

XCEL FLOOR EXERCISE

FX	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	Straddle or Side Jump 60° - 180° = A RO-Rebound-Back Roll is acro connection	'B' Dance allowed RO-Rebound-Back Roll is acro connection		'C' Dance VP allowed	1 'D' element allowed
Acro hand support flight skills VP are SR eligible regardless of the number of times performed - series must be different					
Difficulty Restrictions	No 'B' or higher VP No Saltos / Aerials Maximum 2 flight skills <i>per routine</i>	No 'B' Acro VP No 'C' or higher VP Maximum 1 Salto/Aerial <i>per routine</i>	No 'B' Saltos No 'C' or higher VP	No 'C' Acro VP No 'D' or higher VP	No 'E' VP 1 'D' element maximum No Bonus
Deduct - 0.5 from SV for each restricted skill performed — Courtesy score = 4.0					
SR#1 and SR #2 cannot be combined for Bronze, Silver, Gold, and Platinum					
Special Requirements Deduct -0.5 from SV for each missing SR	1. Acro Series - 2 VP <i>- directly connected</i> <i>- with or without flight</i>	1. Acro Series - 2 VP <i>- directly connected</i> <i>- One with flight</i>	1. Acro Flight Series <i>- 2 directly connected</i> <i>- Both with flight</i>	1. Acro Flight Series <i>- 2 directly connected</i> <i>- one an 'A/B' Salto</i>	1. Two Acro Flight Series <i>- 2 separate series</i> <i>- All with flight</i>
	2. 2nd Acro Pass <i>- Min of 1 Acro Skill</i> <i>- with or without flight</i>	2. 2nd Acro Pass <i>- Min of 2 Acro skills</i> <i>- with or without flight</i> OR 1 Acro flight skill	2. 2nd Acro Pass <i>- 2 directly connected</i> <i>- Both with flight</i> OR a Salto or Aerial	2. 2nd Acro Pass <i>- 2 directly connected</i> <i>- Both with flight</i> OR a 'B' Salto	2. Two Different Saltos <i>- One must be 'B' Salto</i> <i>- Isolated or in series</i> <i>- May be combined with SR#1</i>
	3. Dance Passage <i>- 2 different Grp 1/Xcel</i> <i>- 60° split cross/side leap</i> <i>- direct or indirect</i>	3. Dance Passage <i>- 2 different Grp 1/Xcel</i> <i>- 90° split cross/side leap</i> <i>- direct or indirect</i>	3. Dance Passage <i>- 2 different Grp 1/Xcel</i> <i>- 120° split cross/side leap</i> <i>- direct or indirect</i>	3. Dance Passage <i>- 2 different Grp 1/Xcel</i> <i>- 150° split cross/side leap</i> <i>- direct or indirect</i>	3. Dance Passage <i>- 2 different Grp 1/Xcel</i> <i>- 150° split cross/side leap</i> <i>- direct or indirect</i>
	4. Min ½ (180°) turn <i>- on 1 foot</i>	4. Min 1/1 (360°) turn <i>- on 1 foot</i>	4. Min 1/1 (360°) turn <i>- on 1 foot</i>	4. Min 1/1 (360°) turn <i>- on 1 foot</i>	4. Min 'B' turn <i>- on 1 foot</i>
Dive Roll does NOT fulfill acro flight! — 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	1:00 minute	1:00 minute	1:30 minutes	1:30 minutes
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FLOOR EXERCISE - Additional 'A' Value Part Chart

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'A' LEAPS & JUMPS	<ul style="list-style-type: none"> • Split Jump 60° • Stride Leap 60° • Side Leap 60°- 180°+ • Straddle Jump 60°- 180°+ • Leg Swing Hop <i>- Free leg horizontal or above</i> 	<ul style="list-style-type: none"> • Split Jump 90° • Stride Leap 90° • Side Leap 90°- 180°+ • Straddle Jump 90°- 180°+ • Leg Swing Hop <i>- Free leg horizontal or above</i> 	<ul style="list-style-type: none"> • Split Jump 120° • Stride Leap 120° • Side Leap 120° • Straddle Jump 120° • Switch Leap 120° • Leg Swing Hop <i>- Free leg horizontal or above</i> 	<ul style="list-style-type: none"> • Leaps / Jumps / Hops <i>- 150° Split</i> <i>- Cross or side split</i> <div style="border: 1px solid black; padding: 5px; margin-top: 10px; text-align: center;"> Leaps/Jumps with ≥ 135° will receive Xcel CoP listed Value Part </div>	<ul style="list-style-type: none"> • Leaps / Jumps / Hops <i>- 150° Split</i> <i>- Cross or side split</i>
'A' ½ TURNS	<ul style="list-style-type: none"> • 1-Foot ½ Turn - 180° <i>- Any leg position</i> • Swing Turn Fwd - 180° • Swing Turn Bwd - 180° 				
'A' ACRO	<ul style="list-style-type: none"> • Partial Handstand <i>- 45° of vertical</i> <i>- Legs together</i> • Vertical Handstand <i>- Legs together / stag / split</i> • Headstand • Bridge Kick-over <i>- From Stand or Lying</i> • Back Roll to Push-up 	<ul style="list-style-type: none"> • Vertical Handstand <i>- Mark Handstand</i> • Headstand • Bridge Kick-over <i>- From Stand or Lying</i> • Back Roll to Push-up 	<ul style="list-style-type: none"> • Vertical Handstand <i>- Mark Handstand</i> • Headstand • Bridge Kick-over <i>- From Stand or Lying</i> • Back Roll to Push-up 		
ACRO SERIES	<ul style="list-style-type: none"> • RO-Rebound-Back Roll <i>- Acceptable Acro Series</i> <i>- Only these skills!</i> 	<ul style="list-style-type: none"> • RO-Rebound-Back Roll <i>- Acceptable Acro Series</i> <i>- Only these skills!</i> 			
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