



Rule Charts for Xcel Team Program

EVENT	VAULT	BARS	BEAM	FLOOR
BRONZE	All vaults start at 10.0 Straight jump onto 16" mat, then kick to HS and fall to flat back	4 skills (no high bar) Must include: -one cast -back hip circle -dismount	4 skills -1/2 turn or pivot turn -one jump or leap -Lever or handstand -Dismount	4 Requirements -2 tumbling skills in a row -a third tumbling skill -Leap, assemble, tuck jump -1/2 turn on one foot
SILVER	#1 Start value 9.5 Straight jump onto table, kick to HS on mats behind table and fall to flat back #2 Start value 10.0 Handspring onto table and land on back on mat stack	5 Skills Must include: -cast at 45 degrees -backhip circle -dismount May go to high bar. May not perform a flyaway	Must meet special requirements -1/2 turn on one foot -Split jump or leap at 90 degrees -Cartwheel or Handstand -Dismount	4 Requirements -2 tumbling skills in a row (one must be a roundoff) - Tumbling skill not in a series -Leap pass -Full turn
GOLD	All vaults start at 10.0 Handspring ½ on (1/2) off	6 skills Must include: -cast to horizontal -circling skill -dismount off high bar	Must meet 4 special requirements -full turn on one foot -Dance pass with two skills, one must be a 90 degree split jump/leap - two tumbling skills (ie. Backwalkover) -Dismount	4 Requirements -Tumbling pass with 2 skills with flight -A front flip, or a 2 nd tumbling pass - Full turn - Leap pass