<table>
<thead>
<tr>
<th>Mounts:</th>
<th>Casts:</th>
<th>Circles:</th>
<th>Dismounts:</th>
<th>Other Allowed Skills:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bronze Division</td>
<td>Pullover (from 1 or 2 ft or run)</td>
<td>Glide swing to Stand</td>
<td>Stride Circle Forward</td>
<td>Cast off to Stand</td>
</tr>
<tr>
<td></td>
<td>Glide swing to Stand</td>
<td>Stride Circle Backward</td>
<td>Long Hang Pull-Over</td>
<td>Tap Swing Fwd. with ½ turn</td>
</tr>
<tr>
<td></td>
<td>Run out glide Kip</td>
<td>(from glide or run out)</td>
<td>(from long swing)</td>
<td></td>
</tr>
<tr>
<td>Silver Division</td>
<td>Pullover (from 1 or 2 ft or run)</td>
<td>Glide swing to Stand</td>
<td>Stride Circle Forward</td>
<td>Cast off to Stand</td>
</tr>
<tr>
<td></td>
<td>Glide swing to Stand</td>
<td>Stride Circle Backward</td>
<td>Long Hang Pull-Over</td>
<td>Tap Swing Fwd. with ½ turn</td>
</tr>
<tr>
<td></td>
<td>Run out glide Kip</td>
<td>(from glide or run out)</td>
<td>(from long swing)</td>
<td></td>
</tr>
<tr>
<td>Gold Division</td>
<td>Pullover (from 1 or 2 ft or run)</td>
<td>Glide swing to Stand</td>
<td>Stride Circle Forward</td>
<td>Cast off to Stand</td>
</tr>
<tr>
<td></td>
<td>Glide swing to Stand</td>
<td>Stride Circle Backward</td>
<td>Long Hang Pull-Over</td>
<td>Tap Swing Fwd. with ½ turn</td>
</tr>
<tr>
<td></td>
<td>Run out glide Kip</td>
<td>(from glide or run out)</td>
<td>(from long swing)</td>
<td></td>
</tr>
<tr>
<td>Diamond Division</td>
<td>Pullover (from 1 or 2 ft or run)</td>
<td>Glide swing to Stand</td>
<td>Stride Circle Forward</td>
<td>Cast off to Stand</td>
</tr>
<tr>
<td></td>
<td>Glide swing to Stand</td>
<td>Stride Circle Backward</td>
<td>Long Hang Pull-Over</td>
<td>Tap Swing Fwd. with ½ turn</td>
</tr>
<tr>
<td></td>
<td>Run out glide Kip</td>
<td>(from glide or run out)</td>
<td>(from long swing)</td>
<td></td>
</tr>
</tbody>
</table>

Other Allowed Skills:

- Single leg basket swing
- Single leg swing bwd or ffw
- Cast Shoot through
- Tap swing-counterswing

Other Allowed Skills (A only):

- Single leg basket swing
- Single leg cut fww or bwd
- Cast Shoot through
- Tap swing-counterswing

Other Allowed Skills (A and B only):

- Single leg basket swing
- Single leg cut fww or bwd
- Cast Shoot through
- Tap swing-counterswing

Other Allowed Skills (A, B, C and D only):

- Single leg basket swing
- Single leg cut fww or bwd
- Cast Shoot through
- Tap swing-counterswing

Other Allowed Skills (A, B, C, D and E only):

- Single leg basket swing
- Single leg cut fww or bwd
- Cast Shoot through
- Tap swing-counterswing

Other Allowed Skills (A, B, C, D, E and F only):

- Single leg basket swing
- Single leg cut fww or bwd
- Cast Shoot through
- Tap swing-counterswing

Other Allowed Skills (A, B, C, D, E, F and G only):

- Single leg basket swing
- Single leg cut fww or bwd
- Cast Shoot through
- Tap swing-counterswing

Other Allowed Skills (A, B, C, D, E, F, G and H only):

- Single leg basket swing
- Single leg cut fww or bwd
- Cast Shoot through
- Tap swing-counterswing

Other Allowed Skills (A, B, C, D, E, F, G, H and I only):

- Single leg basket swing
- Single leg cut fww or bwd
- Cast Shoot through
- Tap swing-counterswing

Other Allowed Skills (A, B, C, D, E, F, G, H, I and J only):

- Single leg basket swing
- Single leg cut fww or bwd
- Cast Shoot through
- Tap swing-counterswing

Other Allowed Skills (A, B, C, D, E, F, G, H, I, J and K only):

- Single leg basket swing
- Single leg cut fww or bwd
- Cast Shoot through
- Tap swing-counterswing

Other Allowed Skills (A, B, C, D, E, F, G, H, I, J, K and L only):

