

VAULT RULES

		Allowable Vaults No other vaults, other than those listed in each Division are permitted. If another vault is unintentionally performed, it will be a "VOID" vault.	Start Value (SV)	Alternative Springboard Allowed?	Additional Clarifications	Timed Warm-Ups <i>Total time per squad determined by number of gymnasts in largest squad</i>	
						Warm-Up Time Per Gymnast	Guaranteed Min. # of Warm-Up Vaults
Bronze	Vault Option 1	1A (SV 4.5) Stretch Jump onto mat THEN 1B (SV 4.5) Kick to Handstand (hands placed on board or mat) fall to flat back.	9.0 total Start Value	Yes	If a gymnast lands in a flat-back position and then slides off the end of the mat, there is no penalty for a fall.	30 seconds	1
	Vault Option 2	Jump to Handstand - fall to flat back on mat. (no repulsion required).	10.0 Start Value				
	Mat Stack	Minimum: 16" (± 1 "") Maximum: 48" (± 1 "")					
Silver	Vault Option 1	Handspring over the sideways mat stack.	10.0 Start Value	Yes	Unfolded panel mat or sting mat may be placed on top of the mat stack Sting mat may be used on the landing mat	45 seconds	2
	Vault Option 2	$\frac{1}{4}$ - $\frac{1}{2}$ (90-180°) turn on – Repulsion off to feet, landing facing mat stack. (Additional twist results in a VOID vault.)	10.0 Start Value				
	Mat Stack	Mat stack sideways. Minimum: 24" (± 1 "") Maximum: 48" (± 1 "") Landing Mat: A minimum 6'x12'x4" mat must be placed on the floor behind the mat stack.					
Gold	Xcel Gold Vault Chart	10.0 Start Value 9.5 SV if using alternative springboard	Yes 9.5 Start value if used		1:00 minute	2	
Platinum	Xcel Platinum Vault Chart	Xcel Platinum SV Chart	NO If used, the vault will be VOID .		1:30 minute	2	
Diamond	Xcel Diamond Vault Chart	Xcel Diamond SV Chart	NO If used, the vault will be VOID .		2:00 minutes	3	
Clarifications applied to ALL Xcel Divisions							
Spotting	(0.50) Spot on landing		Guaranteed Warm-Up Vault Clarification	If the guaranteed number of vaults per gymnast has not been provided to some of the gymnasts in a squad before the time expires, those gymnasts may continue to finish their guaranteed number of vaults. The Chief Judge must monitor the Vault Fall time. Time Starts: when the gymnast is standing up on her feet after the fall. Time Stops: when gymnast salutes for her second vault.			
	(1.00) Spot during any other phase						
	(1.50) Max. Total Spot deduction						

