Xcel Platinum Bars			Warm up: 1:30	min				
Skill Chart	Value Part					Deductions		
Mounts:	Minimum VP:	Allowable "	C"	Max execution deductions: 4.0		^0.20 Insufficient Dynamics		
Jump to Squat On	- 6 "A" (0.1) each	- Clear Hip I	HS	Courtesy Score: 4.0		 Insufficient swingful execution 		
Casts / Counter Swings:	- 1 "B" (0.3) each	- Pike Sole Circle BWD to HS		Extra Swings:		throughout		
- Cast 89° to 21° from vert.	Restrictions (-0.50 from SV)	- Stalder BWD to HS ALL w/o		One Tap/Underswing counter swing			- Energy maintained throughout	
- Tap/underswing	 No "C" or higher 	turn	rn allowed for "A" VP w/o <u>0.30</u> extra swing		exercise			
Counterswing (only 1				deduction			- Makes difficult look effortless	
allowed)				Extra Leg Pump: 0	.30 max 0.50 each time	^0.:	10 Each Poor rhythm in VP/connections	
SR (0.50 each): Kip	Clear support > Hor	izontal	360° Circling ski	II (no mt/dmt)	Dismount – HB			
·	·							

SR (0.50 each):	Kip	Clear support > Horizontal	360° Cir	rcling skill (no mt/dmt)	Dismount	– HB		
cel Platinum Be	eam		Wa	arm Up: 1:30 min Tin	me Limit: 1::	15 min		
kill Chart			Deduction	ns				
aps & Jumps: (mi			Artistry ^0.3			Dynamics		
andstands: do not	t have to be		^0.10 Orig/creative choreo-elements/connections - Energy maintained throughout exercise - Makes difficult look effortless					
eld				ty of movement to reflect pers ty of expression	sonal style	- Makes Rhythm	difficult look effortless	
lax execution dedu	fuctions: 4.0	- No "C" Acro VP	^U.10 Qualit	y of expression			Each Poor rhythm in VP/connections	
ourtesy Score: 4.0		- No C Acro VP - No "D" or higher VP					Insufficient variation-rhythm/tempo thro	ughout
	Min. 1/1 tur		o/iump	1 Acro Series or 1 Flight	Dismoun		Tisumocine for the same same same same same same same sam	u _B
,								
								ı
								ı
								ı
								ı
							I	
cel Platinum Flo	loor		Wa	arm Up: 1:30 min Tin	me Limit: 1:3	30 min		
Skill Chart		lue Part	Deductio					
Leaps / Jumps / Ho	ops Min	nimum VP:	Artistry ^0.	.3		Dynamics	^0.2	
			4			4		

Kcel Platinum Floor		Warm Up: 1:30 min	Time Limit: 1:3	30 min					
kill Chart	Value Part	Deductions							
eaps / Jumps / Hops Minimum VP:		Artistry ^0.3	Dynamics ^0.2						
Min 150° - 6 "A" (0.1) each		^0.10 Orig/creative choreo-eleme	- Energy maintained throughout exercise						
	- 1 "B" (0.3) each	^0.10 Quality of movement to ref	- Makes difficult look effortless						
Restrictions (-0.50 from SV)		^0.10 Quality of expression	Rhythm						
- No "C" VP Acro		Max execution deductions: 4.0	Max execution deductions: 4.0			- ^0.10 Each Poor rhythm in VP/connections			
	- No "D" or higher VP	Courtesy Score: 4.0		- ^0.20 Insufficient variation-rhythm/tempo throughou					
SR (0.50 each): 1/1 turr	n (1 ft) Dance Series w/ 150° leap/jump	Min 2 acro flt w/ salto	2 nd pass w 2 flt or l	B salto	6 - A's (0.10)	1 -"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 leet. 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		