEAM TO RECEIVE CREDIT.

ACRO ELEMENT SUCH AS ROLLS, CARTWHEELS & WALKOVERS THAT HAVE AN OPTIONAL ENDING POSITION NOT SPECIFICALLY LISTED IN CODE ARE STILL ELIGIBLE FOR ACRO **VP** CREDIT

VALUE PARTS : ANY SKILL LISTED IN THE XCEL CODE OF POINTS and ALLOWED AT THE RESPECTIVE DIVISION.
BRONZE : ANY " **A** " **VP**

ANY MOUNT NOT LISTED IN THE CODE IS CONSIDERED AN "**A**"

LANDS HANDS & BOTTOM OF FEET

- DEDUCT **0.50** FALL
- **VP** AWARDED
- **SR** AWARDED
- DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

FAILURE TO LAND ON BOTTOM OF FEET 1ST

- DEDUCT **0.50** FALL
- **NO VP** AWARDED ~ DEDUCT FROM **SV**
- **NO SR** AWARDED ~ DEDUCT FROM **SV**
- DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

SPOTS DURING ELEMENT

- DEDUCT **0.50** SPOT
- **NO VP** AWARDED
- **NO SR** AWARDED
- **NO BONUS** (SAPPHIRE)
- FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

SPOTS UPON LANDING OF THE DISMOUNT

- DEDUCT **0.50** SPOT
- **VP** AWARDED
- **SR** AWARDED
- **NO BONUS** (SAPPHIRE)
- FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

TOUCHES WITHOUT ASSISTING

- DEDUCT **0.50** SPOT
- **VP** AWARDED
- **SR** AWARDED
- **NO BONUS** (SAPPHIRE)

COACH CATCHES A FALLING GYMNAST DEDUCT **0.50** FALL ONLY

COURTESY SCORE OF **4.00** MAY BE AWARDED FOR EXTREMELY SHORT ROUTINE DUE TO INJURY or UNUSUAL CIRCUMSTANCES

BEAM

SILVER

1. MINIMUM **1/2** TURN ON ONE FOOT
2. ONE JUMP or LEAP W/ A MINIMUM **90*** CROSS or SIDE SPLIT (NOT MOUNT or DISMOUNT)
3. ONE ACRO ELEMENT ~ NON-FLIGHT
4. DISMOUNT

5**A** 0.1

10.00 SV

45 SEC.
WARM UP TIME
50 SEC.
TIME LIMIT - NO MIN. TIME

FALL TIME : 45 SECONDS

FALL TIME BEGINS WHEN THE GYMNAST STAND BACK UP ON HER FEET. IF AN INJURY OCCURS, FALL TIME BEGINS AFTER THE MEDICAL ASSESSMENT IS COMPLETE

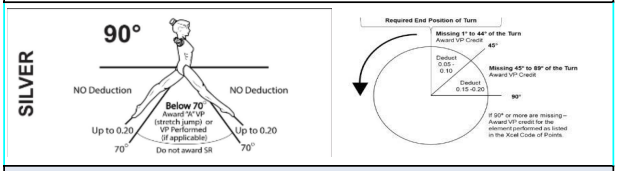
HANDSTAND HOLD NOT REQUIRED FOR ANY " **A** " **VP**
ANY " **B** " HANDSTAND REQUIRES 2 SEC. HOLD

BODY MUST BE WITHIN **10*** OF VERTICAL, HIPS OVER SHOULDER. **0.10 SR AWARDED**

CLARIFICATION : **0.10** DEDUCTION FOR VERTICAL SKILLS ON BEAM IS ONLY APPLIED TO THE ELEMENT THAT IS BEING USED TO FULFILL A **SR**. IT IS NOT APPLIED TO EVERY ATTEMPTED HANDSTAND ON BEAM.

DIFFICULTY RESTRICTIONS - 0.50 OFF START VALUE

NO " **B** " ACRO **VP**
NO " **C** " or HIGHER **VP**
ONLY " **A** " ELEMENTS & " **B** " DANCE ELEMENTS ALLOWED



SPLIT ANGLE (WITHIN **20***) **SR** & **VP** WILL BE AWARDED

ARTISTRY

^ 0.40 CHOREOGRAPHY

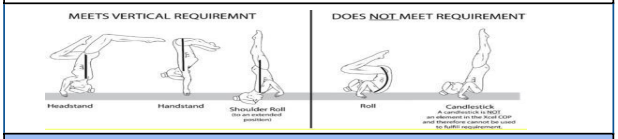
^ 0.20 LACK OF PURPOSEFUL CHOREOGRAPHY
^ 0.10 CHOREOGRAPHY IN ALL DIRECTIONS (MISSING SIDE and BACK) 0.05 FOR EACH
^ 0.10 LACK OF VARIETY OF FOCUS CHANGES, POSES, PHASES / CONNECTIONS

^ 0.20 RHYTHM and TEMPO

^ 0.10 INSUFFICIENT VARIATION
^ 0.10 DISCONNECTED MOVEMENT

^ 0.20 SURENESS
^ 0.30 BODY POSTURE
^ 0.30 FOOTWORK
^ 0.20 DYNAMICS

^ 0.10 INSUFFICIENT AMPLITUDE OF CHOREOGRAPHED MOVEMENT
^ 0.10 ENERGY MAINTAINED



CONCENTRATION PAUSES

EACH **0.10** TWO SECONDS
EACH **0.20** MORE THAN TWO SECONDS

ELEMENT COMPLETE (CONTACT ON TOP OF BEAM W/ FOOT)& FALL

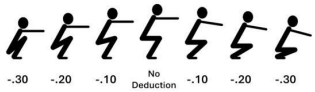
VP AWARDED
SR AWARDED (IF APPLICABLE)
IF FALLS ON SECOND ELEMENT, **SR** AWARDED
DEDUCT **0.50** FALL, BUT NOT BALANCE ERRORS
DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

ELEMENT INCOMPLETE (NO CONTACT W/ TOP OF BEAM W/ FOOT)& FALL

NO VP AWARDED
NO SR AWARDED
IF FALL OCCURS ON 2ND ELEMENT IN ACRO SERIES, **SR** NOT AWARDED
DEDUCT **0.50** FALL
DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

COURTESY SCORE OF **4.00** MAY BE AWARDED FOR EXTREMELY SHORT ROUTINE DUE TO INJURY or UNUSUAL CIRCUMSTANCES.

SQUAT ON LANDING DEDUCTION GUIDELINE



SR#3 ALL ACRO SKILLS / SERIES MUST START & FINISH ON THE BEAM TO RECEIVE CREDIT.

ACRO ELEMENT SUCH AS ROLLS, CARTWHEELS, & WALKOVERS THAT HAVE AN OPTIONAL ENDING POSITION NOT SPECIFICALLY LISTED IN CODE ARE STILL ELIGIBLE FOR ACRO **VP** CREDIT

VALUE PARTS : ANY SKILL LISTED IN THE XCEL CODE OF POINTS and ALLOWED AT THE RESPECTIVE DIVISION.
SILVER : ANY " **A** " **VP**

ANY MOUNT NOT LISTED IN THE CODE IS CONSIDERED AN " **A** "
COACH CATCHES A FALLING GYMNAST DEDUCT **0.50** FALL ONLY

LANDS HANDS & BOTTOM OF FEET

DEDUCT **0.50** FALL
VP AWARDED
SR AWARDED
DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

FAILURE TO LAND ON BOTTOM OF FEET 1ST

DEDUCT **0.50** FALL
NO VP AWARDED ~ DEDUCT FROM **SV**
NO SR AWARDED ~ DEDUCT FROM **SV**
DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

SPOTS DURING ELEMENT

DEDUCT **0.50** SPOT
NO VP AWARDED
NO SR AWARDED
NO BONUS (SAPPHIRE)
FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

SPOTS UPON LANDING OF THE DISMOUNT

DEDUCT **0.50** SPOT
VP AWARDED
SR AWARDED
NO BONUS (SAPPHIRE)
FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

TOUCHES WITHOUT ASSISTING

DEDUCT **0.50** SPOT
VP AWARDED
SR AWARDED
NO BONUS (SAPPHIRE)

FALLS ON SALTO DISMOUNT

NEVER INITIATES SALTO or INITIATES & FALLS

NO VP DEDUCT EXECUTION / AMPLITUDE ERRORS
DEDUCT MISSING **VP**
DEDUCT **0.50** FALL **SR** - DEDUCT **0.50** FROM SV

INITIATES SALTO or INITIATES & FALLS

DEDUCT **0.50** FALL
NO VP AWARDED
NO SR AWARDED **SR** - DEDUCT **0.50** FROM **SV**
DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

BEAM

GOLD

1. MINIMUM OF **1/1** TURN ON ONE FOOT
2. TWO DIFFERENT GROUP 2 ELEMENTS - ONE W/ A MINIMUM **120*** CROSS or SIDE SPLIT (ISOLATED or IN A SERIES)
3. TWO ACRO ELEMENTS - W/ or W-OUT FLIGHT (ISOLATED or SERIES) ~ ONE MUST ACHIEVE or PASS THROUGH INVERTED VERTICAL
4. DISMOUNT

DIFFICULTY RESTRICTIONS - 0.50 OFF SV

NO " **C** " or HIGHER **VP**

ONLY " **A** " AND " **B** " ELEMENTS ALLOWED

ANY MOUNT NOT LISTED IN THE CODE IS CONSIDERED AN " **A** "

ARTISTRY

^ 0.40 CHOREOGRAPHY

^ 0.20 LACK OF PURPOSEFUL CHOREOGRAPHY

^ 0.10 CHOREOGRAPHY IN ALL DIRECTIONS (MISSING SIDE and BACK) 0.05 FOR EACH

^ 0.10 LACK OF VARIETY OF FOCUS CHANGES, POSES, PHASES / CONNECTIONS

^ 0.20 RHYTHM and TEMPO

^ 0.10 INSUFFICIENT VARIATION

^ 0.10 DISCONNECTED MOVEMENT

^ 0.20 SURENESS

^ 0.30 BODY POSTURE

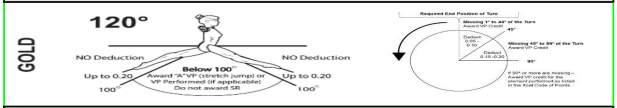
^ 0.30 FOOTWORK

^ 0.20 DYNAMICS

^ 0.10 INSUFFICIENT AMPLITUDE OF CHOREOGRAPHED MOVEMENT

^ 0.10 ENERGY MAINTAINED

SPLIT ANGLE (WITHIN **20***) **SR** & **VP** WILL BE AWARDED



CONCENTRATION PAUSES

EACH **0.10** TWO SECONDS

EACH **0.20** MORE THAN TWO SECONDS

ELEMENT COMPLETE (CONTACT ON TOP OF BEAM W/ FOOT) & FALL

VP AWARDED **SR** AWARDED (IF APPLICABLE)

IF FALLS ON SECOND ELEMENT, **SR** AWARDED

DEDUCT **0.50** FALL, BUT NOT BALANCE ERRORS

DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

ELEMENT INCOMPLETE (NO CONTACT W/ TOP OF BEAM W/ FOOT) & FALL

NO VP AWARDED **NO SR** AWARDED

IF FALL OCCURS ON 2ND ELEMENT IN ACRO SERIES, **SR** NOT AWARDED

DEDUCT **0.50** FALL

DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

FALLS ON SALTO DISMOUNT

NEVER INITIATES SALTO or INITIATES & FALLS

NO VP DEDUCT EXECUTION / AMPLITUDE ERRORS

DEDUCT MISSING **VP**

DEDUCT **0.50** FALL **SR** - DEDUCT **0.50** FROM SV

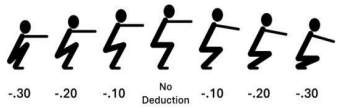
INITIATES SALTO or INITIATES & FALLS

DEDUCT **0.50** FALL **NO VP** AWARDED

NO SR AWARDED **SR** - DEDUCT **0.50** FROM **SV**

DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

SQUAT ON LANDING DEDUCTION GUIDELINE



6**A** 0.1

10.00 SV

1:00 MINUTE WARM UP TIME

1:00 MINUTE TIME LIMIT

FALL TIME : 45 SECONDS

FALL TIME BEGINS WHEN THE GYMNAST STAND BACK UP ON HER FEET. IF AN INJURY OCCURS, FALL TIME BEGINS AFTER THE MEDICAL ASSESSMENT IS COMPLETE

HANDSTAND HOLD NOT REQUIRED FOR ANY " **A** " **VP** ANY " **B** " HANDSTAND REQUIRES 2 SEC. HOLD

BODY MUST BE WITHIN **10*** OF VERTICAL, HIPS OVER SHOULDER. **0.10 SR AWARDED**

SR#3 - ELEMENTS MUST " ACHIEVE OR PASS THROUGH INVERTED VERTICAL "

~ THE ELEMENT NEED ONLY REACH / ACHIEVE VERTICAL (HIPS OVER SHOULDERS) AS IN HEADSTAND or HANDSTAND IN AN EXTENDED BODY POSITION FROM SHOULDERS TO HIPS. ~ DOES NOT NEED TO BE HELD. ~ A PARTIAL HANDSTAND WILL FULFILL **SR** BECAUSE IT DOES NOT REACH VERTICAL. ~ ELEMENT MAY ALSO " PASS THROUGH " VERTICAL AS IN A BACK WALKOVER or CARTWHEEL. ~ LEG POSITION IS OPTIONAL.

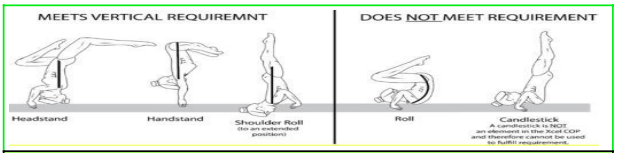
CLARIFICATION : **0.10** DEDUCTION FOR VERTICAL SKILLS ON BEAM IS ONLY APPLIED TO THE ELEMENT THAT IS BEING USED TO FULFILL A **SR**. IT IS NOT APPLIED TO EVERY ATTEMPTED HANDSTAND ON BEAM.

SR#3 ALL ACRO SKILLS / SERIES MUST START & FINISH ON THE BEAM TO RECEIVE CREDIT.

ACRO ELEMENT SUCH AS ROLLS, CARTWHEELS, & WALKOVERS THAT HAVE AN OPTIONAL ENDING POSITION NOT SPECIFICALLY LISTED IN CODE ARE STILL ELIGIBLE FOR ACRO **VP** CREDIT

VALUE PARTS : ANY SKILL LISTED IN THE XCEL CODE OF POINTS and ALLOWED AT THE RESPECTIVE DIVISION.