UNEVEN BARS RULES

	Special Requirements (SR) Deduct <u>0.50</u> for Each Missing SR	Value Part (VP) Required	Difficulty Restrictions <i>Restricted Skills</i> <u>0.50</u> deduction - off SV	Extra Swing Deduction Taken	Warm-Up Time Per Gymnast
BRONZE	<ol style="list-style-type: none"> 1. Mount – Low bar only 2. Cast (hips must leave bar) (<u>not</u> mount or dismount) 3. 360° Circling skill (not mount or dismount) 4. Dismount – Low bar only (no saltos) 	Minimum of 4 "A" VP (0.10 each)	<ul style="list-style-type: none"> • No "B" or higher VP. • No skills on High Bar. • No Salto dismounts. • No LB Giants. 	No	30 seconds
SILVER	<ol style="list-style-type: none"> 1. Mount 2. Cast to a minimum of 45° below horizontal (<u>not</u> mount or dismount) 3. 360° Circling skill (<u>not</u> mount or dismount) 4. Dismount - from Low bar or High Bar (no saltos) 	Minimum of 5 "A" VP (<u>0.10</u> each)	<ul style="list-style-type: none"> • No "B" or higher VP. • No Giants (LB or HB) • No Salto dismounts. 	No	45 seconds
GOLD	<ol style="list-style-type: none"> 1. A skill finishing in clear support at a minimum of horizontal (<u>not</u> mount / dismount) 2. 360° Circling skill (<u>not</u> mount or dismount) 3. 2nd 360° Circling skill (<u>not</u> mount or dismount), same or different from SR# 2 4. Dismount – High Bar 	Minimum of 6 "A" VP (<u>0.10</u> each)	<ul style="list-style-type: none"> • No "C" or higher VP. • B Exceptions: <ul style="list-style-type: none"> ○ No Giants (LB or HB) ○ No Release Skills with bar change. 	No	1:00 minute
PLATINUM	<ol style="list-style-type: none"> 1. A skill finishing in a clear support above horizontal (<u>not</u> mount or dismount) 2. 360° Circling skill (<u>not</u> mount or dismount) 3. Kip 4. Dismount – High Bar 	Minimum of 6 "A" (<u>0.10</u> each), 1 "B" VP (<u>0.30</u>)	<ul style="list-style-type: none"> • No "C" or higher VP. • Exceptions: Clear Hip HS, Stalder Bkwd to HS, Pike Sole Circle Bkwd to HS (All without turn) 	Yes Exception: Only one (1) tap/underswing-counterswing may receive an "A" VP and be performed without a <u>0.30</u> Extra Swing deduction.	1:30 minutes
DIAMOND	<ol style="list-style-type: none"> 1. Skill finishing in a clear support at a min. of 45° from vertical (not mount or dismount) 2. Minimum "B" 360° Circling Skill 3. Additional Min. "B" skill - either a Release, Turn, or 2nd 360° Circling Skill, same as or different from SR#2 4. Salto or Hecht Dismount – High Bar, or any dismount (minimum "B") from the high bar 	Minimum of 5 "A" (<u>0.10</u> each), 2 "B" VP (<u>0.30</u> each)	<ul style="list-style-type: none"> • Maximum of one (1) "D" VP allowed (No bonus) • No "E" VP. 	Yes	2:00 minutes

Clarifications

Clarifications applied to ALL Xcel Divisions

Cast Angle: The DP cast angle deductions will not be used in any Division.

Fall Time: 45 Seconds

Value Parts: Any skills listed in the Xcel Code of Points and allowed at the respective Division. (Bronze/Silver: Any "A" VP; Gold/Platinum: Any "A" or "B"; Diamond: Any "A", "B", "C" VP & 1 "D")

Element Clarifications

Skill preceded by a Cast: When a skill is preceded by a cast, both cast & skill may receive separate VP/skill credit, if cast achieves Division's angle requirement with the following exceptions:

Exceptions: cast squat, stoop, or straddle on—also with or without jump to HB, cast shoot through, & cast off to stand dismount (bronze only) receive 1 "A" VP in all Divisions. **These skills may not be used to fulfill the cast SR.**

Long Hang Pullover: A long hang pullover is considered a 360° circling skill only if preceded by a cast for Platinum & Diamond.

