



Men's Program 2017

Xcel for Boy's Program

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Version: June 2017



BOY'S Xcel PROGRAM

Forward

WHO IS Xcel FOR?

The Xcel Program is designed to offer a broad-based, affordable competitive experience outside the traditional Jr. Olympic Program to attract and retain a diverse group of athletes.

Xcel is a great program for gymnasts that:

- Are at a variety of levels, abilities, ages and commitment levels and want to enjoy all the benefits that gymnastics has to offer while having more flexibility than the Junior Olympic program.
- Have a passion for gymnastics and want to stay involved in the sport for the long term, but do not necessarily have national or elite competitive goals.
- Cannot be in the gym the number of hours that the Junior Olympic program often requires because of other activities or sports but still want to be active in the sport as either a competitive or non-competitive gymnast.
- Want to enjoy the sport of men's gymnastics without in a program that does not have the stricter skill requirements of the Junior Olympic and Compulsory programs. In Xcel, requirements are more flexible.

A NOTE ABOUT XCEL FOR BOYS

Xcel for Girls has been in existence for several years now, but Xcel for Boy's is just getting started. In its inception, the program will take some time to develop as clubs discover the most effective way to use Boy's Xcel to grow their program and participant numbers. Xcel for Boys has the potential to foster great growth within the men's program and programs are urged to remain flexible in their approach to using the program. Effective development of the Xcel for Boy's program can best be addressed by keeping open the lines of communication between clubs, coaches and the State Chairmen in order to facilitate growth of the program.

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General explanation of the program

- **The Xcel for Boys Program consists of three competitive levels, Bronze, Silver, and Gold.**
- **All aspects of the Xcel for Boys program will be determined by each individual state through the Men's State Chairman and their respective state board. This includes: Xcel season, age groups, competition format, awards, judges' requirements, judges' fees, and level of competition (up to and including State Championship)**
- **Competition Organization will be determined by each individual state but will follow USA Gymnastics event sanctioning requirements. Xcel for Boys competition may be held in conjunction with an existing sanctioned Age Group Competition Program event.**

Section I: General Rules and Regulations

A. Age Determination - and Competition Level

- For all aspects of the Men's Junior Olympic Age Group Program, a gymnast's competitive age throughout the entire competitive season is determined by the age he will be on May 31 of the current competitive season. (For example, for all competitions held from September 1, 2016 to May 31, 2017, a gymnast's competitive age is determined by his age on May 31, 2017).**
- A gymnast under the actual age of 6 years old will not be permitted to participate in the Men's Junior Olympic Age Group Competition Program or Xcel program under any circumstance. If a gymnast's competitive age, as of May 31, is 6 years old he may only compete during that competitive season once he has reached the actual age of 6 years old.**

B. Uniforms

- Gymnasts in Xcel are only required to wear gymnastics short pants and team T-shirt. (Gymnasts are not required to wear footwear (socks or gymnastics shoes)).**

C. Coach's Professional Attire

The following coach's professional attire is required at all competitive sessions, scheduled warm up sessions and event training sessions.

- Closed toe shoes, no sandals**
- Slacks, Warm-up pants or hemmed "dress" shorts (No Denim or "Cargo Style" – Defined as having large flap pockets with a button or snap closure on the front and/or side of the thigh)**
- Collared shirts**
- No hats**
- No backpacks or string bags while spotting**

D. Coach's Spotting Responsibilities

- A spotter is required, for all levels, to be in position to safely spot the entire performance on the Horizontal Bar, Still Rings and Vault.**
- A spotter is allowed at all levels on Parallel Bars.**
- If a spotter appears on the Floor Exercise or Pommel Horse / Mushroom events, the deduction is 0.3 from the routine's final score.**
- The gymnast should not be allowed to begin the routine without the presence of the required spotter. If the spotter walks away prior to the completion of the routine, the deduction will be 0.2, with a warning to the coach that a second infraction will result in his remaining gymnasts not being allowed to compete on that event that day.**
- An additional spotter is permitted on Still Rings, Vault, Parallel Bars and Horizontal Bar without deduction.**

