

VAULT RULES

VAULT

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

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> . Exception: Giants 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> . Any Skills listed on the Xcel Platinum chart. <u>Exceptions:</u> One Tap or Underswing - Counterswing = "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 (No bonus) Any Skills listed on the Xcel Diamond chart. <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. Exceptions: cast squat on - jump to HB and cast shoot through receive 1 "A" VP in ALL divisions</i> <i>JO cast angle deductions will not be used in any division.</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. A long hang pull-over is considered a circling skill only if preceded by a cast.	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 considered a circling skill only if preceded by a cast. A Tap or Underswing - Counterswing will receive extra swing deduction.
Difficulty Restrictions <i>Unallowable Skills</i> 0.5 deduction - off SV	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 (LB or HB) 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. Min. "B" skill - either a Release, Pirouette or 2 nd different Circling Skill 4. Salto Dismount – High Bar
Timing	Warm-up: 30 sec.	Warm-up: 45 sec.	Warm-up: 1:00	Warm-up: 1:30	Warm-up: 2:00

UNEVEN BARS RULES

BALANCE BEAM RULES

BALANCE BEAM

BALANCE BEAM				
	BRONZE	SILVER	GOLD	PLATINUM
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. Any Skills listed on the Xcel Platinum chart.
Clarifications	Cross Split jump = "A" VP. (any split angle) Cross Straddle jump = "A" VP. (any split angle)	"B" Dance VP allowed.		5 "A", 2 "B" VP Any "A", "B", "C" VP listed in the Xcel Code of Points. 1 "D" element is allowed (No bonus) Any Skills listed on the Xcel Diamond chart.
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.				
Difficulty Restrictions	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.	Maximum of 1 "D" VP allowed. No "E" VP.
Unallowable Skills	0.5 deduction - off SV			
Special Requirements (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 inverted 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
Deduct 0.5 for Each Missing SR				
Timing	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
No Minimum Time				Warm-up: 2:00 Time limit: 1:15

FLOOR EXERCISE RULES

FLOOR

	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 "B" Dance VP. Any skill listed on the Xcel Silver chart.	Any "A" or "B" VP listed in the <i>Xcel Code of Points</i> . Any skill 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> . Any "C" Dance VP. Any Skills listed on the Xcel Platinum chart.	5 "A", 2 "B" VP Any "A", "B", "C" VP listed in the <i>Xcel Code of Points</i> . 1 "D" element is allowed (No bonus) Any Skills listed on the Xcel Diamond chart.
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. Maximum 2 flight skills per routine.	No "B" Acro VP. No "C" or higher VP Maximum 1 Salto or Aerial per routine.	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					
Special Requirements Deduct 0.5 for Each Missing SR	1. Min. 2 directly connected acro skills with or without Flight. 2. A 2 nd Pass with one Acro Skill with or without Flight. ** SR 1 & 2 cannot be combined 3. Dance Passage with a min. of 2 Different Group. 1 VP or Xcel Bronze chart skills (<i>directly or indirectly connected</i>) one of which is a LEAP w/ a 60° cross or side split. 4. Min. 1/2 Turn on one foot.	1. Min. 2 directly connected Acro skills one must have Flight. 2. A 2 nd Pass with either a 2 nd Acro connection with a min. of two directly connected skills with or w/out Flight, OR an Acro skill with Flight. ** SR 1 & 2 cannot be combined 3. Dance Passage with a min. of 2 Different Group. 1 VP or Xcel Silver chart skills (<i>directly or indirectly connected</i>), one of which is a LEAP with a 90° cross or side split. 4. Min. 1/1 Turn on one foot.	1. Min. 2 directly connected Flight skills. 2. A 2 nd Pass with either a 2 nd Acro connection with a min. of two directly connected Flight skills OR an Aerial or Salto ** SR 1 & 2 cannot be combined 3. Dance Passage with a min. of 2 Different Group. 1 VP or Xcel Gold chart skills (<i>directly or indirectly connected</i>) one of which is a LEAP with 120° cross or side split. 4. Min. 1/1 Turn on one foot.	1. Min. 2 directly connected Flight skills with 1 "A" or "B" Salto. 2. A 2 nd Pass with either a 2 nd acro connection with a min. of two directly connected Flight skills OR a "B" Salto. ** SR 1 & 2 cannot be combined 3. Dance Passage with a min. of 2 Different Group. 1 VP (<i>directly or indirectly connected</i>) one of which is a LEAP with a 150° cross or side split. 4. Min. 1/1 Turn on one foot.	1. Two separate acro connections each with a min. of two directly connected acro Flight skills. 2. Two different Saltos within the routine (<i>isolated or in series</i>) - one must be a min. "B" (<i>may be included in SR#1</i>). 3. Dance Passage with a min. of two different. Grp. 1 VP (<i>directly or indirectly connected</i>), one of which is a LEAP with a 150° cross or side split. 4. Turn on one foot min. "B" VP.
Timing <i>No Minimum Time</i>	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: 2:00 Time limit: 1:30

VAULT ~ Chapter 1 ~ Values and Deductions

BRONZE VAULT 2: JUMP TO HANDSTAND – FALL TO FLAT BACK (SV = 10.0)

Minimum of 16" (±1") mat, no repulsion required.

General Faults	Each phase up to 0.30 Each phase up to 0.50	Failure to maintain a straight body position <ul style="list-style-type: none"> • Arch • Pike
	Each phase up to 0.30	Legs bent
	Each phase up to 0.20	Legs separated
	Each phase up to 0.10	Incorrect foot form
	Each phase up to 0.10	Incorrect head alignment
	Up to 0.30	Deviation from a straight direction
	Up to 0.30	Insufficient dynamics (speed/power)
	<u>0.50</u>	Assistance (spot) of coach on the landing
	<u>1.00</u>	Spot during any phase of Vault (Max. spot deduction = 1.50)
	*VOID	<i>Run approach which results in gymnast coming to rest or support on top of the mat stack without execution of the vault (example: Rebounds from board, jumps to place hands on mat, does not pass through the vertical plane and returns to the board or lands on the mat stack between the board and hand placement)</i>
	*VOID	Performing incorrect vault (i.e., squat on)
	No Deduction *VOID	<i>1st Balk</i> <i>Performing a 2nd or 3rd Balk</i>
First Flight		See Vault General Faults above
Support Phase	Up to 0.50	Arms bent
	<u>2.00</u>	Completely bent arms, causing head to contact the mat
	Up to 0.30	Incorrect shoulder alignment (showing a shoulder angle less than 180 degrees)
	Up to 2.00	Failure to show an inverted vertical position from hands to hips (performing a forward rolling action)
	Up to 1.00 0.05 - 0.50 0.55 - 1.00	Contacting the mat stack with the hands after vertical <ul style="list-style-type: none"> • Contact from 1° to 45° past vertical • Contact from 46° to 89° past vertical
	Each <u>0.10</u>	Additional hand placements (taking steps/hops on hands) Max. 0.30
	<u>3.00</u>	Failure to contact mat with both hands (performs a front layout or touch with only one hand)
Post Handstand Phase	Up to 1.00	Failure to finish in a straight lying position on the back Examples for applying this deduction: <ul style="list-style-type: none"> • Gymnast lands on her feet, salutes, & steps off mat. • Gymnast lands on her seat (90° hip angle), salutes & steps off mat. • Gymnast lands on her back with an arch & bent legs, salutes, & steps off the mat.
	<u>1.00</u>	
	<u>0.50</u>	
	<u>0.50</u>	
		If the gymnast makes any of the above execution errors, then lies back to a straight lying position, NO DEDUCTION for failure to finish in a straight lying position is taken; however, execution deductions may be applied for the errors while the gymnast is falling to her back (Post-Handstand Phase). The evaluation ends when in a straight lying position.

**** If a gymnast attempts Bronze Vault Option #2: Jump to Handstand - Fall to Flat Back, but performs an incomplete or incorrect vault, instead of taking a 0 score (VOID) on Bronze Vault option #2, she could use that attempt as a VOID for Bronze Vault Option 1A (deduction of 4.50) and still perform Vault 1B to achieve a score.***

VAULT ~ Chapter 1 ~ Values and Deductions

SILVER DIVISION

Silver: There are Two Allowable Vaults in this Division.

- The Alternative springboard apparatus and manufactured "Jr." vault board are allowed.
- The gymnast may perform the same vault twice or one of each vault.
- Performance of an unallowable vault will result in an event score of "0" (VOID).
- Spotting deductions apply to all phases of Silver vaults 1 & 2.

Vault 1A: **STRETCH JUMP** onto Vault Table; (SV = 5.00). THEN

Vault 1B: **KICK TO HANDSTAND** (*Gymnast may step back to place* hands on vault table or mat stack); fall to flat back landing on mats stacked 8" (+2") above Table (SV = 4.5).

