

UNEVEN BARS ~ Skills Chart

Additional "A" Value Part Skills

Bronze Division	Silver Division	Gold Division	Platinum Division	Diamond Division
<p>Mounts:</p> <ul style="list-style-type: none"> • Pullover (from 1 or 2 ft or run) • Jump to Front Support • Glide swing to Stand • Run out glide Kip • Single leg jam Kip (from glide or run) <p>Casts:</p> <ul style="list-style-type: none"> • Cast (hips must leave bar) <p>Circles:</p> <ul style="list-style-type: none"> • Stride Circle Forward • Stride Circle Backward <p>Dismounts:</p> <ul style="list-style-type: none"> • Cast off to Stand • ¾ Fwd Circle to Stand • From low bar - Underswing to Stand • From low bar - Sole Circle to Stand <p>Other Allowed Skills:</p> <ul style="list-style-type: none"> • Single leg basket swing (bent knee ok) • Single leg swing bwd • Single leg cut fwd or bwd • Cast Shoot through 	<p>Mounts:</p> <ul style="list-style-type: none"> • Pullover (from 1 or 2 ft or run) • Glide swing to Stand • Run out glide Kip • Single leg jam Kip (from glide or run out) <p>Casts:</p> <ul style="list-style-type: none"> • Cast (hips must leave bar) <p>Circles:</p> <ul style="list-style-type: none"> • Stride Circle Forward • Stride Circle Backward • Long Hang Pull-Over (from long swing) <p>Dismounts:</p> <ul style="list-style-type: none"> • Tap Swing Fwd. with ½ turn • From low bar - Underswing to Stand • From low bar - Sole Circle to Stand <p>Other Allowed Skills:</p> <ul style="list-style-type: none"> • Single leg basket swing (bent knee ok) • Single leg swing bwd • Single leg cut fwd or bwd • Cast Shoot through • Tap swing-counterswing 	<p>Mounts:</p> <ul style="list-style-type: none"> • Pullover (from 1 or 2 ft or run) • Glide swing to Stand • Run out glide Kip • Single leg jam Kip (from glide or run out) <p>Casts:</p> <ul style="list-style-type: none"> • Cast (hips must leave bar) <p>Circles:</p> <ul style="list-style-type: none"> • Stride Circle Forward • Stride Circle Backward • Long Hang Pull-Over (from long swing) <p>Dismounts:</p> <ul style="list-style-type: none"> • Tap Swing Fwd. with ½ turn <p>Other Allowed Skills:</p> <ul style="list-style-type: none"> • Single leg basket swing • Single leg cut fwd or bwd • Cast Shoot through • Tap swing-counterswing 	<p>Casts:</p> <ul style="list-style-type: none"> • Cast 89° to 21° from vertical <p>Other Allowed Skills:</p> <ul style="list-style-type: none"> • Tap swing-counterswing - only 1 allowed 	<p>Casts:</p> <ul style="list-style-type: none"> • Cast 45° to 21° from vertical

