

XCEL UNEVEN BARS

| Bronze | Silver | Gold | Platinum | Diamond | Sapphire |
|---|---|---|--|--|--|
| Warm-up: 30 seconds | 45 seconds | 1:00 minute | 1:30 minutes | 2:00 minutes | 2:00 minutes |
| VALUE PARTS Deduct from SV for each missing VP | | | | | |
| Bronze 4 A (0.1 each) | Silver 5 A (0.1 each) | Gold 6 A (0.1 each) | Platinum 6 A (0.1 each) 1 B (0.3 each) | Diamond 5 A (0.1 each) 2 B (0.3 each) | Sapphire 9.6 SV 3 A (0.1 each) 3 B (0.3 each) 1 C (0.5 each) Connect Bonus (↑0.4) B+B C/D Bonus (↑0.4) any C & 1 D |
| DIFFICULTY RESTRICTIONS Deduct - 0.5 from SV for each restricted skill performed — May not fulfill SR | | | | | |
| No 'B' or higher VP No Skills on HB No Salto Dismounts No LB Giants | No 'B' or higher VP No Giants (LB or HB) No Salto Dismounts | No 'C' or higher VP No Giants (LB or HB) No release move with bar change | No 'C' or higher VP <i>except</i> : Clear Hip HS Stalder Bwd to HS Pike sole circle bwd to HS | No 'E' VP 1 'D' element allowed No Bonus | No 'E' VP |
| CLARIFICATIONS Courtesy score = 4.0 Short exercise: Less than 3 Elements deduct 2.0 | | | | | |
| | Long hang pullover from a long swing = 360° circle | Long hang pullover from a long swing = 360° circle | Long hang pullover from a cast = 360° circle | | |
| Cast squat-on to Jump-off DMT are 2 "A" Skills | Cast squat-on to Jump-off DMT are 2 "A" Skills | | One tap/underswing- counterswing allowed = "A" <i>with no extra swing deduction</i> | | |
| Extra swings OK | Extra swings OK | Extra swings OK | Extra swing deductions apply | Extra swing deductions apply | Extra swing deductions apply |
| Skill preceded by a cast = both receive VP credit — DO NOT use DP cast angle deductions! | | | | | |
| Exceptions: Cast-Squat/Stoop/Straddle on w/wo jump to HB / Cast Shoot-thru = one (1) 'A' VP for all divisions — Cast off DMT = one (1) 'A' VP for Bronze VP & SR credit given for cast/circle finishing within 10° of requirement (XS-XD). Deduct up to 0.1 for amplitude deficiency for element fulfilling requirement. | | | | | |
| SPECIAL REQUIREMENTS Deduct 0.5 from SV for each missing requirement | | | | | |
| 1. Mount LB | 1. Mount | 1. Skill that finishes in clear support - Min. horizontal - Not Mt/Dmt | 1. Skill that finishes in clear support - Above horizontal - Not Mt/Dmt | 1. Skill that finishes in clear support - Min 45° from vertical - Not Mt/Dmt | 1. Skill that finishes in clear support - at Vertical - within 20° - Not Mount / Dismount |
| 2. Cast - Hips must leave bar - Not Mt/Dmt | 2. Cast - Min 45° below Horz. - Not Mt/Dmt | 2. 360° Circling Skill - Not Mt/Dmt | 2. 360° Circling Skill - Not Mt/Dmt | 2. 360° Circling Skill - 'B' - Minimum 'B' - Not Mt/Dmt | 2. 360° Circling Skill - 'B' - Minimum 'B' - Not Mount / Dismount |
| 3. 360° Circling Skill - Not Mt/Dmt | 3. 360° Circling Skill - Not Mt/Dmt | 3. 2nd 360° Circling Skill - Not Mt/Dmt - Same: connect or 1LB/1HB - Different: isolate or connect | 3. Kip | 3. Minimum 'B' Skill - Release, Turn, or 2nd 360° Circle (same or different) | 3. Minimum 'B' Skill - Release, Turn, or 2nd 360° Circle (different) A release in mount is OK |
| 4. Dismount - LB - No saltos | 4. Dismount - HB or LB - No saltos | 4. Dismount - HB | 4. Dismount - HB | 4. Dismount - HB - Salto / Hecht | 4. B Dismount - OR C to an A Salto |
| Bronze | Silver | Gold | Platinum | Diamond | Sapphire |