- E. Fees maximums will be set by each individual state.
- F. Competition Format rules will be set by each individual state.
- G. Awards will be set by each individual state, however, ribbons are recommended and, if an Xcel State Championships is conducted, awards must be purchased from A-1 Awards for the State Championships.
- H. Requirement for the level of judges and judges' fees will be set by the individual state (State Chairman and State Board).
 - i. Judges must be USA Gymnastics Professional or Junior Professional members
 - ii. A minimum of NGJA Junior Olympic certification is recommended, but if participating programs are in agreement, coaches and/or Junior Professional members may be used as judges for the Xcel program.

Section II: Equipment and Mat Specifications

- A. General
 - i. Floor – routines may be performed on either a regular 40'x40' Floor or a 6'x40' Strip.
 - ii. Pommel horse – routines are performed on a mushroom.
 - iii. Still Rings – routines may be performed on either a regular Still Ring Tower or hanging rings.
 - iv. Vault – routines are performed on stacked mats with a minimum height of 16".
 - v. Parallel Bars – routines are performed on spotting blocks for Bronze, spotting blocks or standard Parallel Bars for Silver, and on standard Parallel Bars for Gold.
 - vi. High Bar – routines are performed on a low bar for bronze, and on a High Bar for Silver and Gold.
- B. Additional Matting – minimum requirements for matting can be found in the Men's Age Group Competition Program manual. Additional matting may be used at SR, PB & HB but must not impede the athlete's ability to swing freely on those apparatus.

Section III: Judging Guidelines

I. General Judging Guidelines

- A. Document Precedence

The International Gymnastics Federation (Fédération Internationale de Gymnastique FIG) Code of Points will be used except where superseded by rules found in this USA Gymnastics Program Manual and approved updates. Therefore, the order of precedence when determining which rules to use in the event of conflict is:

 - i. The USA Gymnastics Men's Xcel Competition Program Manual with official Rules Updates (Rules Updates are available online at <http://www.usa-gymnastics.org>).
 - ii. The International Gymnastics Federation (Fédération Internationale de Gymnastique FIG) Code of Points with Rules Updates published by the FIG Men's Technical Committee (Rules Updates [aka FIG MTC newsletters] are available online at: <http://www.fig-gymnastics.com>)
- B. Judging Requirements
 - i. Only one judge per event will be used for all Xcel competitions.
 - ii. See Section 1.H for additional information

- C. Minimum Score
The minimum score for any exercise or attempted vault in the Xcel Program is 6.00.
- D. Routine Repetition Rule
- i. One attempt at a routine is allowed.
 - ii. Should circumstances occur that are beyond the control of the gymnast which interrupt his attempt at a routine the gymnast may be given the opportunity to repeat his routine, at the discretion of the head judge.
 - iii. Should a hand guard (grip) tear during the routine; the gymnast will be allowed to repeat his performance, at the discretion of the head judge.
 - iv. An incomplete vault may be repeated once with safety in mind and at the judge's discretion with a deduction of 1.00 from the final score of the second attempt. No third attempt is allowed.
- E. Spotting Deductions
- i. All spotting must be performed by an active USA Gymnastics Professional Member in good standing.
 - ii. If there is no spotter, when required, the routine may not begin. If the spotter walks away when required, deduct 0.2. The event judge will warn the coach that another infraction may disqualify his athlete(s) on that event for that day.
 - iii. If a spotter appears on the Floor Exercise or Pommel Horse / Mushroom events, the deduction is 0.3 from the routine's final score.
 - iv. Unless specifically stipulated in an Xcel routine as an allowable spot, if the spotter assists in the execution of the skill, deduct 0.5 for the spot and also deduct for any execution errors that occurred in the execution of the skill. The judge has the discretion to not recognize the skill if, in his opinion, the gymnast could not have completed the skill on his own.
 - v. If, during the exercise, an incidental brush or touch occurs between the spotter and the gymnast, without interrupting or assisting in the skill, there is no deduction.
 - vi. A coach may not spot an athlete from a surface that is higher than the allowable competition surface. The head judge will not allow the athlete to compete if this rule is violated.
- F. General Apparatus and Behavioral Deductions
- i. Falls:
 - a. All FIG rules concerning falls apply in competition, i.e., a fall onto or off of the apparatus will be deducted 0.5 in addition to any other execution errors, the gymnast has 30 seconds to re-mount, the coach may ask the judge if credit for the skill was received.
 - ii. After a fall a gymnast may repeat the skill to earn its skill value or bonus value This rule includes dismounts. If a coach speaks to the gymnast during his performance, a medium behavioral deduction of 0.2 should be taken from the gymnast's 'E' score. This deduction will be taken only once during a routine. It is not a deduction for a coach to speak to his gymnast during the 30 second time between a fall and a re-mount of the apparatus for the continuation of his routine.
 - iii. If a springboard is used inside the uprights to mount the parallel bars, it must be removed as soon as the mount is completed (for the safety of the gymnast), or there will be an apparatus related violation of 0.3.
- G. Landing Deductions
All landing deductions are as per FIG.

