

Xcel Diamond Bars		Warm up: 2:00 min		
Skill Chart	Value Part	Restrictions (-0.50 from SV)		Deductions
Mounts: - Jump to Squat on Casts: - Cast 45° to 21° from vertical	Minimum VP: - 6 "A" (0.1) each - 1 "B" (0.3) each	- No "E" elements 1 "D" element allowed	NO Tap/Underswing Counter swing allowed Extra Leg Pump: 0.30 max 0.50 each time 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):	Clear support > 45° ab HZ	Min "B" 360° skill	"B" release or turn or 2 nd 360° skill same/diff	B Salto/Hecht DMT


Xcel Diamond Beam		Warm Up: 2:00 min	Time Limit: 1:15 min
Skill Chart	Value Part	Deductions	
Leaps & Jumps: (min. 120°) - Sissonne min 150° - Stag-open split leap 150° Handstands: do not have to be held Max execution deductions: 4.0 Courtesy Score: 4.0	Minimum VP: - 6 "A" (0.1) each - 2 "B" (0.3) each Restrictions (-0.50 from SV) 1 "D" Element allowed - No "C" Acro VP - No "D" or higher VP	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):	Min. 1/1 turn (1 ft)	Dance Series w/ 150° leap/jump	1 Acro Series & 1 Acro Flight
		Dismount	

Xcel Diamond Floor		Warm Up: 2:00 min	Time Limit: 1:30 min
Skill Chart	Value Part	Deductions	
Leaps / Jumps / Hops Min 150°	Minimum VP: - 6 "A" (0.1) each - 2 "B" (0.3) each Restrictions (-0.50 from SV) - No "E" VP - Max. 1 "D" or higher VP	Artistry ^0.3 ^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	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):	"B" Turn	Dance Series w/ 150° leap/jump	2 separate acro passes
		2 diff saltos (1 min "B")	5 - A's (0.10) 2 - "B" (0.30)


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 _____			

