

Xcel Uneven Bars		10.00 SV		Restricted Elements=No VP 0.50 off SV		Missing SR 0.50 off SV	
		Bronze	Silver	Gold			
Warm Up		30 secs		45 secs		1 min	
VP		4 "A"		5 "A"		5 "A"	
SR		<ol style="list-style-type: none"> 1. Mount (from LB only) 2. Cast (hips must leave the bar) 3. 360° circling skill (not in mt or dismt.) 4. Dismount (from LB only; no saltos) 	<ol style="list-style-type: none"> 1. Mount 2. Cast to min 45° below horizontal (not in mt or dismt) 3. 360° circling skill (not in mt or dismt.) 4. Dismount (from LB or HB -no saltos) 	<ol style="list-style-type: none"> 1. Skill finishing in front support at a min of horizontal (not in the mt or dismt) 2/3. Two 360° circling elements (not in the mt or dismt) must be one of the following: <ul style="list-style-type: none"> • Two directly connected same circling elements (performed on either bar) OR • Two different circling elements connected or isolated (performed on either bar) OR • Two of the same circling elements; one performed on the LB one performed on the HB 4. Dismount (from the HB) 			
						A	VP
						B	SR
						C	SV
						Final Score	
						A	VP
						B	SR
						C	SV
						Final Score	
						A	VP
						B	SR
						C	SV
						Final Score	

XCEL Balance Beam		SV 10.00	Restricted Elements=No VP 0.50 off SV	Missing SR 0.50 off SV	
	Bronze	Silver	Gold		
Warm Up	30 secs	45 secs	1 min		
Routine	45 secs	50 secs	1 min		
VP	4 "A"	5 "A"	6 "A"		
SR	1. Min ½ turn on one or two feet 2. Jump or leap (not in mt or dismt) 3. One acro element- non flight 4. Dismount- no salto or aerials	1. Min ½ turn on one foot 2. One Jump or leap with a min. of 90° cross or side split (not in mt or dismt) 3. One acro element- non flight 4. Dismount	1. Min 1/1 turn on one foot 2. Two different Grp 2 elements with a min. of 120° cross or side split (isolated or in a series) 3. Two acro elements – with or without flight (isolated or series) one must achieve or pass through inverted vertical. Support on hands (through handstand position) is not required 4. Dismount		
				A	VP
				B	SR
				C	SV
			Final Score		
				A	VP
				B	SR
				C	SV
			Final Score		
				A	VP
				B	SR
				C	SV
			Final Score		
				A	VP
				B	SR
				C	VP
			Final Score		

Xcel Floor Exercise		SV 10.00		Restricted Elements=No VP 0.50 off SV		Missing SR 0.50 off SV	
		Bronze		Silver		Gold	
Warm Up		4 min warmup- max 10 athletes- 1 st 3 athletes receive an additional minute					
Routine		45 secs		1 min		1 min	
VP		4 "A"		5 "A"		6 "A"	
SR	<ol style="list-style-type: none"> Min. two directly acro elements (with or without flight) 2nd acro pass min of one acro element (with or without flight) Dance passage- min of 2 different elements from Group 1 (directly or indirectly connected) one of which is leap with 60° cross or side split Min. ½ turn on one foot 	<ol style="list-style-type: none"> Min. two directly acro elements (one must have flight) 2nd acro pass min either a 2nd min. two directly connected elements (with or without flight) OR one acro flight element Dance passage- min of 2 different elements from Group 1 (directly or indirectly connected) one of which is leap with 90° cross or side split Min. 1/1 turn on one foot 	<ol style="list-style-type: none"> Min. two directly acro flight elements 2nd acro pass -either a 2nd connection with a min. of 2 directly connected acro flight elements OR one aerial or salto Dance passage- min of 2 different elements from Group 1 (directly or indirectly connected) one of which is leap with 120° Min. 1/1 turn on one foot 			A	VP
						B	SR
						C	SV
						Final Score	
						A	VP
						B	SR
						C	SV
						Final Score	
						A	VP
						B	SR
						C	SV
						Final Score	
						A	VP
						B	SR
						C	SV
						Final Score	