H. Routine Error and Deduction Table:

Table of Routine Errors and Deductions	
Error	Deduction
Small error (as per FIG)	0.1
Medium error (as per FIG)	0.2
Large error (as per FIG)	0.3
Fall (as per FIG)	0.5
Non-Recognizable part	0.5 (plus all accrued execution deductions)
Missing value part	0.5
Missing Special Requirement	0.5
Skills of unallowable difficulty	0.5

Section IV: Routine Requirements

I. General Requirements

- A. Bronze level – Minimum of 4 Value Parts
 - i. Any “A” in the FIG Code of Points
 - ii. Any skill from the JO compulsory program receives “A” value (Including Basic Swings)
 - iii. Any skill from the Essential Elements program receives “A” value
 - iv. Any other recognizable skill receives “A” value
 - v. No Repetition Deductions
 - vi. No “B” or higher value parts
 - vii. No Saltos or Aerials
 - viii. One skill cannot fulfill more than one Special Requirement
- B. Silver level – Minimum of 5 Value Parts
 - i. Any “A” in the FIG Code of Points
 - ii. Any skill from the JO compulsory program receives “A” value (Including Basic Swings)
 - iii. Any skill from the Essential Elements program receives “A” value
 - iv. Any other recognizable skill receives “A” value
 - v. No Repetition Deductions
 - vi. No “B” or higher value parts
 - vii. No Saltos or Aerials (Except on Still Rings)
 - viii. One skill cannot fulfill more than one Special Requirement
- C. Gold level – Minimum of 6 Value Parts
 - i. Any “A” or “B” in the FIG Code of Points
 - ii. Any skill from the JO compulsory program receives “A” value (Including Basic Swings)
 - iii. Any skill from the Essential Elements program receives “A” value
 - iv. Any other recognizable skill receives “A” value
 - v. No Repetition Deductions
 - vi. No “C” or higher value parts
 - vii. One skill cannot fulfill more than one Special Requirement

II. Special Requirements

The Special Requirements for each event, within the Gold, Silver and Bronze levels, are listed in the following charts.

