| Xcel Diamond Bars | Warm up: 2:00 min | | 5 1 | | |
|--|-------------------------------|--|------------------|--|--|
| Skill Chart Value Part | | | Deduc | ctions | |
| Mounts: Minimum VP: | Restrictions (-0.50 from SV) | NO Tap/Underswing Counter swing allow | ved ^0.20 Ir | ^0.20 Insufficient Dynamics | |
| - Jump to Squat on - 6 "A" (0.1) each | - No "E" elements | Extra Leg Pump: 0.30 max 0.50 each tim | ie - | Insufficient swingful execution throughout | |
| Casts: - 1 "B" (0.3) each | 1 "D" element allowed | Max execution deductions: 4.0 | - | Energy maintained throughout exercise | |
| - Cast 45° to 21° | | Courtesy Score: 4.0 | - | Makes difficult look effortless | |
| from vertical | | | ^0.10 E | Each Poor rhythm in VP/connections | |
| SR (0.50 each): Clear support \geq 45° ab HZ | Z Min "B" 360° skill "B" rele | ease or turn or 2 nd 360° skill same/diff | B Salto/Hecht DM | Т | |
| | | | | | |
| | | | | | |

| Xcel Diamond Beam | | | Warm Up: 2:00 min Ti | ime Limit: 1:15 min | |
|---|------------------------------------|----------------------|--|--|--|
| Skill Chart | Value Part | Deductions | | | |
| Leaps & Jumps: (min. 120°) | Minimum VP: | Artistry ^0.3 | | Dynamics ^0.2 | |
| Sissonne min 150° | - 6 "A" (0.1) each | ^0.10 Or | rig/creative choreo- | - Energy maintained throughout exercise | |
| Stag-open split leap 150° | - 2 "B" (0.3) each | elements/connections | | - Makes difficult look effortless | |
| Handstands: do not have to be held | Restrictions (-0.50 from SV) | ^0.10 Qv | uality of movement to reflect personal | Rhythm | |
| Max execution deductions: 4.0 | 1 "D" Element allowed | style | | - ^0.10 Each Poor rhythm in VP/connections | |
| Courtesy Score: 4.0 | - No "C" Acro VP | ^0.10 Qu | uality of expression | - ^0.20 Insufficient variation-rhythm/tempo throughout | |
| | - No "D" or higher VP | | | | |
| SR (0.50 each): Min. 1/1 turn (1 | Lft) Dance Series w/ 150° leap/jun | mp | 1 Acro Series & 1 Acro Flight | Dismount | |
| | | | | | |
| Xcel Diamond Floor | | | Warm Up: 2:00 min Tii | ime Limit: 1:30 min | |
| Acer Diamona Floor | o Part Dos | ductions | <u> </u> | THE LITTIC. 1.50 HIIII | |

| Xcel Diamond Floor | | Warm Up: 2:0 | 0 min Time Limit: 1:3 | 30 min | |
|--------------------------|--------------------------------|------------------------------------|------------------------------|-----------------------|-------------------------|
| Skill Chart | Value Part | Deductions | | | |
| Leaps / Jumps / Hops | Minimum VP: | Artistry ^0.3 Dynamics ^0.2 | | | |
| Min 150° | - 6 "A" (0.1) each | ^0.10 Orig/creative choreo-elemen | ts/connections - Energy m | aintained through | out exercise |
| | - 2 "B" (0.3) each | ^0.10 Quality of movement to refle | ct personal style - Makes di | fficult look effortle | ss |
| | Restrictions (-0.50 from SV) | ^0.10 Quality of expression | Rhythm | | |
| | - No "E" VP | Max execution deductions: 4.0 | | h Poor rhythm in \ | |
| | - Max. 1 "D" or higher VP | Courtesy Score: 4.0 | | | 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 / Diam | ond/Sapphire | | |
|---------------------------------------|----------------------------------|-----------------------------|---|
| 1st Flight | Support Phase | 2 nd Flight | Landing |
| Incomplete LA Turn: ^0.3 | Staggered Hands: 0.1 | Exact LA turn: ^0.1 | Feet Apart (Hip width): 0.1(0.05) |
| Fail pass through Vert: ^0.3 | Shoulder Angle: ^0.2 | Late Comp Twist: ^0.3 | Hop/adjust/stag feet: ^0.1 |
| General (1st & 2nd Flight) | Arch: ^0.2 | Under Rotate Salto: ^0.1 | Steps: <u>0.1</u> ea. (max <u>0.4</u>) |
| | Alt Repulsion: ^0.2 | Length: ^0.3 | Lg. Jump: 0.2 (max 0.4) |
| Foot form: ^0.1 | Legs bent/tuck early: ^0.3 | Height: ^0.5 | Arm Swings: ^0.1 |
| Legs Separated: ^0.2 | Add hand place: 0.1 ea (max 0.3) | Exact Body Position: ^0.3 | Inc Body Post: ^0.2 |
| Legs Bent: ^0.3 | Arms Bent: ^0.5 | Insuf. Extension: ^0.3 | Add Trunk Movement: ^0.2 |
| Neutral Head Position: ^0.3 | Bent Arms Head Cont: 2.0 | Fail Maintain Stretch: ^0.3 | Squat on Landing: ^0.3 |
| Arch: ^0.3 | Too long in support: ^0.5 | | Spot on landing: 0.5 |
| Pike: ^0.5 | 1 hand touch: 1.0 | Non-Salto Vaults | Spot Vault: 1.0 |
| | No hands touch: Void | Angle of Repulsion: ^0.5 | Fail to land on feet: Void |
| Dynamics: ^0.3 | NO Harius touch. Void | | rail to laild oil feet. Void |
| Gymnast#: | Support Phase | 2 nd Flight | Landing |
| | Shoulder: | Length: | Legs/feet: |
| 1st & 2nd Flight | Arms Bent: | Height: | Jump/hop: |
| | | Angle: | Arms/Trunk: |
| | Hand Stag: | Exact LA turn: | |
| | Support: | Late Comp Twist: | |
| Legs Bent: | Alt Repulsion: | Under Rotate Salto: | |
| Arch/Pike | | Exact Body Position: | |
| Archypike | | Insuf. Extension: | Dynamics |
| | | Fail Maintain Stretch: | Direction |
| - | | | |
| | | | |
| Gymnast#: | Support Phase | 2 nd Flight | Landing |
| | Shoulder: | Length: | Legs/feet: |
| 1st & 2nd Flight | Arms Bent: | Height: | Jump/hop: |
| Feet | Hand Stag: | Angle: | Arms/Trunk: |
| Legs Sep: | Support: | Exact LA turn: | |
| Legs Bent: | • • | Late Comp Twist: | |
| Head: | Alt Repulsion: | Under Rotate Salto: | |
| Arch/Pike | | Exact Body Position: | Dynamics |
| | | Insuf. Extension: | Direction |
| · · · · · · · · · · · · · · · · · · · | 3 | Fail Maintain Stretch: | - |
| Gymnast#: | Support Phase | 2 nd Flight | Landing |
| | Shoulder: | Length: | Legs/feet: |
| 1st & 2nd Flight | Arms Bent: | Height: | Jump/hop: |
| Foot | | Angle: | Arms/Trunk: |
| | Hand Stag: | Exact LA turn: | |
| Legs Sep: | Support: | Late Comp Twist: | |
| Legs Bent: | Alt Repulsion: | Under Rotate Salto: | |
| Arch/Pike | | Exact Body Position: | B. constant |
| AICI/FIRE | | Insuf. Extension: | Dynamics |
| | | Fail Maintain Stretch: | Direction |
| 1 | 3 | | |