

Xcel Gold Bars		Warm up: 1:00 min	
Skill Chart		Value Part	Deductions
Mounts:	Circles:	Casts / Counter Swings:	
- Pullover (1,2, or run)	- Stride Circle fwd or bkw	- Cast \geq horizontal	Minimum 6 "A" VP (0.1 each)
- Pullover High Bar	- Long Hang Pull-Over (from long swing)	- Cast Shoot Through	Restrictions: (Ded. 0.5 from SV)
- Jump to Squat On	- Single leg basket swing (straight legs)	- Tap/Underswing counter swing	- No "C" or higher
- Glide to stand	- Single leg cut fwd or bwd	- Tap swing fwd w/ $\frac{1}{2}$ turn	- No giants
- Run out glide kip	-	-	- No release w/ bar change
- Single leg jam (glide or run)	-	-	No Ex swing deductions applied
-	-	-	NO Clear hip amp deductions
-	-	-	Max execution deductions: 4.0
-	-	-	Courtesy Score: 4.0
SR (0.50 each):	Skill to clear support \geq hz	360° Circling skill (no mt/dmt)	2 nd 360° Circling skill (no mt/dmt)
			Dismount – HB
			10.0


Xcel Gold Beam		Warm Up: 1:00 min		Time Limit: 1:00 min	
Skill Chart		Value Part	Deductions		
Leaps & Jumps: (min. 120°)		Min. 6 "A" VP (0.1) each Restrictions (-0.50 from SV) - No "C" or higher Max execution deductions: 4.0 Courtesy Score: 4.0	Artistry ^0.3		Dynamics ^0.2
Handstands: do not have to be held			^0.10 Orig/creative choreo-elements/connections		- Energy maintained throughout exercise
Partial Handstand			^0.10 Quality of movement to reflect personal style		- Makes difficult look effortless
- Feet must close together			^0.10 Quality of expression		Rhythm
- Min 45° from vertical					- ^0.10 Each Poor rhythm in VP/connections
Dismount:					- ^0.20 Insufficient variation-rhythm/tempo throughout
- Cartwheel to HS $\frac{1}{4}$ turn					
SR (0.50 each):	Min. 1/1 (360°) turn (1 foot)	2 Diff Leap/Jump, one min 120° split	2 acro skills, 1 pass/achieve vertical		Dismount

Xcel Gold Floor		Warm Up: 1:00 min		Time Limit: 1:00 min	
Skill Chart		Value Part	Deductions		
Leaps, Jumps, Hops	Acro Skills	Min. 6 "A" VP (0.1) each Restrictions (-0.50 from SV) - No "B" Saltos - No "C" or higher	Rhythm		Artistry ^0.3
- All Split Jump (min 120°)	- Bridge, Kick-over		- ^0.10 Each Poor rhythm in VP/connections		^0.10 Orig/creative choreo-elements/connections
- Leg swing hop w/ free leg min horizontal	- Headstand		- ^0.20 Insufficient variation-rhythm/tempo throughout		^0.10 Quality of movement to reflect personal style
- Switch Leg Leap (min 120°)			Max execution deductions: 4.0		^0.10 Quality of expression
			Courtesy Score: 4.0		Dynamics ^0.2
					- Energy maintained throughout exercise
					- Makes difficult look effortless
SR (0.50 each):	Min 2 direct acro both flt	2 nd pass w direct acro flt or 1 salto/aerial	Dance pass 2 diff 1 min 120° leap		1/1 Turn


Vault: Gold / Platinum / Diamond / Sapphire

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

Gymnast#:	Support Phase	2 nd Flight	Landing
1 st & 2 nd Flight	Shoulder: _____ Arms Bent: _____ Hand Stag: _____ Support: _____ Alt Repulsion: _____	Length: _____ Height: _____ Angle: _____ Exact LA turn: _____ Late Comp Twist: _____ Under Rotate Salto: _____ Exact Body Position: _____ Insuf. Extension: _____ Fail Maintain Stretch: _____	Legs/feet: _____ Jump/hop: _____ Arms/Trunk: _____ Dynamics _____ Direction _____
Feet: _____ Legs Sep: _____ Legs Bent: _____ Head: _____ Arch/Pike _____			



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Feet: _____ Legs Sep: _____ Legs Bent: _____ Head: _____ Arch/Pike _____			



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Feet: _____ Legs Sep: _____ Legs Bent: _____ Head: _____ Arch/Pike _____			