FLOOR EXERCISE			
	Bronze	Silver	Gold
Start Value	10.00	10.00	10.00
Value Parts (VP)	Min 4 - "A" Value Parts. Any "A" in the FIG Code of Points or recognizable gymnastics skill.	Min 5 - "A" Value Parts. Any "A" in the FIG Code of Points or recognizable gymnastics skill.	Min 6 - "A" Value Parts. Any "A" or "B" in the FIG Code of Points or recognizable gymnastics skill.
Clarifications	One skill cannot fulfill more than one Special Requirement.	One skill cannot fulfill more than one Special Requirement.	One skill cannot fulfill more than one Special Requirement.
Difficulty Restrictions	No "B" or higher (VP) No Saltos or Aerials	No "B" or higher (VP) No Saltos or Aerials	No "C" or higher (VP)
Special Requirements	<ol style="list-style-type: none"> 1. An Acro skill with or without Flight. 2. A 2nd Acro Skill with or without Flight. (Must be Different than first Acro Skill) 3. A Support Skill. 4. A Balance, Flexibility, or Strength Skill. 	<ol style="list-style-type: none"> 1. Min. 2 directly connected acro skills with or without Flight. 2. A 2nd pass with one Flight skill. (Must be Different skill than in 1st requirement.) 3. Support Skill to or from a Roll. 4. A Balance, Flexibility, or Strength Skill. 	<ol style="list-style-type: none"> 1. Minimum of 2 directly connected Acro Skills with Flight. 2. A 2nd pass with at least one Flight skill. (Must be Different than Flight skills in 1st requirement.) 3. Handstand to or from a Roll. 4. A Balance, Flexibility, or Strength Skill.

POMMEL HORSE			
	Bronze	Silver	Gold
Start Value	10.00	10.00	10.00
Value Parts (VP)	No Routine for this Level	Execution = 8.0 1/2 Circle = .5 3/4 Circle = 1.0 1 Circle = 1.5 1/2 Circle Dismount = .5	Execution = 6.5 1 Circle = 1.0 2 Circles = 2.0 3 Circles = 3.0 1/2 Circle Dismount = .5
Clarifications	No Routine for this Level	Routine is done on a mushroom. Compulsory Routine – see Special Requirement Box	Routine is done on a mushroom. Compulsory Routine – see Special Requirement Box
Difficulty Restrictions	No Routine for this Level		
Special Requirements	No Routine for this Level	1. Circle to Front support 2. 1/2 Circle 1/4 Turn Dismount	1. Circle to Front support 2. Circle to Front support 3. Circle to Front support 4. 1/2 Circle 1/4 Turn Dismount

STILL RINGS			
	Bronze	Silver	Gold
Start Value	No Routine for this Level	10.00	10.00
Value Parts (VP)	No Routine for this Level	Min 5 - "A" Value Parts. Any "A" in the FIG Code of Points or recognizable gymnastics skill.	Min 6 - "A" Value Parts. Any "A" or "B" in the FIG Code of Points or recognizable gymnastics skill.
Clarifications	No Routine for this Level	One skill cannot fulfill more than one Special Requirement.	Spotter assistance allowed to get to support. (Not a Value Part) One skill cannot fulfill more than one Special Requirement.
Difficulty Restrictions	No Routine for this Level	No "B" or higher (VP)	No "C" or higher (VP)
Special Requirements	No Routine for this Level	1. Strength skill 2. Long Hang skill 3. Inverted skill 4. Dismount	1. Support skill (getting to support can be done w assistance as mount) 2. Long Hang skill 3. Skill through Vertical 4. Salto Dismount

VAULT			
	Bronze	Silver	Gold
Start Value (SV)	10.00	10.00	10.00
Allowable Vaults	Stretch Jump onto min of 16" mat. OR Kick to Handstand Fall Flat on top of 16" mat.	Run, hurdle and jump to Handstand - fall to flat back on min of 16" mat. (No repulsion required.) OR Run and hurdle to Front Tuck Salto onto min of 16" mat.	Run, hurdle and jump to Front Handspring on min of 16" mat. OR Run and hurdle to Front Pike Salto onto min of 16" mat.
Clarifications	Alternative spring board (Tramp Board) or spring board may be used.	Alternative spring board (Tramp Board) or spring board may be used.	Alternative spring board (Tramp Board) or spring board may be used.