XCEL UNEVEN BARS - Additional 'A' Value Part Chart

| Bronze | Silver | Gold | Platinum | Diamond | Sapphire |
|---|--|--|---|---|-----------------|
| 'A' MOUNTS 9.12.2024 D. Hanford | | | | | |
| <ul style="list-style-type: none"> • Pullover LB - 1 or 2 feet or run • Glide swing to stand • Run-out glide kip • Single leg Jam kip - From glide or run • Jump to front support | <ul style="list-style-type: none"> • Pullover LB or HB - 1 or 2 feet or run • Glide swing to stand • Run-out glide kip • Single leg Jam kip - From glide or run • Jump to squat on | <ul style="list-style-type: none"> • Pullover LB or HB - 1 or 2 feet or run • Glide swing to stand • Run-out glide kip • Single leg Jam kip - From glide or run • Jump to squat on | <ul style="list-style-type: none"> • Jump to squat on | <ul style="list-style-type: none"> • Jump to squat on | |
| • Jump to clear support, immediate back hip circle: OK for all levels | | | | | |
| 'A' CASTS | | | | | |
| <ul style="list-style-type: none"> • Cast - Hips must leave the bars | <ul style="list-style-type: none"> • Cast - $\geq 45^\circ$ below horizontal - SR/VP credit if within 10° | <ul style="list-style-type: none"> • Cast - Min horizontal - SR/VP credit if within 10° | <ul style="list-style-type: none"> • Cast - $89^\circ - 21^\circ$ from vertical - SR/VP credit if within 10° | <ul style="list-style-type: none"> • Cast - $45^\circ - 21^\circ$ from vertical - SR/VP credit if within 10° | |
| 'A' CIRCLES | | | | | |
| <ul style="list-style-type: none"> • Stride Circle Fwd • Stride Circle Bwd | <ul style="list-style-type: none"> • Stride Circle Fwd • Stride Circle Bwd • Long hang pullover - From long swing = 360° circle | <ul style="list-style-type: none"> • Stride Circle Fwd • Stride Circle Bwd • Long hang pullover - From long swing = 360° circle | | | |
| 'A' SWINGS & OTHER SKILLS | | | | | |
| <ul style="list-style-type: none"> • Basket Swing - 1 leg - Bent knee OK • Cast shoot-through • Single leg cut Fwd/Bwd • Single leg swing Fwd/Bwd | <ul style="list-style-type: none"> • Tap/Under Swing - Counterswing • Basket Swing - 1 leg - Bent knee OK • Cast shoot-through • Single leg cut Fwd/Bwd • Single leg swing Fwd/Bwd | <ul style="list-style-type: none"> • Tap/Under Swing - Counterswing • Basket Swing - 1 leg - straight leg only • Cast shoot-through • Single leg cut Fwd/Bwd | <ul style="list-style-type: none"> • Tap/Under Swing - Counterswing - Only one (1) allowed | | |
| 'A' DISMOUNTS | | | | | |
| <ul style="list-style-type: none"> • Cast-off to Stand 1 VP - Release bar before landing - No cast VP / No cast SR • $\frac{3}{4}$ Fwd Circle to stand • Underswing/sole circle LB • Stretch Jump Off - Forward to stand - From squat, straddle or stoop on LB | <ul style="list-style-type: none"> • Tap Swing fwd $\frac{1}{2}$ turn • $\frac{3}{4}$ Bwd Seat Circle - Pike or Straddle from LB • Underswing/sole circle LB • Stretch Jump Off - Forward to stand - From squat, straddle or stoop on LB | <ul style="list-style-type: none"> • Tap Swing fwd $\frac{1}{2}$ turn • Tap Swing fwd $\frac{1}{2}, \frac{1}{2}$ - Hand touch required | <ul style="list-style-type: none"> • Tap Swing fwd $\frac{1}{2}, \frac{1}{2}$ - Hand touch required | | |
| Bronze | Silver | Gold | Platinum | Diamond | Sapphire |

