

Bars Bronze

Warm up 30 Seconds

Special Requirement

1. Minimum 4 "A" value parts/skills
2. Cast (hips must leave bar)(no mount or D/M)
3. 360 Circling skill – no mount or dismount
4. Dismount – No Salto

Difficulty Restrictions

- No "B" or higher value parts (regardless of Amp)
- No skills on the high bar
- No Salto dismount
- No low bar giant

Other Rules

- When a skill is preceded by a cast, both receive VP/Skill credit, except Cast-Squat on, Cast – Shoot thru, and Cast to Stand Dismount are all 1 "A" skill
- No Extra Swing deductions, but $\wedge 0.10$ Rhythm
- No angle of cast deductions
- Dynamics $\wedge 0.20$
- Failure to maintain hands from glide to pullover 0.10 deduction
- Courtesy score = 4.0 Minimum

Bars Silver

Warm up 45 Seconds

Special Requirement

1. Minimum 5 "A" value parts/skills
2. Cast to a minimum of 45° below horizontal (no Mount or Dismount)
3. 360 Circling skill – no mount or dismount
4. Dismount – No Salto

Difficulty Restrictions

- No "B" or higher value parts (regardless of Amp)
- No giants (low bar or high bar)
- No Salto dismount

Other Rules

- When a skill is preceded by a cast, both receive VP/Skill credit, except Cast-Squat on-Jump to HB, and Cast – Shoot thru are each 1 "A" skill
- No Extra Swing deductions, but $\wedge 0.10$ Rhythm
- No angle of cast deductions
- Same 360 circle LB and HB are different elements Dynamics $\wedge 0.20$
- Failure to maintain hands from glide to pullover 0.10 deduction
- Courtesy score =4.0 Minimum

Additional "A" Value Parts

Mount

- Pullover (from 1 or 2 feet or run) to LB or HB
- Jump to front support
- Glide swing to stand
- Run out glide Kip
- Single leg jam Kip (glide or run out)

Casts

- Cast (hips must leave bar), 2 allowed

Circles

- Stride circle forward or backward

Dismounts

- Cast off to stand (Counts as 1 element)
- $\frac{3}{4}$ forward circle to stand
- From squat on LB, stretch jump off to stand

Other Allowed Skills

- Single leg basket swing (bent knee OK)
- Single leg swing backward
- Single leg cut forward or backward
- Cast Shoot through (Counts as 1 element)

Chris Bowles 11/7/2019

Underswing Dismount is in Xcel Code

Additional "A" Value Parts

Mount

- Pullover (from 1 or 2 feet or run), LB or HB
- Glide swing to stand
- Run out glide Kip
- Single leg jam Kip (glide or run out)

Casts

- Cast to 45° below horizontal for VP and SR credit, 2 allowed

Circles

- Stride circle forward or backward
- Long hang pullover (from long swing)

Dismounts

- Tap swing forward with $\frac{1}{2}$ turn
- $\frac{3}{4}$ back seat circle (pike or straddle) from LB
- From squat on low bar, stretch jump off forward to stand

Other Allowed Skills

- Single leg basket swing (bent knee OK)
- Single leg swing backward
- Single leg cut forward or backward
- Cast Shoot through (Counts as 1 element)
- Tap Swing or Underswing-Counterswing (2 allowed)

Bars Gold

Warm up 1:00

Special Requirement

1. Minimum 6 "A" value parts/skills
2. *Clear Support Skill to Horizontal (no mount or D/M)
3. *360 Circling skill – no mount or dismount
4. Dismount from High Bar
*One element can satisfy SR #2 and #3

Difficulty Restrictions

- No "C" or higher value parts (No Exceptions)
- No Giants
- No Release skills with bar change

Other Rules

- When a skill is preceded by a cast, both receive VP/Skill credit, except Cast-Squat on-Jump to HB, and Cast Shoot through are each 1 "A" skill
- No Extra Swing deductions; but ^0.10 Rhythm
- No angle of cast deductions
- No clear hip angle deduction
- Same 360 circle LB and HB are different elements
- Dynamics ^ 0.20
- Failure to maintain hands from glide to pullover 0.10 deduction
- Courtesy score = 4.0 Minimum

