

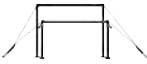





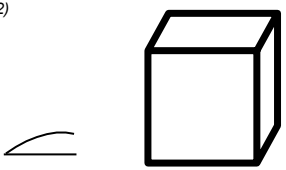
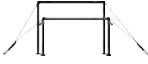




# Xcel Critique Sheets

Gymnast		Team		Bronze
Event	Requirements/Composition		Execution/Artistry/Comments	Score
  <b>VAULT</b>	<b>Option 1 (9.0):</b> 1A (4.5) Stretch Jump onto min. of 16" (+/-1") mat AND 1B (4.5) Kick to Handstand (hands placed board or mat) to flat back  <b>Vault 1A</b> Extra bounces .3 ea Run – no touch board (3 x) 0 Touch board or Mat w/o Vault Void Height .5 / Pike .5 / Tuck .5 ↑ Arch .3 / Arm/Head Align ↑.3 Legs Separated .2 / Foot form .↑ Landing ↑5 Dynamics ↑3  <b>Vault 1B</b> Arms to ears/reach .2 Lever action ↑1 Extra kick to handstand 0.5 ea Arms Bent .5 / Legs Bent .3 Legs Separated ↑2 Steps/hops on hands .1 ea Incorr align in handstand ↑5 Shoulder < .3 / Arch .3 / Pike .5 ↑ Poor foot form ↑1 Roll (no vert) .2.0 Fail to finish strt lying pos. ↑.0	<b>Option 2 (10.0)</b>  Jump to Handstand- fall to flat back on min. of 16" (+/-1") mat (no repulsion required).  Pike .5 Arch .3 / Legs bent .3 Legs separated .2 Poor foot form ↑1 Head align ↑1 No vertical/return to board <b>VOID</b> Arms Bent .5 Arms Bent / Head touch 2.0 Steps/hops on hands .1ea Shoulder align ↑3 Roll (no vert) ↑2.0 <b>Contact after vertical ↑.0</b> Fail to finish strt lying pos. ↑.0 <ul style="list-style-type: none"> <li>Land seat in pike .5</li> <li>Lands arch/bent legs ↑5</li> <li>lands on feet steps off 1.0</li> </ul> not both hands 3.0 ( layout or touches 1 hand) Direction .3 / Dynamics .3↑	Alternative Springboard App. allowed Spot on landing 0.5 Spot during any other phase 1.0 Max Spot deduction 1.5 <b>Incorrect vault VOID</b>	SV 10.0
	1. Min. 16 mat - up to (~48") No repulsion required May do each Bronze Vault once if mat change not more than 8"  2. Mat stack min.16" 48" →  			
  <b>BARS</b>	<input type="checkbox"/> Min. 4 "A" skills <input type="checkbox"/> Cast – hips leave <input type="checkbox"/> Circle – no mt/dis <input type="checkbox"/> Dismount <u>Difficult Restr. (.5 each)</u> No "B" or higher VP No HB skills No Salto dismounts	JO cast angles do not apply  DYNAMICS .2  No Xtra Swing ded.		Minus
				SV
  <b>BEAM</b> Time: 45 sec.	<input type="checkbox"/> ½ turn – 1 or 2 f <input type="checkbox"/> One Jump/Leap (no mt/dis) <input type="checkbox"/> Non-flight Acro <input type="checkbox"/> Dismount (no salto/aerial) <u>Difficult Restr. (.5 each)</u> No "B" or higher VP No Salto or Aerial dismt No Walkovers	FEET ↑.2 POSTURE ↑.3 RHYTHM ↑.2 SURENESS↑.2 ARTISTRY ↑.3 DYNAMICS ↑.2 Handstds–same no hold req. Leaps/Jumps – w/in 20° ↑.2 Λ/ - jump 180° = "A"		Minus
				SV
  <b>FLOOR</b> Time: 45 sec.	<input type="checkbox"/> Min. 2 skill acro conn. w/wo flight <input type="checkbox"/> 2 <sup>nd</sup> pass with 1acro skill w/wo flight <input type="checkbox"/> Dance Pass 60° <input type="checkbox"/> Min. ½ turn on 1 foot <u>Difficult Restr. (.5 eac)</u> No "B" or higher VP No Salto or Aerials Max. 2 flight skills	FEET ↑.2 POSTURE ↑.3 MUSIC/MOVE ↑.2 ARTISTRY ↑.3 DYNAMICS ↑.2 Dive roll no flight Roundoff - back Roll / ext. ok at Bronze/Silver/Gold Jump/Leap w/in 20- .2  Straddle jump/side leap="A"		Minus
				SV
Unallowable skill -.5 Missing Special Requirement -.5 Warm Up Time = 30 seconds				




