

Xcel Floor - Region 1

REQUIREMENTS	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
Entry	Minimum Age - 5yrs No previous experience	Minimum Age - 6yrs No previous experience	Minimum Age - 7yrs 31.00AA - 8.0IE previous L4*	Minimum Age - 7yrs 31.00AA - 8.0IE previous L5*	Minimum Age - 14 yrs, Freshman or previous L8, L9 or L10*
Progression	None	None	31.00AA - 8.0IE in Silver	31.00AA - 8.0IE in Gold	31.00AA - 8.0IE in Platinum
Start Value	10.00	10.00	10.00	10.00	10.00
Value Parts: A= .1 B= .3	Any level 3 skills listed in the Compulsory Book are acceptable for value parts in addition to elements in the code.	Any level 3-4 skills listed in the Compulsory Book are acceptable for value parts in addition to elements in the code.	Any level 3-5 skills listed in the Compulsory Book are acceptable for value parts in addition to elements in the code.	6A's, 1B All value parts must come from the code of points.	5A's, 2B's All value parts must come from the code of points.
Special Requirements Deduct .5 for each missing SR. Unallowable skill is a .5 deduction.	<ol style="list-style-type: none"> Acro skill from run or jump hurdle (round off, hurdle cartwheel etc.) Headstand hold or handstand forward roll Balance element (scale, split, bridge) Backward roll (may be back extension roll) 	<ol style="list-style-type: none"> Acro series (round off back handspring, cartwheel-cartwheel etc.) Press element (head or handstand) Balance element (scale, split, handstand) Back extension roll (may go to handstand) 	<ol style="list-style-type: none"> Acro series including salto Forward acro element (handspring, dive roll, front tuck etc.) Strength hold (tuck planche, "L" hold etc.) Press handstand hold Balance element 	<ol style="list-style-type: none"> Acro series including salto Forward acro series including salto Strength hold (tuck planche, "L" hold etc.) Press handstand 3 sec hold w/pirouette Balance element 	
Difficulty Restrictions Any element performed that is not allowed is a .5 deduction.	<ul style="list-style-type: none"> > No "B" or higher elements > No backwards or forwards handsprings or saltos > Back extension roll may not go to handstand 	<ul style="list-style-type: none"> > No "B" or higher elements > No backwards or forwards saltos 	<ul style="list-style-type: none"> > No "C" or higher elements > 1 salto per series 	<ul style="list-style-type: none"> > No "C" or higher elements > May perform 2 saltos within the routine 	<ul style="list-style-type: none"> > No "D" or higher elements > 2 saltos per routine with one being at least of "B" value

Elements may be recognized two times in a routine provided the element occurs with a different connection. Elements may not receive VP credit if performed a 3rd time, or if performed a 2nd time in the exact same connection.

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Xcel Pommel Horse - Region 1