Bars Platinum

Warm up 1:30

Special Requirement

Need 6 "A" and 1 "B" Value Part

1. *Clear Support Skill to above horizontal (no mount or D/M)
2. *360 Circling skill – no mount or dismount
3. Kip
4. Dismount from High Bar
*One element can satisfy SR #1 and #2

Difficulty Restrictions

- No "C" or higher value parts (regardless of Amplitude), except Clear Hip Circle to HS, Stalder BKWD to HS, and Pike Sole Circle BKWD to HS

Other Rules

- When a skill is preceded by a cast, both receive VP/Skill credit, except Cast-Squat on-Jump to HB is 1 "A" skill
- No angle of cast deductions
- Same 360 circle LB and HB are different elements
- One tap swing or Underswing – Counterswing allowed (If more, take Extra Swing deduction)
- Cast above horizontal to 21° from vertical = "A"
- Long Hang Pullover preceded by a cast is a 360 circle element
- Take Extra Swing deductions

Mount

- Pullover (from 1 or 2 feet or run), LB or HB
- Glide swing to stand
- Run out glide Kip
- Single leg jam Kip (glide or run out)

Casts

- Cast to Horizontal

Circles

- Stride circle forward or backward
- Long Hang Pullover (from long swing)

Dismounts

- Tap Swing Forward with ½ turn

Other Allowed Skills

- Single leg basket swing (straight leg OK)
- Single leg cut forward or backward
- Cast Shoot through (Counts as 1 element)
- Tap Swing or Underswing-Counterswing (2 allowed)

Chris Bowles 11/7/2019

Note: Underswing Dismount is in Xcel Code

Bars Diamond

Warm up 2:00

Special Requirement

Need 5 "A" and 2 "B" Value Part

1. Clear Support Skill to 45° above horizontal (no mount or D/M)
2. Minimum "B" 360 Circle Skill
3. Minimum "B" Release, Pirouette, or 360 Circle Skill (Same or Different from SR #2)
4. Salto or Hecht Dismount from High Bar

Difficulty Restrictions

- One "D" Skill allowed (No Bonus), no "E" Skills (Regardless of Amplitude)

Other Rules

- When a skill is preceded by a cast, both receive VP/Skill credit, except Cast-Squat on-Jump to HB is 1 "A" skill
- No angle of cast deductions
- Same 360 circle LB and HB are different elements
- Take Extra Swing deduction
- Cast 45° – 21° from vertical = "A"
- Long Hang Pullover preceded by cast is a 360 circle element
- Cast Handstand ½ turn meets SR 1 and 3
- 1 Element can satisfy 2 SR's

Beam Bronze

Warm up 30 Seconds

Time Limit 45 Seconds

Special Requirement

1. Minimum ½ Turn on 1 or 2 feet
2. One Jump or Leap (No mount or dismount)
3. One non-flight Acro Skill
4. Dismount (no Saltos or Aerials)

Difficulty Restrictions

- No "B" or higher VP's (Regardless of Amp)
- No Salto or Aerial Dismount
- No Walkovers (Bridge Kickover OK)

Other Rules

- No Split angle required
- Acro Skills must start and end on Beam
- Handstands, regardless of angle achieved are considered the same element.
- Handstands do not have to be held for VP Credit.
- Any mount is an A unless listed B or higher.

Chris Bowles 11/7/2019

Note: Fall Time 45 Seconds

Additional "A" Value Parts

Leaps/Jumps

- Stag or stride leap, Cross Split or Straddle Jump, Any split angle

Turns

- Pivot turn (180°)
- ½ turn on 1 foot, or ½ heel snap turn
- Forward or Backward swing turn
- ½ heel snap turn

Acro Skills

- Partial Handstand, both feet off the beam while at least one leg reaches 45° from vertical
- Vertical cross or side handstand, no hold
- From lying position, push up to bridge (1 Sec hold)
- Lever to touch beam – No angle requirement, and back foot need not return to beam for credit