Each part of the vault is evaluated separately. Add the two scores from 1A and 1B to arrive at the final vault score (Max. 9.50)

SILVER VAULT 1A: STRETCH JUMP ONTO VAULT TABLE (SV = 5.00)

Approach	Each <u>0.30</u>	Additional jumps on the board (double bouncing)
	<u>5.00</u> (VOID 1A)	Runs onto the board and steps up onto Vault Table or rebounds from board to come to rest or support on the Vault Table on body parts other than the feet first
Stretch Jump from Board onto Vault Table	Up to 0.50	Lack of height on Stretch Jump
	Up to 0.50	Failure to maintain a stretched body position during jump
	Up to 0.50	• Pike
	Up to 0.50	• Tuck
	Up to 0.30	• Arch
	Up to 0.30	Incorrect arm and head alignment
	Up to 0.20	Legs separated
	Up to 0.10	Incorrect foot form
	Up to 0.50	Failure to land in demi-plie, with control and proper body position
	Up to 0.10	Failure to join (slide) heels together on controlled extension of landing with feet a maximum of hip-width apart
General Faults	Up to 0.10	Entire foot/feet slide or lifted off floor to join on controlled extension of landing with feet a maximum of hip-width apart
	Up to 0.10	Landing with feet staggered (one foot in front of the other)
	<u>0.10</u>	Landing with feet further than hip-width apart
	Up to 0.30	Insufficient dynamics (speed/power)
	0.50	Fall (onto hands, knees +/- hips) after landing stretch jump on feet first
	No deduction VOID (1A)	1st Balk Performing a 2nd or 3rd balk

Vault 1B: KICK TO HANDSTAND, FALL TO FLAT BACK (SV = 4.5)

Gymnast may step back to place hands on the vault table or on the mat stack

Approach	Each up to 0.20	Failure to maintain arms next to ears, while reaching for the mat
	Up to 0.10	Failure to use levering action into the Handstand
	Each <u>0.50</u>	Extra Kick-up to Handstand
Handstand	Up to 0.50	Bent arms
	Up to 0.30	Bent legs
	Up to 0.20	Legs separated
	Up to 0.50	Incorrect alignment in the Handstand
	Up to 0.30	• Showing a shoulder angle less than 180°
	Up to 0.50	• Pike
	Up to 0.30	• Arch
	Up to 2.00	• Failure to show an inverted vertical position from hands to hips (performing a forward rolling action)
	Each <u>0.10</u>	Additional hand placements (taking steps/hops on the hands) Max. 0.30
	Up to 0.10	Incorrect foot form
Post-Handstand Landing	Up to 1.00	Failure to land in a straight lying position on the back

VAULT ~ Chapter 2 ~ General Information

2. Different Vault: No Deduction for performing a Vault that is different than the Vault announced or flashed, provided it is a Vault allowed at the specific division of the gymnast.
 3. Vault Performed Determines the SV: Not the Vault Number flashed or announced.
 4. Body Position: Demonstrated for the majority of the Vault will determine which Vault has been executed
- D. Performance of a Vault Without a Signal from the Chief Judge
1. Vault is ignored, even if both judges see it.
 2. Gymnast has the opportunity to perform two more Vaults.
 3. The Chief Judge applies a 0.50 penalty to the average of the next completed vault.
 4. The penalty may or may not affect the final score.
- Example: Vault 1 - Runs/vaults over table without being signaled to start
Vault 2 - completes a vault, scores 9.0, receives penalty of -0.50 for score of 8.5
Vault 3 - completes a vault, scores 9.0, which will be her final score.

II. COACHING DEDUCTIONS

- A. Spot the Landing: All Judges take the 0.50 deduction for Spot (assistance) upon Landing.
- B. Spot the Vault: All Judges take the 1.00 deduction for Spot (assistance) during any other phase.
- C. Spot both Vault & Landing: The maximum total deduction for Spot (assistance) is 1.50 per Vault.
- D. Coach standing between the Board and Vault apparatus:
 - There is no deduction if the coach, when standing between the board and the vault apparatus, makes contact with the safety zone mat or inadvertently touches the vault apparatus.
- E. Coaching the Gymnast: The coach may speak to the gymnast between vaults without penalty, but may not give verbal coaching cues during the Vault.

III. MISCELLANEOUS VAULT RULES

- A. Arrival on the Vault Table:
 1. May occur from a run with forward arrival on the board with both feet.
 2. May occur from a run with backward arrival on the board with both feet from a Round-off (Diamond only).
- B. Two Hands: All vaults must be performed with support of both hands on the Vault Table. (Exception: Bronze division; refer to the Bronze Vault deduction table)
 1. If neither hand makes contact with the vault table, the Vault is scored "0" (VOID).
 2. The Chief Judge takes the 1.00 deduction from the Average Score for the performance of a one-arm vault, if at least half of the vault panel saw that only one hand touched the vault table.
- C. Feet First Landings: All Vaults in the Gold, Platinum, and Diamond Divisions must land on the feet first on the landing mat.
 1. Landing on the feet first is defined as "any part of the bottom of the foot touching the mat first."
 2. Any vault that fails to land on the feet first will be scored "0" (VOID).
 3. If the gymnast lands standing, sitting, or lying on top of the vault table, it is a "0" (VOID)
- D. Silver Division - Vault 2:
 1. If upon landing the vault, the gymnast has any part/portion of her body on/touching the table, apply the following deduction(s):
 - a. Body part hitting/brushing table upon landing (up to 0.20).
 - b. Other Support Phase and Post Handstand Phase deductions may also apply.
- E. Landing on the Vault Table: If the gymnast lands sitting, standing, or lying on the Vault Table, the score for that Vault will be "0" (VOID).
 - Not applicable to Silver Vault 1A.
- F. Bronze Division Vault 1 and Silver Vault 1
 1. Vault 1A (Part 1), If the gymnast performs the Straight Jump and fails to land on the bottom of the feet first, that part of the vault will be scored "0".
 2. Vault 1B (Part 2), The gymnast may then continue to perform the kick to handstand, fall to flat back for a maximum score of 4.50.

VAULT ~ Chapter 2 ~ General Information

MISCELLANEOUS VAULT RULES (continued)

G. Restricted/Unallowable Vaults:

1. If a gymnast attempts a Vault listed on the Vault chart for her Division, resulting in a Vault that is not found on the chart, the vault is scored "0" (VOID).
2. The gymnast does NOT receive a "0" (VOID) as the Final Score for the event if the second Vault is an Allowable Vault.
3. If **EITHER** of the two Vaults performed are Vaults that are not allowed at the gymnast's Division, the gymnast would receive a Final Score of "0" (VOID), because an unallowable vault was performed.

H. Touch Warm-ups: Vault Touch Warm-up is not regulated by time.

1. Run Back: After presenting to the Judges, gymnasts are allowed ONE "run-back" from the board before the Vault attempts are counted.
2. Jump Off: Each gymnast is allowed to stand on the Vault Table and jump off (or salto – *Diamond only*) ONE TIME ONLY, in addition to their specific number of guaranteed Vaults.
3. Guaranteed Vaults: Each gymnast is guaranteed a specific number of warm-up Vaults, depending upon her Division.
 - Diamond: athletes are guaranteed three (3) Vaults.
 - Gold and Platinum: athletes are guaranteed two (2) Vaults.
 - Bronze and Silver: Athletes are guaranteed one (1) Vault.

I. Group 1 (Handspring) Vaults ~ Clarifications:

1. Pre-Flight Turns: Vaults may be performed with $\frac{1}{4}$ (90°) to $\frac{1}{2}$ (180°) LA (long axis) turn.
2. Twisting Directions: In both the First and Second flight phase, the twist may be performed in either direction.

J. Group 3 (Tsukahara Entry) Vaults ~ Clarifications:

1. Slight Arm Bend of the Lead Arm: Is allowed for all Group 3 Vaults.
2. Pre-Flight Turn: May be performed with $\frac{1}{4}$ (90°) to $\frac{1}{2}$ (180°) LA turn in the first flight phase. There is NO deduction for incomplete turn.

K. Maximum Execution Deduction is 4.0

For Bronze and Silver Vault #1, this maximum deduction would be for both parts of the vault (1A & 1B combined).

A Courtesy Score of 4.0 may be awarded for unusual circumstances, including injury. This does not apply if a gymnast has earned a "zero" for the vault or the event for balking, unallowable vault or a landing position (not feet first or on the table).

L. **Vault Fall Timing-if gymnast falls on 1st vault and is assessed for injury:**

1. **Gymnast is allowed a maximum of one minute (60 sec.) after the completion of the judgement of the vault to leave the landing area.**
2. **If allotted time is exceeded, 2nd vault is not allowed. Time is monitored by Chief Judge.**

III. UNUSUAL JUDGING SITUATIONS

A. Bronze and Silver Divisions - Vault Option 1:

1. Vault 1A (Part 1): If the gymnast fails to hurdle and do a Stretch Jump onto the Vault apparatus (i.e. runs off the board and onto the mat or jumps on board and fails to land on feet first on Mat Stack (or Table), she would receive a "0" (VOID) for Part 1 (deduction of 4.50 for Bronze / 5.00 for Silver)
2. Vault 1B (Part 2): The gymnast is still able to do the Kick to Handstand, fall to flat back. Her maximum score would be 4.50.

B. Bronze and Silver Divisions - Vault Option 2:

If the gymnast designates intent to perform Vault Option 2 - Handspring onto Mat Stack/Vault Table - to finish in lying position on flat back and:

1. Attempt #1 is a balk - runs off runway - no penalty
2. Attempt #2 is a Void Vault - jumps from board, arrives in 3/4 handstand and comes back down onto board
3. Attempt #3 - gymnast jumps to support on hands but comes back down to squat stand on Mat Stack or Vault Table
 - Since there is no deduction for calling the wrong vault, gymnast is allowed to perform Part 2 of Silver Vault Option #1 (kick up to handstand-fall to flat back). Her maximum score would be 4.50.
 - If she does not continue to perform Vault #1B, she will receive a zero score for the event.