REQUIREMENTS	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
Entry	Minimum Age - 5yrs No previous experience	Minimum Age - 6yrs No previous experience	Minimum Age - 7yrs 31.00AA - 8.0IE previous L4*	Minimum Age - 7yrs 31.00AA - 8.0IE previous L5*	Minimum Age - 14 yrs, Freshman or previous L8, L9 or L10*
Progression	None	None	31.00AA - 8.0IE in Silver	31.00AA - 8.0IE in Gold	31.00AA - 8.0IE in Platinum
Start Value	10.00	10.00	10.00	10.00	10.00
Value Parts: A= .1 B= .3	Any level 3 skills listed in the Compulsory Book are acceptable for value parts in addition to elements in the code.	Any level 3-4 skills listed in the Compulsory Book are acceptable for value parts in addition to elements in the code.	Any level 3-5 skills listed in the Compulsory Book are acceptable for value parts in addition to elements in the code.	6A's, 1B All value parts must come from the code of points.	5A's, 2B's All value parts must come from the code of points.
Special Requirements Deduct .5 for each missing SR. Unallowable skill is a .5 deduction.	Mushroom	Mushroom	Mushroom	Mushroom	1. 2 different circling elements (spindle, moore, direct stocli A, russian etc.) 2. Scissor work with a combination of 2 scissor elements 3. Circling travel element (travel down, magyar etc.) 4. Circling dismount
	1. 1 & 1/2 circles (may be broken into half circle, half circle, half circle) 2. Flank dismount	1. 1 & 1/2 circles done in succession 2. Flank dismount	1. Minimum of 5 circles 2. Sprindle or flair 3. Flank dismount	1. 3 different elements (spindle, flairs, moore etc) 2. Combine 2 elements 3. Flank dismount	
	Pommel Horse	Pommel Horse	Pommel Horse	Pommel Horse	
	1. Tic Toc swings 2. Dismount	1. Pendulum swings 2. 2 leg cuts 3. Dismount	1. Pendulum swings 2. 4 leg cuts or 2 leg cuts with false scissor work 3. Dismount	1. 2 full scissors 2. More than 1 circle 3. Dismount	
Difficulty Restrictions Any element performed that is not allowed is a .5 deduction.	> No "B" or higher elements > May not perform more than 1 & 1/2 circles on mushroom > Leg cuts are allowed with a minimum of 2 per routine	> No "B" or higher elements > Up to 5 & 1/2 circles may be performed on mushroom > No scissor work is allowed > No circles allowed on pommel horse	> No "C" or higher elements > Spindle or flairs may not be combined on mushroom, but both can be performed > No full scissors or circles allowed on pommel Horse	> No "C" or higher elements > Up to 5 circles may be performed > Flair spindle or a combination of elements will satisfy 2nd requirement on mushroom	> No "D" or higher elements > Routine performed on a regulation pommel horse

Elements may be recognized two times in a routine provided the element occurs with a different connection. Elements may not receive VP credit if performed a 3rd time, or if performed a 2nd time in the exact same connection.

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Xcel Still Rings - Region 1

REQUIREMENTS	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
Entry	Minimum Age - 5yrs No previous experience	Minimum Age - 6yrs No previous experience	Minimum Age - 7yrs 31.00AA - 8.0IE previous L4*	Minimum Age - 7yrs 31.00AA - 8.0IE previous L5*	Minimum Age - 14 yrs, Freshman or previous L8, L9 or L10*
Progression	None	None	31.00AA - 8.0IE in Silver	31.00AA - 8.0IE in Gold	31.00AA - 8.0IE in Platinum
Start Value	10.00	10.00	10.00	10.00	10.00
Value Parts: A= .1 B= .3	Any level 3 skills listed in the Compulsory Book are acceptable for value parts in addition to elements in the code.	Any level 3-4 skills listed in the Compulsory Book are acceptable for value parts in addition to elements in the code.	Any level 3-5 skills listed in the Compulsory Book are acceptable for value parts in addition to elements in the code.	6A's, 1B All value parts must come from the code of points.	5A's, 2B's All value parts must come from the code of points.
Special Requirements Deduct .5 for each missing SR. Unallowable skill is a .5 deduction.	1. Pull up 2. "L" position 3. Inverted hand (tucked, piked or straight body) 4. Dismount	1. Pull up 2. "L" position 3. Back lever (tucked or straight body) 4. Dismount	1. Muscle up 2. Strength position (support "L", back lever etc.) 3. Inlocate or dislocate 4. Salto dismount	1. Back lever 2. Swinging uprise 3. Press to shoulder stand or handstand 4. Inlocate & dislocate 5. Salto dismount	1. Back uprise to strength position (straddle "L", planche etc.) 2. Inlocate or dislocate series 3. Press to handstand 4. Bail from handstand or shoulder stand
Difficulty Restrictions Any element performed that is not allowed is a .5 deduction.	> No "B" or higher elements > No salto dismounts allowed	> No "B" or higher elements > Salto dismount is allowed	> No "C" or higher elements > May only perform either 1 inlocate or 1 dislocate, not both, for a total of 1 per routine	> No "C" or higher elements	> No "D" or higher elements > May lower to shoulder stand from handstand > Dismount must be from an inlocate, dislocate or bail
Elements may be recognized two times in a routine provided the element occurs with a different connection. Elements may not receive VP credit if performed a 3rd time, or if performed a 2nd time in the exact same connection.					
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Xcel Vault - Region 1