Dismounts

- Cartwheel (or any entrance) to partial handstand 45° from vertical, no hold required, land facing the beam
- Cartwheel (or any entrance) to handstand (mark), ¼ turn dismount
- Any jump from feet, also with up to 360° turn

Note: Headstand and Bridge Kick-over are in Xcel Code

Beam Silver

Warm up 45 Seconds

Time Limit 50 Seconds

Special Requirement

1. Minimum ½ Turn on 1 foot
2. One Jump or Leap with 90° cross or side split (No Mount or Dismount)
3. One non-flight Acro Skill
4. Dismount

Difficulty Restrictions

- No "B" Acro VP's (Regardless of Amp)
- No "C" or higher VP's (Regardless of Amp)

Other Rules

- Acro Skills must start and end on Beam
- Leaps can be 20° short and still get VP Credit, but ^0.20 deduction.
- Handstands, regardless of angle achieved are considered the same element.
- Handstands do not have to be held for VP Credit
- Any mount is an A unless listed B or higher
- 180 Leaps/Jumps must be 135 min for B or higher

Additional "A" Value Parts

Leaps/Jumps

- Stag or stride leap, Split or Cross Straddle Jump, All with 90° Split Angle Required

Turns

- ½ turn on 1 foot, or ½ heel snap turn
- Forward or Backward swing turn
- ½ heel snap turn

Acro Skills

- Partial Handstand, both legs at 45° from vertical, and legs close together, both simultaneously
- Vertical cross or side handstand (no hold required – legs any position)
- From lying position, push up to bridge (1 Sec hold)

Dismounts

- Cartwheel (or any entrance) to partial handstand 45° from vertical, no hold required, land facing the beam
- Cartwheel (or any entrance) to handstand (mark), ¼ turn dismount
- Any jump from feet, also with up to 360° turn

Note: Headstand and Bridge Kick-over are in Xcel Code

- 180 Leaps/Jumps must be 135 min for B or higher

Beam Gold

Warm up 1:00 Time Limit 1:00

Special Requirement

1. Minimum 1/1 (360°) Turn on 1 foot
2. 2 Different Group 2 Dance elements, one with a minimum 120° split. No Dance Series Required.
3. Two Acro elements with or without flight - One must achieve or pass through inverted vertical. Skills can be isolated or in a Series.
4. Dismount

Difficulty Restrictions

- No "C" or higher VP's (Regardless of Amp)

Other Rules

- Acro Skills must start and end on Beam
- Leaps can be 20° short and still get VP and SR Credit, but ^0.20 deduction.
- Acro Series is not required
- Handstands, regardless of angle achieved are considered the same element.
- Handstands do not have to be held for VP Credit
- Any mount is an A unless listed B or higher
- 180 Leaps/Jumps must be 135 min for B or higher

Beam Platinum

Warm up 1:30 Time Limit 1:15

Special Requirement

Need 6 "A" and 1 "B" Value Part

1. Minimum 1/1 (360°) Turn on 1 foot
2. Dance Series with 2 Group 1,2,3 skills (same or different) 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

Difficulty Restrictions

- No "C" Acro Value Parts ("C" dance allowed)
- No "D" or higher VP's (Regardless of Amp)

Other Rules

- Acro Skills must start and end on Beam
- 120° Leaps/Jumps are A Skills. Leaps/Jumps can be 20° short and still get VP Credit, but ^0.20 deduction.
- Acro Series is not required
- Handstands, regardless of angle achieved are considered the same element.
- Handstands do not have to be held for VP Credit
- Handstand, no Hold is an "A" VP
- Any mount is an A unless listed B or higher

Additional "A" Value Parts

Leaps/Jumps

- Stag or stride leap, Split or Cross Straddle Jump, All with 120° Split Angle Required

Acro Skills

- Partial Handstand, both legs at 45° from vertical, and legs close together, both simultaneously
- Vertical cross or side handstand (no hold required – legs any position)