PARALLEL BARS			
	Bronze	Silver	Gold
Start Value			
Value Parts (VP)	Min 4 - "A" Value Parts. Any "A" in the FIG Code of Points or recognizable gymnastics skill.	Min 5 - "A" Value Parts. Any "A" in the FIG Code of Points or recognizable gymnastics skill.	Min 6 - "A" Value Parts. Any "A" or "B" in the FIG Code of Points or recognizable gymnastics skill.
Clarifications	Routine to be done on P-bar Blocks, or Stacked Panel Mats. One skill cannot fulfill more than one Special Requirement.	Routine to be done on P-bar Blocks, Stacked Panel Mats, or P-Bars. One skill cannot fulfill more than one Special Requirement.	Routine to be done on P-bars. One skill cannot fulfill more than one Special Requirement.
Difficulty Restrictions	No "B" or higher (VP) No Saltos dismounts	No "B" or higher (VP) No Saltos dismounts	No "C" or higher (VP)
Special Requirements	1. Support skill 2. Swing skill 3. 2nd Swing skill (may be the same as skill #2) 4. Dismount	1. Support skill 2. Swing skill to horizontal or higher 3. 2nd Swing skill to horizontal or higher (may be the same as skill #2) 4. Dismount	1. Support skill 2. Long Hang skill 3. Upper-arm skill 4. Dismount

HORIZONTAL BAR			
	Bronze	Silver	Gold
Start Value	10.00	10.00	10.00
Value Parts (VP)	Min 4 - "A" Value Parts. Any "A" in the FIG Code of Points or recognizable gymnastics skill.	Min 5 - "A" Value Parts. Any "A" in the FIG Code of Points or recognizable gymnastics skill.	Min 6 - "A" Value Parts. Any "A" or "B" in the FIG Code of Points or recognizable gymnastics skill.
Clarifications	Routine to be done on low bar. Either Men's or Women's rail.	Routine to be done on High bar. Either Men's or Women's rail. Spotter assistance allowed to get to support. (Not a Value Part) One skill cannot fulfill more than one Special Requirement.	Routine to be done on High bar. One skill cannot fulfill more than one Special Requirement.
Difficulty Restrictions	No "B" or higher (VP) No Saltos dismounts	No "B" or higher (VP) No Saltos dismounts	No "C" or higher (VP)
Special Requirements	1. Mount 2. Cast (hips must leave bar) 3. Circling skill 4. Dismount	1. Long Hang skill 2. Cast (hips must leave bar) 3. Circling skill (not mount or dismount) 4. Dismount	1. Long Hang skill with ½ turn 2. Cast to or above horizontal 3. Circling skill (not mount or dismount) 4. Dismount

Section IV: Contact Information

The following contacts can provide information on starting an Xcel Program for Boy's.

These contacts may also be used for those programs interested in finding out more about the competitive season or format for Boy's Xcel within their state.

- A. State Chairmen: Please refer to the Men's Program directory located within the Men's Rules and Policies for State Chair contact information. The direct link to the directory is:
<https://usagym.org/PDFs/Men/Contacts/m-programdirectory.pdf>
- B. National Boy's Excel Contacts:
 - i. Mark Bogoger: Region IX Director - region9gymn@gmail.com
 - ii. Jerit Pogue: Region III Director – region3men@gmail.com
 - iii. Dave Peterson – dpeterson@calsportscenter.com