GOLD ~ ANY " **A** " or " **B** "



COACH CATCHES A FALLING GYMNAST DEDUCT **0.50** FALL ONLY

LANDS HANDS & BOTTOM OF FEET

DEDUCT **0.50** FALL

VP AWARDED **SR** AWARDED

DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

FAILURE TO LAND ON BOTTOM OF FEET 1ST

DEDUCT **0.50** FALL

NO VP AWARDED ~ DEDUCT FROM **SV**

NO SR AWARDED ~ DEDUCT FROM **SV**

DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

SPOTS DURING ELEMENT

DEDUCT **0.50** SPOT **NO BONUS** (SAPPHIRE)

NO VP AWARDED **NO SR** AWARDED

FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

SPOTS UPON LANDING OF THE DISMOUNT

DEDUCT **0.50** SPOT **NO BONUS** (SAPPHIRE)

VP AWARDED **SR** AWARDED

FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

TOUCHES WITHOUT ASSISTING

DEDUCT **0.50** SPOT **NO BONUS** (SAPPHIRE)

VP AWARDED **SR** AWARDED

COURTESY SCORE OF **4.00** MAY BE AWARDED FOR EXTREMELY SHORT ROUTINE DUE TO INJURY or UNUSUAL CIRCUMSTANCES.

BEAM

PLATINUM

1. MINIMUM **1/1** TURN ON ONE FOOT
2. DANCE SERIES - TWO GROUP 1, 2 or 3 ELEMENTS (SAME or DIFFERENT) & ONE JUMP or LEAP MINIMUM **120*** CROSS or SIDE SPLIT (ISOLATED or SERIES)
3. ONE ACRO FLIGHT ELEMENT or ACRO SERIES - W/ or W-OUT FLIGHT - MINIMUM OF ONE SKILL MUST ACHIEVE or PASS THROUGH VERTICAL (NO MOUNT / DISMOUNT)
4. DISMOUNT

DIFFICULTY RESTRICTIONS - 0.50 OFF SV

NO " **C** " or HIGHER - ACRO **VP**

NO " **D** " or HIGHER - ELEMENTS **VP**

ANY MOUNT NOT LISTED IN THE CODE IS CONSIDERED AN " **A** "

ARTISTRY

^ 0.40 CHOREOGRAPHY

^ 0.20 LACK OF PURPOSEFUL CHOREOGRAPHY

^ 0.10 CHOREOGRAPHY IN ALL DIRECTIONS (MISSING SIDE and BACK) **0.05 FOR EACH**

^ 0.10 LACK OF VARIETY OF FOCUS CHANGES, POSES, PHASES / CONNECTIONS

^ 0.20 RHYTHM and TEMPO

^ 0.10 INSUFFICIENT VARIATION

^ 0.10 DISCONNECTED MOVEMENT

^ 0.20 SURENESS

^ 0.30 BODY POSTURE

^ 0.30 FOOTWORK

^ 0.20 DYNAMICS

^ 0.10 INSUFFICIENT AMPLITUDE OF CHOREOGRAPHED MOVEMENT

^ 0.10 ENERGY MAINTAINED

CONCENTRATION PAUSES

EACH **0.10** TWO SECONDS

EACH **0.20** MORE THAN TWO SECONDS

LANDS HANDS & BOTTOM OF FEET

DEDUCT **0.50** FALL

VP AWARDED **SR** AWARDED

DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

FAILURE TO LAND ON BOTTOM OF FEET 1ST

DEDUCT **0.50** FALL

NO VP AWARDED ~ DEDUCT FROM **SV**

NO SR AWARDED ~ DEDUCT FROM **SV**

DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

SPOTS DURING ELEMENT

DEDUCT **0.50** SPOT **NO BONUS** (SAPPHIRE)

NO VP AWARDED **NO SR** AWARDED

FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

SPOTS UPON LANDING OF THE DISMOUNT

DEDUCT **0.50** SPOT **NO BONUS** (SAPPHIRE)

VP AWARDED **SR** AWARDED

FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

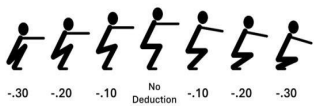
TOUCHES WITHOUT ASSISTING

DEDUCT **0.50** SPOT **NO BONUS** (SAPPHIRE)

VP AWARDED **SR** AWARDED

COURTESY SCORE OF **4.00** MAY BE AWARDED FOR EXTREMELY SHORT ROUTINE DUE TO INJURY or UNUSUAL CIRCUMSTANCES.

SQUAT ON LANDING DEDUCTION GUIDELINE



6 **A** 0.1

1 **B** 0.3

10.00 SV

1:30 MINUTE WARM UP TIME

1:15 MINUTE TIME LIMIT

FALL TIME : 45 SECONDS

FALL TIME BEGINS WHEN THE GYMNAST STAND BACK UP ON HER FEET. IF AN INJURY OCCURS, FALL TIME BEGINS AFTER THE MEDICAL ASSESSMENT IS COMPLETE

SR#3 ALL ACRO SERIES MUST START & FINISH ON BEAM

HANDSTAND HOLD NOT REQUIRED FOR ANY " **A** " **VP** ANY " **B** " HANDSTAND REQUIRES 2 SEC. HOLD

BODY MUST BE WITHIN **10*** OF VERTICAL, HIPS OVER SHOULDER. **0.10 SR AWARDED**

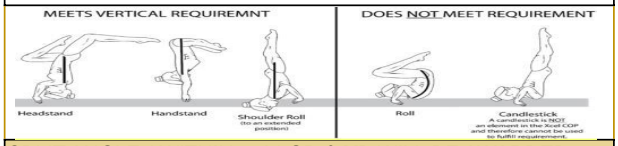
SR#3 - ELEMENTS MUST " ACHIEVE or PASS THROUGH INVERTED VERTICAL "

~ THE ELEMENT NEED ONLY REACH / ACHIEVE VERTICAL (HIPS OVER SHOULDERS) AS IN HEADSTAND or HANDSTAND IN AN EXTENDED BODY POSITION FROM SHOULDERS TO HIPS. ~ DOES NOT NEED TO BE HELD. ~ A PARTIAL HANDSTAND WILL NOT FULFILL **SR** BECAUSE IT DOES NOT REACH VERTICAL. ~ ELEMENT MAY ALSO " PASS THROUGH " VERTICAL AS IN A BACK WALKOVER OR CARTWHEEL. ~ LEG POSITION IS OPTIONAL.

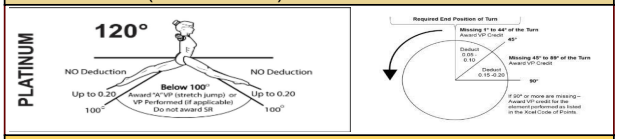
CLARIFICATION : **0.10** DEDUCTION FOR VERTICAL SKILLS ON BEAM IS ONLY APPLIED TO THE ELEMENT THAT IS BEING USED TO FULFILL A **SR**. IT IS NOT APPLIED TO EVERY ATTEMPTED HANDSTAND ON BEAM.

ACRO ELEMENT SUCH AS ROLLS, CARTWHEELS, & WALKOVERS THAT HAVE AN OPTIONAL ENDING POSITION NOT SPECIFICALLY LISTED IN CODE ARE STILL ELIGIBLE FOR ACRO **VP** CREDIT

VALUE PARTS : ANY SKILL LISTED IN THE XCEL CODE OF POINTS and ALLOWED AT THE RESPECTIVE DIVISION.
PLATINUM ~ ANY " **A** " " **B** " or " **C** " **DANCE**



SPLIT ANGLE (WITHIN **20***) **SR** & **VP** WILL BE AWARDED



ELEMENT COMPLETE (CONTACT ON TOP OF BEAM W/ FOOT)& FALL

VP AWARDED **SR** AWARDED (IF APPLICABLE

IF FALLS ON SECOND ELEMENT, **SR** AWARDED

DEDUCT **0.50** FALL, BUT NOT BALANCE ERRORS

DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

ELEMENT INCOMPLETE (NO CONTACT W/ TOP OF BEAM W/ FOOT)& FALL

NO VP AWARDED **NO SR** AWARDED

IF FALL OCCURS ON 2ND ELEMENT IN ACRO SERIES, **SR** NOT AWARDED

DEDUCT **0.50** FALL

DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

FALLS ON SALTO DISMOUNT

NEVER INITIATES SALTO or INITIATES & FALLS

NO VP DEDUCT EXECUTION / AMPLITUDE ERRORS

DEDUCT MISSING **VP**

DEDUCT **0.50** FALL **SR** - DEDUCT **0.50** FROM SV

INITIATES SALTO or INITIATES & FALLS

DEDUCT **0.50** FALL **NO VP** AWARDED

NO SR AWARDED **SR** - DEDUCT **0.50** FROM **SV**

DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

COACH CATCHES A FALLING GYMNAST DEDUCT **0.50** FALL ONLY

BEAM

DIAMOND

1. MINIMUM **1/1** TURN ON **ONE** FOOT	5 **A** 0.1
2. DANCE SERIES - **TWO GROUP 1, 2 or 3** ELEMENTS (SAME or DIFFERENT) & **ONE** JUMP or LEAP MINIMUM **155*** CROSS CROSS or SIDE SPLIT (ISOLATED or SERIES)	2 **B** 0.3 **10.00 SV**
3. ACRO SERIES - W/ or W-OUT FLIGHT - MINIMUM OF **ONE** SKILL MUST ACHIEVE or PASS THROUGH VERTICAL (NO MOUNT / DISMOUNT) and ONE ACRO FLIGHT ELEMENT (ISOLATED or SERIES)	
4. DISMOUNT - SALTO or AERIAL	**2:00 MINUTE** WARM UP TIME
DIFFICULTY RESTRICTIONS - 0.50 OFF SV	**1:15 MINUTE** TIME LIMIT
MAXIMUM OF ONE " **D** " **VP** ALLOWED (NO BONUS)	
NO " **E** " **VP**	

VALUE PARTS : ANY SKILL LISTED IN THE XCEL CODE OF POINTS and ALLOWED AT THE RESPECTIVE DIVISION. **DIAMOND**
~ ANY " **A** " " **B** " " **C** " **VP** & 1 " **D** "

ANY MOUNT NOT LISTED IN THE CODE IS CONSIDERED AN " **A** "

ARTISTRY

^ **0.40**	**CHOREOGRAPHY**
^ **0.20**	LACK OF PURPOSEFUL CHOREOGRAPHY
^ **0.10**	CHOREOGRAPHY IN ALL DIRECTIONS (MISSING SIDE and BACK) **0.05 FOR EACH**
^ **0.10**	LACK OF VARIETY OF FOCUS CHANGES, POSES, PHASES / CONNECTIONS
^ **0.20**	**RHYTHM and TEMPO**
^ **0.10**	INSUFFICIENT VARIATION
^ **0.10**	DISCONNECTED MOVEMENT
^ **0.20**	**SURENESS**
^ **0.30**	**BODY POSTURE**
^ **0.30**	**FOOTWORK**
^ **0.20**	**DYNAMICS**
^ **0.10**	INSUFFICIENT AMPLITUDE OF CHOREOGRAPHED MOVEMENT
^ **0.10**	ENERGY MAINTAINED

CONCENTRATION PAUSES

EACH **0.10**	TWO SECONDS
EACH **0.20**	MORE THAN TWO SECONDS

SPOTS UPON LANDING THE DISMOUNT

DEDUCT **0.50** SPOT - **SR** / **VP** AWARDED - **NO BONUS** (SAPPHIRE)
FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

SPOTS DURING ELEMENT

DEDUCT **0.50** SPOT-**NO VP** / **NO SR** AWARDED-**NO BONUS**(SAPPHIRE)
FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

TOUCHES WITHOUT ASSISTING

DEDUCT **0.50** SPOT **SR** / **VP** AWARDED
NO BONUS (SAPPHIRE)

FALLS ON SALTO DISMOUNT

NEVER INITIATES SALTO or INITIATES & FALLS

NO VP DEDUCT EXECUTION / AMPLITUDE ERRORS
DEDUCT MISSING **VP**
DEDUCT **0.50** FALL **SR** - DEDUCT **0.50** FROM **SV**

INITIATES SALTO or INITIATES & FALLS

DEDUCT **0.50** FALL
NO VP AWARDED
NO SR AWARDED **SR** - DEDUCT **0.50** FROM **SV**
DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

FALL TIME : 45 SECONDS

FALL TIME BEGINS WHEN THE GYMNAST STAND BACK UP ON HER FEET. IF AN INJURY OCCURS, FALL TIME BEGINS AFTER THE MEDICAL ASSESSMENT IS COMPLETE

SR#3 ALL ACRO SERIES MUST START & FINISH ON BEAM

HANDSTAND HOLD NOT REQUIRED FOR ANY " **A** " **VP** ANY " **B** " HANDSTAND REQUIRES 2 SEC. HOLD

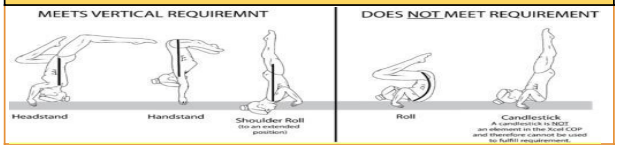
BODY MUST BE WITHIN **10*** OF VERTICAL, HIPS OVER SHOULDER. **0.10 SR AWARDED**

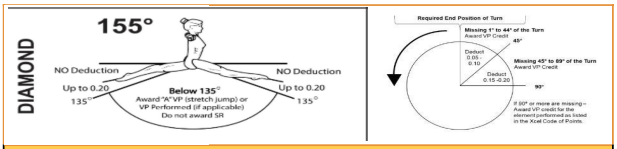
SR#3 - ELEMENTS MUST " ACHIEVE or PASS THROUGH INVERTED VERTICAL "

~ THE ELEMENT NEED ONLY REACH / ACHIEVE VERTICAL (HIPS OVER SHOULDERS) AS IN HEADSTAND or HANDSTAND IN AN EXTENDED BODY POSITION FROM SHOULDERS TO HIPS. ~ DOES NOT NEED TO BE HELD. ~ A PARTIAL HANDSTAND WILL NOT FULFILL **SR** BECAUSE IT DOES NOT REACH VERTICAL. ~ ELEMENT MAY ALSO " PASS THROUGH " VERTICAL AS IN A CARTWHEEL or BACK WALKOVER ~ LEG POSITION IS OPTIONAL.

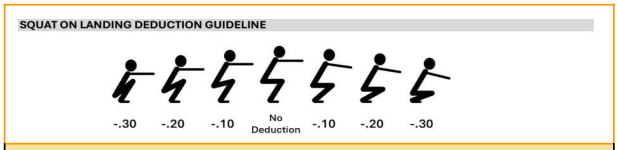
CLARIFICATION : **0.10** DEDUCTION FOR VERTICAL SKILLS ON BEAM IS ONLY APPLIED TO THE ELEMENT THAT IS BEING USED TO FULFILL A **SR**. IT IS NOT APPLIED TO EVERY ATTEMPTED HANDSTAND ON BEAM.

ACRO ELEMENT SUCH AS ROLLS, CARTWHEELS, & WALKOVERS THAT HAVE AN OPTIONAL ENDING POSITION NOT SPECIFICALLY LISTED IN CODE ARE STILL ELIGIBLE FOR ACRO **VP** CREDIT





SPLIT ANGLE (WITHIN **20***) **SR** & **VP** WILL BE AWARDED



COURTESY SCORE OF **4.00** MAY BE AWARDED FOR EXTREMELY SHORT ROUTINE DUE TO INJURY or UNUSUAL CIRCUMSTANCES.