BARS

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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 Skills listed on the Xcel Silver chart.	Any "A" or "B" VP listed in the Xcel Code of Points. Exception: Giants Any Skills listed on the Xcel Gold chart.	6 "A", 1 "B" VP Any "A" or "B" VP listed in the Xcel Code of Points. Any Skills listed on the Xcel Platinum chart. <u>Exceptions:</u> One Tap or Underswing - Counterswing = "A" VP. Cast (89° to 21° from vertical) = "A" VP.	5 "A", 2 "B" VP Any "A", "B", "C" VP listed in the Xcel Code of Points. 1 "D" element is allowed (No bonus) Any Skills listed on the Xcel Diamond chart. <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. Exceptions: cast squat on - jump to HB and cast shoot through receive 1 "A" VP in ALL divisions</i> <i>JO cast angle deductions will not be used in any division.</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 considered a circling skill only if preceded by a cast.	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 considered a circling skill only if preceded by a cast. A Tap or Underswing - Counterswing will receive extra swing deduction.
Difficulty Restrictions <i>Unallowable Skills</i> 0.5 deduction - off SV	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 (LB or HB) 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. Min. "B" skill - either a Release, Pirouette or 2 nd different Circling Skill 4. Salto Dismount – High Bar
Timing	Warm-up: 30 sec.	Warm-up: 45 sec.	Warm-up: 1:00	Warm-up: 1:30	Warm-up: 2:00

UNEVEN BARS ~ Chapter 1 ~ Requirements

I. Special Requirements (SR) each worth 0.50

A. BRONZE DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum of 4 "A" VP from the Code or Skills from the Bronze Skill Chart
2. Cast (hips must leave the bar)
3. Circling skill (not in the mount or dismount)
4. Dismount (**from LB only; NO saltos**)

B. SILVER DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum of 5 "A" VP from the Code or Skills from the Silver Skill Chart
2. Cast to a minimum of 45° below horizontal
3. Circling Skill (not in the Mount or Dismount)
4. Dismount (**No saltos**)

C. GOLD DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum of 6 "A" VP from the Code or Skills from the Gold Skill Chart
2. Cast to Horizontal
3. Circling Skill (not in the Mount or Dismount)
4. Dismount (from the high bar)

D. PLATINUM DIVISION ~ SPECIAL REQUIREMENTS

1. Cast to Above Horizontal
2. Circling Skill (*not in the Mount or Dismount*)
3. Kip
4. Dismount (from the high bar)

E. DIAMOND DIVISION ~ SPECIAL REQUIREMENTS

1. Cast to 45° from Vertical or above
2. Minimum "B" Circling Skill
3. Minimum of "B" skill - either a Release, Pirouette, or a 2nd Different Circling Skill
4. Salto Dismount (from the high bar)

II. Special Requirement Clarification

A. General

1. Apply to All Divisions

- a. When a skill is preceded by a cast, both the cast and skill receive separate VP/skill credit.
 - Exceptions: cast squat on - jump to HB and cast shoot through receive one (1) "A" Value-part in ALL Divisions **and may NOT be used to fulfill the cast SR.**
- b. JO cast angle deductions will not be used in any division.
- c. Unallowable skills receive a deduction of 0.50 each and do not receive VP or SR credit.

2. Apply to Bronze Division

- a. No skills/VP are allowed on the high bar
- b. No salto dismounts are allowed.

3. Apply to Silver Division

- a. If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP.
- b. No giants are allowed (LB or HB).
- c. No salto dismounts are allowed.

4. Apply to Gold Division

- a. If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP.
- b. No giants are allowed (**LB or HB**).
- c. No release moves with a bar change are allowed.

5. Apply to Platinum Division

- a. If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP.
- b. A long hang pull-over is considered a circling skill only if preceded by a cast.
- c. Clear hip to handstand receives "B" VP credit.
- d. ONE tap or underswing - counterswing is allowed for VP credit. Any others will incur an extra swing deduction.

6. Apply to Diamond Division

- a. If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP.
- b. A long hang pull-over is only considered a circling skill if preceded by a cast.
- c. A tap or underswing - counterswing will receive extra swing deduction.
- d. A cast to handstand with 1/2 (180°) turn fulfills SR #1 and #3. Two SRs may be fulfilled with one skill, unless stated otherwise.

UNEVEN BARS ~ Chapter 2 ~ General Information

RECOGNITION (COUNTING) OF VALUE PARTS (VP) (continued)

EXAMPLE:

- Cast to handstand with legs together or cast to handstand with legs straddled are considered the same element.

EXAMPLE:

- A Glide kip with legs straddled or together are considered the same element.

D. If a swing forward or backward reaches the handstand phase (within 20° of vertical), it will be considered a separate element. (i.e., Backward Giant, Forward Giant)

E. Awarding VP credit when a fall occurs while performing a Release Element

Consider:

1. During the performance of a release, the gymnast grasps or touches the bar with one or two hands and then falls:
 - a. VP is awarded
 - b. Execution and amplitude errors are taken in addition to the fall.
 - c. SR WILL be fulfilled, if applicable.
2. During the performance of a release element, the gymnast's hand(s) never grasps or touches the bar:
 - a. Element is considered incomplete; therefore, VP credit is NOT awarded.
 - b. Execution and amplitude errors are taken in addition to the fall.
 - c. The element CANNOT be used to fulfill Special Requirements.
 - d. The gymnast may repeat the element. If performed successfully, VP credit is awarded, as well as SR credit, if applicable.

F. Awarding VP credit when a fall occurs while performing dismount element:

- If the gymnast lands on the hands and bottoms of the feet simultaneously, award VP credit and deduct 0.50 for the fall.

G. Difficulty Restrictions

1. BRONZE DIVISION ~ RESTRICTIONS

- a. Only Skills listed on the Bronze Skill Chart and allowable "A" elements are allowed
 - 1) The following "A" VPs are NOT ALLOWED in the Bronze Division:
 - a) Salto Dismounts
 - b) Skills on the high bar
 - 2) "B" or higher VP elements are NOT ALLOWED.
 - 3) If an unallowable/restricted skill is performed:
 - a) Deduct 0.50 from SV
 - b) Do NOT award VP credit
 - c) The skill CANNOT be used to fulfill Special Requirements
- b. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive VP credit.

2. SILVER DIVISION ~ RESTRICTIONS

- a. Only Skills listed on the Silver Skill Chart and allowable "A" elements are allowed
 - 1) The following "A" VP's are NOT ALLOWED in the Silver Division:
 - a) No Giants (LB or HB)
 - b) Salto Dismounts
 - 2) "B" or higher VP elements are NOT ALLOWED.
 - 3) If an unallowable/restricted skill is performed:
 - c) Deduct 0.50 from SV
 - d) Do Not award VP credit
 - e) The skill CANNOT be used to fulfill Special Requirements
- b. All appropriate deductions would be applied to elements, whether or not they receive VP credit.

3. GOLD DIVISION ~ RESTRICTIONS

- a. Only Skills listed on the Gold Skill Chart and "A" elements, and allowable "B" elements are allowed.
 - 1) The following "B" VP's are NOT ALLOWED in the Gold Division:
 - a) Giants (**LB or HB**)
 - b) Release moves with bar change
 - 2) "C" or higher VP elements are NOT ALLOWED.
 - 3) If an unallowable/restricted skill is performed:
 - a) Deduct 0.50 from SV
 - b) Do Not award VP credit
 - c) The skill CANNOT be used to fulfill Special Requirements
- b. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive VP credit.

UNEVEN BARS ~ Chapter 2 ~ General Information

Difficulty Restrictions – (continued)

4. PLATINUM DIVISION ~ RESTRICTIONS

- Only **Skills listed on the Platinum Skill Chart** and “A” and “B” VP elements are allowed.
 - “C” or higher VP elements are **NOT ALLOWED**.
 - EXCEPTION: A Clear Hip Handstand is allowed and will receive “B” VP.
 - If an unallowable/restricted skill is performed:
 - Deduct 0.50 from SV
 - Do Not award VP credit
 - The skill CANNOT be used to fulfill Special Requirements
- All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive VP credit.

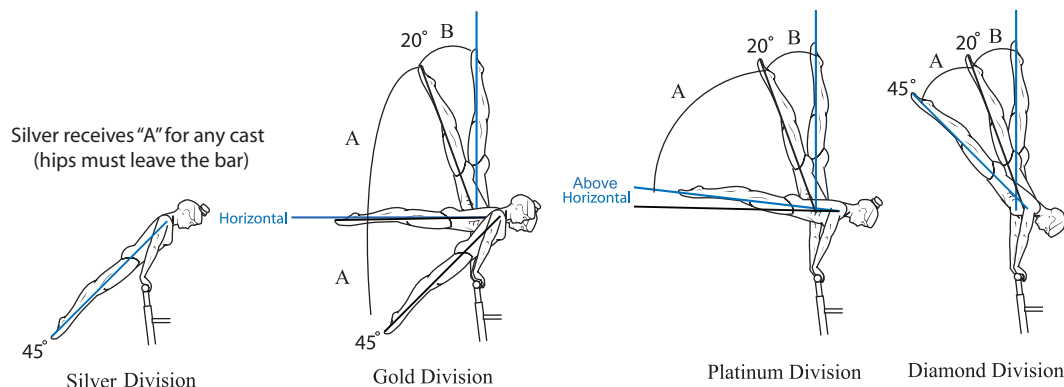
5. DIAMOND DIVISION ~ RESTRICTIONS

- Only **Skills listed on the Diamond Skill Chart** and “A”, “B”, “C” and one “D” VP elements are allowed. NO BONUS is awarded for a “D” element.
 - “E” VP elements and more than one “D” VP elements are **NOT ALLOWED**.
 - If an unallowable/restricted skill is performed:
 - Deduct 0.50 from SV
 - Do Not award VP credit
 - The skill CANNOT be used to fulfill Special Requirements

H. Required Technique for the Recognition of VPs

- When evaluating the angle of the body when there is a shoulder angle, look at the line from the shoulders through the mid-point of the lowest body part.
- When there is no shoulder angle (such as the ending of a clear hip circle nearing handstand phase), look at the line from the hands through the mid-point of the lowest body part.
- In the case of casts and back uprisers with straddled legs, the angle of completion is determined when the hips are extended and/or legs are joined.
- If hips are extended, but the legs are not fully together at the peak of the cast or uprise, a deduction for leg separation is applied.

1. Cast(s)



J.O. Cast Angle Deductions will NOT be used in any Division.

