



# Xcel Diamond

## Diamond Vault Requirement

Diamond gymnasts must perform a minimum of a front handspring vault.

## Diamond Bars Requirements

Diamond gymnasts must have the following in their bar routine:

1. 5 A & 2 B valued skills
2. A cast 45 degrees from vertical (here are tips for learning how to do a cast handstand)
3. Circling Skill- minimum of a "B" value
4. A Release, Pirouette, or 2nd Different Circling Skill minimum of a "B" value
5. A Salto dismount from the high bar

## Diamond Beam Requirements

Diamond gymnasts must have the following in their beam routine:

1. 5 A & 2 B valued skills
2. Minimum of 1/1 (360 degree) turn on one foot
3. Dance series with 2 skills (they can be the same or different skills)
4. One jump/leap that reaches a 150 degree angle (ex. straddle jump)- can be included in dance series
5. One acro skill that has flight (ex. backhandspring) that can be isolated or in a series AND an acro series with or without flight (ex. handstand, backwalkover)
6. Salto or Aerial Dismount

## Diamond Floor Requirements

Diamond gymnasts must have the following in their floor routine:

1. 5 A & 2 B valued skills
2. Two separate acro connections each with a minimum of two directly connected acro flight elements (ex. front handspring, front pike and round-off back handspring back tuck)
3. Two different saltos (can be isolated or in a series) and one must be a minimum of "B" value (the front pike and back tuck from the previous requirement would fulfill this one)
4. A dance passage with a minimum of two different leaps, jumps or hops, one of which is a leap with a 150 degree cross or side split—they can be directly or indirectly connected
5. Minimum of "B" turn on one foot ( A 540 degree turn is a "B")