

VAULT RULES

VAULT

	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<p>Allowable Vaults No other vaults, other than those listed in each Division are permitted. If another vault is unintentionally performed will receive a "VOID".</p>	<p>Vault Option 1: 1A (4.5) Stretch Jump onto min. of 16" (± 1") mat AND 1B (4.5) Kick to Handstand fall to flat back. (Place board in front of skill cushion) OR Vault Option 2: Jump to Handstand - fall to flat back on min. of 16" (± 1") mat (no repulsion required).</p>	<p>Vault Option 1: 1A (5.0) Stretch Jump onto vault table AND 1B (4.5) Kick to Handstand (front foot on table or mat stack; hands MUST be placed on mat stack); fall to flat back onto mats stacked 8" (± 2") above the table. OR Vault Option 2: Handspring onto Table with repulsion to flat back landing on mats stacked 8" (± 2") above the table.</p>	Xcel Gold Vault Chart	Xcel Platinum Vault Chart	Xcel Diamond Vault Chart
Start Value (SV)	<p>10.0 Start Value Vault Option 1: 9.0 total Vault Option 2: 10.0</p>	<p>10.0 Start Value Vault Option 1: 9.5 total Vault Option 2: 10.0</p>	<p>10.0 Start Value 9.5 Start Value when using Alternative Springboard Apparatus.</p>	10.0 Start Value	Diamond SV Chart
Clarifications	<p>Alternative Springboard Apparatus is allowed.</p> <p>Spot on landing 0.5 Spot during any other phase 1.0 Max. Total Spot deduction 1.5</p>	<p>Alternative Springboard Apparatus is allowed. Sting mat may be used on the landing mat only.</p> <p>Spot on landing 0.5 Spot during any other phase 1.0 Max. Total Spot deduction 1.5</p>	<p>Alternative Springboard Apparatus is allowed.</p> <p>Spot on landing 0.5 Spot during any other phase 1.0 Max. Total Spot deduction 1.5</p>	<p>Alternative Springboard Apparatus is NOT allowed.</p> <p>Spot on landing 0.5 Spot during any other phase 1.0 Max. Total Spot deduction 1.5</p>	<p>Alternative Springboard Apparatus is NOT allowed.</p> <p>Spot on landing 0.5 Spot during any other phase 1.0 Max. Total Spot deduction 1.5</p>
Timing	<p>Warm-up: 30 sec. Guaranteed 1 warm-up vault</p>	<p>Warm-up: 45 sec. Guaranteed 1 warm-up vault</p>	<p>Warm-up: 1:00 Guaranteed 2 warm-up vaults</p>	<p>Warm-up: 1:30 Guaranteed 2 warm-up vaults</p>	<p>Warm-up 1:30 Guaranteed 3 warm-up vaults</p>

BARS

	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
Value Parts (VP)	Any "A" VP listed in the <i>Xcel Code of Points</i> . Any Skills listed on the Xcel Bronze chart.	Any "A" VP listed in the <i>Xcel Code of Points</i> . Any Skills listed on the Xcel Silver chart.	Any "A" or "B" VP listed in the <i>Xcel 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>Xcel Code of Points</i> . <u>Exceptions:</u> One Tap Swing = "A" VP. Cast (89° to 21° from vertical) = "A" VP.	5 "A", 2 "B" VP Any "A", "B", "C" VP listed in the <i>Xcel Code of Points</i> . 1 "D" element is allowed. <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>		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.	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. A long hang pull-over is only considered a circling skill if preceded by a cast. A Tap Swing will receive extra swing deduction.
<i>JO cast angle deductions will not be used in any division.</i>			<i>For cast angle deductions refer to Xcel Code of Points.</i>		
Difficulty Restrictions <i>Unallowable Skills 0.5 deduction - off SV</i>	No "B" or higher VP. No skills on high bar. No Salto dismounts.	No "B" or higher VP. No Giants (LB or HB) 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.	Maximum of 1 "D" VP allowed. No "E" 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 to a minimum of 45° below horizontal 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 above Horizontal 2. Circling skill (no mount or dismount) 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: 30 sec.	Warm-up: 45 sec.	Warm-up: 1:00	Warm-up: 1:30	Warm-up: 1:30