BALANCE BEAM RULES

	Special Requirements (SR) Deduct <u>0.50</u> for Each Missing SR	Value Part (VP) Required	Difficulty Restrictions <i>Restricted Skills</i> <u>0.50</u> deduction - off SV	Timing	
				Warm-Up Time Per Gymnast	Time Limit (No min. time)
BRONZE	<ol style="list-style-type: none"> 1. Minimum ½ Turn on one (1) Foot or two (2) Feet 2. One (1) Jump or Leap (not mount or dismount) - No split angle required 3. One (1) Acro element – Non-Flight 4. Dismount – No Saltos or Aerials 	Minimum of 4 "A" VP (<u>0.10</u> each)	<ul style="list-style-type: none"> • No "B" or higher VP. • No Salto or Aerial Dismounts • No Walkovers 	30 seconds	45 seconds
SILVER	<ol style="list-style-type: none"> 1. Minimum ½ Turn on one (1) Foot 2. One (1) Jump or Leap with a minimum 90° Cross or Side Split (not mount or dismount) 3. One (1) Acro element – Non-Flight 4. Dismount 	Minimum of 5 "A" VP (<u>0.10</u> each)	<ul style="list-style-type: none"> • No "B" Acro VP. • No "C" or higher VP. 	45 seconds	50 seconds
GOLD	<ol style="list-style-type: none"> 1. Minimum 1/1 Turn on one (1) Foot 2. Two (2) different Group 2 elements – One (1) with a min. 120° cross or side split (isolated or in a series). 3. Two (2) Acro elements – with or without Flight (Isolated or Series) – One (1) must achieve or pass through inverted Vertical 4. Dismount 	Minimum of 6 "A" VP (<u>0.10</u> each)	<ul style="list-style-type: none"> • No "C" or higher VP. 	1:00 minute	1:00 minute
PLATINUM	<ol style="list-style-type: none"> 1. Minimum 1/1 Turn on one (1) Foot 2. Dance Series – Two (2) Group 1*, 2, or 3* elements (same or different) – AND one (1) Jump or Leap with a minimum 120° Cross or Side Split (Isolated or Series) 3. One (1) Acro Flight element OR Acro Series – with or without Flight – Minimum of one skill must achieve or pass through vertical (excluding Mount or Dismount) 4. Dismount 	Minimum of 6 "A" (<u>0.10</u> each), 1 "B" VP (<u>0.30</u>)	<ul style="list-style-type: none"> • No "C" Acro VP. • No "D" or higher VP 	1:30 minutes	1:15 minutes
DIAMOND	<ol style="list-style-type: none"> 1. Minimum 1/1 Turn on one (1) Foot 2. Dance Series – Two (2) Group 1*, 2, or 3* elements (same or different) – AND one (1) Jump or Leap with a minimum 150° Cross or Side Split (Isolated or Series) 3. Acro Series – with or without Flight – Minimum of one skill must achieve or pass through vertical (excluding mount or dismount); AND one (1) Acro Flight element (Isolated or Series) 4. Dismount – Salto or Aerial 	Minimum of 5 "A" (<u>0.10</u> each), 2 "B" VP (<u>0.30</u> each)	<ul style="list-style-type: none"> • Maximum of 1 "D" VP allowed. No bonus. • No "E" VP. 	2:00 minutes	1:15 minutes

Clarifications

Clarifications applied to ALL Xcel Divisions

SR#3: All Acro Skills must start and finish on the beam to receive credit for SR#3.	Fall Time: 45 Seconds
SR#4: If a restricted element is competed as the dismount, in addition to no SR#4 credit, also deduct <u>0.30</u> for No Dismount.	
Split Angle (within 20°): SR and VP credit will be awarded for Cross or Side Split Leaps or Jumps that are within 20° of the Division's specified Split angle. (See Beam Chapter 2, I Recognition of Value Parts) Deduction of up to 0.20 for Insufficient Split will be applied.	
Handstands: A hold is not required for any "A" VP handstand. Any "B" VP or higher handstand requires a 2 second hold if noted within the Table of Elements.	
Value Parts: Any skills listed in the Xcel Code of Points <u>and</u> allowed at the respective Division. (Bronze: Any "A" VP; Silver: Any "A" VP or "B" Dance VP, Gold: Any "A" or "B"; Platinum: Any "A", "B" or "C" Dance VP; Diamond: Any "A", "B", "C" VP & 1 "D")	
Platinum/Diamond	
Dance Series: * Group 1 Dance VP – Group 1 Mounts that are considered Dance VP are indicated with a (D) next to the illustration within the Code of Points, are eligible to be used in the dance series. * Group 3 Turns on one (1) Foot are eligible to be used in the dance series.	