COACH CATCHES A FALLING GYMNAST DEDUCT **0.50** FALL ONLY

ELEMENT INCOMPLETE (NO CONTACT W/ TOP OF BEAM WITH FOOT) & FALLS

DEDUCT **0.50** FALL **NO SR** / **NO VP** AWARDED
DEDUCT FOR EXECUTION / AMPLITUDE ERRORS
IF FALL OCCURS ON 2ND ELEMENT IN ACRO SERIES, **SR** NOT AWARDED

ELEMENT COMPLETE (CONTACT ON TOP OF BEAM WITH FOOT) & FALLS

DEDUCT **0.50** FALL, BUT NOT BALANCE ERRORS
VP AWARDED **SR** AWARDED (IF APPLICABLE)
DEDUCT FOR EXECUTION / AMPLITUDE ERRORS
IF FALLS ON SECOND ELEMENT, **SR** AWARDED

BEAM

SAPPHIRE

1. MINIMUM **1/1** TURN ON **ONE** FOOT
2. DANCE SERIES - **2 GROUP 1, 2 or 3** ELEMENTS (SAME or DIFFERENT) & **ONE** JUMP or LEAP MIN **180*** CROSS or SIDE SPLIT (ISOLATED or SERIES)
3. ACRO SERIES W/ a MINIMUM OF **ONE** FLIGHT SKILL - **ONE** SKILL MUST ACHIEVE or PASS THROUGH VERTICAL or BE a SALTO or AERIAL
4. MINIMUM " **B** " DISMOUNT or AN ACRO FLIGHT SKILL DIRECTLY CONNECTED TO AN " **A** " SALTO / AERIAL DSMT

DIFFICULTY RESTRICTIONS - 0.50 OFF SV

NO " **E** " **VP**

ANY MOUNT NOT LISTED IN THE CODE IS CONSIDERED AN " **A** "

3 **A** 0.1	**FALL TIME : 45 SECONDS**
3 **B** 0.3	FALL TIME BEGINS WHEN THE GYMNAST STAND BACK
1 **C** 0.5	UP ON HER FEET. IF AN INJURY OCCURS, FALL TIME
9.60 SV	BEGINS AFTER THE MEDICAL ASSESSMENT IS COMPLETE
UP TO 0.40 MAX BONUS	
	SR#3 ALL ACRO SERIES MUST START & FINISH ON BEAM
2:00 MINUTE	HANDSTAND HOLD NOT REQUIRED FOR ANY " **A** " **VP**
WARM UP TIME	ANY " **B** " HANDSTAND REQUIRES **2 SEC**. HOLD
1:30 MINUTE	BODY MUST BE WITHIN **10*** OF VERTICAL, HIPS OVER SHOULDER. **0.10 SR AWARDED**
TIME LIMIT	

VALUE PARTS : ANY SKILL LISTED IN THE XCEL CODE OF POINTS and ALLOWED AT THE RESPECTIVE DIVISION. **SAPPHIRE** ~ ANY " **A** " " **B** " " **C** " " **D** " **VP** ELEMENTS

SR#3 - ELEMENTS MUST " ACHIEVE or PASS THROUGH INVERTED VERTICAL "

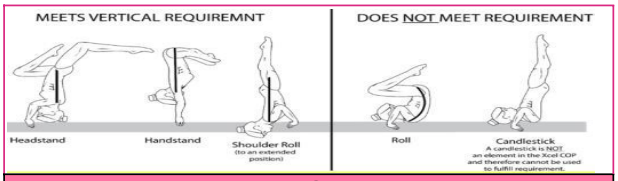
~ THE ELEMENT NEED ONLY REACH / ACHIEVE VERTICAL (HIPS OVER SHOULDERS) AS IN HEADSTAND or HANDSTAND IN AN EXTENDED BODY POSITION FROM SHOULDERS TO HIPS. ~ DOES NOT NEED TO BE HELD. ~ A PARTIAL HANDSTAND WILL NOT FULFILL SR BECAUSE IT DOES NOT REACH VERTICAL. ~ ELEMENT MAY ALSO " PASS THROUGH " VERTICAL AS IN A BACK WALKOVER or CARTWHEEL. ~ LEG POSITION IS OPTIONAL.

CLARIFICATION : **0.10** DEDUCTION FOR VERTICAL SKILLS ON BEAM IS ONLY APPLIED TO THE ELEMENT THAT IS BEING USED TO FULFILL A **SR**. IT IS NOT APPLIED TO EVERY ATTEMPTED HANDSTAND ON BEAM.

ACRO ELEMENT SUCH AS ROLLS, CARTWHEELS, & WALKOVERS THAT HAVE AN OPTIONAL ENDING POSITION NOT SPECIFICALLY LISTED IN CODE ARE STILL ELIGIBLE FOR ACRO **VP** CREDIT

COURTESY SCORE OF **4.00** MAY BE AWARDED FOR EXTREMELY SHORT ROUTINE DUE TO INJURY or UNUSUAL CIRCUMSTANCES.



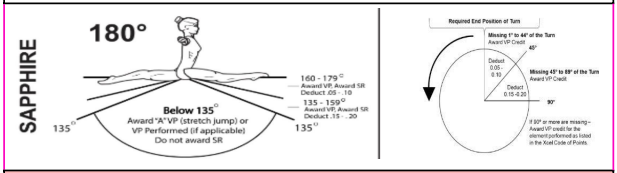


ARTISTRY

^ **0.40**	**CHOREOGRAPHY**
^ **0.20**	LACK OF PURPOSEFUL CHOREOGRAPHY
^ **0.10**	CHOREOGRAPHY IN ALL DIRECTIONS (MISSING SIDE and BACK) **0.05 FOR EACH**
^ **0.10**	LACK OF VARIETY OF FOCUS CHANGES, POSES, PHASES / CONNECTIONS
^ **0.20**	**RHYTHM and TEMPO**
^ **0.10**	INSUFFICIENT VARIATION
^ **0.10**	DISCONNECTED MOVEMENT
^ **0.20**	**SURENESS**
^ **0.30**	**BODY POSTURE**
^ **0.30**	**FOOTWORK**
^ **0.20**	**DYNAMICS**
^ **0.10**	INSUFFICIENT AMPLITUDE OF CHOREOGRAPHED MOVEMENT
^ **0.10**	ENERGY MAINTAINED

CONCENTRATION PAUSES

EACH **0.10**	TWO SECONDS
EACH **0.20**	MORE THAN TWO SECONDS



SPLIT ANGLE (WITHIN **45***) **SR** & **VP** WILL BE AWARDED

ELEMENT INCOMPLETE (NO CONTACT W/ FOOT TOP OF BEAM) & FALLS

DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

DEDUCT **0.50** FALL **NO VP** / **NO SR** AWARDED

IF FALL OCCURS ON 2ND ELEMENT IN ACRO SERIES, **SR** NOT AWARDED

ELEMENT COMPLETE (CONTACT ON TOP OF BEAM WITH FOOT) & FALLS

DEDUCT **0.50** FALL, BUT NOT BALANCE ERRORS

VP AWARDED **SR** AWARDED (IF APPLICABLE)

DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

IF FALLS ON SECOND ELEMENT, **SR** AWARDED

SPOTS DURING ELEMENT

DEDUCT **0.50** SPOT - **NO VP** / **NO SR** - **NO BONUS** (SAPPHIRE)

FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

SPOTS UPON LANDING OF THE DISMOUNT

DEDUCT **0.50** SPOT - **SR** / **VP** AWARDED - **NO BONUS** (SAPPHIRE)

FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

TOUCHES WITHOUT ASSISTING

DEDUCT **0.50** SPOT - **SR** / **VP** AWARDED - **NO BONUS** (SAPPHIRE)

FALLS ON SALTO DISMOUNT

NEVER INITIATES SALTO or INITIATES & FALLS

NO VP - DEDUCT MISSING **VP**

DEDUCT **0.50** FALL **SR** - DEDUCT **0.50** FROM **SV**

DEDUCT EXECUTION/AMPLITUDE ERRORS

INITIATES SALTO or INITIATES & FALLS

DEDUCT **0.50** FALL NO **VP** AWARDED

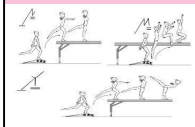
NO SR AWARDED **SR** - DEDUCT **0.50** FROM **SV**

DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

COACH CATCHES A FALLING GYMNAST DEDUCT **0.50** FALL ONLY

XCEL - BEAM " A " SKILLS

1.101 FREE LEAP / JUMP TO STAND / SCALE



1.102 SCISSOR LEAP TO CROSS SIT

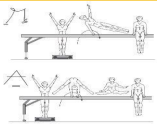


SCISSOR LEG SWING 1/2 TO CROSS STRADDLE SIT

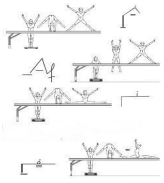


LEG SWING 1/4-1/4 TO FRONT SUPPORT

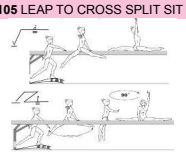
1.103 FLANK OVER / STRADDLE CUT TO REAR SUPPORT



1.104 JUMP TO STRADDLE STAND / SPLIT SIT

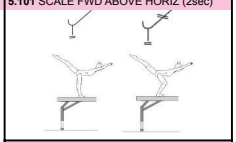


1.105 LEAP TO CROSS SPLIT SIT

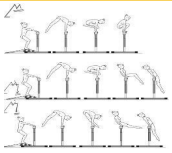


SWITCH LEAP FWD TO STRADDLE SIT SWD

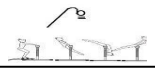
5.101 SCALE FWD ABOVE HORIZ (2sec)



1.106 JUMP TUCK / STAND / SQUAT THOUGH TO REAR SUPPORT



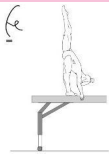
1.109 PULLOVER-KNEE/SEAT/TAKE OFF ONE/TWO



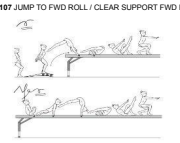
2.104 HOP FREE LEG HORIZ



5.102 NEEDLE KICK (2sec)



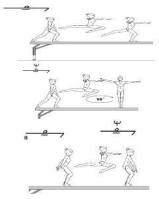
1.107 JUMP TO FWD ROLL / CLEAR SUPPORT FWD ROLL

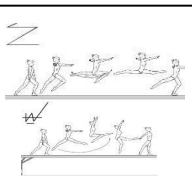


1.113 CARTWHEEL TO FRONT SUPPORT



2.101 STAG LEAP / STAG LEAP 1/4





1.108 CHEST / HEAD STAND



SHOULDER STAND



1.114 FRONT WALKOVER TO REAR SUPPORT

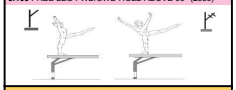


2.108 STRETCH JUMP/ARCH JUMP/ 1/2 / BEAT JUMP

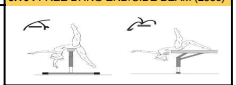
STAG / DOUBLE STAG JUMP / 1/4

2.105 STAG SWITCH LEAP / LEAP CHANGE LEG WOLF

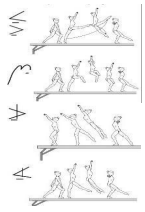
5.103 FREE LEG FWD/SWD HOLD ABOVE 90° (2sec)



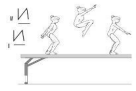
5.104 FREE LYING END/SIDE BEAM (2sec)



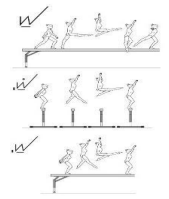
2.109 CAT LEAP / HITCH KICK / CABRIOLE



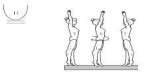
2.110 TUCK JUMP



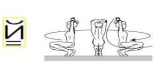
2.111 WOLF JUMP



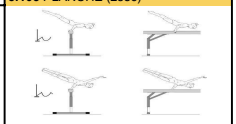
3.001 BRONZE PIVOT TURN



3.002 BRONZE SQUAT TURN



5.105 PLANCHE (2sec)



3.101 1/1 TURN

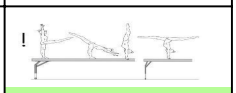


3.003 B/S 1/2 TURN / 1/2 HEEL SNAP TURN



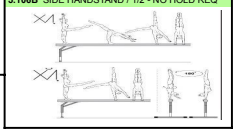
3.004 B/S FWD / BWD SWING TURN





5.106A CROSS HANDSTAND / 1/2 - NO HOLD REQ

5.106B SIDE HANDSTAND / 1/2 - NO HOLD REQ



4.101 FWD BODY WAVE TO RELEVE (2sec)



4.102 BWD BODY WAVE TO RELEVE (2sec)



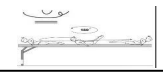
4.103 SWD BODY WAVE TO RELEVE (2sec)



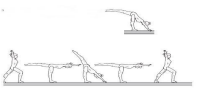
5.003 B/S PUSH UP BACK BEND (1sec)



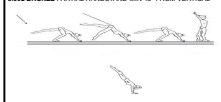
3.107 1/2 TURN PRONE POSITION



5.001 BRONZE LEVER TO BEAM-FREE LEG AT/ABOVE HORIZ

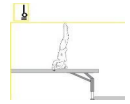


5.002 BRONZE PARTIAL HANDSTAND-MIN 45° FROM VERTICAL



B/G FEET MUST CLOSE - MIN 45° FROM VERTICAL

5.107 HEADSTAND - NO HOLD REQ



6.101 FWD ROLL / WHIP FWD ROLL / SHOULDER FWD ROLL

6.104 BWD ROLL / SHOULDER BWD ROLL

7.101 FWO 1/1 TO SIT

7.105 TIC TOC

7.103 CARTWHEEL / ONE ARM / CHEST STAND

7.104 BWO / ONE ARM / ALTERNATE HAND / SWING DOWN TO SIT

7.106 LYING PUSH UP BRIDGE-KICKOVER BWD

NOT A WALKOVER

9.001 B/S ANY JUMP / ALSO UP TO 360° TURN

9.101 HANDSPRING FWD / 1/2 / HEADSPRING

9.102 AERIAL WALKOVER FWD / 1/2 / AERIAL ROUNDOFF

7.107 BWO 1/2 LOWER TO BEAM

BWO 1/1 TO SIT

9.003 B/S SWD HDST 1/4 TURN

9.106 SALTO BWD TUCK / PIKE / STRETCHED

9.104 SALTO FWD TUCK / 1/2 / PIKE / 1/2

9.108 GAINER TUCK / PIKE / STRETCHED SIDE BEAM

TUCK 1/2 / PIKE 1/2

9.103 CARTWHEEL 1/4 / 3/4 TWIST END OF BEAM

9.002 B/S SWD PARTIAL HDST-NO HOLD REQ-45° FROM VERTICAL

CONSIDERED DANCE VALUE

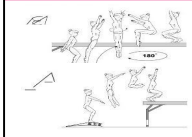
NOT CONSIDERED ACRO

CONSIDERED SAME ELEMENT

CONSIDERED DIFFERENT ELEMENT

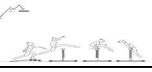
XCEL - BEAM " B " SKILLS

1.201 FREE JUMP 1/2 TO TUCK/STRAIGHT STAND



STRADDLE JUMP AT END OF BEAM

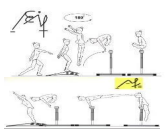
1.202 THIEF VAULT TO REAR SUPPORT





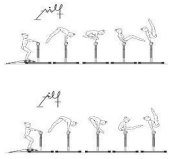
1.203 DOUBLE LEG SWING 1/2 TO REAR SUPPORT

