

FLOOR EXERCISE RULES

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

Revised October 2021