BALANCE BEAM RULES

BALANCE BEAM

	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
Value Parts (VP)	Any "A" VP listed in the Xcel Code of Points. Any skills listed on the Xcel Bronze chart.	Any "A" VP listed in the Xcel Code of Points. Any "B" Dance VP. Any skill listed on the Xcel Silver chart.	Any "A" or "B" VP listed in the Xcel Code of Points. Any skill listed on the Xcel Gold chart.	6 "A", 1 "B" VP Any "A" or "B" VP listed in the Xcel Code of Points. Any "C" Dance VP.	5A", 2 "B" VP Any "A", "B", "C" VP listed in the Xcel Code of Points. 1 "D" element is allowed.
Clarifications All Acro Skills must start and finish on the beam. Handstands, regardless of the angle achieved, are considered the Same Skill.	Cross Split jump = "A" VP. (any split angle) Cross Straddle jump = "A" VP. (any split angle)	"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 Unallowable Skills 0.5 deduction - off SV	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.	Maximum of 1 "D" VP allowed. No "E" 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 (same or diff.) – AND one Jump or Leap with 90° cross or side split (can be included in the dance series). 3. Two Acro Skills – one must achieve or pass through vertical – with or without flight (isolated or in a series) A Series is not required. 4. Dismount	1. Min. 1/1 Turn on one foot. 2. Dance Series – 2 skills (same or diff.) – AND one Jump or Leap with 120° cross or side split (can be included in the dance series). 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 (same or diff.) – AND one Jump or Leap with 150° cross or side split (can be included in the dance series). 3. One Acro Skill with flight (isolated or in a series) AND an Acro Series – with or without flight 4. Dismount- Salto or Aerial.
Timing No Minimum Time	Warm-up: 30 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 EXERCISE RULES

FLOOR

	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
Value Parts (VP)	Any "A" VP listed in the Xcel Code of Points. Any skills listed on the Xcel Bronze chart.	Any "A" VP listed in the Xcel Code of Points. Any "B" Dance VP. Any skill listed on the Xcel Silver chart.	Any "A" or "B" VP listed in the Xcel Code of Points. Any skill listed on the Xcel Gold chart.	6 "A", 1 "B" VP Any "A" or "B" VP listed in the Xcel Code of Points. Any "C" Dance VP.	5 "A", 2 "B" VP Any "A", "B", "C" VP listed in the Xcel Code of Points. 1 "D" element is allowed.
Clarifications	Round-off rebound - backward roll is an acro connection. Straddle Jump & Side Leap (60°-180° or more) = "A" VP	"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.</i>					
<i>A Dive Roll does NOT fulfill a flight requirement</i>					
Difficulty Restrictions	No "B" or higher VP. No Saltos or Aerials.	No "B" Acro VP. No "C" or higher VP	No "B" VP Saltos. No "C" or higher VP.	No "C" Acro VP. No "D" or higher VP.	Maximum of 1 "D" VP allowed. No "E" VP.
Unallowable Skills 0.5 deduction-off SV	Maximum 2 flight skills per routine.	Maximum 1 Salto or Aerial per routine.			
Special Requirements Deduct 0.5 for Each Missing SR	<ol style="list-style-type: none"> Min. 2 directly connected acro skills with or without Flight. A 2nd Pass with one Acro Skill with or without Flight. Dance Passage with a min. of 2 Different Group 1 VP or Xcel Bronze chart skills (directly or indirectly connected) one of which is a LEAP w/ a 60° cross or side split. Min. 1/2 Turn on one foot. 	<ol style="list-style-type: none"> Min. 2 directly connected Acro skills one must have Flight. Either a 2nd Acro connection with a min. of two directly connected skills with or without Flight OR One isolated Acro skill with Flight. Dance Passage with a min. of 2 Different Group 1 VP or Xcel Silver chart skills (directly or indirectly connected) one of which is a LEAP with a 90° cross or side split. Min. 1/1 Turn on one foot. 	<ol style="list-style-type: none"> Min. 2 directly connected Flight skills. Either a 2nd Acro connection with a min. of two directly connected Flight skills OR an isolated Aerial or Salto. Dance Passage with a min. of 2 Different Group 1 VP or Xcel Gold chart skills (directly or indirectly connected) one of which is a LEAP with a 120° cross or side split. Min. 1/1 Turn on one foot. 	<ol style="list-style-type: none"> Min. 2 directly connected Flight skills with 1 "A" or "B" Salto. Either a 2nd acro connection with a min. of two directly connected Flight skills OR an isolated "B" Salto. Dance Passage with a min. of 2 Different Group 1 VP (directly or indirectly connected) one of which is a LEAP with a 150° cross or side split. Min. 1/1 Turn on one foot. 	<ol style="list-style-type: none"> Two separate acro connections each with a min. of two directly connected acro Flight skills. Two different Saltos within the routine (isolated or in series) - one must be a min. "B" (may be included in SR#1). Dance Passage with a min. of two different Grp. 1 VP (directly or indirectly connected) - one of which is a LEAP with a 150° cross or side split. Turn on one foot min. "B" VP.
Timing No Minimum Time	Warm-up: 30 sec. 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