Section V: Sample Routines

FLOOR EXERCISE		
Bronze Special Requirements	Silver Special Requirements	Gold Special Requirements
<p>1. An acro skill with or without Flight</p> <p>2. A 2nd acro Skill with or without Flight. (Must be Different than first Acro Skill)</p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Forward Roll Straddle Roll Backward Roll Cartwheel Roundoff (flight skill) Dive Roll (flight skill) Back Walkover Back Handspring (flight skill) Front Walkover Front Handspring (flight skill)</p>	<p>1. Min. 2 directly connected acro skills with or without Flight.</p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Straddle Roll/Forward Roll Cartwheel/Backward Roll Cartwheel/Roundoff Roundoff/Back Handspring FHS Step Out/FHS Cartwheel/Cartwheel Step-In</p>	<p>1. Minimum of 2 directly connected Acro Skills with Flight.</p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Roundoff, BHS FHS Step Out/FHS FHS/Front Salto Tucked Roundoff/Back Salto Tucked FHS Step Out/Roundoff</p>
	<p>3. A Support Skill.</p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Bridge Arabesque Scale Handstand Headstand Push Up L Seat Straddle L Seat Tuck Planche</p>	<p>2. A 2nd pass with one Flight skill. (Must be Different skill than in 1st requirement.)</p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Roundoff Back Handspring Front Handspring Dive Roll</p>
<p>3. A Support Skill.</p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Bridge Arabesque Scale Handstand Headstand Push Up L Seat Straddle L Seat Tuck Planche</p>	<p>3. Support Skill to or from a Roll.</p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Headstand/Forward Roll Handstand/Forward Roll Back Extension Roll to Prone Back Roll to Handstand</p>	<p>3. Handstand to or from a Roll.</p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Handstand/Forward Roll Back Roll to Handstand</p>
<p>4. A Balance, Flexibility, or Strength Skill.</p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Bridge Arabesque Scale Handstand Headstand Push Up L Seat Straddle L Seat Pancake Pike Stretch</p>	<p>4. A Balance, Flexibility, or Strength Skill.</p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Bridge Arabesque Scale Handstand Headstand Push Up L Seat Straddle L Seat Pancake Pike Stretch</p>	<p>4. A Balance, Flexibility, or Strength Skill.</p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Bridge Arabesque Scale Handstand Headstand Push Up L Seat Straddle L Seat Pancake Pike Stretch</p>

Floor Exercise Sample Routines

All these routines fulfill all requirements and start from a 10.0

Bronze

Routine #1-Arabesque, Forward Roll to Straddle, Pancake, Straddle roll to stand

Routine #2- Handstand, Cartwheel, Bridge, Backward Roll

Routine #3- Handstand, Dive Roll, Scale, Roundoff

Silver

Routine #1-Handstand/Forward Roll, Cartwheel/Backward Roll, Pancake, Roundoff

Routine #2-Cartwheel/Cartwheel Step-In, Back Roll to Prone, Headstand, Dive Roll

Routine #3-Forward Roll/Forward Straddle Roll, Headstand/Forward Roll, Scale, Roundoff

Gold

Routine #1-FHS, Handstand/Forward Roll, Cartwheel, Scale, Roundoff/BHS

Routine #2- Dive Roll, Jump $\frac{1}{2}$ Turn, Back Roll to Handstand, Push Up, FHS Step Out/Roundoff

Routine #3- Front Salto Tucked, Handstand/Forward Roll, Prone Fall, Straddle L Seat, Roundoff/Back Salto

Pommel Horse Routines

Performed on a mushroom

Bronze

No routine for this level.

Silver

Compulsory Routine-Circle, $\frac{1}{2}$ Circle with $\frac{1}{4}$ Turn Off

Gold

Compulsory Routine-Circle, Circle, Circle, $\frac{1}{2}$ Circle with $\frac{1}{4}$ Turn Off

STILL RINGS		
Bronze Special Requirements	Silver Special Requirements	Gold Special Requirements
No routine for this level.	<p>1. <i>Strength skill</i></p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Chin Hang Tuck Hang L Hang Inverted Hang Piked Inverted Hang German Hang L Hang</p>	<p>1. <i>Support skill (getting to support can be done w assistance as mount)</i></p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Straight Body Support Hold L Seat Shoulder Stand Tuck Planche</p>
	<p>2. <i>Long Hang skill</i></p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Basic Swing Swing to Inverted Hang Slow Inlocate Dislocate Inlocate</p>	<p>2. <i>Long Hang skill</i></p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Basic Swing Swing to Inverted Hang Slow Inlocate Dislocate Inlocate Back Uprise</p>
	<p>3. <i>Inverted skill</i></p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Inverted Hang Piked Inverted Hang German Hang Swing to Inverted Hang Slow Inlocate Dislocate Inlocate</p>	<p>3. <i>Skill through Vertical</i></p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Slow Inlocate Dislocate Inlocate</p>
	<p>4. <i>Dismount</i></p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Drop from German Hang Fly Away</p>	<p>4. <i>Salto Dismount</i></p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Fly Away Front Flip</p>

