

Xcel Floor Exercise- Region 1

	Bronze	Silver	Gold	Platinum	Diamond
General Information	Any skill listed in levels 1- 6 Compulsory routines or JO Code of Points can be used to fulfill Special Requirement or Bonus.				
	2.0 in special requirements- special requirement only given if performed without assistance of spotter				
	Max time 1.00 (-.1 OT)	Max time 1.30 (-.1 OT)	Max time 1.30 (-.1 OT)	Max time 1.30 (-.1 OT)	Max time 1.30 (-.1 OT)
	Start Value 10.0	Start Value 9.6	Start value 9.4	Start Value 9.2	Start Value 9.0
	No opportunity for Bonus	Up to .4 in bonus (.2 each bonus)	Up to .6 in bonus (.2 each bonus)	Up to .8 in bonus (.2 each bonus)	Up to 1.0 in bonus (.2 each bonus)
Special Requirements- .5 each 2.0 in special requirements- special requirement only given if performed without assistance of spotter	1. 1 acro series at least 2 elements 2. 1 acro forward skill can include front limber, handstand roll, walkover or forward elements with flight- must start and finish forward 3. 1/2 turn on 1 foot min 4. Dance passage with a minimum of 2 different Group 1 elements (leaps,jumps,hops), directly or indirectly connected, one of which is a leap, jump or hop requiring a minimum 90 degrees split	1. 1 acro series at least 2 elements one must have flight 2. 1 acro forward skill can include front limber, handstand roll, walkover or forward elements with flight- must start and finish forward 3. 1/2 turn on 1 foot min 4. Dance passage with a minimum of 2 different Group 1 elements (leaps,jumps,hops), directly or indirectly connected, one of which is a leap, jump or hop requiring a minimum 90 degrees split	1. Min of 2 acro passes. One pass must have 3 elements (2 of which have flight) other pass 1 or more flight elements 2. 1 forward acro flight element may be in a series or isolated, must start and finish forward- if forward salto (flip with no hands) must start forward, but does not have to finish forward 3. Full turn on 1 foot min 4. Dance passage with a minimum of 2 different Group 1 elements (leaps,jumps,hops), directly or indirectly connected, one of which is a leap, jump or hop requiring a minimum 120 degrees split	1. Min of 2 acro passes. One pass must have 3 elements (2 of which have flight) other pass 1 or more flight elements 2. 1 forward acro flight element may be in a series or isolated, must start and finish forward- if forward salto (flip with no hands) may start forward, but does not have to finish forward 3. Full turn on 1 foot min 4. Dance passage with a minimum of 2 different Group 1 elements (leaps,jumps,hops), directly or indirectly connected, one of which is a leap, jump or hop requiring a minimum 150 degrees split	1. Min of 2 acro passes. One pass must have 3 elements (2 of which have flight) other pass 1 or more flight elements 2. 1 forward acro flight element may be in a series or isolated, must start and finish forward- if forward salto (flip with no hands) may start forward, but does not have to finish forward 3. Min B turn (i.e. 1 1/2 turn) 4. Dance passage with a minimum of 2 different Group 1 elements (leaps,jumps,hops), directly or indirectly connected, one of which is a leap, jump or hop requiring a minimum 150 degrees split
Bonus- .2 EACH Bonus only given if made without a fall or spot, can get bonus for the same skills/connections two times, but not more than twice	No opportunity for Bonus	Round off 2 ff any salto (includes aeriels) any B dance skill	Any acrobatic series with 3 elements, one of which is a salto Any B acro or dance	Round off back handspring layout acrobatc series with 2 saltos (same or different) Any B acro Any B or C dance	Any B or C saltos acrobatc series with 2 saltos (same or different) Any C dance element Any B+C or C+B or higher dance connection
Difficulty Restrictions Performance of unallowable element= 1.0 deduction each time	No saltos No more than 2 flight elements throughout exercise No C Dance No B or C acro	No B saltos No C elements	No C elements	No C saltos	No D elements
Judging Guidelines	Use <u>only</u> Level 7-10 Execution and Artistry deductions (no compositional or specific execution deductions apply).				
	Apply regular level 7-10 insufficient split deductions before taking whole special requirement.				
	Apply regular level 7-10 dance- under-rotated turn deductions before taking whole special requirement.				
	DO apply artistry deductions.				