- Bronze Division:** no angle requirement No Amplitude Deduction
- Silver Division:** Minimum 45° below horizontal requirement No Amplitude Deduction
 - No other casts performed in the routine will have a cast angle requirement and would be subject only to execution deductions.
- Gold Division:** Horizontal requirement
 - 0° - 20° from Vertical award "B" VP/SR, no Amplitude deduction
 - 21° - 90° from Vertical award "A" VP/SR, no Amplitude deduction
 - 1° - 45° BELOW horizontal award "A" VP, do NOT award SR; no amplitude deduction
 - More than 45° below horizontal do NOT award VP/SR, no Amplitude deduction
 - No other casts performed in the routine will have a cast angle requirement and would be subject only to execution deductions.
- Platinum Division:** Above Horizontal requirement
 - 0° - 20° from Vertical award "B" VP/SR, no Amplitude deduction
 - 21° - 89° from Vertical award "A" VP/SR, no Amplitude deduction
 - Horizontal and below do NOT award VP/SR, no Amplitude deduction
- Diamond Division:** 45° from Vertical or Above requirement
 - 0° - 20° from Vertical award "B" VP/SR, no Amplitude deduction
 - 21° - 45° from Vertical award "A" VP/SR, no Amplitude deduction
 - more than 45° from Vertical do NOT award VP/SR, no Amplitude deduction

UNEVEN BARS ~ Chapter 2 ~ General Information

Required Technique for the Recognition of VPs – (continued)

2. Uprises to Handstand (#2.303)
 - a. Back Uprise to handstand must be completed to within 20° of vertical to receive “C” VP credit. If the handstand finished within 11° to 20°, deduct 0.05.
 - b. When an attempt at a Back Uprise to Handstand fails to finish within 20° of vertical and:
 - 1) The gymnast is able to create a closed shoulder angle, finishing in a clear support, recognize it as a Back Uprise to clear support (#2.203) and award “B” VP credit.
 - a) If the body finishes in a clear support but below horizontal, an “up to 0.20” deduction for insufficient amplitude would be applied.
 - b) If, from the clear support, the gymnast pulls the hips to the high bar and either performs an immediate cast or a back hip circle followed by a cast, a 0.30 deduction is applied for an Extra Swing/Cast (Exception: Gold Division)
 - The gymnast does not show a closed shoulder angle, pulling the shoulders in over the high bar to a clear support, do NOT award VP credit, since there is no such element listed in the *Xcel Code of Points*, *Xcel Updates*, or in the Xcel Skill Chart.
3. Elements with Flight arriving in support (not in handstand) on the Low Bar (#2.205, 3.203, 3.303, 4.204, 4.304, & 5.303)
 - a. The “up to 0.20” insufficient amplitude deduction is used to evaluate the height of the release over the low bar, not necessarily the angle of arrival.
 - b. Elements from a counterswing or forward giant swing on the HB, straddle (or pike) with flight backward over low bar to grasp LB:
 - Proper technique is to catch LB in an extended body position from shoulders to hips; however, it is acceptable to maintain a pike in the hips.
 - c. Underswing, clear hip circle or long swing elements on HB with ½ (180°) turn and flight over LB to grasp LB:
 - Proper technique is to catch in an extended body position (shoulders to feet) at horizontal or above for no deduction for insufficient amplitude.
 - Once both hands make contact with the LB, the element is considered complete and VP credit is awarded.
4. Elements with Flight arriving in Handstand on Low Bar
 - a. The handstand position on low bar must finish within 20° of vertical to receive the higher VP credit. If the release element does not finish within 10° of vertical, but is within 20°, deduct 0.05.
 - b. If it finishes at 21° or more from vertical, recognize it as the lower valued element.
 - EXAMPLE: a counterswing to straddle back to handstand on low bar (“C” - #2.305), but arrives at a 30° angle upon making hand contact on the low bar (award “B” for straddle back to grasp low bar (#2.205)).
 - No deduction for insufficient amplitude would be applied.
5. Circles to Handstand and Circles/Swings to Handstand
CIRCLES: Clear Hip, Stalder, Pike Sole Circle, Clear Pike Sole Circle, Weiler Kip, etc.
CIRCLE/SWINGS: Front Giant, Back Giant
 - a. If the handstand position is achieved within 20° of vertical, award the VP as listed in the *Xcel Code of Points/Xcel Updates*.
 - Deduct 0.05 if the handstand is between 11° to 20° of vertical
 - No angle deduction in Platinum Divisions, when higher VP is a “C” because they can only receive credit for “B” VP Circles. Deduct 0.50 for an unallowable element. Exception: Clear Hip to handstand.
 - b. If the angle achieved is between 21° - 45° of vertical, award the lower VP (if applicable) as listed in the *Xcel Code of Points/Xcel Updates*.
 - No deduction for insufficient handstand angle would be applied.
 - EXAMPLE: Gymnast performs a Clear Hip Circle backward, finishing at 45° from vertical. Award “B” VP credit for a Clear Hip Circle backward. No deduction for insufficient amplitude would be applied.
 - c. If the circle finishes below 45° from vertical, award the same lower VP as in (b.) above (if applicable) and:
 - 1) Deduct “Up to 0.20” for insufficient amplitude:
A “rule of thumb” is to take the full 0.20 if the body is at 90° (Horizontal) or below.
 - 2) Exception:
“B” Clear hip circle (#3.204): deduct “Up to 0.40” for insufficient amplitude. These deductions apply ONLY to Platinum and Diamond divisions. Gold division has NO amplitude deductions for clear hip circles.
 - 0.05 - 0.25 from 46°-89° from vertical. Do NOT deduct for an unallowable element.
 - 0.30 at Horizontal (90°)
 - 0.35 - 0.40 under Horizontal
 - If the hips make contact with the bar, it is considered a back hip circle and receives “A” VP (#7.101).
 - o It will NOT meet the SR of a 360° “B” circling element for the Diamond Division.

UNEVEN BARS ~ Chapter 2 ~ General Information

Circles to Handstand and Circles/Swings to Handstand – (continued)

- d. Circle or Circle/Swing elements that do not finish within 20° of vertical on the upswing are considered incomplete elements and no VP credit is awarded.
 - Any Circle element (Clear Hip, Stalder, Pike Sole Circle, etc.) that does not pass over the bar, but finishes short of 20° from vertical and falls off.
 - No VP credit awarded + 0.50 for a fall.
6. Backward and Forward Giants (#4.202)

The Backward Giant Circle must be completed to within 20° of vertical in order to receive the (“B”) VP credit as listed in the *Xcel Code of Points*.

 - a. Even if the starting position is not in handstand, VP credit will be awarded, if the element is completed to within 20° of vertical.
 - b. If the Backward giant circle does not reach 20° and falls = No VP credit awarded; deduct 0.50 for fall.
 - c. If a Front Giant Circle is not completed to within 20° of vertical, no VP credit is awarded (a $\frac{3}{4}$ Front Giant circle is not listed as an element).
 - A $\frac{3}{4}$ front giant, hops grip and continues with exercise = no VP credit awarded
7. Casts, Uprises, and Circle Elements performed with $\frac{1}{2}$ (180°) turn on the Upswing – to Descend on the Same Side of the bar:
 - a. In order to receive the value as listed in the *Xcel Code of Points*, a Cast, Back uprise or Circle element must first reach within 20° of vertical on the upswing.
 - b. The timing of the initiation of the turn is irrelevant as long as the long swing/circle is completed to within 20° of vertical.
 - c. When the higher VP credit is awarded to the root element, the angle of completion of the turn determines the deduction for late completion of turn.
 - d. If the element never swings/circles up into the handstand phase (within 20° of vertical), but still completes a $\frac{1}{2}$ (180°) turn, the value will be based on the value of the root skill.
 - e. Depending upon the angle of completion of the turn, deductions for late completion may be appropriate.

EXAMPLES:

 - 1) Clear hip circle backward with $\frac{1}{2}$ (180°) turn performed prior to reaching handstand phase = “A” (#3.102).
 - 2) Back Giant swings up to within 21° - 44° from vertical with $\frac{1}{2}$ (180°) turn = “B” (#4.201).
 - If the forward upswing finishes at horizontal to 45° from vertical, = “A” (#4.101)
 - If the swing finishes below horizontal, no VP credit is awarded, even if a $\frac{1}{2}$ (180°) turn is completed.
 - 3) Cast to 21° - 45° from vertical with $\frac{1}{2}$ (180°) turn (descends on same side of bar) = “A” (#2.101), with appropriate deductions for amplitude of cast
 - If the cast finishes more than 45° from vertical, no VP credit is awarded, even if a $\frac{1}{2}$ (180°) turn is completed.
 - 4) Front Giant to 21° or more from vertical with $\frac{1}{2}$ (180°) turn has no value.
8. Elements with Hop-Grip change to Handstand
 - a. In order for elements with Hop-Grip change to Handstand to receive VP credit as listed in the *Xcel Code of Points*, the Hop-Grip change MUST:
 - 1) Show a simultaneous release of the bar with both hands
 - 2) Finish in a different grip (mixed, reverse, mixed-L, L, etc.)
 - 3) Occur as the body is ascending (that is, on the upswing)
 - 4) Be completed by vertical, provided that the circle/cast/swing reaches within 20° of vertical with hips extended
 - b. If any or all of the above requisites are missing, the element is not recognized as an element with a hop-grip change, and therefore:
 - 1) Receives the value of the root skill (if applicable)
 - 2) Cannot fulfill the “Flight” SR for the Diamond Division
 - c. The Hop-Grip change, as well as the Handstand position (with hips extended), must be completed to within 20° of vertical to receive VP credit.
 - 1) If the hop-grip change to handstand is incomplete (that is, the gymnast is unable to continue over the top of the bar), the VP credit listed may be awarded provided that the upswing is to within 20° of vertical and the requirements listed in 8.a. are fulfilled.
 - 2) If the Hop-Grip change occurs on the upswing, but the element lacks enough swing to achieve a position within 20° of vertical, then the element is considered incomplete and VP credit is NOT awarded.

EXAMPLES:

 - a) Gymnast casts and hops to reverse grip on the way up, but does not swing to within 20° of vertical and falls from the bar. No VP credit is awarded.
 - b) Gymnast performs a clear hip circle and hops on the upswing, but the body does not swing to within 20° of vertical. No VP credit is awarded.