1.204 JUMP 1/2 TO CLEAR STRADDLE

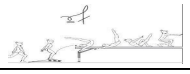


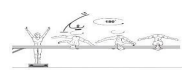
BWD JUMP TO CLEAR STRADDLE FLIGHT OVER BEAM

1.206 SIDE STAND SQUAT/STOOP THROUGH CLEAR PIKE (2sec)



1.207 FREE FWD ROLL AT END OF BEAM





1.208 JUMP TO CHEST STAND 1/2 OVER TO SHOULDER

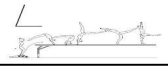
4.201 FWD BODY WAVE TO RELEVE ONE LEG (2sec)

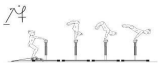




4.202 BWD BODY WAVE TO RELEVE ONE LEG (2sec)

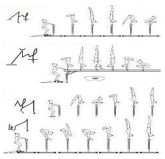
1.209 END OF BEAM - HEAD KIP



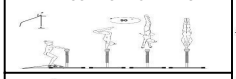


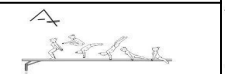
1.211 JUMP SIDE PLANCHE (2sec)

1.210 JUMP/PRESS/SWING HDST / 1/2 LOWER TO BEAM



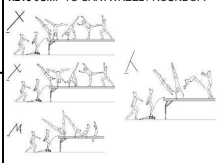
1.212 PRESS HDST HOP 1/4 TURN



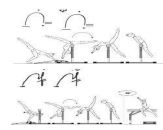


2.203 STRADDLE JUMP TO SWING DOWN TO SUPPORT

1.213 JUMP TO CARTWHEEL / ROUNDOFF

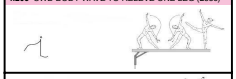


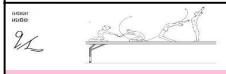
1.214 FHS TO REAR SUPPORT



FREE AERIAL WALKOVER TO CROSS SIT

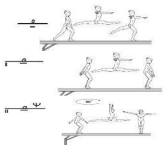
4.203 SWD BODY WAVE TO RELEVE ONE LEG (2sec)





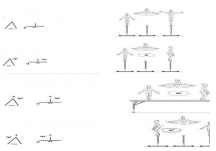
4.204 KNEELING BODY WAVE TO RELEVE STAND

2.201 SPLIT LEAP / SPLIT JUMP / SPLIT JUMP 1/4



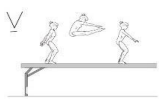
SIDE SPLIT JUMP 1/4 / CROSS SPLIT JUMP 1/4

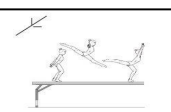
2.202 STRADDLE JUMP / STRADDLE JUMP 1/4



SIDE STRADDLE 1/4 / 1/4 STRADDLE

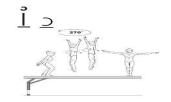
2.206 CROSS PIKE JUMP

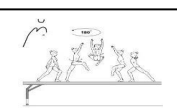




2.207 SISSONNE

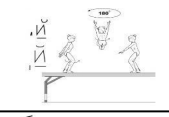
2.208 STRETCH JUMP 3/4 - CROSS/SIDE





2.209 CAT LEAP 1/2

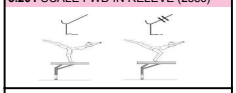
2.210 TUCK JUMP 1/2

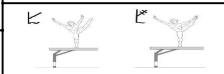




5.204 CLEAR "V" SUPPORT (2sec)

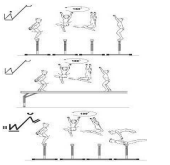
5.201 SCALE FWD IN RELEVE (2sec)



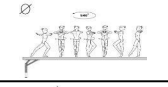


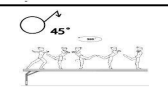
5.203 BALANCE ON ONE FOOT HOLD LEG SIDE (2sec)

2.211 WOLF JUMP 1/2



3.201 1 1/2 TURN

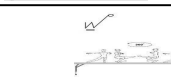




3.202 1/1 BK ATTITUDE BELOW HORIZ

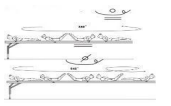
3.203 1/1 LEG HELD BELOW HORIZ

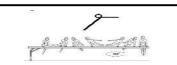




3.206 1/1 WOLF TURN

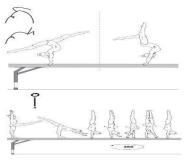
3.207 1/1 - 1 1/2 TURN IN PRONE





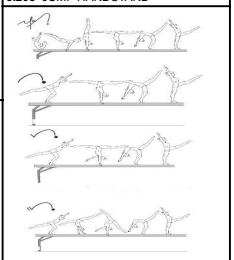
3.208 1/1 FLANK

5.206 HANDSTAND ARCH (2sec)



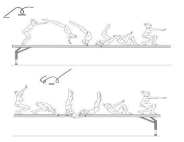
HANDSTAND 1/1 - NO HOLD REQ

5.208 JUMP HANDSTAND



7.201 SWING STRADDLE TO FWO / FWO/ ONE ARM

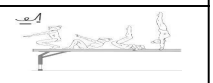
6.201 DIVE ROLL FWD



VERTICAL FWD SHOULDER ROLL

6.202 FREE FWD ROLL





6.204 BK ROLL HANDSTAND

6.203 HANDSTAND FWD ROLL

6.205 SWD ROLL / STRETCHED THROUGH NECK / 1/2 / 1/1

7.202 TINSICA SPRING

7.203 CARTWHEEL WITH FLIGHT / ROUNDOFF

7.204 SCALE FWD 1/2 (TURNING BRIDGE)

7.205 BWO LOWER TO CLEAR STRADDLE SUPPORT

7.206 VALDEZ / 1/2 / ONE ARM

7.207 FWO 1/2 / BWO 1/2 TO FWO / FWD ROLL

7.208 BHS - STEP OUT

7.211 GAINER BHS

7.210 BHS - FEET TOGETHER

7.212 BHS VARIATIONS SWING DOWN TO CROSS SIT

9.201 FHS 1/1 DSMT

9.202 AERIAL WALKOVER FWD 1/1

ONE LEG - SALTO FWD TUCK 1/1 SIDE / END OF BEAM

9.203 CARTWHEEL 1 1/4 / 1 3/4

9.204 SALTO FWD STRETCHED 1/2 SIDE / END OF BEAM

9.205 ARABIAN SALTO TUCK / PIKE

9.206 SALTO BWD TUCK / PIKE / STRETCHED 1/2 / 1/1

9.208 GAINER SALTO STRETCHED 1/2 SIDE OF BEAM

GAINER SALTO TUCK 1/1 SIDE OF BEAM

9.209 GAINER SALTO TUCK END OF BEAM

9.210 STRETCHED JUMP FWD 1/2 TUCK / PIKE

CONSIDERED DANCE VALUE	CONSIDERED SAME ELEMENT
NOT CONSIDERED ACRO	CONSIDERED DIFFERENT ELEMENT

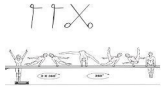
XCEL - BEAM " C " SKILLS

CONSIDERED DANCE VALUE	CONSIDERED SAME ELEMENT
NOT CONSIDERED ACRO	CONSIDERED DIFFERENT ELEMENT

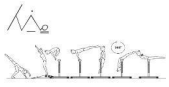
1.301 WHIPPLE



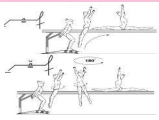
1.303 2 FLANKS CIRCLE



1.304 ROUNDOFF STRADDLE JUMP BK HIP CIRCLE



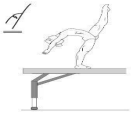
1.305 FREE JUMP CROSS SPLIT SIT / 1/2



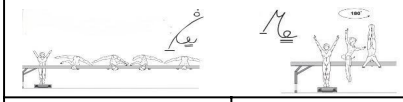
1.307 HECHT ROLL END OF BEAM



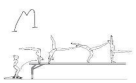
5.302 STANDING SPLIT BWD (2sec)



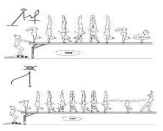
1.308 JUMP CHEST STAND 1/1 / JUMP 1/2 CHEST STAND



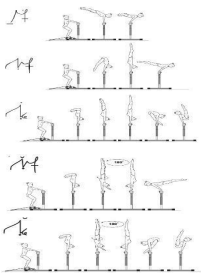
1.309 END OF BEAM JUMP TO FHS STEP OUT



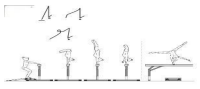
1.310 JUMP/PRESS HDST 1/1 - 2/1



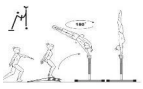
1.311 SCHUSCHUNOVA (2sec)



1.312 JUMP/PRESS HDST ONE ARM (2sec)



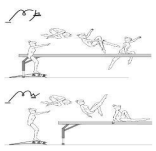
1.313 JUMP 1/4 HDST 1/4



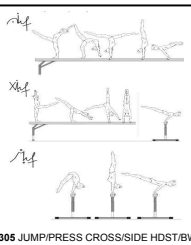
ROUNDOFF JUMP 1/2



1.314 SALTO FWD TUCK TO SIT

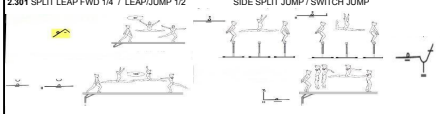


5.305 JUMP/PRESS CROSS/SIDE HDST/BWO/ CARTWHEEL TO SIDE/CROSS HDST LOWER TO PLANCHE (2sec)

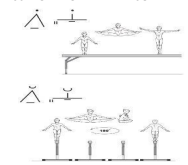


2.301 SPLIT LEAP FWD 1/4 / LEAP/JUMP 1/2

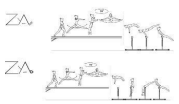
SIDE SPLIT JUMP / SWITCH JUMP



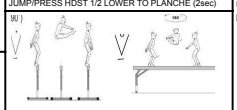
2.302 SIDE STRADDLE JUMP



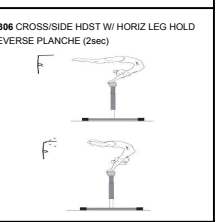
CROSS STRADDLE JUMP 1/2



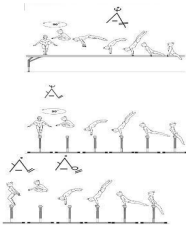
JUMP/PRESS HDST 1/2 LOWER TO PLANCHE (2sec)



5.306 CROSS/SIDE HDST W/ HORIZ LEG HOLD REVERSE PLANCHE (2sec)

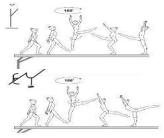


2.303 STRADDLE JUMP 1/4 SWING DOWN TO SIT



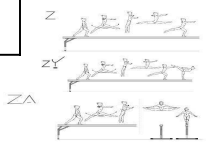
SIDE STRADDLE JUMP TO FT SUPPORT / HIP CIRCLE

2.304 HOP 1/2 FREE LEG ABOVE HOIRZ

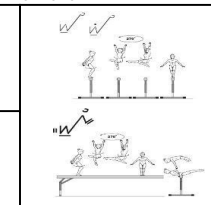


FOUETTE HOP 1/2 LAND SCALE ABOVE HORIZ

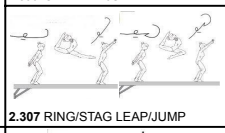
2.305 SWITCH LEAP / TO SCALE (2sec) / SWITCH 1/4



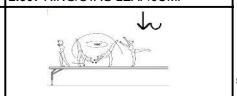
SWITCH STRADDLE



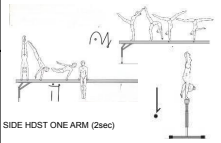
2.306 SIDE PIKE JUMP / 1/2



2.307 RING/STAG LEAP/JUMP



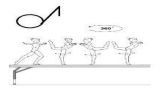
SIDE HDST ONE ARM (2sec)



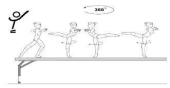
2.308 STRETCH JUMP 1/1-1 1/4



2.309 CAT LEAP 1/1

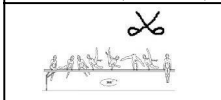


2.310 TUCK JUMP 3/4

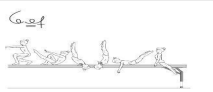


2.311 WOLF JUMP 3/4

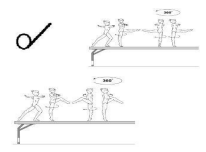
3.305 1/2 ILLUSION (BRIEF TOUCH)



5.307 BWO HDST ONE ARM (2sec)



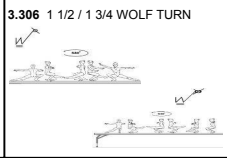
3.303 1/1 FREE LEG FWD AT/ABOVE HORIZ



3.302 1/1 LEG ATTITUDE AT/ABOVE HORIZ

3.304 1/1 ARABESQUE AT/ABOVE HORIZ

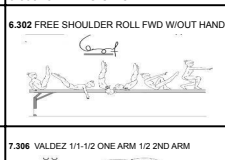
3.306 1 1/2 / 1 3/4 WOLF TURN



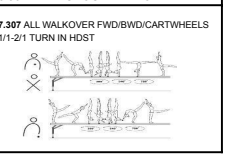
3.309 1/1 LEG HELD 180° SPLIT



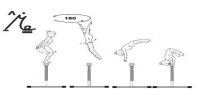
3.308 ONE LEG CIRCLE WITH FLAIR



6.304 FREE SHOULDER ROLL BWD



5.308 SIDE STAND JUMP 1/2 ARRIVE CHEST STAND



6.302 FREE SHOULDER ROLL FWD W/OUT HAND

7.307 ALL WALKOVER FWD/BWD/CARTWHEELS 1/1-2/1 TURN IN HDST

6.305 NECK ROLL STRETCHED 1/1 / 1 1/2

7.301 SIDE FWO

7.302 FHS SWITCH LEG IN FLIGHT

FHS ONE ARM

7.305 BWO STOOP THROUGH ONE LEG TO SPLIT SIT

7.306 VALDEZ 1/1-1/2 ONE ARM 1/2 2ND ARM

7.310 BHS ONE ARM - LEGS TOGETHER

BHS 1/4 (NO HOLD REQ)

7.304 SIDE BWO

7.308 BHS STEP OUT / BHS 1/2

7.311 GAINER BHS ONE ARM

7.312 BHS TUCK/PIKE/STRETCHED SWING DOWN TO CROSS SIT / GAINER B

7.309 SIDE BHS TO FRONT SUPPORT / HIP CIRCLE

8.303 SALTO BWD TUCK STAND/SCALE (2sec) SALTO BWD TUCK STEP OUT 1/4

8.301 SALTO FWD TUCK TO TUCK SIT

9.308 GAINER SALTO STRETCH 1/1-1 1/2 / TUCK 1 1/2

8.304 SALTO BWD PIKE / STRETCHED STEP OUT

8.305 GAINER SALTO BWD TUCK/PIKE

9.302 AERIAL FWO 1 1/2 / 1/1 SIDE BEAM

9.304 SALTO FWD TUCK/STRETCH 1/1-1 1/2

9.309 GAINER SALTO PIKE END OF BEAM

GAINER TUCK 1/1 END OF BEAM

9.301 FHS 1 1/2

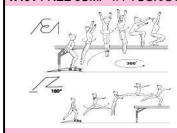
9.306 SALTO BWD TUCK/PIKE/STRETCHED 1 1/2