Still Rings Sample Routines

All these routines fulfill all requirements and start from a 10.0

Bronze

No routine for this level.

Silver

Routine #1-Chin Hang, L Hang, Basic Swing, Swing to Inverted Hang, German Hang Drop Off

Routine #2-Tuck Hang, Swing to Inverted Hang, Piked Inverted Hang, Basic Swing, Fly Away

Gold

Routine #1-L Hang, Lift to Support(not counted as Value Part), Straight Body Support Hold, Roll Back to Piked Inverted Hang, Dislocate, Basic Swing, Fly Away

Routine #2- Muscle Up, L Seat, Shoulder Stand, Bail Forward to Inlocate, Basic Swing, Fly Away

Vault Routine Options

*Vaults are done on a stack of mats minimum of 16" and start from a 10.0
Alternative spring board (Tramp Board) or spring board may be used.*

Bronze

Option #1-Run, Hurdle, Stretch Jump

Option #2-Kick to Handstand Fall Flat

Silver

Option #1- Run, Hurdle, Jump to Handstand - Fall to Flat Back

Option #2- Run, Hurdle, Front Tuck Salto

Gold

Option #1- Run, Hurdle, Jump to Front Handspring

Option #2- Run, Hurdle, Front Tuck Piked

PARALLEL BARS

Bronze Special Requirements <i>Routine to be done on P-bar Blocks or Stacked Panel Mats.</i>	Silver Special Requirements <i>Routine to be done on P-bar Blocks, Stacked Panel Mats, or P-Bars</i>	Gold Special Requirements <i>Routine to be done on P-bars</i>
<p>1. <i>Support skill</i></p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Tuck Support Hold L Seat L Seat with Legs in Straddle Support Walk Straddle Travel</p>	<p>1. <i>Support skill</i></p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Tuck Support Hold L Seat L Seat with Legs in Straddle Support Walk Straddle Travel</p>	<p>1. <i>Support skill</i></p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Tuck Support Hold L Seat L Seat with Legs in Straddle Support Walk Support Swing Swing Handstand Press Handstand</p>
<p>2. <i>Swing skill</i> 3. <i>2nd Swing skill (may be the same as skill #2)</i></p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Support Swing Swing Handstand</p>	<p>2. <i>Swing skill to horizontal or higher</i> 3. <i>2nd Swing skill to horizontal or higher (may be the same as skill #2)</i></p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Support Swing above Horizontal Swing Handstand</p>	<p>2. <i>Long Hang skill</i></p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Long Hang Swing Glide Swing Glide Kip Moy to Upper Arm Tucked Moy to Support</p>
<p>4. <i>Dismount</i></p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Drop Between Blocks Swing to Side of Blocks to Push Up Position</p>	<p>4. <i>Dismount</i></p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Drop Between Blocks Swing to Side of Blocks to Push Up Position Stutz to Push Up Position on Blocks Swing Over the Side of the Bars</p>	<p>3. <i>Upper Arm skill</i></p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Upper Arm Swing Back Uprise Front Uprise with Straddle Legs Front Uprise</p>
		<p>4. <i>Dismount</i></p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Swing Over the Side of the Bars Swing Handstand Push Off Stutz Over the Side Fly Away on End Back Salto Off Front Salto Off</p>

Parallel Bars Sample Routines

All these routines fulfill all requirements and start from a 10.0

Bronze

Performed on P-Blocks or a Stack of Panel Mats

Routine #1-Tuck Support Hold, Basic Support Swing, Basic Support Swing, Drop Between Blocks

