

Xcel Platinum Bars		Warm up: 1:30 min			
Skill Chart	Value Part			Deductions	
<b>Mounts:</b> Jump to Squat On <b>Casts / Counter Swings:</b> - Cast 89° to 21° from vert. - Tap/underswing Counterswing (only 1 allowed)	<b>Minimum VP:</b> - 6 "A" (0.1) each - 1 "B" (0.3) each <b>Restrictions (-0.50 from SV)</b> - No "C" or higher	<b>Allowable "C"</b> - Clear Hip HS - Pike Sole Circle BWD to HS - Stalder BWD to HS ALL w/o turn	Max execution deductions: 4.0 Courtesy Score: 4.0 <b>Extra Swings:</b> One Tap/Underswing counter swing allowed for "A" VP w/o <u>0.30</u> extra swing deduction <b>Extra Leg Pump: 0.30</b> max 0.50 each time	<b>Deductions</b> ^0.20 Insufficient Dynamics - Insufficient swingful execution throughout - Energy maintained throughout exercise - Makes difficult look effortless ^0.10 Each Poor rhythm in VP/connections	
SR (0.50 each):	Kip	Clear support > Horizontal	360° Circling skill (no mt/dmt)	Dismount – HB	


Xcel Platinum Beam		Warm Up: 1:30 min		Time Limit: 1:15 min	
Skill Chart	Value Part		Deductions		
<b>Leaps &amp; Jumps: (min. 120°)</b> <b>Handstands:</b> do not have to be held  Max execution deductions: 4.0 Courtesy Score: 4.0	<b>Minimum VP:</b> - 6 "A" (0.1) each - 1 "B" (0.3) each <b>Restrictions (-0.50 from SV)</b> - No "C" Acro VP - No "D" or higher VP	<b>Artistry ^0.3</b> ^0.10 Orig/creative choreo-elements/connections ^0.10 Quality of movement to reflect personal style ^0.10 Quality of expression	<b>Dynamics ^0.2</b> - Energy maintained throughout exercise - Makes difficult look effortless  <b>Rhythm</b> - ^0.10 Each Poor rhythm in VP/connections - ^0.20 Insufficient variation-rhythm/tempo throughout		
SR (0.50 each):	Min. 1/1 turn (1 ft)	Dance Series w/ 120° leap/jump	1 Acro Series or 1 Flight	Dismount	

Xcel Platinum Floor		Warm Up: 1:30 min		Time Limit: 1:30 min		
Skill Chart	Value Part		Deductions			
<b>Leaps / Jumps / Hops</b> Min 150°	<b>Minimum VP:</b> - 6 "A" (0.1) each - 1 "B" (0.3) each <b>Restrictions (-0.50 from SV)</b> - No "C" VP Acro - No "D" or higher VP	<b>Artistry ^0.3</b> ^0.10 Orig/creative choreo-elements/connections ^0.10 Quality of movement to reflect personal style ^0.10 Quality of expression Max execution deductions: 4.0 Courtesy Score: 4.0	<b>Dynamics ^0.2</b> - Energy maintained throughout exercise - Makes difficult look effortless  <b>Rhythm</b> - ^0.10 Each Poor rhythm in VP/connections - ^0.20 Insufficient variation-rhythm/tempo throughout			
SR (0.50 each):	1/1 turn (1 ft)	Dance Series w/ 150° leap/jump	Min 2 acro flt w/ salto	2 <sup>nd</sup> pass w 2 ft or B salto	6 - A's (0.10)	1 - "B" (0.30)


Vault: Gold / Platinum / Diamond / Sapphire

1 <sup>st</sup> Flight	Support Phase	2 <sup>nd</sup> 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 <b>Non-Salto Vaults</b> <b>Angle of Repulsion: ^0.5</b>	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 <sup>nd</sup> Flight	Landing
<b>1<sup>st</sup> &amp; 2<sup>nd</sup> Flight</b> Feet: _____ Legs Sep: _____ Legs Bent: _____ Head: _____ Arch/Pike: _____	Shoulder: _____ Arms Bent: _____ Hand Stag: _____ Support: _____ Alt Repulsion: _____	Length: _____ Height: _____ <b>Angle:</b> _____ 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 _____



Gymnast#:	Support Phase	2 <sup>nd</sup> Flight	Landing
<b>1<sup>st</sup> &amp; 2<sup>nd</sup> Flight</b> Feet: _____ Legs Sep: _____ Legs Bent: _____ Head: _____ Arch/Pike: _____	Shoulder: _____ Arms Bent: _____ Hand Stag: _____ Support: _____ Alt Repulsion: _____	Length: _____ Height: _____ <b>Angle:</b> _____ 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 _____



Gymnast#:	Support Phase	2 <sup>nd</sup> Flight	Landing
<b>1<sup>st</sup> &amp; 2<sup>nd</sup> Flight</b> Feet: _____ Legs Sep: _____ Legs Bent: _____ Head: _____ Arch/Pike: _____	Shoulder: _____ Arms Bent: _____ Hand Stag: _____ Support: _____ Alt Repulsion: _____	Length: _____ Height: _____ <b>Angle:</b> _____ 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 _____