REQUIREMENTS	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
Entry	Minimum Age - 5yrs No previous experience	Minimum Age - 6yrs No previous experience	Minimum Age - 7yrs 31.00AA - 8.0IE previous L4*	Minimum Age - 7yrs 31.00AA - 8.0IE previous L5*	Minimum Age - 14 yrs, Freshman or previous L8, L9 or L10*
Progression	None	None	31.00AA - 8.0IE in Silver	31.00AA - 8.0IE in Gold	31.00AA - 8.0IE in Platinum
Start Value	See Start Values	See Start Values	See Start Values	See Start Values	See Start Values
See Special Requirements below	See Special Requirements below	See Special Requirements below	See Special Requirements below	See Special Requirements below	See Special Requirements below
Special Requirements & Start Values	Straight Jump = 9.5 SV Tuck Jump = 9.7 SV Straddle Jump = 9.8 SV Front Tuck = 10.0 SV All to be performed with spring board and 8"-16" of landing mats.	Front Tuck = 9.5 SV Performed as in Bronze Handstand flat back = 10.0 SV	Handspring, Round off or other non-salto vault may be performed with a start value of 10.0	Gold level vault = 9.5 SV Round off with 1/2 twist = 9.7 SV Handspring with 1/1 twist = 9.7 SV Yamashita = 9.7 SV Yamashita with 1/2 twist = 10.0 SV	All Vault groups allowed Salto vaults allowed Gold vault = 9.0 SV Platinum vault = 9.5 SV All vaults above Platinum will have a SV of 10.0
Difficulty Restrictions Any element performed that is not allowed is a .5 deduction.	> No other vaults may be performed at this level	> Handstand flat back may be performed with spring board and 24"-48" of landing mats or vault table with mats level to the table > No handspring or round off vaults allowed	> No salto vaults allowed > No Yurchenko vaults allowed > All vaults will be performed on a regulation vault table	> No salto vaults allowed > No Yurchenko vaults allowed > All vaults will be performed on a regulation vault table	> No double salto or double twisting will be allowed with the exception of non-salto twisting vaults
Elements may be recognized two times in a routine provided the element occurs with a different connection. Elements may not receive VP credit if performed a 3rd time, or if performed a 2nd time in the exact same connection.					
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Xcel Parallel Bars - Region 1

