



VAULT

	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<p>Allowable Vaults <i>No other vaults, other than those listed in each Division are permitted.</i></p> <p><i>If another vault is unintentionally performed will receive a "VOID".</i></p>	<p>(5.0) Stretch Jump onto min. of 16" mat AND (5.0) Kick to Handstand fall to flat back.</p> <p><i>(Place board in front of skill cushion)</i></p> <p>OR</p> <p>Jump to Handstand - fall to flat back on min. of 16" mat (no repulsion required).</p>	<p>Handspring onto Table with repulsion to flat back landing on stacked mats equal to or up to 8" above the table.</p>	<p>Xcel Gold Vault Chart</p>	<p>Xcel Platinum Vault Chart</p>	<p>Xcel Diamond Vault Chart</p>
Start Value (SV)	<u>10.0 Start Value</u>	<u>10.0 Start Value</u>	<p><u>10.0 Start Value</u></p> <p><u>9.5 Start Value</u> when using Alternative Springboard Apparatus.</p>	<u>10.0 Start Value</u>	<u>Diamond SV Chart</u>
Clarifications	<p>Alternative Springboard Apparatus is allowed.</p> <p>Spot on landing 0.5</p> <p>Spot during any other phase 1.0</p> <p>Max. Total Spot deduction 1.5</p>	<p>Alternative Springboard Apparatus is allowed.</p> <p>Sting mat may be used on the landing mat only.</p> <p>Spot on landing 0.5</p> <p>Spot during any other phase 1.0</p> <p>Max. Total Spot deduction 1.5</p>	<p>Alternative Springboard Apparatus is allowed.</p> <p>Spot on landing 0.5</p> <p>Spot during any other phase 1.0</p> <p>Max. Total Spot deduction 1.5</p>	<p>Alternative Springboard Apparatus is NOT allowed.</p> <p>Spot on landing 0.5</p> <p>Spot during any other phase 1.0</p> <p>Max. Total Spot deduction 1.5</p>	<p>Alternative Springboard Apparatus is NOT allowed.</p> <p>Spot on landing 0.5</p> <p>Spot during any other phase 1.0</p> <p>Max. Total Spot deduction 1.5</p>
Timing	<p>Warm-up: 20 sec.</p> <p>Guaranteed 1 warm-up vault</p>	<p>Warm-up: 45 sec.</p> <p>Guaranteed 1 warm-up vault</p>	<p>Warm-up: 1:00</p> <p>Guaranteed 2 warm-up vaults</p>	<p>Warm-up: 1:30</p> <p>Guaranteed 2 warm-up vaults</p>	<p>Warm-up 1:30</p> <p>Guaranteed 3 warm-up vaults</p>



BARS

	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
Value Parts (VP)	Any "A" VP listed in the <i>JO Code of Points</i> . Any Skills listed on the Xcel Bronze chart.	Any "A" VP listed in the <i>JO Code of Points</i> . Any Skills listed on the Xcel Silver chart.	Any "A" or "B" VP listed in the <i>JO Code of Points</i> . Any Skills listed on the Xcel Gold chart.	6 "A", 1 "B" VP Any "A" or "B" VP listed in the <i>JO Code of Points</i> . <u>Exceptions:</u> One Tap Swing = "A" VP. Cast (90° to 21° from vertical) = "A" VP.	5 "A", 2 "B" VP Any "A", "B", "C" VP listed in the <i>JO Code of Points</i> . <u>Exception:</u> Cast (45° to 21° from vertical) = "A" VP.
Clarifications <i>When a skill is preceded by a cast, both the cast and skill receive separate VP/skill credit.</i> <i>JO cast angle deductions will not be used in any division.</i>		If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP.	If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP. <i>For cast angle deductions refer to Xcel Manual.</i>	If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP. A long hang pull-over is only considered a circling skill if preceded by a cast.	If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP. A long hang pull-over is only considered a circling skill if preceded by a cast. A Tap Swing will receive extra swing deduction.
Difficulty Restrictions <i>Unallowable Skills 0.5 deduction</i>	No "B" or higher VP. No skills on high bar. No Salto dismounts.	No "B" or higher VP. No Salto dismounts.	No "C" or higher VP. No Giants. No Release Moves with bar change.	No "C" or higher VP. <u>Exception:</u> Clear Hip Handstand.	No "D" or higher VP.
Special Requirements (SR) Deduct 0.5 for Each Missing SR	1. Min. 4 "A" VP /skills 2. Cast (<i>hips must leave bar</i>) 3. Circling skill (<i>no mount or dismount</i>) 4. Dismount	1. Min. of 5 "A" VP /skills 2. Cast (<i>hips must leave bar</i>) 3. Circling skill (<i>no mount or dismount</i>) 4. Dismount	1. Min. of 6 "A" VP/skills 2. Cast to Horizontal 3. Circling skill (<i>no mount or dismount</i>) 4. Dismount – High Bar	1. Cast to Horizontal or above 2. Circling skill 3. Kip 4. Dismount –High Bar	1. Cast to 45° from Vertical 2. Min "B" Circling Skill 3. Release, pirouette or 2 nd different Circling Skill, minimum "B" 4. Salto Dismount – High Bar
Timing	Warm-up: 20 sec.	Warm-up: 45 sec.	Warm-up: 1:00	Warm-up: 1:30	Warm-up: 1:30