XCEL BALANCE BEAM

| Bronze | Silver | Gold | Platinum | Diamond | Sapphire |
|---|--|---|--|--|---|
| Warm-up: 30 seconds Compete: 45 seconds | Warm-up: 45 seconds Compete: 50 seconds | Warm-up: 1:00 minute Compete: 1:00 minute | Warm-up: 1:30 minutes Compete: 1:15 minutes | Warm-up: 2:00 minutes Compete: 1:15 minutes | Warm-up: 2:00 minutes Compete: 1:30 minutes |
| VALUE PARTS Deduct from SV for each missing VP | | | | | |
| Bronze 4 A (0.1 each) | Silver 5 A (0.1 each) | Gold 6 A (0.1 each) | Platinum 6 A (0.1 each) 1 B (0.3 each) | Diamond 5 A (0.1 each) 2 B (0.3 each) | Sapphire 9.6 SV 3 A (0.1 each) 3 B (0.3 each) 1 C (0.5 each) Connect Bonus (↑0.4) B+B C/D Bonus (↑0.4) any C & 1 D |
| DIFFICULTY RESTRICTIONS Deduct - 0.5 from SV for each restricted skill performed — May not fulfill SR | | | | | |
| No 'B' or higher VP No Walkovers No Salto /Aerial Dmts | No 'B' Acro VP No 'C' or higher VP | No 'C' or higher VP | No 'C' Acro VP No 'D' or higher VP | No 'E' VP 1 'D' element allowed No Bonus | No 'E' VP |
| CLARIFICATIONS Courtesy score = 4.0 Short Exercise: Less than 3 elements deduct 2.0 | | | | | |
| SR credit awarded for cross/side leaps/jumps within 20° of specified split (XS-XD) or within 45° for Sapphire. Deduct ↑0.2 for insufficient split | | | | | |
| Cross split jump = A Cross straddle jump = A Split leap = A (any split angle) | 'B' Dance allowed <u>90° split</u> Leaps/jumps 70-134° = A/SR Leaps/jumps ≥135° = VP/SR | 'B' Dance allowed <u>120° split</u> Leaps/jumps 100-134° = A/SR Leaps/jumps ≥135° = VP/SR | 'C' Dance allowed <u>120° split</u> Leaps/jumps 100-134° = A/SR Leaps/jumps ≥135° = VP/SR | 1 'D' element allowed <u>155° split</u> Leaps/jumps ≥135° = VP/SR Leaps/jumps below 135° = A | <u>180° split</u> Leaps/jumps ≥135° = VP/SR Leaps/jumps below 135° = A |
| All unlisted Mounts are 'A' VP — Acro must start and finish on BB — Handstands are considered the same skill, no 2 sec hold (regardless of angle achieved) Walkover-type elements require the same split angle for their level | | | | | |
| SPECIAL REQUIREMENTS Deduct 0.5 from SV for each missing requirement | | | | | |
| 1. Min ½ (180°) turn - on 1 or 2 feet | 1. Min ½ (180°) turn - on 1 foot | 1. Min 1/1 (360°) turn - on 1 foot | 1. Min 1/1 (360°) turn - on 1 foot | 1. Min 1/1 (360°) turn - on 1 foot | 1. Min 1/1 (360°) turn - on 1 foot |
| 2. One Jump / Leap - Not Mt/Dmt | 2. One Jump / Leap - 90° split cross/side - Not Mt/Dmt | 2. Two Jumps / Leaps - Grp 2 -must be different - One = 120° split cross/side - Isolated or in series | 2. Dance Series 2 VP - Group 1,2,3* same or diff *Dance mounts & 1-ft turns AND 1 Leap/Jump - 120° split cross/side - Isolated or in series | 2. Dance Series 2 VP - Group 1,2,3* same or diff *Dance mounts & 1-ft turns AND 1 Leap/Jump - 155° split cross/side - Isolated or in series | 2. Dance Series 2 VP - Group 1,2,3* same or diff *Dance mounts & 1-ft turns AND 1 Leap/Jump - 180° split cross/side - Isolated or in series |
| 3. One Acro Skill - Non-flight - Must start & finish on beam | 3. One Acro Skill - Non-flight - Must start & finish on beam | 3. Two Acro Skills - With or without flight - 1 achieves/passes thru inverted vertical - Isolated or in series - Must start & finish on beam | 3. One Acro Series - With or without flight - 1 achieves/pass thru vertical - Must start & finish on beam OR 1 Acro Flight Skill - Isolated or in series - Must start & finish on beam | 3. One Acro Series - With or without flight - 1 achieves/pass thru vertical - Not Mt / Dmt AND 1 Acro Flight Skill - Isolated or in series - Must start & finish on beam | 3. One Acro Series - With 1 Acro flight skill (min) - 1 achieves/pass thru vertical - Must start & finish on beam - Not Mt / Dmt |
| 4. Dismount - No aerials or saltos | 4. Dismount | 4. Dismount | 4. Dismount | 4. Dismount - Aerial or Salto | 4. 'B' Dismount OR Acro flight to 'A' Salto / Aerial |
| Bronze | Silver | Gold | Platinum | Diamond | Sapphire |