Routine #2- Support Walk, Basic Support Swing, Basic Support Swing, Swing to Side of Blocks to Push Up Position

Silver

Performed on P-Blocks or a Stack of Panel Mats

Routine #1-Straddle Travel, Tuck Support Hold, Support Swing above Horizontal, Support Swing above Horizontal, Drop Between Blocks

Performed on P-Bars

Routine #2-Support Walk, L Seat, Support Swing above Horizontal, Support Swing above Horizontal, Swing Over the Side of the Bars to Stand

Gold

Performed on P-Bars

Routine #1-Long Hang Swing, Back Uprise to Upper Arm, Upper Arm Swing, Front Uprise with Straddled Legs, Support Swing, Swing over the Side of Bars to Stand

Routine #2- Glide Kip, Moy to Upper Arm, Back Uprise, L Seat, Support Swing, Stutz Over the Side

HIGH BAR		
Bronze Special Requirements <i>Routine to be done on low bar with either men's or women's rail.</i>	Silver Special Requirements <i>Routine to be done on High Bar with either men's or women's rail.</i>	Gold Special Requirements <i>Routine to be done on High Bar with men's rail.</i>
<p>1. Mount</p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Jump to Support Kick Over Pull Over Knee Swing Up</p>	<p>1. Long Hang skill</p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Basic Swing Pull Over Baby Giant Hang ½ Turn Swing ½ Turn</p>	<p>1. Long Hang skill with ½ turn</p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Hang ½ Turn Swing ½ Turn</p>
<p>2. Cast (hips must leave bar)</p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Cast</p>	<p>2. Cast (hips must leave bar)</p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Cast</p>	<p>2. Cast to or above horizontal</p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Cast to or above horizontal</p>
<p>3. Circling skill</p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Back Hip Circle Front Hip Circle Mill Circle</p>	<p>3. Circling skill (not mount or dismount)</p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Back Hip Circle Front Hip Circle Mill Circle Free Hip Circle Baby Giant Underswing</p>	<p>3. Circling skill (not mount or dismount)</p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Back Hip Circle Front Hip Circle Mill Circle Free Hip Circle Baby Giant</p>
<p>4. Dismount</p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Cast Off Forward Roll Down Underswing Off Sole Circle Off</p>	<p>4. Dismount</p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Underswing Off Sole Circle Off Drop From Swing Swing ½ Turn Drop Off</p>	<p>4. Dismount</p> <p style="text-align: center;">Sample Skills <i>(this is not a definitive list)</i></p> <p>Underswing Off Sole Circle Off Drop From Swing Swing ½ Turn Drop Off Flyaway</p>

High Bar Sample Routines

All these routines fulfill all requirements and start from a 10.0

Bronze

Performed on Low Bar with either Men's or Women's Rail

Routine #1-Jump to Support, Cast, Back Hip Circle, Cast Off

Routine #2- Kick Over, Leg Cut, Mill Circle, Cast, Underswing Off

Silver

Performed on High Bar with either Men's or Women's Rail

Routine #1-Lift to Support(not counted as value part), Cast, Back Hip Circle, Underswing, Basic Swing, Drop from Swing

Routine #2-Pull Over, Cast, Underswing, Basic Swing, Swing ½ Turn Drop Off

Routine #3-Hang ½ Turn, Lift to Support(not counted as value part), Cast, Underswing, Basic Swing, Drop from Swing

Gold

Performed on High Bar

Routine #1-Hang ½ Turn, Pull Over, Cast to Horizontal, Underswing, Basic Swing, Drop from Swing

Routine #2- Pull Over, Cast to Horizontal, Back Hip Circle, Underswing, Swing ½ Turn, Fly Away

Routine #3-Pull Over, Cast to Horizontal, Bail to Baby Giant, Underswing, Swing ½ Turn, Fly Away