BALANCE BEAM

	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
Value Parts (VP)	Any "A" VP listed in the <i>JO Code of Points</i> . Any skills listed on the Xcel Bronze chart.	Any "A" VP listed in the <i>JO Code of Points</i> . Any "B" Dance VP. Any skill listed on the Xcel Silver chart.	Any "A" or "B" VP listed in the <i>JO Code of Points</i> . Any skill listed on the Xcel Gold chart.	6 "A", 1 "B" VP Any "A" or "B" VP listed in the <i>JO Code of Points</i> . Any "C" Dance VP.	5 "A", 2 "B" VP Any "A", "B", "C" VP listed in the <i>JO Code of Points</i> .
Clarifications <i>All Acro Skills must start and finish on the beam. Handstands, regardless of the angle achieved, are considered the Same Skill.</i>	Cross -Split jump = "A" VP. Straddle jump = "A" VP.	"B" Dance VP allowed.		"C" Dance VP allowed.	
<i>SR credit will be awarded for Cross or Side Split Leaps or Jumps that are within 20° of the specified split angle. A deduction of up to 0.20 for insufficient Split will be applied.</i>					
Difficulty Restrictions <i>Unallowable Skills 0.5 deduction</i>	No "B" or higher VP. No Salto or Aerial Dismounts. No walkovers.	No "B" Acro VP. No "C" or higher VP.	No "C" or higher VP.	No "C" Acro VP. No "D" or higher VP.	No "D" or higher VP.
Special Requirements (SR) Deduct 0.5 for Each Missing SR	1. Min. ½ Turn on 1 or 2 feet 2. One Jump or Leap (no mount or dismount). 3. One Acro Skill non-flight. 4. Dismount (no Saltos or Aerials).	1. Min. ½ Turn on one foot. 2. One Jump or Leap with 90° cross or side split. 3. One Acro Skill non-flight. 4. Dismount	1. Min. 1/1 Turn on one foot. 2. Dance Series – 2 skills (<i>same or diff.</i>) – AND one Jump or Leap with 90° cross or side split (<i>can be included in the dance series</i>). 3. Two Acro Skills – one must achieve vertical – with or without flight (<i>isolated or in a series</i>) <i>A Series is not required.</i> 4. Dismount	1. Min. 1/1 Turn on one foot. 2. Dance Series – 2 skills (<i>same or diff.</i>) – AND one Jump or Leap with 120° cross or side split (<i>can be included in the dance series</i>). 3. One Acro Skill with flight OR an Acro series – with or without flight 4. Dismount	1. Min. 1/1 Turn on one foot. 2. Dance Series – 2 skills (<i>same or diff.</i>) – AND one Jump or Leap with 150° cross or side split (<i>can be included in the dance series</i>). 3. One Acro Skill with flight (<i>isolated or in a series</i>) AND an Acro Series – with or without flight 4. Dismount- Salto or Aerial.
Timing <i>No Minimum Time</i>	Warm-up: 20 sec. Time limit: 45 sec.	Warm-up: 45 sec. Time limit: 50 sec.	Warm-up: 1:00 Time limit: 1:00	Warm-up: 1:30 Time limit: 1:15	Warm-up: 1:30 Time limit: 1:15



