

Xcel FLOOR	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<p><b>Value-Parts (VP)</b></p> <p><b>Clarification:</b> Acro flight skills/elements with hand support are eligible to receive Value-Part credit, regardless of the number of times performed and may also fulfill Special Requirements, <u>provided that the Acro Pass in which they are performed is different.</u></p>	<p>Any "A" VP listed in the <i>Xcel Code of Points</i>.</p> <p>Any Skill listed on the Xcel <b>Bronze</b> Skills chart.</p> <p>Straddle jump &amp; Side leap (60°–180° +) = "A" VP</p> <p>Round-off Rebound – Backward Roll is an Acro Connection.</p>	<p>Any "A" VP listed in the <i>Xcel Code of Points</i>. Any "B" Dance VP.</p> <p>Any Skill listed on the Xcel <b>Silver</b> Skills chart.</p> <p>"B" Dance VP are allowed</p> <p>Round-off Rebound – Backward Roll is an Acro Connection.</p>	<p>Any "A" or "B" VP listed in the <i>Xcel Code of Points</i>.</p> <p>Any Skill listed on the Xcel <b>Gold</b> Skills chart.</p>	<p><b>6 "A", 1 "B" VP</b> Any "A" or "B" VP listed in the <i>Xcel Code of Points</i>. Any "C" Dance VP.</p> <p>Any Skill listed on the Xcel <b>Platinum</b> Skills chart.</p> <p>"C" Dance VP are allowed.</p>	<p><b>5 "A", 2 "B" VP</b> Any "A", "B", "C" VP listed in the <i>Xcel Code of Points</i>. One (1) "D" VP allowed, (No Bonus) Any Skill listed on the Xcel <b>Diamond</b> Skills chart.</p>
<p><u>SR credit</u> awarded for Cross or Side Split Leaps or Jumps <u>within 20° of specified Split Angle</u>. Deduct up to 0.20 for Insufficient Split. <u>Dive Roll</u> does <u>not</u> fulfill Flight Requirement</p>					
<p><b>Difficulty Restrictions</b> Restricted Elements Deduct <u>0.50</u> off SV</p>	<p>No "B" or higher VP. No Saltos or Aerials. Maximum two (2) <b>Acro</b> Flight elements per routine</p>	<p>No "B" Acro VP. No "C" or higher VP. Maximum one (1) Salto or Aerial per routine.</p>	<p>No "B" VP Saltos. No "C" or higher VP.</p>	<p>No "C" Acro VP. No "D" or higher VP.</p>	<p>Maximum of One (1) "D" VP allowed. No bonus.  No "E" VP allowed.</p>
<p><b>Special Requirements</b> Deduct <u>0.50</u> for Each Missing SR</p>	<p>1. *Minimum two (2) directly connected Acro elements (with or without <u>Flight</u>).</p> <p>2. *2<sup>nd</sup> Acro Pass – Minimum one (1) Acro element (with/without <u>Flight</u>).</p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p>* SR #1 / SR #2 may <u>not</u> be combined in the same pass.</p> </div> <p>3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) or Group 1 – Xcel <b>BRONZE Skills</b> Chart (directly or indirectly connected), one (1) of which is a Leap with a minimum <b>60°</b> Cross or Side Split.</p> <p>4. Minimum 1/2 Turn on one (1) foot.</p>	<p>1. *Minimum two (2) directly connected Acro elements, one (1) <u>must have Flight</u>.</p> <p>2. *2<sup>nd</sup> Acro Pass – either: A 2<sup>nd</sup> Minimum two (2) directly connected elements (with or without <u>Flight</u>), <b>OR</b> One (1) Acro Flight element.</p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p>* SR #1 / SR #2 may <u>not</u> be combined in the same pass.</p> </div> <p>3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) or Group 1 – Xcel <b>SILVER_ Skills</b> Chart (directly or indirectly connected), one (1) of which is a Leap with a minimum <b>90°</b> Cross or Side Split.</p> <p>4. Minimum 1/1 Turn on one (1) foot.</p>	<p>1. *Minimum two (2) directly connected Acro <u>Flight</u> elements.</p> <p>2. *2<sup>nd</sup> Acro Pass – either: A 2<sup>nd</sup> connection with minimum two (2) directly connected Acro <u>Flight</u> elements <b>OR</b> One (1) Aerial or Salto.</p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p>* SR #1 / SR #2 may <u>not</u> be combined in the same pass.</p> </div> <p>3.</p> <p>4. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) or Group 1 – Xcel <b>GOLD_ Skills</b> Chart (directly or indirectly connected), one (1) of which is a Leap with a minimum <b>120°</b> Cross or Side Split.</p> <p>4. Minimum 1/1 Turn on one (1) foot.</p>	<p>1. *Minimum two (2) directly connected Acro <u>Flight</u> elements with "A" or "B" Salto.</p> <p>2. *2<sup>nd</sup> Acro Pass – either: A 2<sup>nd</sup> connection with minimum two (2) directly connected Acro <u>Flight</u> elements <b>OR</b> One (1) "B" Salto</p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p>*SR #1 / SR #2 may <u>not</u> be combined in the same pass.</p> </div> <p>3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) (directly or indirectly connected), one (1) of which is a Leap with a minimum <b>150°</b> Cross or Side Split.</p> <p>4. Minimum 1/1 Turn on one (1) foot.</p>	<p>1. Two (2) separate Acro Flight <b>Passes</b>, each with a Minimum of two (2) directly connected Acro Flight elements.</p> <p>2. Two (2) Different <u>Saltos</u> (Isolated or in Series) One (1) must be a Minimum "B" (May be included in SR#1)</p> <p>3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) (directly or indirectly connected), one (1) of which is a Leap with a minimum <b>150°</b> Cross or Side Split.</p> <p>4. Minimum "B" Turn on one (1) foot.</p>
<p><b>Timed Warm-up</b> (based on # of athletes in largest squad in session) <b>Routine Time Limit</b></p>	<p><u>Warm-up:</u> 30 sec.</p> <p><u>Time limit:</u> 45 sec. No Minimum Time</p>	<p><u>Warm-up:</u> 45 sec.</p> <p><b>Time limit: 1:00</b> No Minimum Time</p>	<p><u>Warm-up:</u> 1:00</p> <p><u>Time limit:</u> 1:00 No Minimum Time</p>	<p><u>Warm-up:</u> 1:30</p> <p><u>Time limit:</u> 1:30 No Minimum Time</p>	<p><u>Warm-up:</u> 2:00</p> <p><u>Time limit:</u> 1:30 No Minimum Time</p>

