

XCEL VAULT TABLE

	VAULTS	GOLD	PLATINUM	DIAMOND
1.101	Handspring	10.0	9.8	9.4
1.102	Handspring → ½ twist off	10.0	10.0	9.6
1.201	Handspring → 1/1 twist off	10.0	10.0	10.0
1.103	Yamashita	10.0	9.8	9.4
1.104	Yamashita → ½ twist off	10.0	10.0	9.6
1.203	Yamashita → 1/1 twist off	10.0	10.0	10.0
1.106	¼ twist on → Repulsion off (<i>facing table</i>)	10.0	9.8	9.4
	½ twist on → Repulsion off (<i>facing table</i>)			
1.109	¼ twist on → ¼ twist off (<i>facing away from table</i>)	10.0	9.8	9.4
1.105	¼ twist on → ¾ twist off	10.0	10.0	9.6
	½ twist on → ½ twist off			
1.206	¼ twist on → 1¼ twist off	10.0	10.0	9.9
	½ twist on → 1/1 twist off			
1.207	1/1 twist on → Handspring or Yamashita off	10.0	10.0	10.0
1.208	1/1 twist on → ½ twist off	10.0	10.0	10.0
1.202	Handspring → 1½ twist off			10.0
1.301	Handspring → 2/1 twist off			10.0
1.205	¼ twist on → 1¾ twist off			10.0
	½ twist on → 1½ twist off			
1.306	¼ twist on → 2¼ twist off			10.0
	½ twist on → 2/1 twist off			
3.201	Tsukahara → Back Tuck			10.0
3.303	Tsukahara → Back Pike			10.0
3.304	Tsukahara → Back Layout			10.0
4.101	RO-FF on → Repulsion off (<i>flight to feet</i>)			9.4
4.102	RO-FF on → Repulsion ½ off			9.6
4.201	RO-FF on → 1/1 twist off			10.0
4.202	RO-FF on → 1½ twist off (<i>Allen</i>)			10.0
4.203	RO-FF on → Back Tuck			10.0
4.204	RO-FF on → Back Pike			10.0
4.305	RO-FF on → Back Layout			10.0
5.101	RO-FF ½ on → Handspring			9.6
5.201	RO-FF ½ on → 1/1 twist off			10.0
5.202	RO-FF ½ on → 1½ twist off			10.0
5.312	RO-FF ½ on → 2/1 twist off			10.0

XCEL VAULT

VAULT	Bronze	Silver	Gold	Platinum	Diamond
ALLOWED VAULTS	XB Option 1: 9.0 SV	XS Option 1: 10.0 SV	XG VAULTS: 10.0 SV <i>if uses springboard</i>	XP VAULTS: 9.8 SV	XD VAULTS: 9.4 SV
	Stretch Jump to Mat 4.5 SV Kick HS Fall Flatback 4.5 SV <i>-hands placed on board or on mat</i>	Front Handspring <i>- Over sideways mat stack</i> <i>- Sting mat may be placed on landing mat only</i>	XG VAULTS: 9.5 SV <i>if uses alternate springboard apparatus</i>	Handspring or Yami ¼ - ½ twist → Repulsion ¼ twist on → ¼ twist	Handspring or Yami ¼ - ½ twist → Repulsion ¼ twist on → ¼ twist RO-FF on → Repulsion
	XB Option 2: 10.0 SV	XS Option 2: 10.0 SV	Handspring or Yami	XP VAULTS: 10.0 SV	XD VAULTS: 9.6 SV
	Jump HS - Fall Flatback <i>-No repulsion required</i> <i>-If lands flatback and slides off mats, no penalty</i>	¼ - ½ twist on → Repulsion <i>- Over sideways mat stack</i> <i>- Land on feet facing mat</i> <i>- Void if additional twist</i>	¼ - ½ twist → Repulsion ¼ twist on → ¼ twist HS / Yami → ½ twist HS / Yami → 1/1 twist ¼ twist on → ¾ twist ½ twist on → ½ twist ¼ twist on → 1¼ twist ½ twist on → 1/1 twist 1/1 twist on → HS / Yami 1/1 twist on → ½ twist	HS / Yami → ½ twist HS / Yami → 1/1 twist ¼ twist on → ¾ twist ½ twist on → ½ twist ¼ twist on → 1¼ twist ½ twist on → 1/1 twist 1/1 twist on → HS / Yami 1/1 twist on → ½ twist	HS / Yami → ½ twist ¼ twist on → ¾ twist ½ twist on → ½ twist RO-FF on → Repulsion ½ RO-FF ½ on → Handspring
				XD VAULTS: 9.9 SV	¼ twist on → 1¼ twist ½ twist on → 1/1 twist
				XD VAULTS: 10.0 SV	
MATS	Min Matting: 16" (±1") Max Matting: 48" (±1")	Min Matting: 24" (±1") Max Matting: 48" (±1") Min 6'x12'x5" mat must be placed behind mat stack Sting mat may be placed on landing mat only			HS / Yami → 1/1 twist Handspring → 1½ - 2/1 twist 1/1 twist on → HS / Yami 1/1 twist on → ½ twist Tsukahara → Bwd Salto T/P/L RO-FF on → Bwd Salto T/P/L RO-FF on → 1/1 - 1½ twist RO-FF ½ on → 1/1 - 2/1 twist ¼ twist on → 1¾ - 2¼ twist ½ twist on → 1½ - 2/1 twist
SPRING BOARD	Alternate springboard apparatus allowed	Alternate springboard apparatus allowed	Alternate springboard apparatus allowed, but with a 9.5 SV	Alternate springboard apparatus NOT allowed VOID Vault if used	Alternate springboard apparatus NOT allowed VOID Vault if used
Spot on Landing = 0.50 Spot in other phase = 1.00 Maximum total spot deduction = 1.50					
If performs a vault that is Restricted or is not on the Division list = VOID & 0.0 score					
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
Guarantee:	1 warm-up vault	1 warm-up vault	2 warm-up vaults	2 warm-up vaults	3 warm-up vaults
VAULT	Bronze	Silver	Gold	Platinum	Diamond