FLOOR

	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
Value Parts (VP)	Any "A" VP listed in the <i>JO Code of Points</i> . Any skills listed on the Xcel Bronze chart.	Any "A" VP listed in the <i>JO Code of Points</i> . Any "B" Dance VP. Any skill listed on the Xcel Silver chart.	Any "A" or "B" VP listed in the <i>JO Code of Points</i> . Any skill listed on the Xcel Gold chart.	6 "A", 1 "B" VP Any "A" or "B" VP listed in the <i>JO Code of Points</i> . Any "C" Dance VP.	5 "A", 2 "B" VP Any "A", "B", "C" VP listed in the <i>JO Code of Points</i> .
Clarifications	Round-off rebound - backward roll is an acro connection.	"B" dance VP are allowed Round-off rebound - backward roll is an acro connection.		"C" dance VP are allowed.	
<i>SR credit will be awarded for cross or side split leaps or jumps that are within 20° of the specified split angle. A deduction of up to 0.20 for insufficient split will be applied. A Dive Roll does NOT fulfill a flight requirement</i>					
Difficulty Restrictions <i>Unallowable Skills 0.5 deduction</i>	No "B" or higher VP. No Saltos or Aerials. Maximum 2 flight skills per routine.	No "B" Acro VP. No "C" or higher VP Maximum 1 Salto or Aerial per routine.	No "B" VP Saltos. No "C" or higher VP.	No "C" Acro VP. No "D" or higher VP.	No "D" or higher VP.
Special Requirements Deduct 0.5 for Each Missing SR	1. Min. 2 directly connected acro skills with or without Flight. 2. A 2 nd Pass with one Acro Skill with or without Flight. 3. Dance Passage with a min. of 2 Different <u>Group 1</u> VP or Xcel Bronze chart skills (<i>direct or indirect</i>) with one LEAP w/ a 60° cross or side split. 4. Min. 1/2 Turn on one foot.	1. Min. 2 directly connected Acro skills one must have Flight. 2. Either a 2 nd Acro connection with a min. of two directly connected skills with or without Flight OR One Acro skill with Flight. 3. Dance Passage with a min. of 2 Different <u>Group 1</u> VP or Xcel Silver chart skills (<i>direct or indirect</i>) with one LEAP w/ a 90° cross or side split. 4. Min. 1/1 Turn on one foot.	1. Min. 2 directly connected Flight skills. 2. Either a 2 nd Acro connection with a min of two directly connected Flight skills OR an Aerial or Salto. 3. Dance Passage with a min. of 2 Different <u>Group 1</u> VP or Xcel Gold chart skills (<i>direct or indirect</i>) with one LEAP w/ a 120° cross or side split. 4. Min. 1/1 Turn on one foot.	1. Min. 2 directly connected Flight skills with 1 "A" or "B" Salto. 2. Either a 2 nd acro connection w/ a min. of two directly connected Flight skills OR an isolated "B" Salto. 3. Dance Passage with a min. of 2 Different <u>Group 1</u> VP (<i>directly or indirect</i>) with one LEAP w/ a 150° cross or side split. 4. Min. 1/1 Turn on one foot.	1. Two <i>separate</i> acro connections each with a min. of two directly connected acro Flight skills. 2. Two <i>different</i> Saltos within the routine (<i>isolated or in series</i>) - one must be a min. "B" (<i>may be included in SR#1</i>). 3. Dance Passage with a min. of two diff. Grp.1 VP (<i>directly or indirectly connected.</i>) - one of which is a LEAP w/ a 150° cross or side split. 4. Turn on one foot min. "B" VP.
Timing <i>No Minimum Time</i>	Warm-up: 20sec. Time limit: 45 sec.	Warm-up: 45 sec. Time limit: 1:00	Warm-up: 1:00 Time limit: 1:00	Warm-up: 1:30 Time limit: 1:30	Warm-up: 1:30 Time limit: 1:30