

### Xcel Vault- Region 1

	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Platinum</b>	<b>Diamond</b>
<b>Vaults Allowed</b>	Level 4 vault	Handspring to flat back over vault table	Handspring over Table	All Level 7 vaults allowed	All Level 8 vaults allowed
<b>Start Value</b>	All vaults start at 10.0.				
<b>Equipment Specifications</b>	Ruling on alternative spring board (aero board, etc.) is pending. Mat stacks and vault table may be set at any height (mat stacks minimum of 16")				
<b>Specifics</b>	use level 4 deductions Do not apply landing zone or run and board contact deduction If other vault performed= - 2.0 Best of 2 vaults score counts	use level 4 deductions Do not apply landing zone or run and board contact deduction Mats stacked anywhere between 8" above or below table. If other vault performed= - 2.0 Best of 2 vaults score counts	use level 5/6 deductions If other vault performed= - 2.0 Best of 2 vaults score counts	use level 7 vault deductions If other vault performed= - 2.0 Best of 2 vaults score counts	use level 8-10 deductions If other vault performed= - 2.0 Best of 2 vaults score counts

## Xcel Uneven Bars- Region 1

	Bronze	Silver	Gold	Platinum	Diamond
<b>General Information</b>	<p>Any skill listed in levels 1- 6 Compulsory routines or JO Code of Points on bars is considered an "element." Skills listed in compulsory routines, but not given a value in the JO Code of Points will be give an "A" value. Baby giant missing hips -3/4 giant or giant not reaching vertical- is considered an element- valued an "A" if below horizontal, valued a "B" if at horizontal or above. A baby giant touching hips or clearing hips WILL be considered a circling elment for special requirements as long as it starts from a cast of any height.</p> <p>For all excel levels- if the same circling element is performed on low bar and on high bar, it counts as DIFFERENT circling elements.</p>				
	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)
<b>Special Requirements- .5 each</b> 2.0 in special requirements- special requirement only given if performed without assistance of spotter	1. Four elements 2. 1 circling element 3. Any height cast 4. Level 1-4 dismount	1. Five elements 2. 1 circling element 3. Any height cast 4. Level 1-5 dismount either bar	1. Six elements - tap swings can count as 1 element 2. 2 different circling elements 3. Any height cast 4. Bar change	1. 1 bar change 2. 2 different circling elements 3. Cast to horizontal or above 4. Kip	1. 1 bar change 2. Kip cast connected 3. Cast to 45 degrees or above 4. salto dismount off High bar or B dismount
<b>Bonus- .2 EACH</b> 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	Kip Bar change Long hang pullover Cast at or above horizontal	Cast above horizontal Kip to immediate cast of any height Long hang kip Any B element salto dismount	Any B element Salto dismount a baby giant missing hips to kip, tap swing or flyaway a sole circle around any 1/2 turn that ends on the bar	Any B or C skill
<b>Difficutly Restrictions</b> Performance of unallowable element= 1.0 deduction each time	Low bar routine only No salto dismount allowed No Kip allowed No elements "B" or higher allowed	No salto dismounts allowed No element "C" or higher allowed	No elements C or higher allowed	Follow level 7 element restrictions	"D" elements not allowed
<b>Judging Guidelines</b>	Use <u>only</u> Level 7-10 Execution and Amplitude deductions (no compositional or specific execution deductions apply). See below for exceptions.				
	Do Not apply precision on handstands deductions				
	Do not apply swing forward or backward under horizontal deduction				
	A pullover is NOT considered a circling element, a long hang pullover is only considered a circling element if it starts from a cast (baby giant)				
	In Bronze, Silver, Gold and Platinum levels, only apply intermediate swing deduction after 2 swings have been performed, not on 1st or 2nd intermediate swing. In Diamond apply regular intermediate swing deduction.				