- Single leg basket swing
- Single leg cut fww or bwd
- Cast Shoot through
- Tap swing-counterswing

Other Allowed Skills (A, B, C, D, E, F, G, H, I, J, K, L and M only):

- Single leg basket swing
- Single leg cut fww or bwd
- Cast Shoot through
- Tap swing-counterswing


- Single leg basket swing
- Single leg cut fww or bwd
- Cast Shoot through
- Tap swing-counterswing

Other Allowed Skills (A, B, C, D, E, F, G, H, I, J, K, L, M, N and O only):

- Single leg basket swing
- Single leg cut fww or bwd
- Cast Shoot through
- Tap swing-counterswing


- Single leg basket swing
- Single leg cut fww or bwd
- Cast Shoot through
- Tap swing-counterswing

Other Allowed Skills (A, B, C, D, E, F, G, H, I, J, K, L, M, N, O, P and Q only):

- Single leg basket swing
- Single leg cut fww or bwd
- Cast Shoot through
- Tap swing-counterswing

Other Allowed Skills (A, B, C, D, E, F, G, H, I, J, K, L, M, N, O, P, Q and R only):

- Single leg basket swing
- Single leg cut fww or bwd
- Cast Shoot through
- Tap swing-counterswing


- Single leg basket swing
- Single leg cut fww or bwd
- Cast Shoot through
- Tap swing-counterswing


- Single leg basket swing
- Single leg cut fww or bwd
- Cast Shoot through
- Tap swing-counterswing


- Single leg basket swing
- Single leg cut fww or bwd
- Cast Shoot through
- Tap swing-counterswing


- Single leg basket swing
- Single leg cut fww or bwd
- Cast Shoot through
- Tap swing-counterswing


- Single leg basket swing
- Single leg cut fww or bwd
- Cast Shoot through
- Tap swing-counterswing


- Single leg basket swing
- Single leg cut fww or bwd
- Cast Shoot through
- Tap swing-counterswing


- Single leg basket swing
- Single leg cut fww or bwd
- Cast Shoot through
- Tap swing-counterswing


- Single leg basket swing
- Single leg cut fww or bwd
- Cast Shoot through
- Tap swing-counterswing
### BALANCE BEAM ~ Skills Chart

#### Additional “A” Value Part Skills

<table>
<thead>
<tr>
<th>Bronze Division</th>
<th>Silver Division</th>
<th>Gold Division</th>
<th>Platinum Div.</th>
<th>Diamond Div.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Leaps/Jumps:</strong></td>
<td><strong>Leaps/Jumps:</strong></td>
<td><strong>Leaps/Jumps:</strong></td>
<td><strong>Leaps/Jumps:</strong></td>
<td><strong>Leaps/Jumps:</strong></td>
</tr>
<tr>
<td>• Stag or stride leap <em>(any split angle)</em></td>
<td>• Stag or stride leap <em>(min. 90°)</em></td>
<td>• Stag or stride leap <em>(min. 90°)</em></td>
<td>All leaps &amp; jumps with cross or side split <em>(min. 120°)</em></td>
<td>All leaps &amp; jumps with cross or side split <em>(min. 150°)</em></td>
</tr>
<tr>
<td>• <strong>Cross</strong> Split jump <em>(any split angle)</em></td>
<td>• Split jump <em>(min. 90°)</em></td>
<td>• Split jump <em>(min. 90°)</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Cross straddle jump <em>(any split angle)</em></td>
<td>• Cross straddle jump <em>(min. 90°)</em></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Leaps & jumps with a 135° or more split angle will receive Value Part credit as listed in the Xcel Code of Points. Refer to Xcel Code for appropriate application of insufficient split deductions and awarding of Value Part credit.