UNEVEN BARS ~ Chapter 2 ~ General Information

TIMING REGULATIONS – (continued)

2. Immediately prior to performing the exercise, the gymnast may run and jump onto the board and briefly touch the bars without penalty.
 - The deduction for exceeding the warm-up time (0.20) would be taken by the Chief Judge only in the instance that the gymnast actually practices an element.

B. Timing of Fall

1. The gymnast is allowed 45 seconds to re-mount the bar after a fall.
2. If the gymnast does not re-mount within 45 seconds, the exercise is terminated.
 - a. The fall time begins when the gymnast makes contact with the floor.
 - b. The 45-second fall period stops when the gymnast leaves the floor to re-mount in preparation to resume her routine
3. While the gymnast is off the apparatus following a fall:
 - The Timer gives notification of “20 seconds” and “10 seconds remaining” in the Fall Time. “Time” is called at 45 seconds.

IV. BAR FALL REGULATIONS

- A. The gymnast may chalk up and adjust her grips during the fall time, but she may not go outside of the competition area.
- B. The coach may speak to the gymnast, during the fall without penalty. Once the gymnast remounts, the coach may not give verbal assistance.
- C. If the gymnast falls from the apparatus and does not re-mount to finish the exercise with a dismount element:
 1. Deduct 0.50 for the fall.
 2. Deduct 0.50 from the Start Value for the missing Dismount Special Requirement.
 3. Deduct 0.30 from the Start Value for No Dismount.
 4. Deduct for any other missing Special Requirements.
 5. Deduct for VPs missing, if applicable.
 6. A Courtesy Score of 4.0 may be awarded for an extremely short routine, due to injury or unusual circumstances. Common sense should prevail.
- D. After a fall, the gymnast is allowed to jump (or be lifted) to the low bar or high bar
 - Maximum of 2 pump swings to initiate momentum to resume the exercise without penalty.
 - If more than two pump swings are taken, a 0.30 deduction would be applied to the third and to the fourth pump (extra) swing(s).
 - The maximum deduction for consecutive extra swings is 0.60.
 - If the gymnast jumps or is lifted to the high bar, the coach may push the gymnast to initiate her swing without penalty.
- E. After a fall from the bars, judging resumes with the performance of an element that is listed in the *Xcel Code of Points* or the applicable Xcel Skill Chart.
- F. If, after a fall, the gymnast re-mounts with a glide kip, then stops in a front support to crawl up to stand on the low bar, take 0.10 for uncharacteristic element plus 0.10 for lack of continuity.
- G. If, when executing a cast-squat on, the gymnast falls backward, but stays on the bars to continue with a glide kip, DO NOT consider it a fall. Apply applicable execution deductions, such as bent arms/legs, touch of mat with feet, etc.

V. SPOTTING REGULATIONS

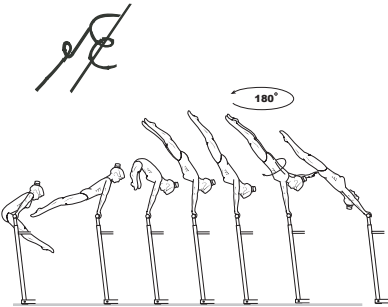
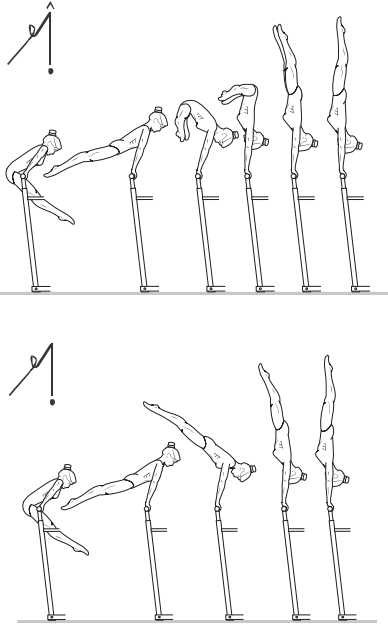
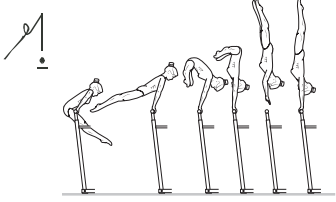
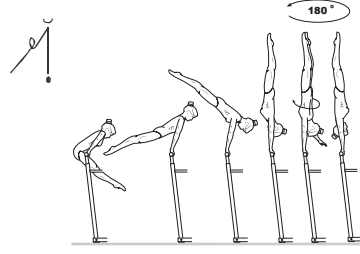
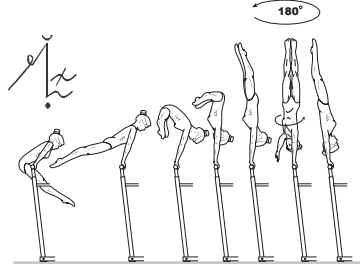
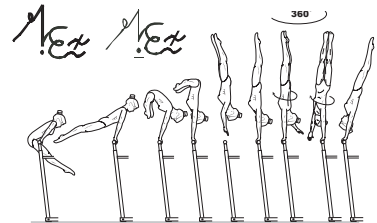
- A. If the coach assists/spots the gymnast during an element:
 1. Each judge deducts 0.50 for the “spot”.
 2. If the gymnast falls after the “spot”, an additional 0.50 deduction is taken for the fall.
 3. NO VP credit awarded.
 4. NO SR credit awarded.
 5. If the spot occurs on the dismount element, even though it receives no VP credit, do not deduct 0.30 from the Start Value for no dismount.

SPOTTING REGULATIONS – (continued)

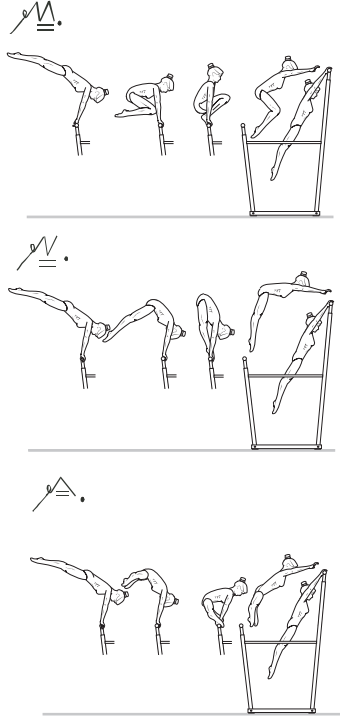
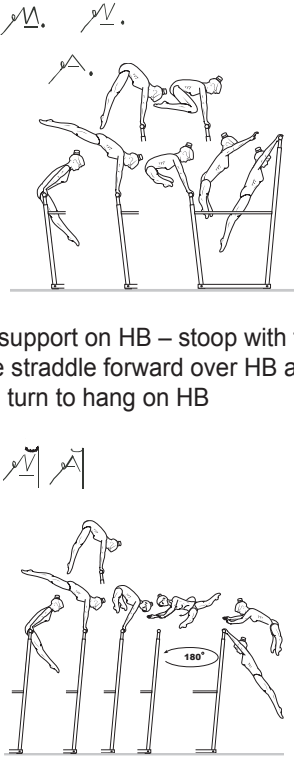
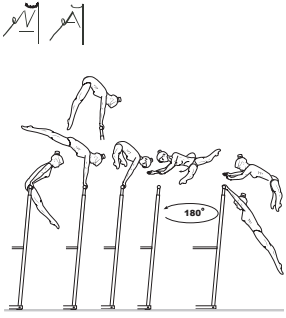
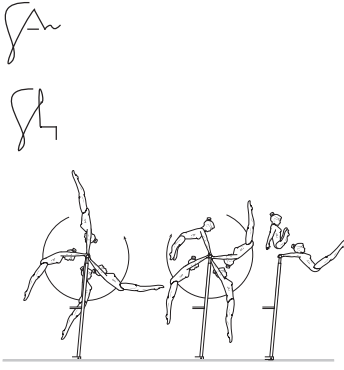
- ## VI. MOUNT and DISMOUNT REGULATIONS

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UNEVEN BARS ~ Skills Chart

Group 2 – Casts/Counterswings		
A	B	C
<p>2.101 Cast to 21° to 45° from vertical, legs straddled (hips bent) or together with 1/2 (180°) turn (cast & turn occurs on same side of bar)</p> 	<p>2.201 Cast to handstand (within 20° of vertical) with legs straddled (hips bent) or together (hips extended)</p> 	<p>2.301 Cast to handstand with hop to reverse grip in handstand</p>  <p>Cast to handstand with 1/2 (180°) turn in handstand phase,</p>  <p>- also 1/2 turn to L or mixed-L grip (Higgins technique)</p>  <p>Cast to handstand with 1/1 (360°) turn on one arm after handstand (Healy technique) to L or mixed-L grip, also from cast with hop to reverse grip</p> 

UNEVEN BARS ~ Skills Chart

Group 2 – Casts/Counterswings		
A	B	C
<p>2.102 Cast to squat, stoop or straddle on LB, also with jump to grasp HB (one “A” VP in ALL divisions)</p> 	<p>2.202 Front support on LB-free squat, stoop, or straddle over LB with grip change to hang on HB</p>  <p>Front support on HB – stoop with flight or free straddle forward over HB and 1/2 (180°) turn to hang on HB</p> 	<p>2.302 Hang on HB – uprise backward with straddle flight (Schier straddle) or with rear vault in flight (Schier Kehre) over HB to L-hang or hang</p> 