XCEL UNEVEN BARS

UB	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 <i>*giants/releases that change bars are NOT allowed</i>	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	No extra swing deductions Cast squat-on to Jump-off DMT are 2 "A" Skills	No extra swing deductions Cast squat-on to Jump-off DMT are 2 "A" Skills	No extra swing deductions	Long hang pullover is a 360° circle if preceded by a cast One tap/underswing-counterswing allowed = NO extra swing deduction	Long hang pullover is a 360° circle if preceded by a cast Any Tap/underswing-counterswings receive a - 0.3 extra swing deduction
Skill preceded by a cast = both receive VP credit — DO NOT use JO cast angle deductions! <u>Exceptions:</u> Cast-Squat/Stoop/Straddle on jump to HB — Cast Shoot-thru — Each = one (1) 'A' VP					
Difficulty Restrictions	No 'B' or higher VP No Skills on HB No Salto Dismounts No LB Giants	No 'B' or higher VP No Giants (LB or HB) No Salto Dismounts	No 'C' or higher VP No Giants (LB or HB) No release move with bar change	No 'C' or higher VP Except: Clear Hip HS	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. Four (4) 'A' VP 2. Cast - Hips must leave bar - Not Mt/Dmt 3. 360° Circling Skill - Not Mt/Dmt 4. Dismount - LB - No saltos	1. Five (5) 'A' VP 2. Cast - Min 45° below Horz. - Not Mt/Dmt 3. 360° Circling Skill - Not Mt/Dmt 4. Dismount - HB or LB - No saltos	1. Six (6) 'A' VP 2. Skill that finishes in clear support - Min. horizontal - Not Mt/Dmt 3. 360° Circling Skill - Not Mt/Dmt 4. HB Dismount	1. Kip 2. Skill that finishes in clear support - Above horizontal - Not Mt/Dmt 3. 360° Circling Skill - Not Mt/Dmt 4. HB Dismount	1. Minimum 'B' skill - Release, Pirouette, or 2 nd 360° Circle (same or diff) 2. Skill that finishes in clear support - Min 45° from vertical - Not Mt/Dmt 3. 360° Circling Skill - 'B' - Minimum 'B' - Not Mt/Dmt 4. HB Dismount - Salto / Hecht
Warm-up Time:	30 seconds	45 seconds	1:00 minute	1:30 minutes	2:00 minutes
UB	Bronze	Silver	Gold	Platinum	Diamond