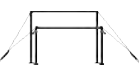


# Xcel Critique Sheets

		Team	Silver	
Event	Requirements/Composition	Execution/Artistry/Comments	Score	
  <b>VAULT</b>	<p> <i>Fail pass thru vert ^0.3</i>  <i>neutral head ^0.1</i>  <i>piked, arched ea ^0.2</i>  <i>legs crossed ^0.1</i>  <i>legs separation ^0.2</i>  <i>legs bent ^0.3</i>  <i>foot form ^0.1</i>  <i>Incomplete LA turn ^0.3 (Option 2)</i> </p> 	<p> <i>shoulder angle ^0.2</i>  <i>arms bent ^0.5 (except Opt 2 lead arm)</i>  <i>head touch 2.0 (includes arms ded.)</i>  <i>neutral head ^0.1</i>  <i>arched ^0.2</i>  <i>step/hop hands ea 0.1 max 0.3</i>  <i>staggered/alt hand ^0.1</i>  <i>alt repulsion ^0.2</i>  <i>too long support ^0.3</i> </p> <p>Brush/Hit</p> <p>Direction</p> <p>Option 1 only</p> <p>Dynamics</p> <p> <i>legs crossed ^0.1</i>  <i>legs separation ^0.2</i>  <i>legs bent ^0.3</i>  <i>foot form ^0.1</i>  <i>neutral head ^0.1</i>  <i>Maintain stretched body ^0.3 Landing</i> </p>	<p>Option 1: handspring over mat stack</p> <p>Option 2: 1/4-1/2 onto mat stack, repulsion off</p>   <p>Mat stack – 24 in to 48 in height, turned sideways Top= 5 ft wide x min 5 ft long (+-2”), firm top surface / end of mat stack, min 4” landing mat</p>	SV 10.0
  <b>BARS</b>	<input type="checkbox"/> Min. 5 “A” skills <input type="checkbox"/> Cast—45 Below-no mt/dis <input type="checkbox"/> Circle—no mt/dis <input type="checkbox"/> Dismount <u>Diff. Restr. (.5 each)</u> No “B” or higher VP No Giants LB or HB No Salto dismounts	<p>Same circle skill LB/HB = Different</p> <p>JO cast angles do not apply</p> <p>DYNAMICS ∅</p>		Minus   SV
  <b>BEAM</b> Time: 50 sec	<input type="checkbox"/> Min. ½ turn – 1 ft Jump/ <input type="checkbox"/> Leap 90° <input type="checkbox"/> Acro Skill Non-Flight <input type="checkbox"/> Dismount  <u>Difficult Restr. (.5 each)</u> No “B” or higher Acro VP No “C” VP “B” Dance VP okay	<p>FEET ↑.2</p> <p>POSTURE ↑.3</p> <p>RHYTHM ↑.2</p> <p>SURENESS↑.2</p> <p>ARTISTRY ↑.3</p> <p>DYNAMICS↑.2</p> <p>Handstds—same no hold req.</p> <p>Leaps/Jumps – w/in 20° ↑.2</p>		Minus   SV
  <b>FLOOR</b> Time: 1:00	<input type="checkbox"/> Min. 2 skill acro Conn.— 1 w/ flight <input type="checkbox"/> 2nd Acro conn. w/wo flight OR 1 flight skill <input type="checkbox"/> Dance Pass 90° <input type="checkbox"/> Min. 1/1 turn on 1 foot  <u>Difficult Restr. (.5 each)</u> Max. 1 salto/aerial No “B” Acro VP No “C” or higher VP	<p>FEET ↑.2</p> <p>POSTURE ↑.3</p> <p>MUSIC/MOVE↑.2</p> <p>ARTISTRY ↑.3</p> <p>DYNAMICS ↑.2</p> <p>Dive roll no flight</p> <p>Roundoff - back</p> <p>Roll / ext. ok at</p> <p>Bonze/Silver/Gold</p> <p>Jump/Leap w/in 20- ↑.2</p>		Minus   SV