9.303 CARTWHEEL 1/4 TO SALTO BWD TUCK/PIKE

9.310 STRETCH JUMP FWD 1/2 SALTO BWD STRETCH

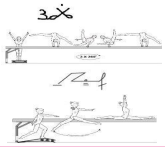
XCEL - BEAM " D " SKILLS

1.401 FREE JUMP 1/1 TUCK/STAND



SWITCH LEAP END OF BEAM

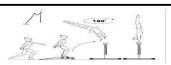
1.403 THREE FYING FLAIRS



1.405 SWITCH LEAP TO CROSS SIT DIAGONAL

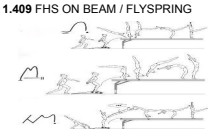
1.408 BHS OVER BEAM TO CANDLE POSITION





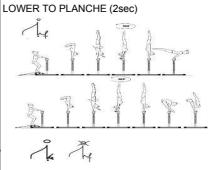
1.413 JUMP EXTENED HIPS 1/2 TO SIDE HDST

1.409 FHS ON BEAM / FLYSPRING



ROUNDOFF AT END OF BEAM BHS 1/2 FWO

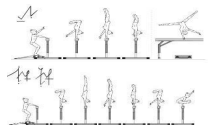
1.411 JUMP/PRESS CROSS/SIDE HDST 1/1-2/1 LOWER TO PLANCHE (2sec)



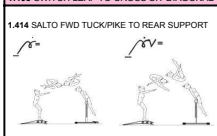
5.402 SCALE BWD IN RELEVE (2sec)



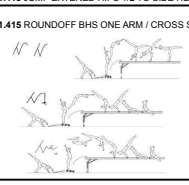
1.412 JUMP/PRESS HDST ONE ARM (2sec)



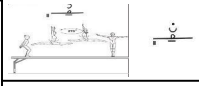
1.414 SALTO FWD TUCK/PIKE TO REAR SUPPORT



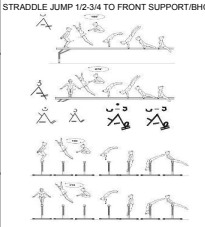
1.415 ROUNDOFF BHS ONE ARM / CROSS SIT



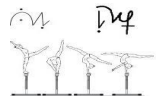
2.401 SPLIT JUMP 3/4 / SIDE SPLIT JUMP 1/2

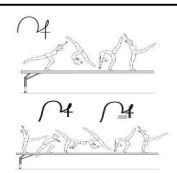


2.403 STRADDLE JUMP 1/2-3/4 SWING DOWN SIT STRADDLE JUMP 1/2-3/4 TO FRONT SUPPORT/BHC

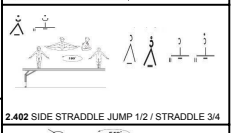


5.407 SIDE BWO PLANCHE/ONE ARM (2sec)

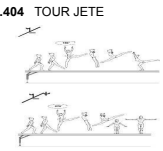




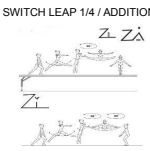
2.402 SIDE STRADDLE JUMP 1/2 / STRADDLE 3/4



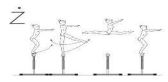
2.404 TOUR JETE



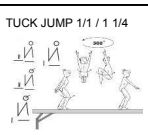
2.405 SWITCH LEAP 1/4 / ADDITIONAL 1/4



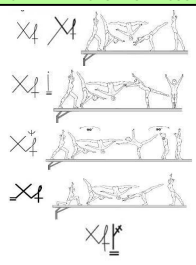
SIDE SWITCH JUMP



2.410 TUCK JUMP 1/1 / 1 1/4



7.402 AERIAL FWO / SWING THROUGH



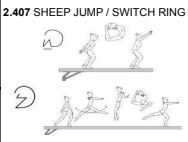
2.406 SIDE PIKE JUMP 1/2 / 3/4



CROSS PIKE JUMP 3/4



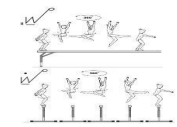
2.407 SHEEP JUMP / SWITCH RING LEAP



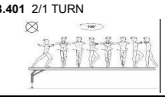
2.408 STRETCHED JUMP FWD 1 1/2



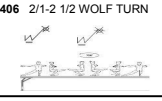
2.411 WOLF JUMP SIDE/CROSS 1/1



3.401 2/1 TURN



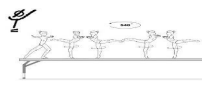
3.406 2/1-2 1/2 WOLF TURN



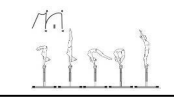
3.409 1 1/2 LEG HELD 180* SPLIT



3.404 1 1/2 ARABESQUE AT/ABOVE HORIZ



7.404 SIDE PRESS HDST FWO 2 FEET

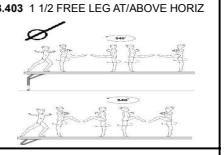


2.409 CAT LEAP 1 1/2

3.402 1 1/2 LEG AT/ABOVE HORIZ BK ATTITUDE

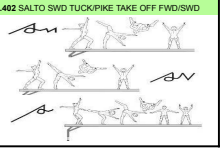


3.403 1 1/2 FREE LEG AT/ABOVE HORIZ



7.403 AERIAL CARTWHEEL / 1/4

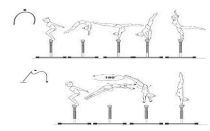
8.402 SALTO SWD TUCK/PIKE TAKE OFF FWD/SWD



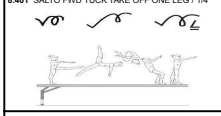
3.407 1 1/4 TURN BACK KIP POSITION



7.409 SIDE BHS STEP OUT / SIDE JUMP 1/2 TO SIDE HDST



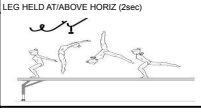
8.401 SALTO FWD TUCK TAKE OFF ONE LEG / 1/4



8.403 CROSS SALTO BWD TUCK 1/4 LAND SIDE



8.404 SALTO BWD STRETCHED STEP OUT TO SCALE LEG HELD AT/ABOVE HORIZ (2sec)



8.405 GAINER SALTO BWD STRETCHED STEP OUT



9.402 AERIAL FWO 2/1 SIDE/END BEAM



9.404 SALTO FWD TUCK/STRETCHED 2/1

9.405 STRETCHED JMUMP FWD 1/1 SALTO FWD T/P/S

9.406 SALTO BWD TUCK/PIKE/STRETCHED 2/1

9.408 GAINER SALTO BWD STRETCHED 2/1 / 2 1/2

9.409 GAINER SALTO STRETCHED END OF BEAM

CONSIDERED DANCE VALUE	CONSIDERED SAME ELEMENT
NOT CONSIDERED ACRO	CONSIDERED DIFFERENT ELEMENT

FLOOR

BRONZE

4 **A** 0.1

1. MINIMUM **2** DIRECTLY CONNECTED ACRO ELEMENTS (WITH or WITHOUT FLIGHT)

10.00 SV

2. **2ND** ACRO PASS -- MINIMUM **ONE** ACRO ELEMENT (WITH or WITHOUT FLIGHT)
3. DANCE PASSAGE - MINIMUM **TWO** DIFFERENT ELEMENTS FROM **GROUP 1** (LEAP / JUMP / HOP) (DIRECTLY or INDIRECTLY CONNECTED) **ONE** IS a LEAP **60*** CROSS or SIDE SPLIT
4. MINIMUM **1/2** TURN ON ONE FOOT

DIFFICULTY RESTRICTIONS - 0.50 OFF SV

NO " **B** " or HIGHER **VP** **EXCEPTIONS** : STRADDLE JUMP & SIDE LEAP **60* - 180*** RECEIVE " **A** " **VP**

30 SEC. **WARM UP TIME**

NO SALTO or AERIAL

MAX OF **TWO** ACRO FLIGHTS ELEMENTS PER ROUTINE

45 SEC. **TIME LIMIT**

CLARIFICATION

SR#1 / **SR#2** MAY NOT BE COMBINED IN THE SAME PASS.

ROUNDOFF REBOUND-BACKWARD ROLL IS AN ACRO CONNECTION ~PLACING HANDS ON FLOOR NEXT TO LEGS / BUTTOCKS PRIOR TO BACKWARD ROLL IS ALLOWED & WILL NOT RECEIVE A DEDUCTION.

DIVE ROLL DOES NOT FULFILL FLIGHT **SR**

ARTISTRY

^ **0.40**	**CHOREOGRAPHY**
^ **0.15**	LACK OF PURPOSEFUL CHOREOGRAPHY MORE THAN ONE STEP TO CLOSE THE FEET TOGETHER (WITHOUT CHOREOGRAPHY) **0.05** EACH PASS
^ **0.10**	LACK OF VARIETY OF POSES, PHRASES / CONNECTIONS
^ **0.15**	LACK OF FOCUS CHANGES / PROJECTION
^ **0.20**	**MUSICALITY**
^ **0.20**	**EXPRESSION**
^ **0.30**	**BODY POSTURE**
^ **0.30**	**FOOTWORK**
^ **0.20**	**DYNAMICS**
^ **0.10**	INSUFFICIENT AMPLITUDE OF CHOREOGRAPHED MOVEMENT
^ **0.10**	ENERGY MAINTAINED THROUGHOUT ROUTINE

SQUAT ON LANDING DEDUCTION GUIDELINE



LANDS HANDS & BOTTOM OF FEET ON (SALTO)

DEDUCT **0.50** FALL

VP / **SR** AWARDED

DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

FAILURE TO LAND ON BOTTOM OF FEET 1ST

DEDUCT **0.50** FALL

NO VP / **NO SR** AWARDED

DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

COACH CATCHES A FALLING GYMNAST

DEDUCT 0.50 FALL ONLY

FALL TIME : 45 SECONDS

FALL TIME BEGINS WHEN THE GYMNAST STAND BACK UP ON HER FEET. IF AN INJURY OCCURS, FALL TIME BEGINS AFTER THE MEDICAL ASSESSMENT IS COMPLETE

XCEL FLOOR ROUTINES **DO NOT** HAVE A **MINIMUM TIME LIMIT**

VALUE PARTS : ANY SKILL LISTED IN THE XCEL CODE OF POINTS and ALLOWED AT THE RESPECTIVE DIVISION.

BRONZE : ANY " **A** " **VP**

FLIGHT SKILLS / **ELEMENTS** : ACRO FLIGHT SKILLS W/ HAND SUPPORT ARE ELIGIBLE TO RECEIVE **VP** CREDIT, REGARDLESS OF THE NUMBER OF TIMES PERFORMED and MAY ALSO FULFILL **SR**, PROVIDED THAT THE ACRO PASS IN WHICH THEY ARE PREFORMED IS DIFFERENT.

BRONZE ONLY - **2.001** FWD or BWD SWING TURN " **A** "

BRONZE ONLY - **3.002** PARTIAL HANDSTAND, MINIMUM **45*** FEET TOGETHER

MUSIC FAILURE IS NOT CONSIDERED EQUIPMENT FAILURE

GYMNAST MUST CONTINUE THE ROUTINE WITHOUT MUSIC.

DEDUCTION WOULD NOT APPLY : ABSENCE OF MUSIC ~ FAILURE TO SHOW SYNCHRONIZATION OF MUSIC WITH ENDING POSE ~ MUSICALITY DURING THE SECTION PREFORMED WITHOUT MUSIC

COURTESY SCORE OF **4.00** MAY BE AWARDED FOR EXTREMELY SHORT ROUTINE DUE TO INJURY or UNUSUAL CIRCUMSTANCES.

0.05 FAILURE TO HOLD ENDING POSE FOR 1 SECOND

0.10 FAILURE TO SHOW SYNCHRONIZATION OF MUSIC WITH ENDING POSE

CJ 0.50 ABSENCE OF MUSIC or MUSIC W/ WORDS

0.50 GYMNAST LEAVES THE FLOOR DURING THE ROUTINE

0.00 COACH ON THE FLOOR

CONCENTRATION PAUSES

EACH **0.20** TWO SECONDS OR MORE

SPOTS DURING ELEMENT

DEDUCT **0.50** SPOT **NO BONUS** (SAPPHIRE)

NO VP / **NO SR** AWARDED

FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

SPOTS UPON LANDING OF THE DISMOUNT

DEDUCT **0.50** SPOT **NO BONUS** (SAPPHIRE)

VP / **SR** AWARDED

FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

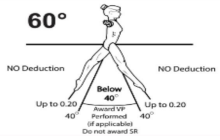
TOUCHES WITHOUT ASSISTING

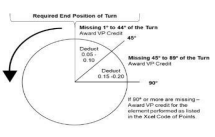
DEDUCT **0.50** SPOT **NO BONUS** (SAPPHIRE)

VP / **SR** AWARDED

CJ 0.10 OUT OF BOUNDS

BRONZE





FLOOR

SILVER

5 **A** 0.1

1. MINIMUM **2** DIRECTLY CONNECTED ACRO ELEMENTS, **ONE** MUST HAVE FLIGHT

10.00 SV

2. **2ND** ACRO PASS -- EITHER : A **2ND** MINIMUM **TWO** DIRECTLY CONNECTED ELEMENTS (WITH or WITHOUT FLIGHT) or **ONE** ACRO FLIGHT ELEMENT

3. DANCE PASSAGE - MINIMUM **TWO** DIFFERENT ELEMENTS FROM **GROUP 1** (LEAP / JUMP / HOP) (DIRECTLY or INDIRECTLY CONNECTED) **ONE** IS a LEAP **90*** CROSS or SIDE SPLIT

4. MINIMUM **1/1** TURN ON **ONE** FOOT

45 SEC.
WARM UP TIME
45 SEC.
TIME LIMIT

DIFFICULTY RESTRICTIONS - 0.50 OFF SV

- NO " **B** " ACRO **VP**
- NO " **C** " or HIGHER **VP**
- MAXIMUM : ONE SALTO or AERIAL PER ROUTINE

CLARIFICATION

SR#1 / **SR#2** MAY NOT BE COMBINED IN THE SAME PASS.

ROUNDOFF REBOUND-BACKWARD ROLL IS AN ACRO CONNECTION

~PLACING HANDS ON FLOOR NEXT TO LEGS / BUTTOCKS PRIOR TO BACKWARD ROLL IS ALLOWED & WILL NOT RECEIVE A DEDUCTION.