Dismounts

- Cartwheel (or any entrance) to handstand (mark), ¼ turn dismount

Note: Bridge Kick-over is in the Xcel Code

Note: Fall Time is 45 Seconds

Chris Bowles 11/7/2019

Beam Diamond

Warm up 2:00 Time Limit 1:15

Special Requirement

Need 5 "A" and 2 "B" Value Part

1. Minimum 1/1 (360°) Turn on 1 foot
2. Dance Series with 2 Group 1,2,3 skills (same or different) AND one Jump or Leap with 150° cross or side split (can be included in the dance series)
3. Acro Series of 2 elements, with or without flight, excluding mount and dismount, AND one Acro Flight element (Acro flight can be in the series)
4. Dismount – salto or aerial

Difficulty Restrictions

- Maximum of 1 "D" VP allowed
- No "E" or higher VP's (Regardless of Amplitude)

Other Rules

- Acro Skills must start and end on Beam
- Leaps can be 20° short and still get VP Credit, but ^0.20 deduction.
- Handstands, regardless of angle achieved are considered the same element.
- Handstands do not have to be held for VP Credit
- Handstand, no Hold is an "A" VP
- Any mount is an A unless listed B or higher
- 180 Leaps/Jumps must be 135 min for B or higher
- Sissone, or Stag-open split leap, 150° = A

Note: Bridge Kick-over is in the Xcel Code

Note: Fall Time is 45 Seconds

Floor Bronze

Warm up 30 Seconds

Special Requirement

1. Minimum 2 directly connected acro skills with or without flight (Round-off, Rebound, Backward Roll OK)
2. A second pass with a minimum of one Acro skill with or without flight

**SR 1 & 2 cannot be combined

3. Dance Passage with a minimum of 2 Different Group 1 skills, one of which is a LEAP with a 60° cross or side split, directly or indirectly connected
4. Minimum ½ Turn on 1 foot

Difficulty Restrictions

- No "B" or higher VP's (Regardless of Amplitude)
- No Saltos or Aerials
- Maximum of 2 acro flight skills per Routine

Other Rules

- Acro Flight with hand support can be done for credit an unlimited number of times
- Leaps can be 20° short and still get VP credit (up to 0.20 deduction applies)
- Dive Forward Roll is not an Acro Flight element
- Chasse, Stretch jump and Assemble are not VP elements

Floor Silver

Warm up 45 Seconds

Special Requirement

1. Minimum 2 directly connected acro skills, one must have flight (R/O, Rebound, Backwd Roll OK, Max once per routine)
2. A 2nd pass with either a 2nd Acro connection with a minimum of two directly connected skills with or without flight, OR an Acro skill with Flight

**SR 1 & 2 cannot be combined

3. Dance Passage with a minimum of 2 Different Group 1 skills, one of which is a LEAP with a 90° cross or side split, directly or indirectly connected
4. Minimum 1/1 Turn on 1 foot

Difficulty Restrictions

- No "B" Acro VP's (Regardless of Amplitude)
- No "C" or higher VP's (Regardless of Amplitude)
- Maximum of 1 Salto or Aerial per Routine

Additional "A" Value Parts

Leaps, Jumps, Hops

- Split Jump (Minimum 60°)
- Stride Leap (Minimum 60° to 180°)
- Side Leap (Minimum 60° to 180°)
- Straddle Jump (Minimum 60°)
- Straddle and Side leap 180° ok for "A"
- Leg Swing Hop with free leg horizontal or above (70° - 90° or more)

Turns

- ½ Turn on one foot (any leg position)
- Forward Swing Turn
- Backward Swing Turn

Acro Skills

- Partial Handstand, minimum 45°, legs together
- Handstand in vertical – legs together, stag or split
- Bridge, kick-over (either from stand or lying position)
- Headstand, any position (no hold required)
- Backward roll to push-up shape

Chris Bowles 11/7/2019

Other Rules

- Acro Flight with hand support can be done for credit an unlimited number of times
- Leaps can be 20° short and still get VP credit (up to 0.20 deduction applies)
- Dive Forward Roll is not an Acro Flight element
- Chasse, Stretch jump and Assemble are not VP elements
- 180 Leaps/Jumps must be 135 min for B or higher