XCEL UNEVEN BARS

UNEVEN BARS - Additional 'A' Value Part Chart

UB	Bronze	Silver	Gold	Platinum	Diamond
'A' MOUNTS	<ul style="list-style-type: none"> • Pullover LB - 1 or 2 feet or run • Jump to front support • Glide swing to stand • Run-out glide kip • Single leg Jam kip - From glide or run 	<ul style="list-style-type: none"> • Pullover LB or HB - 1 or 2 feet or run • Glide swing to stand • Run-out glide kip • Single leg Jam kip - From glide or run 	<ul style="list-style-type: none"> • Pullover LB or HB - 1 or 2 feet or run • Glide swing to stand • Run-out glide kip • Single leg Jam kip - From glide or run 		
'A' CASTS	<ul style="list-style-type: none"> • Cast - Hips must leave the bars 	<ul style="list-style-type: none"> • Cast - $\geq 45^\circ$ below horizontal 	<ul style="list-style-type: none"> • Cast - Min horizontal 	<ul style="list-style-type: none"> • Cast - $89^\circ - 21^\circ$ from vertical 	<ul style="list-style-type: none"> • Cast - $45^\circ - 21^\circ$ from vertical
'A' CIRCLES	<ul style="list-style-type: none"> • Stride Circle Fwd • Stride Circle Bwd 	<ul style="list-style-type: none"> • Stride Circle Fwd • Stride Circle Bwd • Long hang pullover - From long swing 	<ul style="list-style-type: none"> • Stride Circle Fwd • Stride Circle Bwd • Long hang pullover - From long swing 		
'A' SWINGS & OTHER SKILLS	<ul style="list-style-type: none"> • Basket Swing - 1 leg - Bent knee OK • Cast shoot-through • Single leg cut Fwd/Bwd • Single leg swing Bwd 	<ul style="list-style-type: none"> • Tap/Under Swing - Counterswing • Basket Swing - 1 leg - Bent knee OK • Cast shoot-through • Single leg cut Fwd/Bwd • Single leg swing Bwd 	<ul style="list-style-type: none"> • Tap/Under Swing - Counterswing • Basket Swing - 1 leg - Straight leg only • Cast shoot-through • Single leg cut Fwd/Bwd 	<ul style="list-style-type: none"> • Tap/Under Swing - Counterswing - Only one (1) allowed 	
'A' DISMOUNTS	<ul style="list-style-type: none"> • Cast-off to Stand 1 VP - Release bar before landing - No cast VP / No cast SR • $\frac{3}{4}$ Fwd Circle to stand • Stretch Jump Off - Forward to stand - From squat, straddle or stoop on LB 	<ul style="list-style-type: none"> • Tap Swing fwd $\frac{1}{2}$ turn • $\frac{3}{4}$ Bwd Seat Circle - Pike or Straddle from LB • Stretch Jump Off - Forward to stand - From squat, straddle or stoop on LB 	<ul style="list-style-type: none"> • Tap Swing fwd $\frac{1}{2}$ turn 		
UB	Bronze	Silver	Gold	Platinum	Diamond

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> <i>- Not Mt / Dmt</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 jump 90° 	<ul style="list-style-type: none"> • Leaps / Jumps 120° - Cross or side split <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> 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 - <i>One leg reaches min of 45° of vertical while both feet are off beam</i> • Vertical Handstand - Cross or side - No hold - Any leg position • Bridge from Lying on BB - Push up & hold 1 sec. • Lever to touch Beam 	<ul style="list-style-type: none"> • Partial Handstand - Feet MUST close together at min. 45° of vertical - Both must be simultaneous • Vertical Handstand - Cross or side - No hold - Any leg position • Bridge from Lying on BB - Push up & hold 1 sec. 	<ul style="list-style-type: none"> • Partial Handstand - Feet MUST close together at min. 45° of vertical - Both must be simultaneous • Vertical Handstand - Cross or side - No hold - Any leg position 		
'A' DISMOUNTS	<ul style="list-style-type: none"> • Cartwheel to Partial HS - Any entry / No hold - 45° of vertical - Land facing Beam • Cartwheel to HS ¼ turn - Any entry / Mark HS • Any Jump from feet - also up to 360° turn 	<ul style="list-style-type: none"> • Cartwheel to Partial HS - Any entry / No hold - 45° of vertical - Land facing Beam • Cartwheel to HS ¼ turn - Any entry / Mark HS • Any Jump from feet - also up to 360° turn 	<ul style="list-style-type: none"> • Cartwheel to HS ¼ turn - Any entry / Mark HS 		
BB	Bronze	Silver	Gold	Platinum	Diamond

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
FX	Bronze	Silver	Gold	Platinum	Diamond

XCEL FLOOR EXERCISE

FLOOR EXERCISE - Additional 'A' Value Part Chart

FX	Bronze	Silver	Gold	Platinum	Diamond
'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 <i>- Hands may be placed on floor prior to any roll</i> 	<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 <i>- Hands may be placed on floor prior to any roll</i> 	<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 <i>- Hands may be placed on floor prior to any roll</i> 		
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> 			
FX	Bronze	Silver	Gold	Platinum	Diamond

XCEL FLOOR EXERCISE

D. Hanford