BALANCE BEAM RULES

BALANCE BEAM

BALANCE BEAM				
	BRONZE	SILVER	GOLD	PLATINUM
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 "B" Dance VP. Any skill listed on the Xcel Silver chart.	Any "A" or "B" VP listed in the <i>Xcel Code of Points</i> . Any skill 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> . Any "C" Dance VP. Any Skills listed on the Xcel Platinum chart.
Clarifications	Cross Split jump = "A" VP. (any split angle) Cross Straddle jump = "A" VP. (any split angle)	"B" Dance VP allowed.		5 "A", 2 "B" VP Any "A", "B", "C" VP listed in the <i>Xcel Code of Points</i> . 1 "D" element is allowed (No bonus) Any Skills listed on the Xcel Diamond chart.
SR credit will be awarded for Cross or Side Split Leaps or Jumps that are <i>within 20° of the specified split angle</i> . A deduction of up to 0.20 for insufficient Split will be applied.				
Difficulty Restrictions	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.
Special Requirements (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 inverted 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
Deduct 0.5 for Each Missing SR				
Timing	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
No Minimum Time				Warm-up: 2:00 Time limit: 1:15

BALANCE BEAM ~ Chapter 1 ~ Requirements

I. Special Requirements (SR) each worth 0.50

A. BRONZE DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum ½ Turn on one foot or two feet
2. One Jump or Leap (not in the mount or dismount)
3. One Acro Skill (non-flight)
4. Dismount (no saltos or aerals)

B. SILVER DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum ½ Turn on one foot
2. One jump or leap with a 90° cross or side split (not in the mount or dismount)
3. One Acro Skill (non-flight)
4. Dismount

C. GOLD DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum 1/1 Turn on one foot
2. Dance Series – minimum 2 skills (same or different) – AND
One Leap / Jump with a 90° cross or side split (can be included in the Dance Series)
3. Two Acro Skills – with or without flight (isolated or included in a Series).
One must achieve or pass through inverted vertical. Support on hands (through handstand position) is not required. A series is not required.
4. Dismount

D. PLATINUM DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum 1/1 Turn on one foot
2. Dance Series – minimum 2 skills (same or different) – AND
One Leap / Jump with a 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

E. DIAMOND DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum 1/1 Turn on one foot
2. Dance Series – minimum 2 skills (same or different) – AND
One Leap / Jump with a 150° cross or side split (can be included in the Dance Series).
3. An Acro Series (with or without flight) excluding the mount or dismount AND one Acro flight **skill**
(isolated or included in a series)
4. Dismount – Salto or Aerial

II. SPECIAL REQUIREMENT CLARIFICATIONS

A. General

1. Apply to All Divisions

- a. All acro skills must start and finish on the beam to receive SR credit.
- b. Handstands, regardless of angle achieved, are considered the same skill.
- c. SR credit will be awarded for Cross and 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.
- d. Unallowable skills receive a deduction of 0.50 each and do not receive VP or SR credit.

2. Apply to Bronze Division

- a. Cross split jump (any split angle) will receive "A" VP.
- b. **Cross** Straddle jump (any split angle) will receive "A" VP.
- c. No walkovers allowed in the routine.
- d. No salto or aerial dismounts are allowed.

B. Examples: These are a few examples of elements that do and do NOT fulfill Special Requirement.

EXAMPLES FOR BRONZE BEAM

Fulfills Special Requirement	Does NOT fulfill Special Requirement
Fulfills SR #1 Min. ½ Turn on 1 or 2 feet	Does NOT fulfill SR #1
Pivot turn Heel snap ½ turn 1/1 turn	Sit spin ½ turn
Fulfill SR #2 One Jump or Leap (no mount or dismount)	Does NOT fulfill SR #2
Split leap Straight jump	Tuck jump mount onto beam (<i>must start and end on the beam</i>)
Fulfills SR #3 One Acro Skill non-flight	Does NOT fulfill SR #3
Forward Roll Headstand Partial handstand legs closed together	Round-off- (<i>unallowable skill</i>) Backwalkover – (<i>unallowable skill</i>) Front handspring dismount (<i>acro must start and finish on the beam</i>)
Fulfills SR #4 Dismount (no Saltos or Aerials)	Does NOT fulfill SR #4
Straddle jump dismount	Front tuck salto (<i>unallowable element</i>)

EXAMPLES FOR SILVER BEAM

Fulfills Special Requirement	Does NOT fulfill Special Requirement
Fulfills SR #1 Min. ½ Turn on one foot	Does NOT fulfill SR #1
Heel snap ½ turn ½ turn on one foot 1/1 turn	Pivot turn Squat ½ turn Jump ½ turn
Fulfill SR #2 One Jump or Leap with 90° cross or side split	Does NOT fulfill SR #2
Straddle jump 90° Stag-split leap 90°	Stag jump (<i>both legs must be extended to show split position</i>)
Fulfills SR #3 One Acro Skill non-flight	Does NOT fulfill SR #3
Cartwheel Handstand press down Bridge Kick-over	Lever (<i>not and "A" at this division</i>) Dive Cartwheel (<i>unallowable skill</i>)
Fulfills SR #4 Dismount	Does NOT fulfill SR #4
Round-off dismount Standing back tuck dismount Straddle jump dismount	Kick-over front layout with 1/1 twist dismount Gainer back tuck salto off of the end dismount (<i>both are unallowable skills</i>)

BALANCE BEAM ~ Chapter 1 ~ Requirements

EXAMPLES FOR GOLD BEAM

Fulfills Special Requirement	Does NOT fulfill Special Requirement
Fulfills SR #1 Min. 1/1 Turn on one foot	Does NOT fulfill SR #1
1/1 turn Arabesque 1/1 turn (below horizontal)	Pivot turn Squat ½ turn Jump ½ turn
Fulfill SR #2 Dance Series – 2 skills (<i>same or diff.</i>) – AND one Jump or Leap with 90° cross or side split (<i>can be included in the dance series</i>)	Does NOT fulfill SR #2
Straddle jump (70°) - tuck jump Straight jump - tuck jump and then a split leap (90°) Split leap (80°) - tuck jump	Tuck jump - wolf jump (<i>no leap/jump with split included in series</i>) Straight jump - ¼ turn straddle jump (<i>unallowable skill</i>)
Fulfills SR #3 Two Acro Skills – one must achieve or pass through inverted vertical – with or without flight (<i>isolated or in a series</i>). <i>A Series is not required.</i>	Does NOT fulfill SR #3
Back walkover and a separate back walkover, straight jump Bridge kick-over and a forward roll Cartwheel swing through, Round-off Headstand and a Backward Roll	Partial handstand & then a bridge hold 2 sec. Press handstand mount & a front walkover in the routine (<i>the mount does not count for a acro skill on the beam as it does not start on the beam</i>) Vertical handstand (<i>must have 2 acro skills</i>)
Fulfills SR #4 Dismount	Does NOT fulfill SR #4
Front tuck salto dismount Cartwheel to handstand ¼ turn dismount	Straddle jump dismount (<i>not on allowable skill chart</i>) Cartwheel to handstand land facing the beam (<i>not on allowable skill chart</i>)

EXAMPLES FOR PLATINUM BEAM

Fulfills Special Requirement	Does NOT fulfill Special Requirement
Fulfills SR #1 Min. 1/1 Turn on one foot	Does NOT fulfill SR #1
1 ½ turn 1/1 turn	Jump 1/1 turn 1/1 turn in prone position
Fulfill SR #2 Dance Series – 2 skills (<i>same or diff.</i>) – AND one Jump or Leap with 120° cross or side split (<i>can be included in the dance series</i>)	Does NOT fulfill SR #2
Wolf jump – sissonne 120° Switch leap 150° – beat jump Jump ½ turn – straight jump - split jump (110°) w/ ¼ (90°) turn	Tuck jump - wolf jump (<i>no leap/jump with split included in series</i>) Stag jump - jump ½ turn (<i>stag jump does not fulfill the split requirement</i>) Straddle jump (<i>still needs a directly connected dance series</i>)
Fulfills SR #3 One Acro Skill with flight OR an Acro series – with or without flight.	Does NOT fulfill SR #3
Front handspring Handstand forward roll step out - cartwheel Vertical handstand (no hold) – back walkover Forward roll - forward roll	Cartwheel to lunge, step, back walkover (<i>the step breaks the connection</i>) End of beam - press to handstand front walkover mount - cartwheel. (<i>both skills must start and end on the beam</i>) Back walkover swing down (<i>missing flight or acro series</i>)
Fulfills SR #4 Dismount	Does NOT fulfill SR #4
Front Layout ½ twist dismount Round-off - back tuck dismount Front handspring dismount	Punch front layout with 1/1 twist (<i>C dismount and is an unallowable skill</i>) Cartwheel handstand ¼ turn dismount (<i>not allowed to use skills from Skills Chart in this division</i>)

BALANCE BEAM ~ Chapter 1 ~ Requirements

EXAMPLES FOR DIAMOND BEAM

Fulfills Special Requirement	Does NOT fulfill Special Requirement
Fulfills SR #1 Min. 1/1 Turn on one foot	Does NOT fulfill SR #1
1½ turn 1/1 turn	1/1 (360°) turn in prone position (Not on 1 foot) Tuck jump 1/1 (360°) (not on 1 foot & unallowable/restricted skill if performed as 2nd 'D')
Fulfill SR #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)	Does NOT fulfill SR #2
Sissonne 130° – sissonne 150° Switch leap – split jump ½ 130° Beat jump – tuck jump ½ and later a switch leap 150°	Wolf jump 1/1 – beat jump (no leap/jump with split included in series) Stag jump – jump ½ turn (stag jump does not fulfill the split requirement) Jump ¼ straddle (still needs a directly connected dance series)
Fulfills SR #3 An Acro Series (with or without flight) excluding the mount or dismount AND one Acro flight skill (isolated or in a series)	Does NOT fulfill SR #3
Front handspring and then back walkover – back walkover Back walkover – flic-flac step-out	Flic-flac (still needs an acro series) Cartwheel swing through - cartwheel (still needs a flight skill) Press handstand mount w/ ¼ turn step down, flic-flac (mount does not count as an acro skill on the beam)
Fulfills SR #4 Dismount- Salto or Aerial.	Does NOT fulfill SR #4
Front Layout dismount Round-off – back layout 1/1 twist dismount Brani dismount	Front handspring (must have a salto or aerial dismount) Punch front layout 2/1 (720°) twist (unallowable/restricted skill if performed as 2nd 'D')

III. CLARIFICATIONS REGARDING SERIES

A. In an Acrobatic or a Dance Series, the connection between the elements must be continuous. The landing leg or the free leg of the first element must be the take-off leg for the next element. If both feet land at the same time, the next element must take off from two feet.

