




Vault: Silver		Option 1: Handspring	Option 2: Half-On
General Faults	General (1 <sup>st</sup> & 2 <sup>nd</sup> Flight)	Support Phase	Landing
Dev from straight dir: ^0.3 Dynamics: ^0.3 Assistance of Coach: <u>1.0</u>	Foot form: ^0.1 Legs Separated: ^0.2 Legs Bent: ^0.3 Neutral Head Position: ^0.1 Arch: ^0.3 Pike: ^0.5	Staggered Hands: <u>0.1</u> Inc. Shoulder Align: ^0.2 Alt Repulsion: ^0.2 Additional 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: ^0.3 1 hand touch: <u>1.0</u> No hands touch: Void	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 Assist on landing: <u>0.5</u> Fall: <u>0.5</u> Fail to land on feet: <u>2.0</u> Land on mat stack: <u>2.5</u>
Option 2 Deductions			
Incomplete LA Turn: ^0.3 Fail pass through Vert: ^0.3 Incomplete Twist: ^0.3 Fail to land facing Mat stack: ^0.3			

Gymnast#:	1 <sup>st</sup> & 2 <sup>nd</sup> Flight	Support Phase	Landing
	Feet: _____ Legs Sep: _____ Legs Bent: _____ Head: _____ Arch/Pike _____	Shoulder: _____ Arms Bent: _____ Hand Placement: _____ Support: _____	
			Dynamics _____ Direction _____

Gymnast#:	General (Each Phase)	Support Phase	Landing
	Feet: _____ Legs Sep: _____ Legs Bent: _____ Head: _____ Arch/Pike _____	Shoulder: _____ Arms Bent: _____ Hand Placement: _____ Support: _____	
			Dynamics _____ Direction _____

Gymnast#:	General (Each Phase)	Support Phase	Landing
	Feet: _____ Legs Sep: _____ Legs Bent: _____ Head: _____ Arch/Pike _____	Shoulder: _____ Arms Bent: _____ Hand Placement: _____ Support: _____	
			Dynamics _____ Direction _____

Xcel Silver Bars						Warm up: 45 Seconds			
Skill Chart				Value Part	Deductions				
<b>Mounts:</b> - Pullover (1,2, or run) - Pullover High Bar - Glide to stand - Run out glide kip - Single leg jam (glide or run) - Jump to squat on		<b>Casts / Counter Swings:</b> - Cast $\geq 45^\circ$ below horizontal - Cast Shoot Through - Tap/Underswing counter swing <b>Circles:</b> - Stride Circle fwd or bkw - Long Hang Pull-Over (from long swing) - Single leg basket swing (bent knee ok) - Single leg swing bwd / fwd - Single leg cut fwd or bwd		<b>Dismounts:</b> - Tap swing fwd w/ $\frac{1}{2}$ turn - Squat, stoop, or straddle on low bar - stretch jump to stand - $\frac{1}{4}$ back seat circle dmt (pike or straddle) from low bar		<b>Minimum 5 "A" VP (0.1 each)</b> <b>Restrictions: (Ded. 0.5 from SV)</b> Restrictions (-0.50 from SV) - No "B" or higher - No salto dismount - No giants No Ex swing deductions applied Max execution deductions: 4.0 Courtesy Score: 4.0		$\wedge 0.20$ Insufficient Dynamics - Insufficient swingful execution throughout - Energy maintained throughout exercise - Makes difficult look effortless $\wedge 0.10$ Each Poor rhythm in VP/connections	
SR (0.50 each):	Mount	Cast $\geq 45^\circ$ below HZ	360° Circling skill (no mt/dmt)	Dismount – LB or HB	10.0				

Xcel Silver Beam						Warm Up: 45 Seconds		Time Limit: 50 Seconds			
Skill Chart				Value Part	Deductions						
<b>Leaps &amp; Jumps: (min. 90°)</b> - Stag / Stride Leap - Split Jump - Cross Straddle Jump <b>Turns:</b> - Heal Snap $\frac{1}{2}$ turn (180°) - $\frac{1}{2}$ turn on one foot (180°) - FWD Swing Turn (180°) - BWD Swing Turn (180°)		<b>Holds &amp; Stands:</b> - Bridge from lying position Hold 1 sec. Partial Handstand - Feet must close together - Min 45° from vertical		<b>Dismounts:</b> - Ctwheel to HS (45° from VT) land facing beam - Ctwheel to HS(mark) $\frac{1}{4}$ turn - Any jump from 2 feet w or w/o up to 360° turn		<b>Min. 5 "A" VP (0.1) each</b> <b>Restrictions (-0.50 from SV)</b> - No "B" Acro VP - No "C" or higher VP Max execution deductions: 4.0 Courtesy Score: 4.0		<b>Artistry <math>\wedge 0.3</math></b> $\wedge 0.10$ Orig/creative choreo-elements/connections $\wedge 0.10$ Quality of movement to reflect personal style $\wedge 0.10$ Quality of expression <b>Dynamics <math>\wedge 0.2</math></b> - Energy maintained throughout exercise - Makes difficult look effortless <b>Rhythm</b> - $\wedge 0.10$ Each Poor rhythm in VP/connections - $\wedge 0.20$ Insufficient variation-rhythm/tempo throughout			
SR (0.50 each):	Min. $\frac{1}{2}$ (180°) turn (1 foot)	1 Jump or Leap 90° (not MT or DMT)	One Acro skill	Dismount	10.0						

Xcel Silver Floor						Warm Up: 45 Seconds		Time Limit: 1:00 min			
Skill Chart				Value Part	Deductions						
<b>Leaps, Jumps, Hops</b> - Split Jump (min 90°) - Stride Leap (min 90°) - Side Leap (min 90°) - Straddle Jump (min 90°) - Leg swing hop w/ free leg min horizontal		<b>Handstand Vertical:</b> - Cross or side - No Hold Required <b>Acro Skills</b> - Bridge, Kick-over - Headstand		<b>Min. 5 "A" VP (0.1) each</b> <b>Restrictions (-0.50 from SV)</b> - No "B" Acro VP - No "C" or higher VP - Max 1 salto/aerial/routine		<b>Rhythm</b> - $\wedge 0.10$ Each Poor rhythm in VP/connections - $\wedge 0.20$ Insufficient variation-rhythm/tempo throughout Max execution deductions: 4.0 Courtesy Score: 4.0		<b>Artistry <math>\wedge 0.3</math></b> $\wedge 0.10$ Orig/creative choreo-elements/connections $\wedge 0.10$ Quality of movement to reflect personal style $\wedge 0.10$ Quality of expression <b>Dynamics <math>\wedge 0.2</math></b> - Energy maintained throughout exercise - Makes difficult look effortless			
SR (0.50 each):	Min 2 direct acro 1 w/ ft	2 <sup>nd</sup> pass w direct acro or 1 acro w ft	Dance pass 2 diff 1 min 90° leap	1/1 Turn	10.0						