Additional "A" Value Parts

Leaps, Jumps, Hops

- Split Jump (Minimum 90°)
- Stride Leap (Minimum 90°)
- Side Leap (Minimum 90°)
- Straddle Jump (Minimum 90°)
- Leg Swing Hop with free leg horizontal or above

Acro Skills

- Handstand (vertical – mark)
- Bridge, kick-over (either from stand or lying position)
- Headstand, any position (no hold required)
- Backward roll to push-up shape

Floor Gold

Warm up 1:00

Special Requirement

1. Minimum 2 directly connected flight skills
2. A 2nd pass with either a 2nd Acro connection with a minimum of two directly connected Flight skills, OR an Aerial or Salto

**SR 1 & 2 cannot be combined

3. Dance Passage with a minimum of 2 Different Group 1 skills, one of which is a LEAP with a 120° cross or side split, directly or indirectly connected
4. Minimum 1/1 Turn on 1 foot

Difficulty Restrictions

- No "B" Saltos (Regardless of Amplitude)
- No "C" or higher VP's (Regardless of Amplitude)

Other Rules

- Acro Flight with hand support can be done for credit an unlimited number of times
- Leaps can be 20° short and still get VP credit (up to 0.20 deduction applies)
- Dive Forward Roll is not an Acro Flight element
- Chasse, Stretch jump and Assemble are not VP elements
- 180 Leaps/Jumps must be 135 min for B or higher

Floor Platinum

Warm up 1:30

Special Requirement

Need 6 "A"s 1 "B"

1. Minimum 2 directly connected flight skills with 1 "A" or "B" Salto
2. A 2nd pass with either a 2nd Acro connection with a minimum of two directly connected Flight skills, OR a "B" Salto

**SR 1 & 2 cannot be combined

3. Dance Passage with a minimum of 2 Different Group 1 skills, one of which is a LEAP with a 150° cross or side split, directly or indirectly connected
4. Minimum 1/1 Turn on 1 foot

Difficulty Restrictions

- No "C" Acro VP's (Regardless of Amplitude)
- No "D" or higher VP's (Regardless of Amplitude)

Other Rules

- Acro Flight with hand support can be done for credit an unlimited number of times
- Leaps can be 150°, but be 20° short and still get VP credit (up to 0.20 deduction applies)
- Dive Forward Roll is not an Acro Flight element
- Chasse, Stretch jump and Assemble are not VP elements
- 180 Leaps/Jumps must be 135 min for B or higher

Additional "A" Value Parts

Leaps, Jumps, Hops

- Split Jump (Minimum 120°)
- Stride Leap (Minimum 120°)
- Side Leap (Minimum 120°)
- Straddle Jump (Minimum 120°)
- Switch Leg Leap (Minimum 120°)
- Leg Swing Hop with free leg horizontal or above

Acro Skills

- Handstand (vertical – mark)
- Bridge, kick-over (either from stand or lying position)
- Headstand, any position (no hold required)
- Backward roll to push-up shape

Chris Bowles 11/7/1019

Floor Diamond

Warm up 2:00

Special Requirement

Need 5 "A"s 2 "B"s

1. Two separate acro flight series, each with a minimum of 2 directly connected flight skills
2. Two different Saltos within the routine (isolated or in a series), one must be a minimum of "B" (may be included in SR #1)
3. Dance Passage with a minimum of 2 Different Group 1 skills, one of which is a LEAP with a 150° cross or side split, directly or indirectly connected
4. Turn on 1 foot, minimum "B" Value Part

Difficulty Restrictions

- Maximum of 1 "D" Value Part
- No "E" VP's (Regardless of Amplitude)

Other Rules

- Acro Flight with hand support can be done for credit an unlimited number of times
- Leaps can be 150°, but be 20° short and still get VP credit (up to 0.20 deduction applies)
- Dive Forward Roll is not an Acro Flight element
- Chasse, Stretch jump and Assemble are not VP elements
- 180 Leaps/Jumps must be 135 min for B or higher