1. **Backward Acro Flight Series (minimum of one flight element) and Acro series with a Sideward Acro element (with or without flight) followed by a Backward Acro Flight element**

A Backward Acro Flight Series (min. of one flight element) or an Acro series with a Sideward Acro element (with or without flight) followed by a Backward Flight element is considered broken whenever there is a delay in the IMMEDIATE take-off of the second element. Deduct 0.50 for missing the SR, if applicable.

This delay could be caused by:

- Arms moving to thighs or further back after the landing of the first element in the connection.
 - If the second element in the connection is a gainer flic-flac or gainer back layout, the arms are allowed to continue circling forward-upward and backward-downward without automatically breaking the connection. The circling action is an inherent arm pattern for the gainer type elements.
- A cautious, slow moving attempt to connect one or more **backward flight elements**, or a sideward element with or without flight to a backward flight element. In this case, the Acro Series would be considered broken. A rhythm/**tempo** deduction is not applied.
- Examples of series that fall under this series connection principle of either connected or not connected:
 - Back walkover to Flic-flac, Flic-flac to Back Walkover, Cartwheel to flic-flac, Round-off to Flic-flac, Side Aerial to Flic-flac

BALANCE BEAM ~ Chapter 1 ~ Requirements

CLARIFICATIONS REGARDING SERIES (continued)

B. **Non-Flight Acro Series** (any direction), **Acro Flight Series with ONLY Forward and/or Sideward Elements (minimum of one flight)**, and **Counter Acro Flight Series (minimum of one flight)**:

1. If there is a lack of tempo/poor rhythm between the elements performed in a Series, apply the specific execution deduction of lack of tempo between elements (up to 0.20). This refers to a continuous, but slow connection.
2. **Examples of series that fall under this series connection principle of using a tempo deduction for a continuous, but slow connection:**
 - **Non-flight: Back Walkover-Back Walkover, Cartwheel step through-Cartwheel, Front Walkover-Cartwheel**
 - **Only Forward and/or Sideward (min. 1 flight): Front Handspring-Front Walkover, Front Walkover-Dive Cartwheel, Front Aerial-Side Aerial**
 - **Counter (min. 1 flight): Front Walkover-Flic-flac, Flic-flac step-out step through-Cartwheel or Round-off, Front Tuck Salto to Flic-flac, Front Handspring to Back Tuck Salto**

C. **Dance or Mixed Series:**

1. Lack of tempo/poor rhythm between the elements performed in a dance or mixed Series; apply the specific execution deduction (up to 0.20). This refers to continuous, but slow connection.
2. If the body continues its movement, an arm circle does not necessarily break the connection.

D. **All Series are considered broken if any of the following occurs:**

1. A stop between the elements.
2. Loss of balance, causing a stop between elements.
3. Repositioning of a support leg.
4. Extra step, hop/jump between the elements.
5. If the gymnast lands the first element in plié on two feet, then totally straightens her legs, and pliés again to initiate the jump into the next element (the straightening of the legs will break the Series).
 - **Note:** In any type of Series in which the two elements are exactly the same and the connection is broken, the second element will not receive VP credit.

E. **Some Elements are Inherently "Non-Connectable"**. The following is an example of an acro Series that is considered non-connectable, regardless of how quickly the elements are performed:

- **Back walkover (or flic-flac step-out) to a lunge, then round-off (or cartwheel)**
1. In this example, the first element lands in a lunge on two feet. It cannot be connected to a 2nd element for acro Series credit.
 - The only way these two elements could connect legitimately is by landing the first element on one leg and stepping through into the round-off (or cartwheel).
 2. Performing a kick leading into the second element will break the Series.
 - During the step, the leg swing forward must be no higher than 45°; otherwise, it is considered to be a broken Series.

F. **Repetition of a Failed Series: EXAMPLES:**

1. Gymnast performs a Flic-flac step-out and stops (or falls), then does a Series of flic-flac step-outs. The acro Series SR is NOT met because the third flic-flac receives no VP credit.
2. **At Platinum and Diamond:** Gymnast attempts two Back Walkovers, but the second back walkover never lands on the beam (no VP credit awarded) (A + 0).
 - If she then kicks up to a handstand, reaching vertical, then steps down to a back walkover (A+A), one part of the acro SR has been met.
 - Any handstand (no hold required) that reaches vertical will receive VP and SR credit.

FLOOR EXERCISE ~ Chapter 1 ~ Requirements

II. SPECIAL REQUIREMENT CLARIFICATIONS

A. General

1. Apply to All Divisions
 - a. SR credit will be awarded for Cross and Side split leaps or jumps that are within 20° of the angle requirement. A deduction of "up o 0.20" for insufficient split will be applied.
 - b. A dive roll does not fulfill a flight requirement since it ultimately has support on the shoulders and back.
 - c. Unallowable skills receive a deduction of 0.50 each and do not receive VP or SR credit.
2. Apply to Bronze Division
 - a. Round-off rebound – backward roll is an acro connection. This is the ONLY rebound-type series allowed to fulfill SR.
 - b. Maximum of 2 acro flight skills in the routine.
 - c. Straddle jump (60°-180° or more) = "A" VP
 - d. Side leap (60°-180° or more) = "A" VP
3. Apply to Silver Division
 - a. Round-off rebound – backward roll is an acro connection. This is the ONLY rebound-type series allowed to fulfill SR.
 - b. Maximum of one salto or aerial in the routine.

B. Examples: These are a few examples of elements that do and do NOT fulfill Special Requirement.

EXAMPLES FOR BRONZE FLOOR

Fulfills SR #1 & #2 1. Min. 2 directly connected acro skills with or without flight & 2. A 2 nd pass with one acro skill with or without flight	Does NOT fulfill SR #1 &/Or #2
1 st Pass - Round-off, rebound, backward roll 2 nd Pass - Round-off	1 st Pass - Round-off, flic-flac 2 nd Pass - Front handspring <i>Only 2 flight skills in a routine-fhs does not count for VP or SR and receives 0.50 ded. for unallowable element.</i>
1 st Pass - Handstand forward roll step out, cartwheel 2 nd Pass - Cartwheel	1 st Pass - Cartwheel, pivot turn, cartwheel 2 nd Pass - Round-off <i>A pivot turn or repositioning of feet will break series</i>
1 st Pass - Round-off, flic-flac 2 nd Pass - Dive roll <i>Even though the dive roll does not count as a flight element it will count as a acro VP.</i>	1 st Pass - Front walkover, moves foot after initial placement on floor, cartwheel 2 nd Pass - Handstand forward roll, split jump <i>Repositioning foot will break acro series</i>
Fulfills SR #3 Dance passage with a min. of 2 different <u>Group 1</u> VP or Xcel Bronze chart skills (<i>directly or indirectly connected</i>) one of which is a Leap with a 60° cross or side split	Does NOT fulfill SR #3
Split leap (60°), run, leg swing hop, with free leg to horizontal	Chassé, split leap Missing 2nd Group 1 skill. <i>Chassé is not an element</i>
Cat leap, skips, split leap (60°)	Split leap (60°), run, split leap (60°) <i>Skills must be different</i>
Split leap (60°), hitch kick	Split jump (60°), tuck jump <i>One skill must be a leap (one foot take-off) with a split</i>
Fulfills SR #4 Min. 1/2 Turn on one foot	Does NOT fulfill SR #4
Backward swing turn	Pivot turn <i>Must be on one foot</i>
Full turn	Fouetté turn Is a B' hop (not a turn) + unallowable/restricted skill
½ Heel snap turn	

FLOOR EXERCISE ~ Chapter 1 ~ Requirements

EXAMPLES FOR SILVER FLOOR

Fulfills SR #1 & #2 1. Min. 2 directly connected acro skills one must have flight & 2. A 2 nd Pass w/ either a 2nd acro connection with a min. of two directly connected skills with or without flight, OR an acro skill with flight.	Does NOT Fulfill #1 &/Or #2
1 st Pass - Round-off, flic-flac 2 nd Pass - Handstand forward roll step out, cartwheel	1 st Pass - Front handspring step out, round-off 2 nd Pass - Front walkover <i>Single skill done must have flight for SR</i>
1 st Pass - Round-off, back tuck 2 nd Pass - Front handspring	1 st Pass – Round-off, flic-flac 2 nd Pass – Dive roll 2 nd Pass – Dive roll is not a flight acro skill and will not fulfill SR#2
1 st Pass - Front handspring step out, round-off, flic-flac 2 nd Pass - Round-off	1 st Pass - Round-off, flic-flac, flic-flac 2 nd Pass - Round-off, flic-flac, flic-flac Identical series
1 st Pass - Round-off, flic-flac, flic-flac 2 nd Pass - Round-off, flic-flac	1 st Pass - Back Walkover, Flic-flac, Flic-flac 2 nd Pass - Back Walkover, Back Walkover 3 rd BWO does not receive VP credit- No SR credit for non-flight acro non-flight acro series
1 st Pass – Round-off, flic-flac, flic-flac 2 nd Pass – Back Walkover, flic-flac	
Fulfills SR #3 dance passage with a min. of 2 different Group 1 VP or Xcel Silver chart skills (<i>directly or indirectly connected</i>) one of which is a Leap with a 90° cross or side split	Does NOT fulfill SR #3
Switch leap (90°), run, leg swing hop with free leg to horizontal	Switch leap (90°), run, switch leap (90°) <i>Skills must be different</i>
Split leap (90°), chassé, side leap (70°)	Split jump (90°), sissonne (90°) <i>Neither skill is a leap with a split</i>
Split leap (90°), run, assemblé, Schuschunova	Split leap (90°), run, dive roll, straddle jump (90°) <i>Dive roll breaks dance passage</i>
Fulfill SR #4 Min. 1/1 Turn on one foot	Does NOT fulfill SR #4
1½ turn on 1 foot	Chassé 1/1 <i>Not on 1 foot</i>