Unallowable skill -.5 Missing Special Requirement -.5 Warm Up Time = 45 seconds


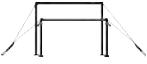




# Xcel Critique Sheets

Gymnast		Team		Gold		
Event	Requirements/Composition		Execution/Artistry/Comments		Score	
  <b>VAULT</b>	Head on Table Arch Shoulder Turn early body legs knees Shoulder Turn-late/exact/complete Ins. Tuck,pike,stretch Height Arms/Hands Length Too long Under rotation-Salto Dynamics Landing Pike down Extension Late completion Direction Brush/Hit		Vault		SV 10	
			<b>GOLD - Use of alternate springboard - 9.5 SV</b>			
  <b>BARS</b>	<input type="checkbox"/> Min. 6 "A" skills <input type="checkbox"/> Cast – horizontal Circle – <input type="checkbox"/> no mt/dis Dismount HB <input type="checkbox"/> <u>Difficult Restr. (.5 each)</u> No "C" or higher VP No Giants No Release Moves w/ bar change  <i>No clear hip angle deductions            NO X swing deductions</i>	Same circle skill LB/HB = Different  JO cast angles do not apply  DYNAMICS :ϕ  <i>Casts: <u>no amplitude deduction</u>            0-20 from vertical-B VP/SR            21-90 from vertical-A VP/SR            1-45 BELOW horizontal A VP/no SR            &gt; 45 below horizontal NO VP/SR</i>			Minus	
						SV
  <b>BEAM</b>  Time: 1:00	<input type="checkbox"/> Min. 1/1 turn <input type="checkbox"/> Jump/Leap 90° AND Dance Series <input type="checkbox"/> Two Acro – one vertical <input type="checkbox"/> Dismount <input type="checkbox"/> <u>Difficult Restr. (.5 each)</u> No "C" or higher VP  <i>All Acro Skills must start and finish on beam</i>	FEET ↑.2 POSTURE ↑.3 RHYTHM ↑.2 SURENESS↑.2 ARTISTRY ↑.3 DYNAMICS ↑.2  Handstds—regardless of angle, are considered same and no hold req. Leaps/Jumps – w/in 20° .2			Minus	
						SV
  <b>FLOOR</b>  Time: 1:00	<input type="checkbox"/> Min. 2 skill Acro Conn. w/flight <input type="checkbox"/> 2nd Acro conn. w/ flight OR Salto/Aerial(isolated) <input type="checkbox"/> Dance Pass 120° <input type="checkbox"/> Min.1/1 turn on 1 foot <input type="checkbox"/> <u>Difficult Restr. (.5 each)</u> No "B" saltos No "C" or higher VP	FEET ↑.2 POSTURE ↑.3 MUSIC/MOVE ↑.2 ARTISTRY ↑.3 DYNAMICS ↑.2 Dive roll no flight Roundoff - back Roll / ext. ok at Bronze/Silver/Gold Jump/Leap w/in 20- ↑ .2			Minus	
						SV
Unallowable skill -.5    Missing Special Requirement -.5    Warm Up Time = 1:00						


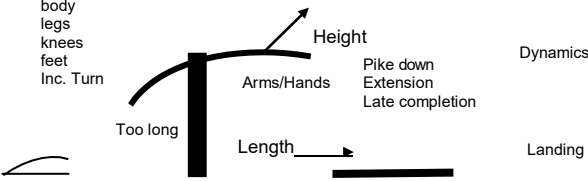
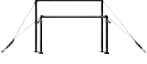