REQUIREMENTS	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
Entry	Minimum Age - 5yrs No previous experience	Minimum Age - 6yrs No previous experience	Minimum Age - 7yrs 31.00AA - 8.0IE previous L4*	Minimum Age - 7yrs 31.00AA - 8.0IE previous L5*	Minimum Age - 14 yrs, Freshman or previous L8, L9 or L10*
Progression	None	None	31.00AA - 8.0IE in Silver	31.00AA - 8.0IE in Gold	31.00AA - 8.0IE in Platinum
Start Value	10.00	10.00	10.00	10.00	10.00
Value Parts: A= .1 B= .3	Any level 3 skills listed in the Compulsory Book are acceptable for value parts in addition to elements in the code.	Any level 3-4 skills listed in the Compulsory Book are acceptable for value parts in addition to elements in the code.	Any level 3-5 skills listed in the Compulsory Book are acceptable for value parts in addition to elements in the code.	6A's, 1B All value parts must come from the code of points.	5A's, 2B's All value parts must come from the code of points.
Special Requirements Deduct .5 for each missing SR. Unallowable skill is a .5 deduction.	<ol style="list-style-type: none"> 1. Support swings 2. "L" or tuck hold 3. Straddle element (straddle sit, straddle travel etc.) 4. Swinging dismount 	<ol style="list-style-type: none"> 1. Support swings 2. Strength hold element ("L", "V", planche, etc.) 3. 1x swing to handstand 4. Swinging dismount 	<ol style="list-style-type: none"> 1. Strength hold element ("L", "V", planche, etc.) 2. Under bar element (long hang uprise, glide kip etc.) 3. 1x swing to handstand 4. Swinging dismount 	<ol style="list-style-type: none"> 1. Moy, giant or peach element 2. Front or Back uprise from upper arm swings 3. Press to handstand with 3 second hold 4. Swinging dismount 	<ol style="list-style-type: none"> 1. Moy, giant or peach element 2. Front or Back uprise from upper arm swings 3. Strength element hold (planche, press handstand) 4. Swinging release (Stutz, back toss, etc.) 5. Salto dismount
Difficulty Restrictions Any element performed that is not allowed is a .5 deduction.	<ul style="list-style-type: none"> > No "B" or higher elements > No salto dismounts allowed 	<ul style="list-style-type: none"> > No "B" or higher elements > No salto dismounts allowed > Tuck hold does not satisfy requirement of strength hold element 	<ul style="list-style-type: none"> > No "C" or higher elements > No salto dismounts allowed > Tuck hold does not satisfy requirement of strength hold element 	<ul style="list-style-type: none"> > No "C" or higher elements > Salto dismounts allowed 	<ul style="list-style-type: none"> > No "D" or higher elements

Elements may be recognized two times in a routine provided the element occurs with a different connection. Elements may not receive VP credit if performed a 3rd time, or if performed a 2nd time in the exact same connection.

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Xcel High Bar - Region 1

REQUIREMENTS	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
Entry	Minimum Age - 5yrs No previous experience	Minimum Age - 6yrs No previous experience	Minimum Age - 7yrs 31.00AA - 8.0IE previous L4*	Minimum Age - 7yrs 31.00AA - 8.0IE previous L5*	Minimum Age - 14 yrs, Freshman or previous L8, L9 or L10*
Progression	None	None	31.00AA - 8.0IE in Silver	31.00AA - 8.0IE in Gold	31.00AA - 8.0IE in Platinum
Start Value	10.00	10.00	10.00	10.00	10.00
Value Parts: A= .1 B= .3	Any level 3 skills listed in the Compulsory Book are acceptable for value parts in addition to elements in the code.	Any level 3-4 skills listed in the Compulsory Book are acceptable for value parts in addition to elements in the code.	Any level 3-5 skills listed in the Compulsory Book are acceptable for value parts in addition to elements in the code.	6A's, 1B All value parts must come from the code of points.	5A's, 2B's All value parts must come from the code of points.
Special Requirements Deduct .5 for each missing SR. Unallowable skill is a .5 deduction.	1. Pullover 2. Undershoot 3. Uprise hop 4. Dismount	1. Pullover 2. Back hip circle 3. Uprise hop 4. Dismount	1. Back hip circle or free hip circle 2. Swinging 1/2 turn 3. Glide kip 4. Dismount (salto dismount is allowed)	1. Free hip circle 2. Swinging 1/2 turn 3. Front or Back giants 4. Salto dismount	1. Free hip circle to handstand 2. 2 x front giants & 2 x back giants 3. Stalder / "Toe-on Toe-off or endo element 4. Salto dismount from giants
Difficulty Restrictions Any element performed that is not allowed is a .5 deduction.	> No "B" or higher elements > No salto dismounts allowed > No swinging 1/2 turns allowed > No giants allowed	> No "B" or higher elements > No salto dismounts allowed > No swinging 1/2 turns allowed > No giants allowed	> No "C" or higher elements > No giants allowed	> No "C" or higher elements > No dismounts allowed directly from giants	> No "D" or higher elements
Elements may be recognized two times in a routine provided the element occurs with a different connection. Elements may not receive VP credit if performed a 3rd time, or if performed a 2nd time in the exact same connection.					
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