FLOOR EXERCISE ~ Chapter 1 ~ Requirements

EXAMPLES FOR GOLD FLOOR

Fulfills SR #1 & #2 1. Min. 2 directly connected flight skills & 2. A 2 nd Pass with either a 2nd acro connection with a minimum of two directly connected flight skills, OR an Aerial or Salto	Does NOT fulfill #1 &/Or #2
1 st Pass - Round-off, two flic-flacs 2 nd Pass - Front handspring step out, round-off	1 st Pass - Round-off, rebound, back roll 2 nd Pass - Round-off, flic-flac 1st pass not 2 directly connected flight skills
1 st Pass - Round-off, flic-flac 2 nd Pass - Aerial cartwheel	1 st Pass - Round-off, flic-flac, back tuck <i>Can not combine SR #1 & #2</i>
1 st Pass - Front tuck 2 nd Pass - Round-off, flic-flac	1st Pass- Round-off, Flic-flac 2nd Pass - Round-off, Straddle Jump 3rd Pass - Round-off, Straddle Jump, FF 2nd & 3rd passes are not acro series
1 st Pass - Round-off, flic-flac 2 nd Pass - Round-off, straddle jump 3 rd Pass - Round-off, flic-flac, flic-flac	
1st Pass -Front handspring step-out, Front handspring to 2 feet 2nd Pass - Front handspring step-out, Round-off	
Fulfills SR #3 Dance passage with a min. of 2 different Group 1 VP or Xcel Gold chart skills (<i>directly or indirectly connected</i>) one of which is a Leap with a 120° cross or side split	Does NOT fulfill SR #3
Switch leap (120°), straddle jump (120°)	Leap (120°), run, round-off, schuschunova <i>Round-off breaks dance passage</i>
Switch leap (120°), run, jeté en tournant	Leg swing hop, step split jump (120°) <i>Neither skill a leap with a split</i>
Leap (120°), step, cabriolé	Cat leap 1/1, step straddle jump (120°) Neither skill is a Leap with 120° cross or side split
Fulfill SR #4 Min. 1/1 Turn on one foot	Does NOT fulfill SR #4
1½ turn on 1 foot	Chassé 1/1 <i>Not on 1 foot</i>
1/1 (360°) turn on one foot	Pivot turn Not on 1 foot

FLOOR EXERCISE ~ Chapter 1 ~ Requirements

EXAMPLES FOR PLATINUM FLOOR

Fulfills SR #1 & #2 1. Min. 2 directly connected flight skills with 1 "A" or "B" salto & 2. A 2 nd Pass with either a 2nd acro connection with a minimum of two directly connected flight skills, OR a "B" Salto	Does NOT fulfill SR #1 &/Or #2
1 st Pass - Round-off, flic-flac, back tuck 2 nd Pass - Front pike salto	1 st Pass - Front tuck, round-off, flic-flac, back layout with 1/1 twist <i>Cannot combine SR #1 & #2.</i>
1 st Pass - Front handspring, front tuck 2 nd Pass - Round-off, flic-flac	1 st Pass - Round-off, flic-flac, back layout with 1/1 twist 2 nd Pass - Front tuck In 2nd pass, salto is an "A" VP
1 st Pass - Front handspring step out, round-off, flic-flac 2 nd Pass - Round-off, back layout	
1st Pass -Front handspring step-out, round-off, Back Tuck 2nd Pass - Front handspring step-out, Round-off	
Fulfills SR #3 Dance passage with a min. of 2 different Group 1 VP (<i>directly or indirectly connected</i>) one of which is a Leap with a 150° cross or side split.	Does NOT fulfill SR #3
Switch leap (150°), side leap (130°)	Leap (150°), run, round-off, Schuschunova <i>Round-off breaks dance passage</i>
Switch leap (150°), run, tour jeté 1/2	Switch leap (150°), switch leap (150°) <i>Skills must be different</i>
Leap (150°), run, wolf hop 1/1	Cat leap 1½, step, straddle jump <i>Neither skill is a Leap with 150° cross or side split</i>
Fulfill SR #4 Min. 1/1 Turn on one foot.	Does NOT fulfill SR #4
1½ turn on 1 foot	Chassé 1/1 <i>Not on 1 foot</i>
<i>Double (720°) turn</i>	

FLOOR EXERCISE ~ Chapter 1 ~ Requirements

EXAMPLES FOR DIAMOND FLOOR

Fulfills SR #1 & #2 1. Two <i>separate</i> acro connections each with a min. of two directly connected acro flight skills & 2. Two <i>different</i> saltos within the routine (<i>isolated or in series</i>) - one must be a min. "B" (<i>may be included in SR#1</i>).	Does NOT fulfill SR #1 &/Or #2
1 st Pass – Round-off, back layout 1/2 2 nd Pass – Straddle jump, front tuck 3 rd Pass – Round-off, flic-flac	1 st Pass – Front handspring, front tuck 2 nd Pass – Front handspring, round-off, flic-flac, back tuck <i>No "B" salto</i>
1 st Pass – Front tuck, front layout 2 nd Pass – Round-off, flic-flac	1 st Pass – Front tuck, round-off, flic-flac, back layout 2 nd Pass – Front layout <i>No 2nd separate acro pass of 2 skills</i>
1 st Pass – Round-off, Back layout 2 nd Pass – Front handspring step out, round-off, flic-flac 3 rd Pass – Front Pike	1 st Pass – Round-off, flic-flac, back layout 1/1 2 nd Pass – Front layout 3 rd Pass – Round-off, flic-flac, back layout 1/1 <i>1st and 3rd passes are the same. No SR credit for 3rd pass.</i>
Fulfills SR #3 Dance passage with a min. of two diff. <u>Group 1</u> VP (<i>directly or indirectly connected.</i>) - one of which is a Leap with a 150° cross or side split	Does NOT fulfill SR #3
Switch leap (150°), side leap (130°)	Leap (150°), run, round-off, Pupa (<i>straddle jump 1/1</i>) <i>Round-off breaks dance passage</i>
Switch leap (150°), run, cat leap 1½	Switch leap (150°), switch leap (150°) <i>Skills must be different</i>
Leap (150°), run, wolf hop 1/1, split jump 1/1	Cat leap 1½, step straddle jump (150°), straddle jump ½ No Leap with 150° cross or side split
Fulfill SR #4 Turn on one foot min. "B" VP.	Does NOT fulfill SR #4
1½ turn on 1 foot	Chassé 1/1 <i>Not on 1 foot</i>
Double (720°) turn	Full turn <i>Must be a "B" VP</i>

III. CLARIFICATIONS REGARDING SERIES

A. Acro Series

1. The series will be considered broken and not eligible to fulfill the SR if any of the following occur:
 - a. A stop between the elements.
 - b. Loss of balance, causing a stop between the elements.
 - c. Repositioning of the support leg.
 - d. Extra step, hop or jump between the elements
 - e. ***Performing a kick between elements will break the series.***
 - ***During the step, the leg swing forward must be no higher than 45°; otherwise, it is considered to be a broken Series.***

EXCEPTION: In the Bronze and Silver Divisions, a round-off rebound backward roll is an allowable acro connection.

B. Dance Element performed within an Acro Series will break the direct connection.

- Do not award Special Requirement credit.

Example: In the Bronze Division (Round-off, Tuck Jump, Backward Roll).

The Tuck Jump breaks the Acro Series connection, Acro Series Special Requirement #1 is NOT fulfilled.

C. Saltos for Platinum SR #1 & 2 and Diamond SR #2

1. The following flight elements without hand support are NOT considered saltos and cannot be used to fulfill these SR:
 - a. Aerials
 - b. Salto-like elements that land in a sitting, prone or split split-sit position.

D. Dance Passage

1. The connection of skills in a Dance Passage may be either direct or indirect.
2. An indirect connection would allow for running steps, small hops, skips, chassés, assemblés, or any kind of turn **on** one or two feet between the dance VP elements.
 - No pauses or stops are allowed within the dance passage. A plié is allowed provided it does not cause a pause or stop.
- EXAMPLE: Using a lunge preparation that creates a pause prior to a turn on one foot would break the dance passage.
3. The leap requiring the designated split requirement for the division may be in cross (front-to-back) position or side (split or straddle) position.
 - a. If the cross-position is used, the leap must be completed with the forward leg extended.
 - b. In a dance passage with two leaps, the SR will be met when at least one of the leaps finishes with the front leg extended.
 - c. If the rear leg is in a stag position, it WILL fulfill the SR
 - d. The stride leap forward with a change of legs to wolf position does NOT fulfill this SR.
4. Group 1 elements (leaps, jumps, hops) in the dance passage may land on one or both feet as the first, second, or last element in the dance passage. Rebounding out of a leap/jump is allowed and does not constitute a pause or stop.
5. The second (or last) element may also land in a prone or split position.
6. Examples that fulfill the dance passage SR:
 - a. Split leap, chassé, cat leap
 - b. Switch-leg leap, run run, run assemblé straddle jump
 - c. Cat leap, step split leap
7. Examples that do NOT fulfill the dance passage SR:
 - a. Run, Run, run, split leap, chassé
 - b. Run, run, run spit leap, chassé, full turn on one foot
 - c. Chassé, assemblé, straddle jump, wolf jump
8. An Acrobatic Element may not be performed between the Dance Elements within the Dance Passage (SR #3).
 - The Acro Element will break the Dance Passage.

Example: (Switch leap, Flic-flac, Straddle jump).

The Flic Flac breaks the Dance Passage, Dance Passage Special Requirement #3 is NOT fulfilled.