DIVE ROLL DOES NOT FULFILL FLIGHT **SR**

MUSIC FAILURE IS NOT CONSIDERED EQUIPMENT FAILURE

GYMNAST MUST CONTINUE THE ROUTINE WITHOUT MUSIC.
DEDUCTION WOULD NOT APPLY : ABSENCE OF MUSIC ~ FAILURE TO SHOW SYNCHRONIZATION OF MUSIC WITH ENDING POSE ~ MUSICALITY DURING THE SECTION PREFORMED WITHOUT MUSIC

0.05 FAILURE TO HOLD ENDING POSE FOR 1 SECOND

0.10 FAILURE TO SHOW SYNCHRONIZATION OF MUSIC WITH ENDING POSE

CJ 0.50 ABSENCE OF MUSIC or MUSIC W/ WORDS

0.50 GYMNAST LEAVES THE FLOOR DURING THE ROUTINE

0.00 COACH ON THE FLOOR

CONCENTRATION PAUSES

EACH **0.20** TWO SECONDS OR MORE

COACH CATCHES A FALLING GYMNAST

DEDUCT 0.50 FALL ONLY

LANDS HANDS & BOTTOM OF FEET ON (SALTO)

DEDUCT **0.50** FALL

VP / **SR** AWARDED

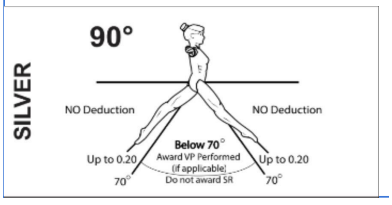
DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

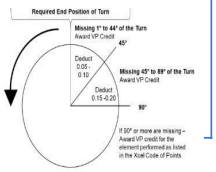
FAILURE TO LAND ON BOTTOM OF FEET 1ST

DEDUCT **0.50** FALL

NO VP / **NO SR** AWARDED

DEDUCT FOR EXECUTION / AMPLITUDE ERRORS





FALL TIME : 45 SECONDS

FALL TIME BEGINS WHEN THE GYMNAST STAND BACK UP ON HER FEET. IF AN INJURY OCCURS, FALL TIME BEGINS AFTER THE MEDICAL ASSESSMENT IS COMPLETE

XCEL FLOOR ROUTINES **DO NOT** HAVE A **MINIMUM TIME LIMIT**

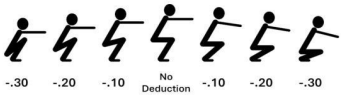
VALUE PARTS : ANY SKILL LISTED IN THE XCEL CODE OF POINTS and ALLOWED AT THE RESPECTIVE DIVISION.
SILVER
~ ANY " **A** " **VP** or " **B** " DANCE

FLIGHT SKILLS / **ELEMENTS** : ACRO FLIGHT SKILLS W/ HAND SUPPORT ARE ELIGIBLE TO RECEIVE **VP** CREDIT, REGARDLESS OF THE NUMBER OF TIMES PERFORMED and MAY ALSO FULFILL **SR**, PROVIDED THAT THE ACRO PASS IN WHICH THEY ARE PREFORMED IS DIFFERENT.

ARTISTRY

- ^ **0.40** **CHOREOGRAPHY**
- ^ **0.15** LACK OF PURPOSEFUL CHOREOGRAPHY MORE THAN ONE STEP TO CLOSE THE FEET TOGETHER (WITHOUT CHOREOGRAPHY) **0.05** EACH PASS
- ^ 0.10 LACK OF VARIETY OF POSES, PHRASES / CONNECTIONS
- ^ **0.15** LACK OF FOCUS CHANGES / PROJECTION
- ^ **0.20** **MUSICALITY**
- ^ **0.20** **EXPRESSION**
- ^ **0.30** **BODY POSTURE**
- ^ **0.30** **FOOTWORK**
- ^ **0.20** **DYNAMICS**
- ^ **0.10** INSUFFICIENT AMPLITUDE OF CHOREOGRAPHED MOVEMENT
- ^ **0.10** ENERGY MAINTAINED THROUGHOUT ROUTINE

SQUAT ON LANDING DEDUCTION GUIDELINE



SPOTS DURING ELEMENT

DEDUCT **0.50** SPOT **NO BONUS** (SAPPHIRE)

NO VP / **NO SR** AWARDED

FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

SPOTS UPON LANDING OF THE DISMOUNT

DEDUCT **0.50** SPOT **NO BONUS** (SAPPHIRE)

VP / **SR** AWARDED

FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

TOUCHES WITHOUT ASSISTING

DEDUCT **0.50** SPOT **NO BONUS** (SAPPHIRE)

VP / **SR** AWARDED **CJ 0.10** OUT OF BOUNDS

COURTESY SCORE OF **4.00** MAY BE AWARDED FOR EXTREMELY SHORT ROUTINE DUE TO INJURY or UNUSUAL CIRCUMSTANCES.

FLOOR

GOLD	6 **A** 0.1
1. MINIMUM **2** DIRECTLY CONNECTED ACRO FLIGHT ELEMENTS	**10.00 SV**
2. **2ND** ACRO PASS - EITHER : a 2ND CONNECTION W/ MINIMUM **TWO** DIRECTLY CONNECTED ACRO FLIGHT ELEMENTS or **ONE** AERIAL or SALTO	
3. DANCE PASSAGE - MINIMUM **TWO** DIFFERENT ELEMENTS FROM **GROUP 1** (LEAP / JUMP / HOP) (DIRECTLY or INDIRECTLY CONNECTED)**ONE** IS a LEAP **120***	**1:00 MINUTE**
4. MINIMUM OF **1/1** TURN ON **ONE** FOOT	**WARM UP TIME**
DIFFICULTY RESTRICTIONS - 0.50 OFF SV	**1:00 MINUTE**
NO " **C** " or HIGHER **VP**	**TIME LIMIT**
NO " **B** " **VP** TWISTING SALTOS	
CLARIFICATION	
SR#1 / **SR#2** MAY NOT BE COMBINED IN THE SAME PASS.	

DIVE ROLL DOES NOT FULFILL FLIGHT **SR**

MUSIC FAILURE IS NOT CONSIDERED EQUIPMENT FAILURE

GYMNAST MUST CONTINUE THE ROUTINE WITHOUT MUSIC. DEDUCTION WOULD NOT APPLY : ABSENCE OF MUSIC ~ FAILURE TO SHOW SYNCHRONIZATION OF MUSIC WITH ENDING POSE ~ MUSICALITY DURING THE SECTION PREFORMED WITHOUT MUSIC

ARTISTRY

^ 0.40	**CHOREOGRAPHY**
^ 0.15	LACK OF PURPOSEFUL CHOREOGRAPHY MORE THAN **ONE** STEP TO CLOSE THE FEET TOGETHER (WITHOUT CHOREOGRAPHY) 0.05 EACH PASS
^ 0.10	LACK OF VARIETY OF POSES, PHRASES / CONNECTIONS
^ 0.15	LACK OF FOCUS CHANGES / PROJECTION
^ 0.20	**MUSICALITY**
^ 0.20	**EXPRESSION**
^ 0.30	**BODY POSTURE**
^ 0.30	**FOOTWORK**
^ 0.20	**DYNAMICS**
^ 0.10	INSUFFICIENT AMPLITUDE OF CHOREOGRAPHED MOVEMENT
^ 0.10	ENERGY MAINTAINED THROUGHOUT ROUTINE

SPOTS DURING ELEMENT

DEDUCT **0.50** SPOT **NO BONUS** (SAPPHIRE)
NO VP / **NO SR** AWARDED
FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

SPOTS UPON LANDING OF THE DISMOUNT

DEDUCT **0.50** SPOT **NO BONUS** (SAPPHIRE)
VP / **SR** AWARDED
FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

COACH CATCHES A FALLING GYMNAST

DEDUCT 0.50 FALL ONLY

FALL TIME : 45 SECONDS

FALL TIME BEGINS WHEN THE GYMNAST STAND BACK UP ON HER FEET. IF AN INJURY OCCURS, FALL TIME BEGINS AFTER THE MEDICAL ASSESSMENT IS COMPLETE

XCEL FLOOR ROUTINES **DO NOT** HAVE A **MINIMUM TIME LIMIT**

VALUE PARTS : ANY SKILL LISTED IN THE XCEL CODE OF POINTS and ALLOWED AT THE RESPECTIVE DIVISION.

GOLD

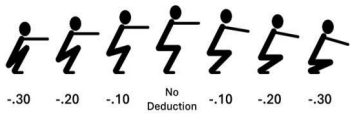
~ ANY " **A** " or " **B** " (EXCLUDING " **B** " TWISTING)
(FRONT PIKE & FRONT LAYOUT ARE ALLOWED)

FLIGHT SKILLS / **ELEMENTS** : ACRO FLIGHT SKILLS W/ HAND SUPPORT ARE ELIGIBLE TO RECEIVE **VP** CREDIT, REGARDLESS OF THE NUMBER OF TIMES PERFORMED and MAY ALSO FULFILL **SR**, PROVIDED THAT THE ACRO PASS IN WHICH THEY ARE PREFORMED IS DIFFERENT.

COURTESY SCORE OF **4.00** MAY BE AWARDED FOR EXTREMELY SHORT ROUTINE DUE TO INJURY or UNUSUAL CIRCUMSTANCES.

0.05 FAILURE TO HOLD ENDING POSE FOR 1 SECOND
0.10 FAILURE TO SHOW SYNCHRONIZATION OF MUSIC WITH ENDING POSE
CJ 0.50 ABSENCE OF MUSIC or MUSIC W/ WORDS
0.50 GYMNAST LEAVES THE FLOOR DURING THE ROUTINE
0.00 COACH ON THE FLOOR

SQUAT ON LANDING DEDUCTION GUIDELINE



CONCENTRATION PAUSES

EACH **0.20** TWO SECONDS OR MORE

LANDS HANDS & BOTTOM OF FEET ON (SALTO)

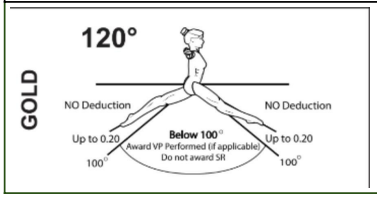
DEDUCT **0.50** FALL
VP / **SR** AWARDED
DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

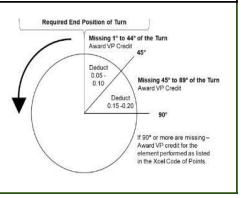
FAILURE TO LAND ON BOTTOM OF FEET 1ST

DEDUCT **0.50** FALL
NO VP / **NO SR** AWARDED
DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

TOUCHES WITHOUT ASSISTING

DEDUCT **0.50** SPOT **NO BONUS** (SAPPHIRE)
VP / **SR** AWARDED
CJ 0.10 OUT OF BOUNDS





FLOOR

PLATINUM

1. MINIMUM **2** DIRECTLY CONNECTED ACRO FLIGHT ELEMENTS W/ " **A** " or " **B** " SALTO
2. **2ND** ACRO PASS - EITHER : A 2ND CONNECTION W/ MINIMUM **TWO** DIRECTLY CONNECTED ACRO FLIGHT ELEMENTS or **ONE** " **B** " SALTO
3. DANCE PASSAGE-MINIMUM **TWO** DIFFERENT ELEMENTS FROM **GROUP 1**(LEAP / JUMP / HOP) (DIRECTLY or INDIRECTLY CONNECTED) **ONE** IS a LEAP **155*** CROSS or SIDE SPLIT
4. MINIMUM OF **1/1** TURN ON **ONE** FOOT

DIFFICULTY RESTRICTIONS - 0.50 OFF SV

NO " **C** " or HIGHER ACRO - **VP**

NO **" D "** or HIGHER **- VP**

CLARIFICATION

SR#1 / **SR#2** MAY NOT BE COMBINED IN THE SAME PASS.

DIVE ROLL DOES NOT FULFILL FLIGHT **SR**

FLIGHT SKILLS / ELEMENTS : ACRO FLIGHT SKILLS W/ HAND SUPPORT ARE ELIGIBLE TO RECEIVE **VP** CREDIT, REGARDLESS OF THE NUMBER OF TIMES PERFORMED and MAY ALSO FULFILL **SR**, PROVIDED THAT THE ACRO PASS IN WHICH THEY ARE PREFORMED IS DIFFERENT.

0.05 FAILURE TO HOLD ENDING POSE FOR 1 SECOND

0.10 FAILURE TO SHOW SYNCHRONIZATION OF MUSIC WITH ENDING POSE

CJ 0.50 ABSENCE OF MUSIC or MUSIC W/ WORDS

0.50 GYMNAST LEAVES THE FLOOR DURING THE ROUTINE

0.00 COACH ON THE FLOOR

CONCENTRATION PAUSES

EACH **0.20** TWO SECONDS OR MORE

SPOTS DURING ELEMENT

DEDUCT **0.50** SPOT **NO BONUS** (SAPPHIRE)

NO VP / **NO SR** AWARDED

FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

SPOTS UPON LANDING OF THE DISMOUNT

DEDUCT **0.50** SPOT **NO BONUS** (SAPPHIRE)

VP / **SR** AWARDED

FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

TOUCHES WITHOUT ASSISTING

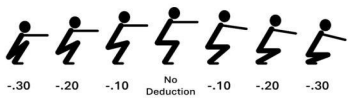
DEDUCT **0.50** SPOT **NO BONUS** (SAPPHIRE)

VP / **SR** AWARDED **CJ 0.10** OUT OF BOUNDS

COACH CATCHES A FALLING GYMNAST

DEDUCT **0.50** FALL ONLY

SQUAT ON LANDING DEDUCTION GUIDELINE



COURTESY SCORE OF **4.00** MAY BE AWARDED FOR EXTREMELY SHORT ROUTINE DUE TO INJURY or UNUSUAL CIRCUMSTANCES

6 **A** 0.1

1 **B** 0.3

10.00 SV

1:30 MINUTE
WARM UP TIME

1:15 MINUTE
TIME LIMIT

FALL TIME : 45 SECONDS

FALL TIME BEGINS WHEN THE GYMNAST STAND BACK UP ON HER FEET. IF AN INJURY OCCURS, FALL TIME BEGINS AFTER THE MEDICAL ASSESSMENT IS COMPLETE

XCEL FLOOR ROUTINES **DO NOT** HAVE A **MINIMUM TIME LIMIT**

VALUE PARTS : ANY SKILL LISTED IN THE XCEL CODE OF POINTS and ALLOWED AT THE RESPECTIVE DIVISION.