XCEL BEAM EXERCISE - Additional 'A' Value Part Chart

| Bronze | Silver | Gold | Platinum | Diamond | Sapphire |
|--|--|---|--|--|-----------------|
| 9.12.2024 D. Hanford | | | | | |
| 'A' LEAPS & JUMPS | | | | | |
| <ul style="list-style-type: none"> • Stag / Stride Leap - Any split angle • Cross split jump - Any split angle • Cross straddle jump - Any split angle | <ul style="list-style-type: none"> • Split Jump 90° • Stride Leap 90° • Side Leap 90°- 180°+ • Straddle Jump 90°- 180°+ • Credit up to 20° deficiency | <ul style="list-style-type: none"> • Split Jump 120° • Stride Leap 120° • Side Leap 120° • Straddle Jump 120° • Switch Leap 120° • Credit up to 20° deficiency | <ul style="list-style-type: none"> • Leaps / Jumps / Hops - below 135° Split - Cross or side split | <ul style="list-style-type: none"> • Leaps / Jumps / Hops - below 135° Split - Cross or side split | |
| Leaps/Jumps with ≥ 135° will receive Xcel CoP listed Value Part, but will only receive a deduction for the split angle required at the level. | | | | | |
| 'A' ½ TURNS | | | | | |
| <ul style="list-style-type: none"> • Pivot Turn - 180° • Squat ½ Turn - 180° • 1-Foot ½ Turn - 180° • Heel snap ½ turn - 180° • Swing Turn Fwd - 180° • Swing Turn Bwd - 180° | <ul style="list-style-type: none"> • 1-Foot ½ Turn - 180° • Heel snap ½ turn - 180° • Swing Turn Fwd - 180° • Swing Turn Bwd - 180° | | | | |
| 'A' ACRO | | | | | |
| <ul style="list-style-type: none"> • Partial Handstand - One leg reaches min of 45° of vertical while both feet are off beam • Vertical Handstand - Cross or side - No hold - Any leg position • Bridge from Lying on BB - Push up & hold 1 sec. • Lever to touch Beam - free leg horizontal or higher | <ul style="list-style-type: none"> • Partial Handstand - Feet MUST close together at min . 45° of vertical - Both must be simultaneous • Vertical Handstand - Cross or side - No hold - Any leg position • Bridge from Lying on BB - Push up & hold 1 sec. | <ul style="list-style-type: none"> • Partial Handstand - Feet MUST close together at min. 45° of vertical - Both must be simultaneous • Vertical Handstand - Cross or side - No hold - Any leg position | | | |
| 'A' ACRO SERIES | | | | | |
| <ul style="list-style-type: none"> • Cartwheel to Partial HS - Any entry / No hold - 45° of vertical - Land facing Beam • Cartwheel to HS ¼ turn - Any entry / Mark HS • Any Jump from 1 or 2 feet - also up to 360° turn | <ul style="list-style-type: none"> • Cartwheel to Partial HS - Any entry / No hold - 45° of vertical - Land facing Beam • Cartwheel to HS ¼ turn - Any entry / Mark HS • Any Jump from 1 or 2 feet - also up to 360° turn | <ul style="list-style-type: none"> • Cartwheel to HS ¼ turn - Any entry / Mark HS | | | |
| Bronze | Silver | Gold | Platinum | Diamond | Sapphire |