<table>
<thead>
<tr>
<th>Turns:</th>
<th>Turns:</th>
<th>Turns:</th>
<th>Turns:</th>
<th>Turns:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Pivot turn <em>(180°)</em></td>
<td>• ½ Heel snap turn</td>
<td>• ½ turn on one foot</td>
<td>• Forward swing turn</td>
<td>• Backward swing turn</td>
</tr>
<tr>
<td>• ½ turn on one foot</td>
<td>• ¼ turn on one foot</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Forward swing turn</td>
<td>• Forward swing turn</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Backward swing turn</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Acro Skills:</th>
<th>Acro Skills:</th>
<th>Acro Skills:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Partial handstand <em>(feet/legs are NOT required to join/ close; lead/back leg must be a min. of 45° from vertical)</em></td>
<td>• Partial handstand <em>(feet must close together min. 45° from vertical)</em></td>
<td>• Partial handstand <em>(feet must close together min. 45° from vertical)</em></td>
</tr>
<tr>
<td>Vertical cross or side handstand <em>(no hold - legs any position)</em></td>
<td>Vertical cross or side handstand <em>(no hold - legs any position)</em></td>
<td>Vertical cross or side handstand <em>(no hold - legs any position)</em></td>
</tr>
<tr>
<td>• Headstand <em>(any position no hold)</em></td>
<td>• Headstand <em>(any position no hold)</em></td>
<td>• Headstand <em>(any position no hold)</em></td>
</tr>
<tr>
<td>• From lying position, push up to bridge <em>(hold 1 sec)</em></td>
<td>• From lying position, push up to bridge <em>(hold 1 sec)</em></td>
<td>• From lying position, push up to bridge <em>(hold 1 sec)</em></td>
</tr>
<tr>
<td>• Lever to touch beam</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dismounts:</th>
<th>Dismounts:</th>
<th>Dismounts:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Cartwheel <em>(or any entrance)</em> to partial handstand 45° from vertical, no hold required, land facing the beam</td>
<td>• Cartwheel <em>(or any entrance)</em> to partial handstand 45° from vertical, no hold required, land facing the beam</td>
<td>• Cartwheel <em>(or any entrance)</em> to handstand <em>(mark)</em>, ¼ turn dismount</td>
</tr>
<tr>
<td>• Cartwheel <em>(or any entrance)</em> to handstand <em>(mark)</em>; ¼ turn dismount</td>
<td>• Cartwheel <em>(or any entrance)</em> to handstand <em>(mark)</em>; ¼ turn dismount</td>
<td></td>
</tr>
<tr>
<td>• Any jump from feet with up to 360° turn</td>
<td>• Any jump from feet with up to 360° turn</td>
<td></td>
</tr>
</tbody>
</table>

---

Refer to Xcel Code for appropriate application of insufficient split deductions and awarding of Value Part credit.
FLOOR EXERCISE ~ Skills Chart

Additional “A” Value Part Skills

<table>
<thead>
<tr>
<th>Bronze Division</th>
<th>Silver Division</th>
<th>Gold Division</th>
<th>Platinum Division</th>
<th>Diamond Division</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Group 1:</strong> Leap, Jump &amp; Hops</td>
<td><strong>Group 1:</strong> Leap, Jump &amp; Hops</td>
<td><strong>Group 1:</strong> Leap, Jump &amp; Hops</td>
<td><strong>Group 1:</strong> Leap, Jump &amp; Hops</td>
<td><strong>Group 1:</strong> Leap, Jump &amp; Hops</td>
</tr>
<tr>
<td>• Split jump (min. 60°)</td>
<td>• Split jump (min. 90°)</td>
<td>• Split jump (min. 120°)</td>
<td>All leaps &amp; jumps with cross or side split (min. 150°)</td>
<td>All leaps &amp; jumps with cross or side split (min. 150°)</td>
</tr>
<tr>
<td>• Stride leap (min. 60°)</td>
<td>• Stride leap (min. 90°)</td>
<td>• Stride leap (min. 120°)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Side leap (60° - 180° or more)</td>
<td>• Side leap (min. 90°)</td>
<td>• Side leap (min. 120°)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Straddle jump (60° - 180° or more)</td>
<td>• Straddle jump (min .90°)</td>
<td>• Straddle jump (min. 120°)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Leg swing hop with free leg horizontal or above</td>
<td>• Leg swing hop with free leg horizontal or above</td>
<td>• Leg swing hop with free leg horizontal or above</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Switch leg leap (min. 120°)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Leaps & jumps with a 135° or more split angle will receive Value Part credit as listed in the Xcel Code of Points. Refer to Xcel Code for appropriate application of insufficient split deductions and awarding of Value Part credit.

<table>
<thead>
<tr>
<th>Turns:</th>
<th>Acro Skills:</th>
<th>Acro Skills:</th>
<th>Acro Skills:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• ½ Turn on one foot (any leg position)</td>
<td>• Handstands: Partial - min 45°- legs together</td>
<td>• Handstand (vertical-mark)</td>
<td>• Handstand (vertical-mark)</td>
</tr>
<tr>
<td>• Forward Swing Turn</td>
<td>Handstand in vertical - legs together, stag or split</td>
<td>Bridge, kick-over (either from stand or lying position)</td>
<td>Bridge, kick-over (either from stand or lying position)</td>
</tr>
<tr>
<td>• Backward Swing Turn</td>
<td></td>
<td>Headstand any position (no hold required)</td>
<td>Headstand any position (no hold required)</td>
</tr>
</tbody>
</table>

Leaps & jumps with a 135° or more split angle will receive Value Part credit as listed in the Xcel Code of Points. Refer to Xcel Code for appropriate application of insufficient split deductions and awarding of Value Part credit.