# FLOOR EXERCISE ~ Chapter 1 ~ Requirements

## I. SPECIAL REQUIREMENTS (SR)

EACH WORTH 0.50

### A. BRONZE DIVISION ~ SPECIAL REQUIREMENTS

\*SR #1 / SR #2 may not be combined in the same pass.

1. \*Minimum two (2) directly connected Acro elements (with or without flight).  
Note: Round-off, rebound, Backward Roll – award Special Requirement.
2. \*2nd Acro Pass – Minimum one (1) Acro element (with or without flight).
3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) or Group 1 – Xcel BRONZE Skills Chart (directly or indirectly connected), one (1) of which is a Leap with minimum 60° Cross or Side Split.
4. Minimum ½ Turn on one (1) Foot.

### B. SILVER DIVISION ~ SPECIAL REQUIREMENTS

\*SR #1/SR #2 may not be combined in the same pass.

1. \*Minimum two (2) directly connected Acro elements, one (1) must have Flight.  
Note: Round-off, rebound, Backward Roll – award Special Requirement.
2. \*2nd Acro Pass – minimum two (2) directly connected elements (with or without flight),  
**OR** One (1) Acro Flight element.
3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) or Group 1 – Xcel SILVER Skills Chart (directly or indirectly connected), one (1) of which is a Leap with minimum 90° Cross or Side Split.
4. Minimum 1/1 Turn on one (1) Foot.

### C. GOLD DIVISION ~ SPECIAL REQUIREMENTS

\*SR #1/SR #2 may not be combined in the same pass.

1. \*Minimum two (2) directly connected Acro Flight elements.
2. \*2nd Pass – either:  
A 2<sup>nd</sup> Minimum (2) directly connected Acro Flight elements **OR** one (1) Aerial or Salto.
3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) or Group 1 – Xcel GOLD Skills (directly or indirectly connected), one (1) of which is a Leap with minimum 120° Cross or Side Split.
4. Minimum 1/1 Turn on one (1) Foot.

### D. PLATINUM DIVISION ~ SPECIAL REQUIREMENTS

\*SR#1/SR#2 may not be combined in the same pass.

1. Minimum of two (2) directly connected Acro Flight elements with one “A” or “B” Salto.
2. 2nd Acro Pass – Minimum two (2) directly connected Flight elements,  
**OR** One (1) “B” Salto.
3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) or Group 1 – Xcel Platinum Skills Chart (directly or indirectly connected), one (1) of which is a Leap with minimum 150° Cross or Side Split.
4. Minimum 1/1 Turn on one (1) Foot.

### E. DIAMOND DIVISION ~ SPECIAL REQUIREMENTS

1. Two (2) separate Acro Flight **passes**, each with a Minimum of two (2) directly connected Acro Flight elements.
2. Two (2) Different Saltos (Isolated or in **connection**)  
One (1) must be a Minimum “B”  
(May be included in SR#1)
3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) or Group 1 – Xcel Diamond Skills Chart (directly or indirectly connected), one (1) of which is a Leap with minimum 150° Cross or Side Split.
4. Turn on one (1) foot, minimum of “B” VP.

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