XCEL FLOOR EXERCISE

9.12.2024 D.Hanford

| Bronze | Silver | Gold | Platinum | Diamond | Sapphire |
|---|---|--|--|--|--|
| Warm-up: 30 seconds Compete: 45 seconds | Warm-up: 45 seconds Compete: 1:00 minute | Warm-up: 1:00 minute Compete: 1:00 minute | Warm-up: 1:30 minutes Compete: 1:30 minutes | Warm-up: 2:00 minutes Compete: 1:30 minutes | Warm-up: 2:00 minutes Compete: 1:30 minutes |
| VALUE PARTS Deduct from SV for each missing VP | | | | | |
| Bronze 4 A (0.1 each) | Silver 5 A (0.1 each) | Gold 6 A (0.1 each) | Platinum 6 A (0.1 each) 1 B (0.3 each) | Diamond 5 A (0.1 each) 2 B (0.3 each) | Sapphire 9.6 SV 3 A (0.1 each) 3 B (0.3 each) 1 C (0.5 each) Connect Bonus (↑0.4) B+B C/D Bonus (↑0.4) any C & 1 D |
| DIFFICULTY RESTRICTIONS Deduct - 0.5 from SV for each restricted skill performed — May not fulfill SR | | | | | |
| No 'B' or higher VP No Saltos / Aerials Max 2 Acro flight skills | No 'B' Acro VP No 'C' or higher VP Max 1 Salto / Aerial | No 'B' Twisting Saltos No 'C' or higher VP | No 'C' Acro VP No 'D' or higher VP | No 'E' VP 1 'D' element maximum No Bonus | No 'E' VP |
| CLARIFICATIONS Courtesy score = 4.0 Short Exercise: Less than 3 elements deduct 2.0 | | | | | |
| SR credit awarded for cross/side leaps/jumps within 20° of specified split (XB-XD) or within 45° for Sapphire. Deduct ↑0.2 for insufficient split | | | | | |
| <u>60° split</u> Leaps/jumps 40°-180° = A | 'B' Dance OK <u>90° split</u> Leaps/jumps 70-134° = A/SR Leaps/jumps ≥135° = VP/SR | 'B' Dance OK <u>120° split</u> Leaps/jumps 100-134° = A/SR Leaps/jumps ≥135° = VP/SR | 'C' Dance OK <u>155° split</u> Leaps/jumps ≥135° = VP/SR Leaps/jumps below 135° = A | 1 'D' element allowed <u>155° split</u> Leaps/jumps ≥135° = VP/SR Leaps/jumps below 135° = A | <u>180° split</u> Leaps/jumps ≥135° = VP/SR Leaps/jumps below 135° = A |
| RO-Rebound-Back Roll is acro pass connection | RO-Rebound-Back Roll is acro pass connection | Front Pike & Layout OK | | | B+B indirect acro pass receives bonus |
| SR #1 and SR #2 cannot be combined for Bronze, Silver, Gold, and Platinum — Dive Roll does NOT fulfill acro flight! — Acro hand support flight skills VP are SR eligible regardless of the number of times performed, but the Acro Passes must be different Walkover-type elements require the same split angle for their level | | | | | |
| SPECIAL REQUIREMENTS Deduct 0.5 from SV for each missing requirement | | | | | |
| 1. Acro Pass - 2 VP - 2 directly connected acro - with or without flight | 1. Acro Pass - 2 VP - 2 directly connected acro - One with flight | 1. Acro Flight Pass - 2 directly connected acro - Both with flight | 1. Acro Flight Pass - 2 directly connected w flight - one an 'A/B' Salto | 1. Two Acro Flight Passes - 2 separate passes, each with 2 direct connected flight skills OR the 2nd pass = 'C' Salto | 1. A Two-Salto Acro Pass - same or different salto - directly connected flight skills |
| 2. 2nd Acro Pass - Min of 1 Acro Skill - with or without flight | 2. 2nd Acro Pass - Min of 2 Acro skills - with or without flight OR 1 Acro flight skill | 2. 2nd Acro Flight Pass - 2 directly connected - Both with flight OR 1 Salto or Aerial | 2. 2nd Acro Flight Pass - 2 directly connected - Both with flight OR 1 'B' Salto | 2. Two Different Saltos - One must be 'B' Salto - Isolated or in series - May be combined with SR#1 | 2. Three Different Saltos - One must be 'B' Salto - Isolated or in series - May be combined with SR#1 |
| 3. Dance Passage - 2 different Group 1 VP - 60° split cross/side leap - direct or indirect | 3. Dance Passage - 2 different Group 1 VP - 90° split cross/side leap - direct or indirect | 3. Dance Passage - 2 different Group 1 VP - 120° split cross/side leap - direct or indirect | 3. Dance Passage - 2 different Group 1 VP - 155° split cross/side leap - direct or indirect | 3. Dance Passage - 2 different Group 1 VP - 155° split cross/side leap - direct or indirect | 3. Dance Passage - 2 different Group 1 VP - 180° split cross/side leap - direct or indirect |
| 4. Min ½ (180°) turn - on 1 foot | 4. Min 1/1 (360°) turn - on 1 foot | 4. Min 1/1 (360°) turn - on 1 foot | 4. Min 1/1 (360°) turn - on 1 foot | 4. Min 'B' turn - on 1 foot | 4. Min 'B' turn - on 1 foot |
| Bronze | Silver | Gold | Platinum | Diamond | Sapphire |

