

Xcel Sapphire Bars		Warm up: 2:00 min				
Bonus: Max: Up to 0.40		Value Part		Deductions		
Difficulty Bonus: - C - +0.1 unlimited - D - +0.1 only 1	Connection Bonus: - B + B = +0.10	Minimum VP: - 3 "A" (0.1) each - 3 "B" (0.3) each - 1 "C" (0.5) each	Restrictions (-0.50 from SV) - No "E" elements	NO Tap/Underswing Counter swing allowed <u>Extra Leg Pump: 0.30</u> 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	
Start Value: 9.60						
SR (0.50 each):	B Clear support to vertical	Min "B" 360° skill	"B" release or turn or 2 <sup>nd</sup> 360° skill diff	B Salto/Hecht DMT or C to A DMT	SV: 9.40	


Xcel Sapphire Beam		Warm Up: 2:00 min		Time Limit: 1:30 min		
Bonus: Max: Up to 0.40		Value Part		Deductions		
Difficulty Bonus: - C - +0.1 unlimited - D - +0.1 only 1	Connection Bonus: B + B = +0.10	- 3 "A" (0.1) each - 3 "B" (0.3) each - 1 "C" (0.5) each Restrictions (-0.50 from SV) - No E Value Parts		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	
Start Value: 9.60						
SR (0.50 each):	Min. 1/1 turn (1 ft)	Dance Series w/ 180° leap/jump	Acro Series w/ 1 Acro Flight	B Dismount or Acro Flt to A salto/arial DMT		

Xcel Sapphire Floor		Warm Up: 2:00 min		Time Limit: 1:30 min				
Bonus: Max: Up to 0.40		Value Part		Deductions				
Difficulty Bonus: - C - +0.1 unlimited - D - +0.1 only 1	Connection Bonus: B + B = +0.10	- 3 "A" (0.1) each - 3 "B" (0.3) each - 1 "C" (0.5) each Restrictions (-0.50 from SV) - No "E" 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			
Start Value: 9.60								
SR (0.50 each):	"B" Turn	Dance Series w/ 180° leap/jump	Double Salto Pass	3 diff saltos (1 min "B")	3 - A's (0.10)	3 - "B" (0.30)	1 "C" (0.5) each	


Vault: Gold / Platinum / Diamond / Sapphire

1 <sup>st</sup> Flight	Support Phase	2 <sup>nd</sup> 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	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
<b>General (1<sup>st</sup> &amp; 2<sup>nd</sup> Flight)</b>		<b>Non-Salto Vaults</b> <b>Angle of Repulsion: ^0.5</b>	
Foot form: ^0.1 Legs Separated: ^0.2 Legs Bent: ^0.3 Neutral Head Position: ^0.3 Arch: ^0.3 Pike: ^0.5 Dynamics: ^0.3			

Gymnast#:	Support Phase	2 <sup>nd</sup> Flight	Landing
<b>1<sup>st</sup> &amp; 2<sup>nd</sup> Flight</b>	Shoulder: _____	Length: _____	Legs/feet: _____
Feet. _____	Arms Bent: _____	Height: _____	Jump/hop: _____
Legs Sep: _____	Hand Stag: _____	<b>Angle:</b> _____	Arms/Trunk: _____
Legs Bent: _____	Support: _____	Exact LA turn: _____	
Head: _____	Alt Repulsion: _____	Late Comp Twist: _____	
Arch/Pike _____		Under Rotate Salto: _____	
		Exact Body Position: _____	Dynamics _____
		Insuf. Extension: _____	Direction _____
		Fail Maintain Stretch: _____	



Gymnast#:	Support Phase	2 <sup>nd</sup> Flight	Landing
<b>1<sup>st</sup> &amp; 2<sup>nd</sup> Flight</b>	Shoulder: _____	Length: _____	Legs/feet: _____
Feet. _____	Arms Bent: _____	Height: _____	Jump/hop: _____
Legs Sep: _____	Hand Stag: _____	<b>Angle:</b> _____	Arms/Trunk: _____
Legs Bent: _____	Support: _____	Exact LA turn: _____	
Head: _____	Alt Repulsion: _____	Late Comp Twist: _____	
Arch/Pike _____		Under Rotate Salto: _____	
		Exact Body Position: _____	Dynamics _____
		Insuf. Extension: _____	Direction _____
		Fail Maintain Stretch: _____	



Gymnast#:	Support Phase	2 <sup>nd</sup> Flight	Landing
<b>1<sup>st</sup> &amp; 2<sup>nd</sup> Flight</b>	Shoulder: _____	Length: _____	Legs/feet: _____
Feet. _____	Arms Bent: _____	Height: _____	Jump/hop: _____
Legs Sep: _____	Hand Stag: _____	<b>Angle:</b> _____	Arms/Trunk: _____
Legs Bent: _____	Support: _____	Exact LA turn: _____	
Head: _____	Alt Repulsion: _____	Late Comp Twist: _____	
Arch/Pike _____		Under Rotate Salto: _____	
		Exact Body Position: _____	Dynamics _____
		Insuf. Extension: _____	Direction _____
		Fail Maintain Stretch: _____	

