



Xcel Bronze Bars						Warm up: 30 seconds			
Skill Chart				Value Part	Deductions				
Mounts: - Pullover (1,2, or run) - Jump to fnt Support - Glide to stand - Run out glide kip - Single leg jam (glide or run)		Circles: - Stride Circle fwd / bwd - Single leg basket swing (bent knee ok) - Single leg swing bwd / fwd - Single leg cut fwd or bwd		Casts: - Cast (hips leave bar) - Cast Shoot Through Dismounts: - Cast off to stand - ¼ fwd circle to stand - Squat, stoop, or straddle on low bar – stretch jump to stand		Minimum 4 "A" VP (0.1 each) Restrictions (Ded. 0.5 from SV) - No "B" or higher - No HB skills - No salto dismount - No LB giants No Ex swing deductions applied Max execution deductions: 4.0 Courtesy Score: 4.0		[^] 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):	Mount – Low Bar	Cast	360° Circling skill (no mt/dmt)	Dismount – LB only	10.0				

Xcel Bronze Beam						Warm Up: 30 Seconds	Time Limit: 45 Seconds		
Skill Chart				Value Part	Deductions				
Leaps & Jumps: (any split angle) - Stag / Stride Leap - Cross Split Jump - Cross Straddle Jump Turns: - Pivot Turn (180°) - Heal Snap ½ turn (180°) - ½ turn on one foot (180°) - FWD Swing Turn (180°) - BWD Swing Turn (180°)		Holds & Stands: - Lever to touch Beam: No angle req, apply body shape ded, foot does not need to return to beam for VP credit Partial Handstand: - both feet off the beam - one leg 45° from vertical - Bridge from lying position Hold 1 sec.		Dismounts: - Cartwheel to HS(45° from VT) land facing beam - Cartwheel to HS(mark) ¼ turn - Any jump from 2 feet w or w/o up to 360° turn		Min. 4 "A" VP (0.1) each Restrictions (-0.50 from SV) - No "B" or higher - No salto/aerial DMT - No walkovers Max execution deductions: 4.0 Courtesy Score: 4.0		Artistry [^]0.3 [^] 0.10 Lack of variety in choreography [^] 0.10 Quality of movement to reflect personal style [^] 0.10 Quality of expression Dynamics [^]0.2 - Energy maintained throughout exercise - Makes difficult look effortless Rhythm - [^] 0.10 Each Poor rhythm in VP/connections - [^] 0.20 Insufficient variation-rhythm/tempo throughout	
SR (0.50 each):	Min. ½ (180°) turn (1 or 2 feet)	1 Jump or Leap (not MT or DMT)	One Acro skill	Dismount	10.0				

Xcel Bronze Floor						Warm Up: 30 seconds	Time Limit: 45 seconds		
Skill Chart				Value Part	Deductions				
Leaps, Jumps, Hops - Split Jump (min 60°) - Stride Leap (min 60°) - Side Leap (min 60°) - Straddle Jump (min 60°) - Leg swing hop w/ free leg min horizontal		Turns: - ½ Turn one foot (any leg position) - FWD Swing Turn BWD Swing Turn Acro Skills - Bridge, Kick-over - Headstand		Handstands Partial: - Feet must close together - Min 45° from vertical Handstand Vertical: - Cross or side - No Hold Required - Any Leg Position **RO, rebound BWD roll is acro connection**		Min. 4 "A" VP (0.1) each Restrictions (-0.50 from SV) - No "B" or higher VP - No salto or aerials - Max. 2 Acro Flt/routine Max execution deductions: 4.0 Courtesy Score: 4.0		Artistry [^]0.3 [^] 0.10 Orig/creative choreo-elements/connections [^] 0.10 Quality of movement to reflect personal style [^] 0.10 Quality of expression Dynamics [^]0.2 - Energy maintained throughout exercise - Makes difficult look effortless Rhythm - [^] 0.10 Each Poor rhythm in VP/connections - [^] 0.20 Insufficient variation-rhythm/tempo throughout	
SR (0.50 each):	2 direct connect acro w/w/o flt	2 nd pass min 1 acro	Dance pass 2 diff one min 60° leap	Min ½ turn 1 foot	10.0				

Vault: Bronze		Option: 1	SV: 9.0
Run & Board Contact	Stretch Jump	Handstand	Landing
Additional jumps: <u>0.3</u> each Run onto board to mat/ Not landing on feet: 5.0/Void	Lack of height: ^0.5 Foot form: ^0.1 Legs Separated: ^0.2 Legs Bent: ^0.3 Head/Arm alignment: ^0.3 Arch: ^0.3 Pike/tuck: ^0.5 Fail land Demi-plie: ^0.5 Land Feet Apart/stag: ^0.1 Fail to Join Feet: <u>0.05</u> Fall: <u>0.5</u>	Arms by ears: ^0.2 Extra Kick: <u>0.5</u> each Arms Bent: ^0.5 Legs Bent: ^0.3 Legs Separated: ^0.2 Shoulder Align(<180): ^0.3 Pike: ^0.5 Arch: ^0.3 Vertical: ^2.0 One Hand: <u>1.0</u> Add Hand place: <u>0.1</u> ea (max <u>0.3</u>) Foot form: ^0.1	Fail land st.-lying position on back: ^1.0 Lands on feet & steps off mat: <u>1.0</u> Land on seat 90° hip angle & steps off mat: <u>0.5</u> Lands in arch & bent legs & steps off mat: <u>0.5</u>
General Faults			
Dynamics: ^0.3 Spot Straight Jump: <u>2.0</u> Spot landing of St Jump: <u>0.5</u> Fall after spot: <u>0.5</u> (additional)			

Gymnast#:	Stretch Jump (4.5)	Handstand (4.5)	Landing
Run & Board Contact Jumps _____	Height: _____ Feet: _____ Legs Sep: _____ Legs Bent: _____ Head: _____ Arch/Pk/tk _____ Direction _____ Landing: _____	Arms by ears: _____ Arms Bent: _____ Legs Bent: _____ Legs Separated: _____ Shoulder Align: _____ Pike/Arch: _____ Vertical: ^2.0: _____ Foot form: ^0.1: _____	General Dynamics: _____ Spot/fall: _____
			

Vault: Bronze		Option: 2	Start Value: 10.0
First Phase General (Each Phase)	General Faults	Support Phase	Landing
Foot form: ^0.1 Legs Separated: ^0.2 Legs Bent: ^0.3 Neutral Head Position: ^0.1 Arch: ^0.3 Pike: ^0.5	Dynamics: ^0.3 Dev from straight dir: ^0.3 Spot After HS: <u>2.0</u>	Inc. Shoulder Align: ^0.3 Arms Bent: ^0.5 Bent Arms Head Cont: <u>2.0</u> Additional hand place: <u>0.1</u> ea (max 0.3) 1 or no hand contact: <u>3.0</u> Fail to show vertical: ^2.0 Contact After Vertical: 0° - 45°: ^1.5 46° - 89°: ^1.0	Lands on feet & steps off mat: <u>1.0</u> Land on seat 90° hip angle & steps off mat: <u>0.5</u> Lands in arch & bent legs & steps off mat: <u>0.5</u>

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