## Xcel Balance Beam- Region 1

	Bronze	Silver	Gold	Platinum	Diamond
<b>General Information</b>	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 1.10 (-.1 OT)	Max time 1.10 (-.1 OT)	Max time 1.10 (-.1 OT)	Max time 1.10 (-.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)
<b>Special Requirements- .5 each</b> 2.0 in special requirements- special requirement only given if performed without assistance of spotter	<p>1. 1 acro skill (non-flight) must start and finish on beam</p> <p>2. leap or split jump - minimum of 60 degrees</p> <p>3. 1/2 turn on 1 foot or 2 feet</p> <p>4. 1 dance series (min 2 elements) (split leap/jump may be included in dance series)</p>	<p>1. 1 acro skill (non-flight) must start and finish on beam</p> <p>2. leap or split jump - minimum of 60 degrees</p> <p>3. 1/2 turn on 1 foot (min)</p> <p>4. 1 dance series (min 2 elements) (split leap/jump may be included in dance series)</p>	<p>1. acro skill (non flight) at or through vertical (must start and finish on BB)</p> <p>2. 1 dance series, minimum of 2 elements- must include jump or leap with minimum of 90 degree split.</p> <p>3. 1/1 turn on 1 foot min.</p> <p>4. Dismount- must be level 3 or higher or in j.o. code as an element</p>	<p>1. 2 acro skill or 1 acro element with flight - if 2 acro connected they can be same skill or diff, if not connected need to be different skills- all must start and finish on beam</p> <p>2. 1 dance series, minimum of 2 elements- must include jump or leap with minimum of 120 degree split.</p> <p>3. 1/1 turn on 1 foot min.</p> <p>4. Dismount- must be level 4 or higher or in j.o. code as an element</p>	<p>1. acro series with or without flight and 1 acro with flight (can be included in series) must start and finish on beam</p> <p>2. 1 dance series, minimum of 2 elements- must include jump or leap with minimum of 150 degree split.</p> <p>3. 1/1 turn on 1 foot min.</p> <p>4. Dismount- salto or aerial dismount</p>
<b>Bonus- .2 EACH</b> 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	<p>Acro skill at or through vertical (must start &amp; finish on BB)</p> <p>any connected acro series</p> <p>Any B dance skill</p> <p>Full Turn</p> <p>Salto Dismount</p>	<p>Any B dance or acro without flight</p> <p>Salto dismount</p> <p>any connected acro series- starting and finishing on beam</p>	<p>Any B or C dance</p> <p>Any B arco (B acro with flight will receive additional .2 bonus- ie- performance of a back handspring will receive .2 bonus for the "B" acro and additional .2 bonus for being a flight element)</p> <p>any B+C or C+B or higher connection</p>	<p>Any C dance</p> <p>Any B or C Acro</p> <p>any B+C or C+B or higher connection any connected acro series of 2 or more elements (1 must have flight)</p>
<b>Difficulty Restrictions</b> Performance of unallowable element= 1.0 deduction each time	<p>No salto dismounts</p> <p>No walkovers</p> <p>No elements with flight</p>	<p>No B or higher acro with flight</p> <p>No elements C or higher</p>	<p>No B or higher acro with flight</p> <p>No elements C or higher</p>	<p>No C or higher acro allowed</p> <p>No D elements allowed</p>	<p>No D elements allowed</p>
<b>Judging Guidelines</b>	Use only 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.				

## Xcel Floor Exercise- Region 1

	Bronze	Silver	Gold	Platinum	Diamond
<b>General Information</b>	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 1.10 (-.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)
<b>Special Requirements- .5 each</b> 2.0 in special requirements- special requirement only given if performed without assistance of spotter	<p>1. 1 acro series at least 2 elements</p> <p>2. 1 acro forward skill can include front limber, handstand roll, walkover or forward elements with flight- must start and finish forward</p> <p>3. 1/2 turn on 1 foot min</p> <p>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</p>	<p>1. 1 acro series at least 2 elements one must have flight</p> <p>2. 1 acro forward skill can include front limber, handstand roll, walkover or forward elements with flight- must start and finish forward</p> <p>3. 1/2 turn on 1 foot min</p> <p>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</p>	<p>1. Min of 2 acro passes. One pass must have 3 elements (2 of which have flight) other pass 1 or more flight elements</p> <p>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</p> <p>3. Full turn on 1 foot min</p> <p>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</p>	<p>1. Min of 2 acro passes. One pass must have 3 elements (2 of which have flight) other pass 1 or more flight elements</p> <p>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</p> <p>3. Full turn on 1 foot min</p> <p>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</p>	<p>1. Min of 2 acro passes. One pass must have 3 elements (2 of which have flight) other pass 1 or more flight elements</p> <p>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</p> <p>3. Min B turn (i.e. 1 1/2 turn)</p> <p>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</p>
<b>Bonus- .2 EACH</b> 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	<p>Round off 2 ff</p> <p>any salto (includes aerals)</p> <p>any B dance skill</p>	<p>Any acrobatic series with 3 elements, one of which is a salto</p> <p>Any B acro or dance</p>	<p>Round off back handspring layout</p> <p>acrobatc series with 2 saltos (same or different)</p> <p>Any B acro</p> <p>Any B or C dance</p>	<p>Any B or C saltos</p> <p>acrobatc series with 2 saltos (same or different)</p> <p>Any C dance element</p> <p>Any B+C or C+B or higher dance connection</p>
<b>Difficulty Restrictions</b> Performance of unallowable element= 1.0 deduction each time	<p>No saltos</p> <p>No more than 2 flight elements throughout exercise</p> <p>No B or C acro or C Dance</p>	<p>No B saltos</p> <p>No C elements</p>	<p>No C elements</p>	<p>No C saltos</p>	<p>No D elements</p>
<b>Judging Guidelines</b>	Use only 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.				