

XCEL BALANCE BEAM

BB	Bronze	Silver	Gold	Platinum	Diamond
Value Parts VP A = 0.1 B = 0.3	"A" VP in Xcel code <i>and/or</i> Bronze Skills Chart	"A" VP in Xcel code <i>and/or</i> Silver Skills Chart	"A/B" VP in Xcel code <i>and/or</i> Gold Skills Chart	6 A / 1 B VP "A/B" VP in Xcel code <i>and/or</i> Platinum Skills Chart	5 A / 2 B VP "A/B/C" VP in Xcel code <i>and/or</i> Diamond Skills Chart
VP Clarifications	Cross split jump = A Cross straddle jump = A Split leap = A <i>(any split angle)</i>	'B' Dance allowed		'C' Dance allowed	1 'D' element allowed No bonus
All unlisted Mounts are 'A' VP — Acro must start and finish on BB — Handstands are considered the same skill <i>(regardless of angle achieved)</i>					
Difficulty Restrictions	No 'B' or higher VP No Walkovers No Salto /Aerial Dmts	No 'B' Acro VP No 'C' or higher VP	No 'C' or higher VP	No 'C' Acro VP No 'D' or higher VP	No 'E' VP 1 'D' element allowed No Bonus
Deduct - 0.5 from SV for each restricted skill performed — Courtesy score = 4.0					
Special Requirements Deduct -0.5 from SV for each missing SR	1. Min ½ (180°) turn <i>- on 1 or 2 feet</i>	1. Min ½ (180°) turn <i>- on 1 foot</i>	1. Min 1/1 (360°) turn <i>- on 1 foot</i>	1. Min 1/1 (360°) turn <i>- on 1 foot</i>	1. Min 1/1 (360°) turn <i>- on 1 foot</i>
	2. One Jump / Leap <i>- Not Mt/Dmt</i>	2. One Jump / Leap <i>- 90° split cross/side</i> <i>- Not Mt/Dmt</i>	2. Two Jumps / Leaps <i>- Must be different</i> <i>- One = 120° split cross/side</i> <i>- Group 2 or Gold Chart</i> <i>- Isolated or in series</i>	2. Dance Series 2 VP <i>- Group 1,2,3 - Same or Diff</i> AND 1 Leap/Jump <i>- 120° split cross/side</i> <i>- Isolated or in series</i>	2. Dance Series 2 VP <i>- Group 1,2,3 - Same or Diff</i> AND 1 Leap/Jump <i>- 150° split cross/side</i> <i>- Isolated or in series</i>
	3. One Acro Skill <i>- Non-flight</i>	3. One Acro Skill <i>- Non-flight</i>	3. Two Acro Skills <i>- With or without flight</i> <i>- 1 achieves/passes thru inverted vertical</i> <i>- Isolated or in series</i>	3. One Acro Series <i>- With or without flight</i> OR 1 Acro Skill with flight <i>- Isolated or in series</i>	3. One Acro Series <i>- With or without flight</i> AND 1 Acro Skill with flight <i>- Isolated or in series</i>
	4. Dismount <i>- No aerials or saltos</i>	4. Dismount	4. Dismount	4. Dismount	4. Dismount <i>- Aerial or Salto</i>
SR credit awarded for cross/side leaps/jumps within 20° of specified split. Deduct ↑0.2 for insufficient split					
Warm-up:	30 seconds warm-up	45 seconds warm-up	1:00 minute warm-up	1:30 minutes warm-up	2:00 minutes warm-up
Time Limit:	45 seconds	50 seconds	1:00 minute	1:15 minutes	1:15 minutes
BB	Bronze	Silver	Gold	Platinum	Diamond

XCEL BALANCE BEAM

BALANCE BEAM - Additional 'A' Value Part Chart

BB	Bronze	Silver	Gold	Platinum	Diamond
'A' LEAPS & JUMPS	<ul style="list-style-type: none"> • Stag / Stride Leap - Any split angle • Cross split jump - Any split angle • Cross straddle jump - Any split angle 	<ul style="list-style-type: none"> • Stag / Stride Leap 90° • Cross split jump 90° • Cross straddle jmp 90° 	<ul style="list-style-type: none"> • Leaps / Jumps 120° - Cross or side split <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Leaps/Jumps with $\geq 135^\circ$ will receive Xcel CoP listed Value Part </div>	<ul style="list-style-type: none"> • Leaps / Jumps 120° - Cross or side split 	<ul style="list-style-type: none"> • Sissonne min 150° • Stag-open Leap - min 150° - <i>Developé</i> entry
'A' ½ TURNS	<ul style="list-style-type: none"> • Pivot Turn - 180° • Squat ½ Turn - 180° • 1-Foot ½ Turn - 180° • Heel snap ½ turn - 180° • Swing Turn Fwd - 180° • Swing Turn Bwd - 180° 	<ul style="list-style-type: none"> • 1-Foot ½ Turn - 180° • Heel snap ½ turn - 180° • Swing Turn Fwd - 180° • Swing Turn Bwd - 180° 			
'A' ACRO	<ul style="list-style-type: none"> • Partial Handstand - One leg reaches min of 45° of vertical while both feet are off beam 	<ul style="list-style-type: none"> • Partial Handstand - One leg reaches min of 45° of vertical while both feet are off beam 	<ul style="list-style-type: none"> • Partial Handstand - One leg reaches min of 45° of vertical while both feet are off beam 		
	<ul style="list-style-type: none"> • Vertical Handstand - Cross or side - No hold - Any leg position 	<ul style="list-style-type: none"> • Vertical Handstand - Cross or side - No hold - Any leg position 	<ul style="list-style-type: none"> • Vertical Handstand - Cross or side - No hold - Any leg position 		
	<ul style="list-style-type: none"> • Bridge from Lying on BB - Push up & hold 1 sec. • Lever to touch Beam 	<ul style="list-style-type: none"> • Bridge from Lying on BB - Push up & hold 1 sec. 			
'A' DISMOUNTS	<ul style="list-style-type: none"> • Cartwheel to Partial HS - Any entry / No hold - 45° of vertical - Land facing Beam 	<ul style="list-style-type: none"> • Cartwheel to Partial HS - Any entry / No hold - 45° of vertical - Land facing Beam 	<ul style="list-style-type: none"> • Cartwheel to HS ¼ turn - Any entry / Mark HS 		
	<ul style="list-style-type: none"> • Cartwheel to HS ¼ turn - Any entry / Mark HS 	<ul style="list-style-type: none"> • Cartwheel to HS ¼ turn - Any entry / Mark HS 			
	<ul style="list-style-type: none"> • Any Jump from feet - also up to 360° turn 	<ul style="list-style-type: none"> • Any Jump from feet - also up to 360° turn 			
BB	Bronze	Silver	Gold	Platinum	Diamond