FLOOR EXERCISE RULES

	Special Requirements (SR) Deduct <u>0.50</u> for Each Missing SR	Value Part (VP) Required	Difficulty Restrictions <i>Restricted Skills</i> <u>0.50 deduction</u> - off SV	Timing	
				Timed Warm-Ups [^]	Time Limit
BRONZE	1. *Minimum 2 directly connected Acro elements (with or without Flight). 2. *2 nd Acro Pass – Minimum one (1) Acro element (with/without Flight). 3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) (directly or indirectly connected), one (1) of which is a Leap with a minimum 60° Cross or Side Split. 4. Minimum 1/2 Turn on one (1) foot.	Minimum of 4 "A" VP (<u>0.10</u> each)	<ul style="list-style-type: none"> • No "B" or higher VP. Exceptions: Straddle jump & Side leap 60°–180° receive "A" VP • No Saltos or Aerials • Max of two (2) Acro flight elements per routine 	30 sec.	45 sec.
SILVER	1. *Minimum 2 directly connected Acro elements, 1 must have Flight. 2. *2 nd Acro Pass – either: A 2 nd Minimum two (2) directly connected elements (with or without Flight), OR One (1) Acro Flight element 3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) (directly or indirectly connected), one of which is a Leap with a minimum 90° Cross or Side Split. 4. Minimum 1/1 Turn on one (1) foot.	Minimum of 5 "A" VP (<u>0.10</u> each)	<ul style="list-style-type: none"> • No "B" Acro VP. • No "C" or higher VP. • Maximum one (1) Salto or Aerial per routine. 	45 sec.	1:00 min.
GOLD	1. *Minimum 2 directly connected Acro Flight elements. 2. *2 nd Acro Pass – either: A 2 nd connection with minimum two (2) directly connected Acro Flight elements OR One (1) Aerial or Salto 3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) (directly or indirectly connected), one of which is a Leap with a minimum 120° 4. Minimum 1/1 Turn on one (1) foot.	Minimum of 6 "A" VP (<u>0.10</u> each)	<ul style="list-style-type: none"> • No "B" VP Twisting Saltos. • No "C" or higher VP. 	1:00 min.	1:00 min.
PLATINUM	1. *Minimum 2 directly connected Acro Flight elements with "A" or "B" Salto. 2. *2 nd Acro Pass – either: A 2 nd connection with minimum two (2) directly connected Acro Flight elements OR One (1) "B" Salto 3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) (directly or indirectly connected), one (1) of which is a Leap with a minimum 150° Cross or Side Split. 4. Minimum 1/1 Turn on one (1) foot.	Minimum of 6 "A" (<u>0.10</u> each) 1 "B" VP (<u>0.30</u>)	<ul style="list-style-type: none"> • No "C" Acro VP. • No "D" or higher VP. 	1:30 min.	1:30 min.
DIAMOND	1. Two (2) separate Acro Flight Passes, each with a Minimum of 2 directly connected Acro Flight elements. 2. Two (2) Different Saltos (Isolated or in connection) One (1) must be a Minimum "B" (May be included in SR#1) 3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) (directly or indirectly connected), one (1) of which is a Leap with a minimum 150° Cross or Side Split. 4. Minimum "B" Turn on one (1) foot.	Minimum of 5 "A" (<u>0.10</u> each) 2 "B" VP (<u>0.30</u> each)	<ul style="list-style-type: none"> • Maximum of 1 "D" VP allowed. No bonus. • No "E" VP. 	2:00 min.	1:30 min.

Clarifications

***SR#1/SR#2:** SR#1/SR#2 may not be combined in the same pass. (Bronze, Silver, Gold, Platinum)

[^]Timed Warm-Ups: Based on the number of athletes in the largest squad in the session.

No Minimum Time: Floor routines within Xcel do **NOT** have a minimum time limit.

Flight Skills/Elements: Acro flight skills/elements with hand support are eligible to receive Value Part credit, regardless of the number of times performed and may also fulfill Special Requirements, provided that the Acro Pass in which they are performed is different.

Split Angle (within 20°): SR/VP credit will be awarded for Cross or Side Split Leaps and Jumps that are within 20° of the Division's specified Split angle as listed under the special requirement (See Floor, Chapter 2, Recognition of Value Parts). For splits within 1°-20° of the specified split angle a deduction of up to 0.20 for Insufficient Split may be applied.

Dive Roll: A dive roll does **NOT** fulfill Flight Special Requirement.

Bronze/Silver: Round off Rebound – Backward Roll is an Acro Connection.

Value Parts: Any skills listed in the Xcel Code of Points and allowed at the respective Division. (Bronze: Any "A" VP; Silver: Any "A" VP or "B" Dance, Gold: Any "A" or "B" (excluding "B" Twisting Saltos); Platinum: Any "A", "B" VP, and any "C" Dance VP; Diamond: Any "A", "B", "C" VP & 1 "D")