



Xcel Bronze

Bronze Vault Requirements

Bronze gymnasts must perform one of the following vaults:

- Stretch jump onto mat and then kick to handstand and fall to flat back OR
- Jump to handstand and fall to flat back

Bronze Bars Requirements

Bronze gymnasts must have the following in their bar routine:

1. A minimum of 4 “A” value skills
2. A Cast (hips must leave the bar)
3. A Circling Skill (not the mount or dismount)
4. A Dismount

An example of a routine that meets all the requirements would be: Jump to Front Support- Cast- Back hip circle- Cast off stand dismount.

Bronze Beam Requirements

Bronze gymnasts must have the following in their beam routine:

1. Minimum of 1/2 turn on one or two feet
2. One jump or leap (ex. straddle jump)
3. One non-flight acro skill (ex. cartwheel)
4. A dismount—not a salto or aerial dismount (ex. straddle jump off the beam)

Bronze Floor Requirements

Bronze gymnasts must have the following in their floor routine:

1. Minimum of two directly connected acro skills (ex. round-off – backward roll)
2. A second pass with one acro skill (ex. cartwheel)
3. A dance passage with two skills, one of which is a leap with a 60 degree cross or side split—they can be directly or indirectly connected
4. Minimum of 1/2 turn on one foot



Xcel Silver

Silver Vault Requirement

Silver gymnasts must perform the following vault: Handspring onto Vault Table with repulsion (blocking) to flat back landing on stacked mats. The mats are stacked behind the vault, and are to be 8" + or - 2" above the height of the table.

Silver Bars Requirements

Silver gymnasts must have the following in their bar routine:

1. A minimum of 5 "A" value skills
2. A Cast (hips must leave the bar)
3. A Circling Skill (not the mount or dismount)
4. A Dismount

Silver Beam Requirements

Silver gymnasts must have the following in their beam routine:

1. Minimum of 1/2 turn on one foot
2. One jump or leap that reaches a 90 degree angle (ex. straddle jump)
3. One non-flight acro skill (ex. cartwheel)
4. A dismount (ex. roundoff off the beam)

Silver Floor Requirements

Silver gymnasts must have the following in their floor routine:

1. Minimum of two directly connected acro skills, one must have flight (ex. round-off – back handspring)
2. Either a 2nd pass of 2 directly connected acro skills (no flight required) or 1 acro with flight (ex- roundoff backward roll or a front handspring)
3. A dance passage with two skills, one of which is a leap with a 90 degree cross or side split—they can be directly or indirectly connected
4. Minimum of 360 degree turn on one foot



Xcel Gold

Gold Vault Requirement

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

Gold Bars Requirements

Gold gymnasts must have the following in their bar routine:

1. A minimum of 6 "A" value skills
2. A cast to horizontal
3. A Circling Skill (not the mount or dismount)
4. A Dismount from the high bar

Gold Beam Requirements

Gold gymnasts must have the following in their beam routine:

1. Minimum of 1/1 (360 degree) turn on one foot
2. Dance series with 2 skills (they can be the same or different skills)
3. One jump/leap that reaches a 90 degree angle (ex. straddle jump)
4. Two acro skills and one of the skills must achieve vertical (ex. cartwheel and backward roll)
5. A dismount (ex. roundoff off the beam)

Gold Floor Requirements

Gold gymnasts must have the following in their floor routine:

1. Minimum of two directly connected acro skills, both must have flight (ex. front handspring, front tuck)
2. Either a 2nd pass of 2 directly connected acro skills with flight or an aerial or a salto (ex- roundoff, back handspring, back tuck, or a side aerial)
3. A dance passage with two skills, one of which is a leap with a 120 degree cross or side split—they can be directly or indirectly connected
4. Minimum of 360 degree turn on one foot



Xcel Platinum

Platinum Vault Requirement

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

Platinum Bars Requirements

Platinum gymnasts must have the following in their bar routine:

1. 6 A & 1 B valued skill
2. A cast to horizontal or above
3. A Circling Skill (not the mount or dismount)
4. A Kip
5. A Dismount from the high bar

Platinum Beam Requirements

Platinum gymnasts must have the following in their beam routine:

1. 6 A & 1 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 120 degree angle (ex. straddle jump)- can be included in dance series
5. One acro skill that has flight (ex. backhandspring) or an acro series with or without flight (ex. handstand, backwalkover)

Platinum Floor Requirements

Platinum gymnasts must have the following in their floor routine:

1. 6 A & 1 B valued skills
2. Minimum of two directly connected acro skills, both must have flight and one must be an A/B salto (ex. front handspring, front tuck)
3. Either a 2nd pass of 2 directly connected acro skills with flight or an isolated 'B' salto (ex- roundoff, back handspring, back tuck, or a front pike)
4. A dance passage with two skills, one of which is a leap with a 150 degree cross or side split—they can be directly or indirectly connected
5. Minimum of 360 degree turn on one foot



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")