XCEL FLOOR EXERCISE - Additional 'A' Value Part Chart

| Bronze | Silver | Gold | Platinum | Diamond | Sapphire |
|---|---|--|--|--|-----------------|
| 'A' LEAPS & JUMPS | | | | | |
| <small>9.12.2024 D. Hanford</small> | | | | | |
| <ul style="list-style-type: none"> • Split Jump 60° • Stride Leap 60° • Side Leap 60°- 180°+ • Straddle Jump 60°- 180°+ • Credit up to 20° deficiency • Leg Swing Hop <i>- Free leg horizontal -within 20°</i> | <ul style="list-style-type: none"> • Split Jump 90° • Stride Leap 90° • Side Leap 90°- 180°+ • Straddle Jump 90°- 180°+ • Credit up to 20° deficiency • Leg Swing Hop <i>- Free leg horizontal -within 20°</i> | <ul style="list-style-type: none"> • Split Jump 120° • Stride Leap 120° • Side Leap 120° • Straddle Jump 120° • Switch Leap 120° • Credit up to 20° deficiency • Leg Swing Hop <i>- Free leg horizontal -within 20°</i> | <ul style="list-style-type: none"> • Leaps / Jumps / Hops <i>- below 135° Split</i> <i>- Cross or side split</i> | <ul style="list-style-type: none"> • Leaps / Jumps / Hops <i>- below 135° Split</i> <i>- Cross or side split</i> | |
| Leaps/Jumps with ≥ 135° will receive Xcel CoP listed Value Part, but will only receive a deduction for the split angle required at the level. | | | | | |
| 'A' ½ TURNS | | | | | |
| <ul style="list-style-type: none"> • 1-Foot ½ Turn - 180° <i>- Any leg position</i> • Swing Turn Fwd - 180° • Swing Turn Bwd - 180° | | | | | |
| 'A' ACRO | | | | | |
| <ul style="list-style-type: none"> • Partial Handstand <i>- 45° of vertical</i> <i>- FEET together</i> • Vertical Handstand <i>- Mark Handstand</i> • Headstand • Bridge Kick-over <i>- From Stand or Lying</i> | <ul style="list-style-type: none"> • Vertical Handstand <i>- Mark Handstand</i> • Headstand • Bridge Kick-over <i>- From Stand or Lying</i> | <ul style="list-style-type: none"> • Vertical Handstand <i>- Mark Handstand</i> • Headstand • Bridge Kick-over <i>- From Stand or Lying</i> | | | |
| 'A' ACRO SERIES | | | | | |
| <ul style="list-style-type: none"> • RO-Rebound-Back Roll <i>- Acceptable Acro Series</i> <i>- Only these skills!</i> <i>- Roll end position optional</i> | <ul style="list-style-type: none"> • RO-Rebound-Back Roll <i>- Acceptable Acro Series</i> <i>- Only these skills!</i> <i>- Roll end position optional</i> | | | | |
| Bronze | Silver | Gold | Platinum | Diamond | Sapphire |