# Xcel Critique Sheets

Gymnast		Team		Platinum	
Event	Requirements/Composition		Execution/Artistry/Comments		Score
  <b>VAULT</b>	Head on Table  Arch Shoulder Turn early  body legs knees feet Inc. Turn  Arms/Hands  Height  Length  Under rotation-Salto  Pike down Extension Late completion  Landing		Brush/Hit  Direction  Dynamics		SV 10.0
  <b>BARS</b>	<input type="checkbox"/> Cast above horizontal <input type="checkbox"/> Circle skill – no mt/dis <input type="checkbox"/> Kip <input type="checkbox"/> Dismount – HB  Value Parts: 6 “A”, 1 “B” 1 Tap/Counter = “A” Cast 89’ – 21’ = “A”  <u>Difficult Restr. (.5 each)</u> No “C”s Except Clear Hip Handstand	Same circle skill LB/HB = Different  JO cast angles do not apply  LH Pullover only circling skill if preceded by a cast  DYNAMICS ↑.2			Minus  SV
  <b>BEAM</b> Time: 1:15	<input type="checkbox"/> Min. 1/1 turn <input type="checkbox"/> Jump/Leap 120° AND Dance Series-min 2 elem <input type="checkbox"/> 1 Acro flight OR Acro series (w or wo flight) <input type="checkbox"/> Dismount  Value Parts: 6 “A”, 1 “B”  <u>Difficult Restr. (.5 each)</u> No “C” Acro No “D” or higher VP	FEET ↑.2 POSTURE ↑.3 RHYTHM ↑.2 SURENESS↑.2 ARTISTRY ↑.3 DYNAMICS↑.2 Handstds–same no hold req. Leaps/Jumps – w/in 20° ↑.2			Minus  SV
  <b>FLOOR</b> Time: 1:30	<input type="checkbox"/> <b>Min. 2 skill acro conn            w/flight – w/ A/B salto</b> <input type="checkbox"/> <b>2nd Acro conn. w/ flight            OR isolated “B”Salto</b> <input type="checkbox"/> <b>Dance Pass 150°</b> <input type="checkbox"/> <b>Min. 1/1 turn on 1 foot</b>  Value Parts: 6 “A”, 1 “B” <u>Difficult. Restr. (.5 each)</u> No “C” Acro VP No “D” or higher VP	FEET ↑.2 POSTURE ↑.3 MUSIC/MOVE ↑.2 ARTISTRY ↑.3 DYNAMICS ↑.2 Dive roll no flight Jump/Leap w/in 20-↑.2			Minus  SV
Unallowable skill -.5    Missing Special Requirement -.5    Warm Up Time = 1:30					



# Xcel Critique Sheets

Gymnast		Team		Diamond	
Event	Requirements/Composition		Execution/Artistry/Comments		Score
  <b>VAULT</b>	Head on Table Arch Shoulder Turn early body legs knees Shoulder Turn-late/exact/complete Ins. Tuck,pike,stretch Under rotation-Salto Height Arms/Hands Too long Length Brush/Hit Direction Dynamics Landing		Vault		SV
					
  <b>BARS</b>	<input type="checkbox"/> Cast to 45° or more <input type="checkbox"/> Min. "B" circle skill <input type="checkbox"/> Release/pirouette/ 2nd diff. circle, min. "B" <input type="checkbox"/> Salto Dismt – HB Value Parts: 5 "A", 2 "B" <i>Exception: cast 45'-21' from vertical = "A" VP</i> <u>Difficult Restr. (.5 each)</u> Max 1 "D" without penalty No "E"s	Same circle skill LB/HB = Different JO cast angles do not apply DYNAMICS ↑.2			Minus
					SV
  <b>BEAM</b> Time: 1:15	<input type="checkbox"/> Min. 1/1 turn <input type="checkbox"/> Jump/Leap 150° AND DanceSeries <input type="checkbox"/> 1 Acro flight AND Acro series (w/wo flight) <input type="checkbox"/> Dismount (salto/aerial) Value Parts: 5 "A", 2 "B" <u>Difficult Restr. (.5 each)</u> Max 1 "D" without penalty No "E"s	FEET ↑.2 POSTURE ↑.3 RHYTHM ↑.2 SURENESS↑.2 ARTISTRY ↑.3 DYNAMICS↑.2 Handstds—same no hold req. Leaps/Jumps – w/in 20° ↑.2			Minus
					SV
  <b>FLOOR</b> Time: 1:30	<input type="checkbox"/> Two separate acro connections each with a min. or 2 dir conn acro flight skills <input type="checkbox"/> Two different saltos in routine- one must be "B" <input type="checkbox"/> Dance Pass 150° <input type="checkbox"/> Min. "B" turn – 1 ft Value Parts: 5 "A", 2 "B" <u>Difficult Restr. (.5 each)</u> Max 1 "D" without penalty No"E"s	FEET ↑.2 POSTURE ↑.3 MUSIC/MOVE↑.2 ARTISTRY ↑.3 DYNAMICS ↑.2 Dive roll no flight Jump/ Leap w/in 20- ↑.2			Minus
					SV

Unallowable skill -.5 Missing Special Requirement -.5

Warm Up Time = 1:30