PLATINUM

~ ANY " **A** " " **B** " **VP** or ANY " **C** " DANCE

ARTISTRY

^ **0.40** **CHOREOGRAPHY**

^ **0.15** LACK OF PURPOSEFUL CHOREOGRAPHY MORE THAN **ONE** STEP TO CLOSE THE FEET TOGETHER (WITHOUT CHOREOGRAPHY)

0.05 EACH PASS

^ 0.10 LACK OF VARIETY OF POSES, PHRASES / CONNECTIONS

^ **0.15** LACK OF FOCUS CHANGES / PROJECTION

^ **0.20** **MUSICALITY**

^ **0.20** **EXPRESSION**

^ **0.30** **BODY POSTURE**

^ **0.30** **FOOTWORK**

^ **0.20** **DYNAMICS**

^ 0.10 INSUFFICIENT AMPLITUDE OF CHOREOGRAPHED MOVEMENT

^ **0.10** ENERGY MAINTAINED THROUGHOUT ROUTINE

LANDS HANDS & BOTTOM OF FEET ON (SALTO)

DEDUCT **0.50** FALL

VP / **SR** AWARDED

DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

FAILURE TO LAND ON BOTTOM OF FEET 1ST

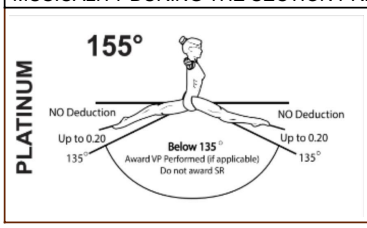
DEDUCT **0.50** FALL

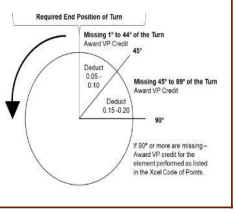
NO VP / **NO SR** AWARDED

DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

MUSIC FAILURE IS NOT CONSIDERED EQUIPMENT FAILURE

GYMNAST MUST CONTINUE THE ROUTINE WITHOUT MUSIC. DEDUCTION WOULD NOT APPLY : ABSENCE OF MUSIC ~ FAILURE TO SHOW SYNCHRONIZATION OF MUSIC WITH ENDING POSE ~ MUSICALITY DURING THE SECTION PREFORMED WITHOUT MUSIC





FLOOR

DIAMOND

1. **TWO** SEPARATE ACRO FLIGHT PASSES, EACH W/ MINIMUM OF **TWO** DIRECTLY CONNECTED ACRO FLIGHT ELEMENT or **ONE** ACRO FLIGHT PASS W/ **TWO** DIRECTLY CONNECTED ACRO FLIGHT ELEMENTS and **ONE** SEPARATE / ISOLATED " **C** " SALTO
2. **TWO** DIFFERENT SALTOS (ISOLATED or IN CONNECTION) **ONE** MUST BE a MIN " **B** " (MAYBE INCLUDED IN **SR#1**)
3. DANCE PASSAGE-MINIMUM **TWO** DIFFERENT ELEMENTS FROM **GROUP 1** (LEAP / JUMP / HOP)(DIRECTLY or INDIRECTLY CONNECTED) ONE IS a LEAP **155*** CROSS or SIDE SPLIT
4. MINIMUM OF " **B** " TURN ON **ONE** FOOT

DIFFICULTY RESTRICTIONS - 0.50 OFF SV

MAXIMUM OF **ONE** " **D** " **VP** ALLOWED (NO BONUS)
NO " **E** " **VP**

5 **A** 0.1	
2 **B** 0.3	
10.00 SV	
2:00 MINUTE	**WARM UP TIME**
1:30 MINUTE	**TIME LIMIT**

FALL TIME : 45 SECONDS

FALL TIME BEGINS WHEN THE GYMNAST STAND BACK UP ON HER FEET. IF AN INJURY OCCURS, FALL TIME BEGINS AFTER THE MEDICAL ASSESSMENT IS COMPLETE

XCEL FLOOR ROUTINES **DO NOT** HAVE A **MINIMUM TIME LIMIT**

VALUE PARTS : ANY SKILL LISTED IN THE XCEL CODE OF POINTS and ALLOWED AT THE RESPECTIVE DIVISION.

DIAMOND

~ ANY " **A** " " **B** " " **C** " **VP** & 1 " **D** "

ARTISTRY

^ **0.40**	**CHOREOGRAPHY**
^ **0.15**	LACK OF PURPOSEFUL CHOREOGRAPHY MORE THAN **ONE** STEP TO CLOSE THE FEET TOGETHER (WITHOUT CHOREOGRAPHY) **0.05 EACH PASS**
^ **0.10**	LACK OF VARIETY OF POSES, PHRASES / CONNECTIONS
^ **0.15**	LACK OF FOCUS CHANGES / PROJECTION
^ **0.20**	**MUSICALITY**
^ **0.20**	**EXPRESSION**
^ **0.30**	**BODY POSTURE**
^ **0.30**	**FOOTWORK**
^ **0.20**	**DYNAMICS**
^ 0.10	INSUFFICIENT AMPLITUDE OF CHOREOGRAPHED MOVEMENT
^ **0.10**	ENERGY MAINTAINED THROUGHOUT ROUTINE

DIVE ROLL DOES NOT FULFILL FLIGHT **SR**

FLIGHT SKILLS / ELEMENTS : ACRO FLIGHT SKILLS W/ HAND SUPPORT ARE ELIGIBLE TO RECEIVE **VP** CREDIT, REGARDLESS OF THE NUMBER OF TIMES PERFORMED and MAY ALSO FULFILL **SR**, PROVIDED THE ACRO PASS IN WHICH THEY ARE PREFORMED IS DIFFERENT.

0.05 FAILURE TO HOLD ENDING POSE FOR 1 SECOND

0.10 FAILURE TO SHOW SYNCHRONIZATION OF MUSIC WITH ENDING POSE

CJ 0.50 ABSENCE OF MUSIC or MUSIC W/ WORDS

0.50 GYMNAST LEAVES THE FLOOR DURING THE ROUTINE

0.00 COACH ON THE FLOOR

CONCENTRATION PAUSES

EACH **0.20** TWO SECONDS or MORE

SPOTS DURING ELEMENT

DEDUCT **0.50** SPOT **NO BONUS** (SAPPHIRE)
NO VP / **NO SR** AWARDED
FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

SPOTS UPON LANDING OF THE DISMOUNT

DEDUCT **0.50** SPOT **NO BONUS** (SAPPHIRE)
VP / **SR** AWARDED
FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

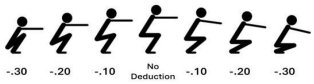
TOUCHES WITHOUT ASSISTING

DEDUCT **0.50** SPOT **NO BONUS** (SAPPHIRE)
VP / **SR** AWARDED **CJ 0.10** OUT OF BOUNDS

COACH CATCHES A FALLING GYMNAST

DEDUCT **0.50** FALL ONLY

SQUAT ON LANDING DEDUCTION GUIDELINE



COURTESY SCORE OF **4.00** MAY BE AWARDED FOR EXTREMELY SHORT ROUTINE DUE TO INJURY or UNUSUAL CIRCUMSTANCES.

LANDS HANDS & BOTTOM OF FEET ON (SALTO)

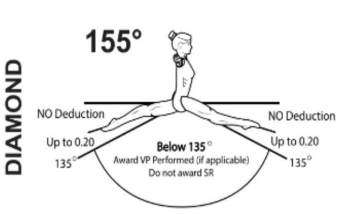
DEDUCT **0.50** FALL
VP / **SR** AWARDED
DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

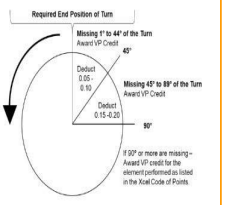
FAILURE TO LAND ON BOTTOM OF FEET 1ST

DEDUCT **0.50** FALL
NO VP / **NO SR** AWARDED
DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

MUSIC FAILURE IS NOT CONSIDERED EQUIPMENT FAILURE

GYMNAST MUST CONTINUE THE ROUTINE WITHOUT MUSIC. DEDUCTION WOULD NOT APPLY : ABSENCE OF MUSIC ~ FAILURE TO SHOW SYNCHRONIZATION OF MUSIC WITH ENDING POSE ~ MUSICALITY DURING THE SECTION PREFORMED WITHOUT MUSIC





FLOOR

SAPPHIRE

1. **ONE** ACRO PASS W/ **TWO** SALTOS, SAME or DIFFERENT
2. **THREE** DIFFERENT SALTOS, **ONE** IS a MINIMUM OF a " **B** "
3. DANCE PASSAGE W/ a MINIMUM OF **TWO** DIFFERENT ELEMENTS FROM **GROUP 1** (LEAP, HOP, JUMP) DIRECTLY or INDIRECTLY CONNECTED, **ONE** IS a LEAP **180*** SPLIT
4. MINIMUM OF a " **B** " TURN ON **ONE** FOOT

DIFFICULTY RESTRICTIONS - 0.50 OFF SV

NO " **E** " **VP**

3 **A** 0.1	
3 **B** 0.3	
1 **C** 0.5	
9.60 SV	
UP TO 0.40 MAX BONUS	
2:00 MINUTE WARM UP TIME	
1:30 MINUTE TIME LIMIT	

FALL TIME : 45 SECONDS

FALL TIME BEGINS WHEN THE GYMNAST STAND BACK UP ON HER FEET. IF AN INJURY OCCURS, FALL TIME BEGINS AFTER THE MEDICAL ASSESSMENT IS COMPLETE

XCEL FLOOR ROUTINES **DO NOT** HAVE a **MINIMUM TIME LIMIT**

VALUE PARTS : ANY SKILL LISTED IN THE XCEL CODE OF POINTS and ALLOWED AT THE RESPECTIVE DIVISION.

SAPPHIRE

~ ANY " **A** " " **B** " " **C** " " **D** " **VP** ELEMENTS

DIVE ROLL DOES NOT FULFILL FLIGHT **SR**

FLIGHT SKILLS / ELEMENTS : ACRO FLIGHT SKILLS W/ HAND SUPPORT ARE ELIGIBLE TO RECEIVE **VP** CREDIT, REGARDLESS OF THE NUMBER OF TIMES PERFORMED and MAY ALSO FULFILL **SR**, PROVIDED THAT THE ACRO PASS IN WHICH THEY ARE PREFORMED IS DIFFERENT.

0.05 FAILURE TO HOLD ENDING POSE FOR 1 SECOND

0.10 FAILURE TO SHOW SYNCHRONIZATION OF MUSIC WITH ENDING POSE

CJ 0.50 ABSENCE OF MUSIC or MUSIC W/ WORDS

0.50 GYMNAST LEAVES THE FLOOR DURING THE ROUTINE

0.00 COACH ON THE FLOOR

COURTESY SCORE OF **4.00** MAY BE AWARDED FOR EXTREMELY SHORT ROUTINE DUE TO INJURY or UNUSUAL CIRCUMSTANCES.

MUSIC FAILURE IS NOT CONSIDERED EQUIPMENT FAILURE

GYMNAST MUST CONTINUE THE ROUTINE WITHOUT MUSIC.

DEDUCTION WOULD NOT APPLY : ABSENCE OF MUSIC ~ FAILURE TO SHOW SYNCHRONIZATION OF MUSIC WITH ENDING POSE ~ MUSICALITY DURING THE SECTION PREFORMED WITHOUT MUSIC

LANDS HANDS & BOTTOM OF FEET ON (SALTO)

DEDUCT **0.50** FALL

VP / **SR** AWARDED

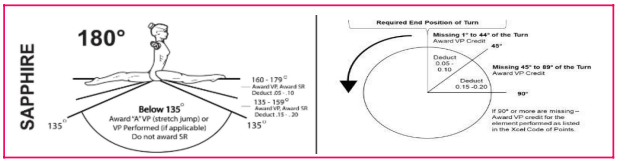
DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

FAILURE TO LAND ON BOTTOM OF FEET 1ST

DEDUCT **0.50** FALL

NO VP / **NO SR** AWARDED

DEDUCT FOR EXECUTION / AMPLITUDE ERRORS



ARTISTRY

^ **0.40**	**CHOREOGRAPHY**
^ **0.15**	LACK OF PURPOSEFUL CHOREOGRAPHY MORE THAN ONE STEP TO CLOSE THE FEET TOGETHER (WITHOUT CHOREOGRAPHY) **0.05 EACH PASS**
^ **0.10**	LACK OF VARIETY OF POSES, PHRASES / CONNECTIONS
^ **0.15**	LACK OF FOCUS CHANGES / PROJECTION
^ **0.20**	**MUSICALITY**
^ **0.20**	**EXPRESSION**
^ **0.30**	**BODY POSTURE**
^ **0.30**	**FOOTWORK**
^ **0.20**	**DYNAMICS**
^ **0.10**	INSUFFICIENT AMPLITUDE OF CHOREOGRAPHED MOVEMENT
^ **0.10**	ENERGY MAINTAINED THROUGHOUT ROUTINE

CONCENTRATION PAUSES

EACH **0.20** TWO SECONDS or MORE

COACH CATCHES A FALLING GYMNAST

DEDUCT **0.50** FALL ONLY

SPOTS DURING ELEMENT

DEDUCT **0.50** SPOT **NO BONUS** (SAPPHIRE)

NO VP / **NO SR** AWARDED

FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

SPOTS UPON LANDING OF THE DISMOUNT

DEDUCT **0.50** SPOT **NO BONUS** (SAPPHIRE)

VP / **SR** AWARDED

FALLS AFTER SPOT, DEDUCT **0.50** ADDITIONAL FALL

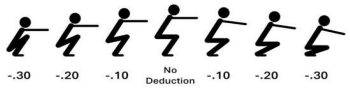
TOUCHES WITHOUT ASSISTING

DEDUCT **0.50** SPOT **NO BONUS** (SAPPHIRE)

VP / **SR** AWARDED

CJ 0.10 OUT OF BOUNDS

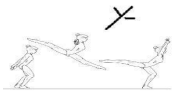
SQUAT ON LANDING DEDUCTION GUIDELINE



XCEL - FLOOR " A " SKILLS

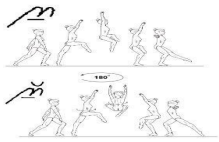
1.001 B/S/G HORIZ LEG SWING HOP





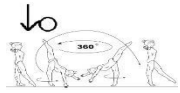
1.110 SISSONNE

1.113 CAT LEAP / 1/2



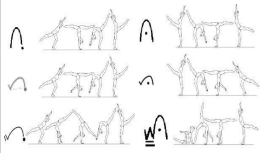
2.101 1/1 TURN



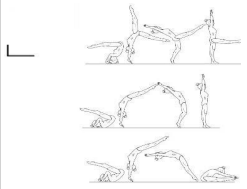


2.105 1/1 TURN ILLUSION (BRIEF TOUCH)

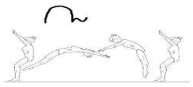
5.101 WALKOVER FWD / BWD / VALDEZ



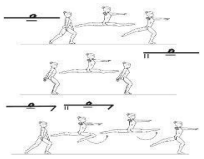
5.107 ALL HEAD OR NECK KIPS



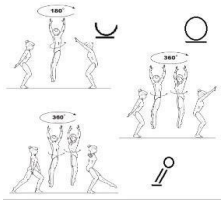
8.102 WHIP SALTO BWD



1.101 SPLIT LEAP / JUMP



1.112 STRETCHED/ARCH JUMP 1/2 / 1/1



CHASSE 1/1 / PASSE HOP 1/1

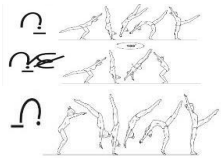
3.001 B/S/G HEADSTAND





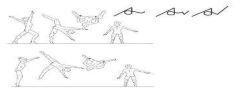
3.002 BRONZE PARTIAL HANDSTAND (45°)