BALANCE BEAM ~ Skills Chart

Additional "A" Value Part Skills

Bronze Division	Silver Division	Gold Division	Platinum Div.	Diamond Div.
<p>Leaps/Jumps:</p> <ul style="list-style-type: none"> Stag or stride leap (<i>any split angle</i>) Cross Split jump (<i>any split angle</i>) Cross straddle jump (<i>any split angle</i>) 	<p>*Leaps/Jumps:</p> <ul style="list-style-type: none"> Stag or stride leap (<i>min. 90°</i>) Split jump (<i>min. 90°</i>) Cross straddle jump (<i>min. 90°</i>) * 	<p>*Leaps/Jumps:</p> <ul style="list-style-type: none"> Stag or stride leap (<i>min. 90°</i>) Split jump (<i>min. 90°</i>) Cross straddle jump (<i>min. 90°</i>) 	<p>*Leaps/Jumps:</p> <p>All leaps & jumps with cross or side split (<i>min. 120°</i>)</p>	<p>*Leaps/Jumps:</p> <p>All leaps & jumps with cross or side split (<i>min. 150°</i>)</p>
<p>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.</p>				
<p>Turns:</p> <ul style="list-style-type: none"> Pivot turn (180°) ½ heel snap turn ½ turn on one foot Forward swing turn Backward swing turn 	<p>Turns:</p> <ul style="list-style-type: none"> ½ Heel snap turn ½ turn on one foot Forward swing turn Backward swing turn 			
<p>Acro Skills:</p> <ul style="list-style-type: none"> Partial handstand (<i>feet/legs are NOT required to join/close; lead/back leg must be a min. of 45° from vertical</i>) Vertical cross or side handstand (<i>no hold - legs any position</i>) Headstand (<i>any position no hold</i>) From lying position, push up to bridge (<i>hold 1 sec</i>) Lever to touch beam 	<p>Acro Skills:</p> <ul style="list-style-type: none"> Partial handstand (<i>feet must close together min. 45° from vertical</i>) Vertical cross or side handstand (<i>no hold - legs any position</i>) Headstand (<i>any position no hold</i>) From lying position, push up to bridge (<i>hold 1 sec</i>) 	<p>Acro Skills:</p> <ul style="list-style-type: none"> Partial handstand (<i>feet must close together min. 45° from vertical</i>) Vertical cross or side handstand (<i>no hold - legs any position</i>) Headstand (<i>any position no hold</i>) 		
<p>Dismounts:</p> <ul style="list-style-type: none"> Cartwheel (<i>or any entrance</i>) to partial handstand 45° from vertical, <i>no hold required</i>, land facing the beam Cartwheel (<i>or any entrance</i>) to handstand (<i>mark</i>), ¼ turn dismount Any jump from feet with up to 360° turn 	<p>Dismounts:</p> <ul style="list-style-type: none"> Cartwheel (<i>or any entrance</i>) to partial handstand 45° from vertical, <i>no hold required</i>, land facing the beam Cartwheel (<i>or any entrance</i>) to handstand (<i>mark</i>), ¼ turn dismount Any jump from feet with up to 360° turn 	<p>Dismounts:</p> <ul style="list-style-type: none"> Cartwheel (<i>or any entrance</i>) to handstand (<i>mark</i>), ¼ turn dismount 		

FLOOR EXERCISE ~ Skills Chart

Additional "A" Value Part Skills

Bronze Division	Silver Division	Gold Division	Platinum Division	Diamond Division
Group 1: Leap, Jump & Hops <ul style="list-style-type: none"> Split jump (<i>min. 60°</i>) Stride leap (<i>min. 60°</i>) Side leap (<i>60° - 180° or more</i>) Straddle jump (<i>60° - 180° or more</i>) Leg swing hop with free leg horizontal or above 	Group 1: Leap, Jump & Hops <ul style="list-style-type: none"> Split jump (<i>min. 90°</i>) Stride leap (<i>min. 90°</i>) Side leap (<i>min. 90°</i>) Straddle jump (<i>min. 90°</i>) Leg swing hop with free leg horizontal or above 	Group 1: Leap, Jump & Hops <ul style="list-style-type: none"> Split jump (<i>min. 120°</i>) Stride leap (<i>min. 120°</i>) Side leap (<i>min. 120°</i>) Straddle jump (<i>min. 120°</i>) Leg swing hop with free leg horizontal or above Switch leg leap (<i>min. 120°</i>) 	Group 1: Leap, Jump & Hops All leaps & jumps with cross or side split (<i>min. 150°</i>)	Group 1: Leap, Jump & Hops All leaps & jumps with cross or side split (<i>min. 150°</i>)
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.				
Turns: <ul style="list-style-type: none"> ½ Turn on one foot (<i>any leg position</i>) Forward Swing Turn Backward Swing Turn 				
Acro Skills: <ul style="list-style-type: none"> Handstands: <ul style="list-style-type: none"> Partial - min 45° - legs together Handstand in vertical - legs together, stag or split Bridge, kick-over (<i>either from stand or lying position</i>) Headstand any position (no hold required) Backward roll to push-up shape 	Acro Skills: <ul style="list-style-type: none"> Handstand (<i>vertical- mark</i>) Bridge, kick-over (<i>either from stand or lying position</i>) Headstand any position (no hold required) Backward roll to push-up shape 	Acro Skills: <ul style="list-style-type: none"> Handstand (<i>vertical-mark</i>) Bridge, kick-over (<i>either from stand or lying position</i>) Headstand any position (no hold required) Backward roll to push-up shape 		