5.102 FWD HANDSPRING / 1/2 / FLYSPRING



6.101 SALTO FWD TUCK

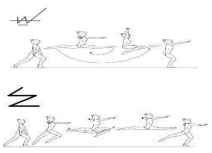




ONE FOOT TAKE OFF NOT A SALTO

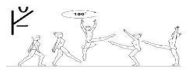
7.101 SALTO SWD TUCK/PIKE/STRETCHED

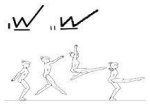
1.104 STRIDE LEAP TO WOLF



STAG LEAP FWD LEG CHANGE

1.114 HOP LEG ABOVE HORIZ 1/2





1.116 WOLF JUMP

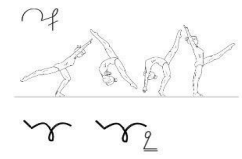
3.003 B/S/G VERTICAL HANDSTAND - MARK



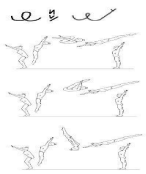


5.001 B/S/G BRIDGE KICK-OVER

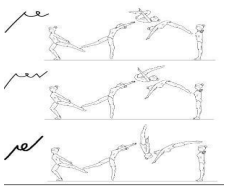
5.103 AERIAL WALKOVER FWD (NOT A SALTO)



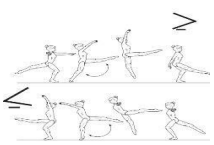
8.101 SALTO TUCK/PIKE/STRETCHED / ALSO STEP OUT



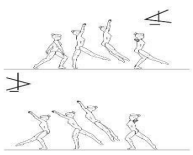
8.105 GAINER SALTO TUCK/PIKE/STRETCHED



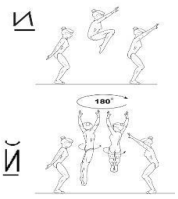
1.109 HITCH-KICK FWD / BWD



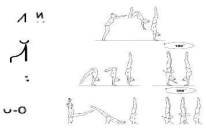
CABRIOLE FWD / BWD

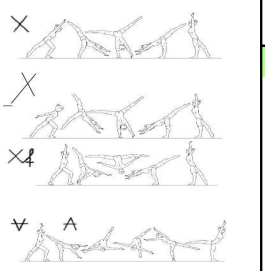


1.115 TUCK JUMP / 1/2



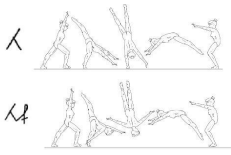
3.101 JUMP HANDSTAND / 1/2 / 1/1



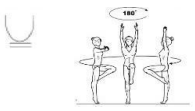


5.104 CARTWHEEL / AERIAL / BUTTERFLY FWD/ BWD

5.105 ROUNDOFF / AERIAL



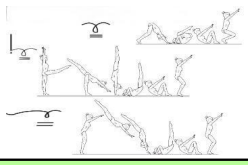
2.001 BRONZE ONLY 1/2 TURN



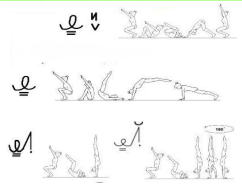


2.002 BRONZE ONLY FWD / BWD SWING TURN

4.101 FWD ROLL / HDST FWD ROLL (END POSITION OPTIONAL)

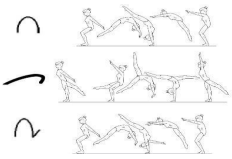


4.102 ROLL BWD T/P (END POSITION OPTIONAL)



BWD ROLL HDST / 1/2

5.106 BHS / GAINER BHS / ONE ARM

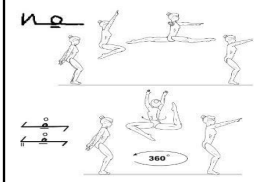


BHS - TWO FEET / STEP OUT

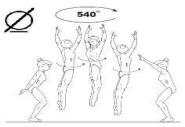
DIFFERENT ELEMENT SAME ELEMENT

XCEL - FLOOR " B " SKILLS

1.201 TUCK JUMP TO SPLIT

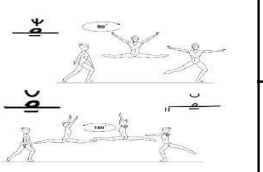


DOUBLE STAG JUMP / LEAP 1/1

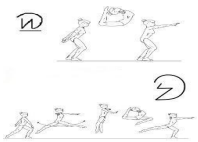


1.212 STRETCHED JUMP 1 1/2

1.202 SPLIT LEAP 1/4 / 1/2 / SPLIT JUMP 1/2



1.211 SHEEP JUMP - FEET TO HEAD HEIGHT



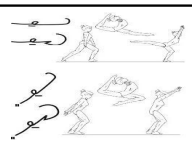
SHEEP JUMP 1/1 - FEET AT HEAD HEIGHT

1.203 JETE EN TOURNANT



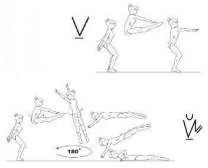


1.204 SWITCH LEAP

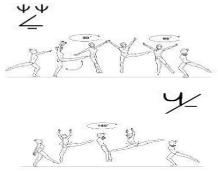


1.210 RING / STAG RING LEAP / JUMP

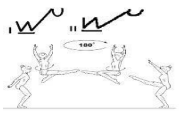
1.206 PIKE JUMP / 1/2 FRONT LYING SUPPORT



1.209 SCISSORS LEAP FWD 1/4 1/4

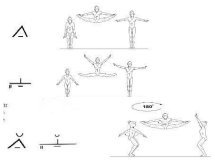


TOUR JETE

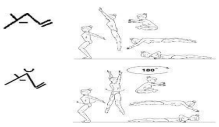


1.216 WOLF 1/2

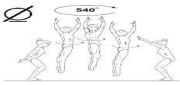
1.207 STRADDLE JUMP / 1/2



1.208 SHUSHUNOVA



2.201 1 1/2 TURN

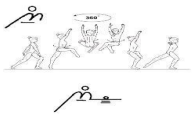




2.202 1/1 TURN LEG ABOVE HORIZ

DIFFERENT ELEMENT

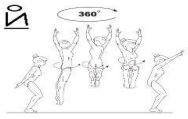
1.213 CAT LEAP 1/1



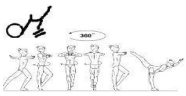
1.214 FOUETTE HOP TO LAND SCALE



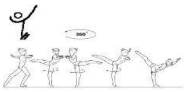
1.215 TUCK JUMP 1/1



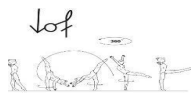
2.203 1/1 TURN TO SCALE (2sec)

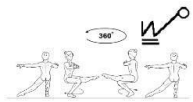


2.204 1/1 IN SCALE LEG ABOVE HORIZ

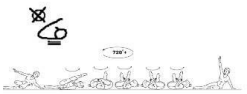


2.205 1/1 ILLUSION (NO TOUCHING)

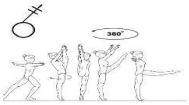




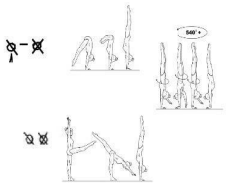
2.206 1/1 WOLF TURN



2.207 2/1 SPIN ON BACK IN KIP POSITION

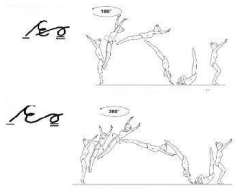


2.208 1/1 LEG HELD 180* SPLIT



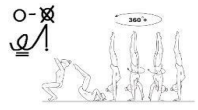
3.201 KICK / PRESS HANDSTAND 1 1/2

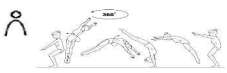
BWD TAKE OFF STRETCH JUMP 1/2 TWIST ROLL



4.201 STRETCH JUMP 1/1 TWIST TO HECHT ROLL

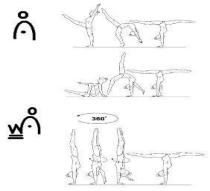
4.202 BWD ROLL TUCK/PIKE HDST 1/1 OR MORE



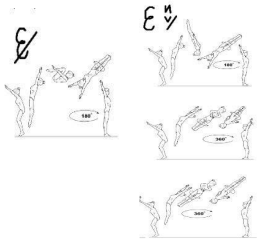


5.206 BHS 1/1

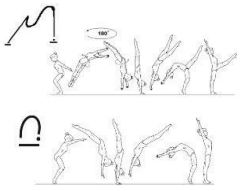
5.201 BWO / VALDEZ HDST 1/1



8.201 SALTO BWD TUCK / PIKE / STRETCHED-1/2 / 1/1

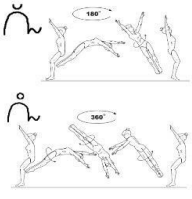


5.202 ARABIAN HANDSPRING

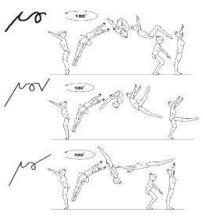


FLYSPRING - 2 FEET TO 2 FEET

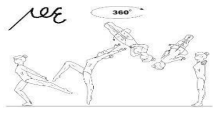
8.202 WHIP SALTO BWD 1/2 / 1/1



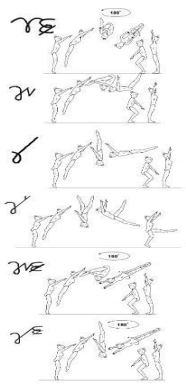
7.202 ARABIAN SALTO TUCK / PIKE / STRETCH



8.205 GAINER SALTO TUCK 1/1



6.201 SALTO FWD TUCK 1/2

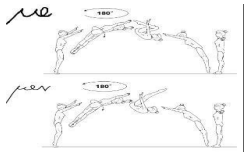


SALTO FWD PIKE / 1/2 / STRETCHED / 1/2

7.201 TAKE OFF BWD - SALTO SWD STRETCHED

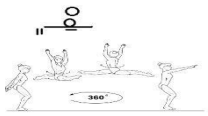


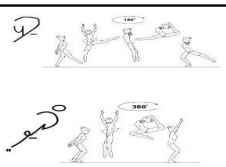
8.206 JUMP FWD 1/2 SALTO BWD TUCK / PIKE



XCEL - FLOOR " C " SKILLS

1.302 SPLIT JUMP 1/1





1.310 TOUR JETE RING / STAG RING JUMP 1/1



1.311 SWITCH RING LEAP / SHEEP JUMP 1/1

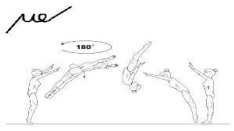


2.303 1 1/2 TURN TO SCALE (2sec)



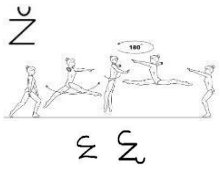
4.301 BWD TAKE OFF STRETCHED JUMP 1 1/2 TO ROLL



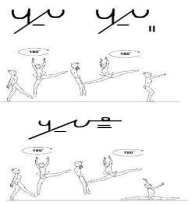


8.306 JUMP FWD 1/2 SALTO BWD STRETCHED

1.304 SWITCH LEAP 1/2



1.309 TOUR JETE 1/2 / SPLIT SIT



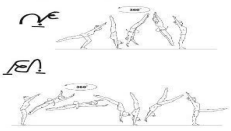
1.315 TUCK JUMP 1 1/2



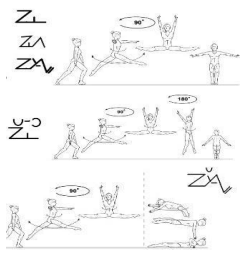
2.304 1 1/2 TURN IN SCALE LEG ABOVE HORIZ



5.302 FHS 1/1



1.305 SWITCH LEAP 1/4

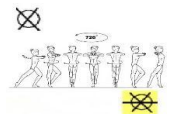


SWITCH SIDE LEAP 1/2 / FRONT LYING SUPPORT / 3/4

1.312 STRETCH JUMP 2/1 / 2 1/2



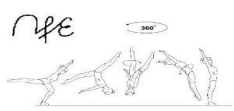
2.301 2/1 / 2 1/2 TURN



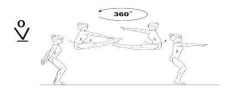
2.306 1 1/2 WOLF TURN

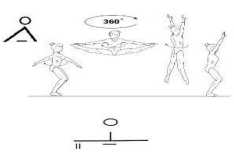


5.303 AERIAL WALKOVER 1/1



1.306 PIKE JUMP 1/1



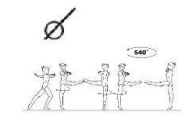


1.307 POPA - STRADDLE JUMP 1/1

1.313 CAT LEAP 1 1/2



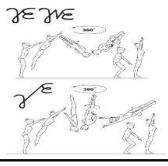
2.302 1 1/2 TURN LEG AT/ABOVE HORIZ



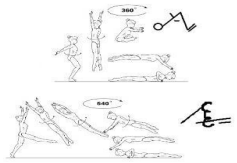
2.307 DOUBLE FLAIR



6.301 SALTO FWD TUCK 1/1 / PIKE 1/1 / STRETCHED 1/1



1.308 JUMP 1/1 - SHUSHUNOVA



LEAP 1 1/2 FRONT LYING SUPPORT

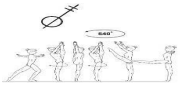


1.314 HOP 1/1 LEG ABOVE HORIZ

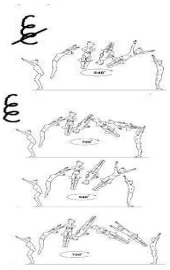


1.316 WOLF JUMP 1/1

2.308 1 1/2 TURN LEG HELD 180* SPLIT

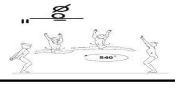


8.301 SALTO BWD TUCK / STRETCHED 1 1/2 / 2/1

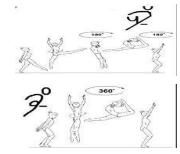


XCEL - FLOOR " D " SKILLS

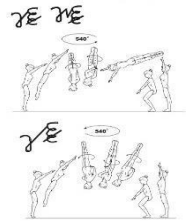
1.402 SPLIT JUMP 1 1/2



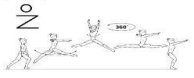
1.410 TOUR JETE RING 1/2 / RING JUMP 1/1



6.401 SALTO TUCK / PIKE / STRETCHED 1 1/2



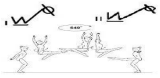
1.404 SWITCH LEAP 1/1



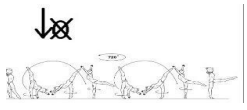
1.411 SWITCH 1/2 RING LEAP



1.416 WOLF JUMP 1 1/2



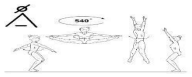
2.405 2/1 ILLUSION (NO TOUCHING FLOOR)



1.415 TUCK JUMP 2/1 / LAND FRONT LYING SUPPORT



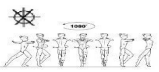
1.407 STRADDLE JUMP 1 1/2



1.412 STRETCH JUMP 3/1



2.401 3/1 TURN



2.406 2/1 WOLF TURN



8.401 SALTO BWD 2 1/2

1.408 LEAP 2 1/2 HORIZ PLANE-LANDING LYING SUPPORT

1.413 CAT LEAP 2/1

2.402 2/1 / 2 1/2 LEG HELD AT/ABOVE HORIZ

2.404 2/1 IN SCALE LEG ABOVE HORIZ

8.403 DOUBLE BWD TUCK / PIKE

1.409 TOUR JETE 1/1

1.414 HOP 1 1/2 LEG ABOVE HORIZ

2.403 2/1 TO SCALE (2sec)

2.408 2/1 LEG HELD 180* SPLIT