

Bronze - Floor Exercise

Warm-up: :30 sec. Time Limit: :45 sec

Special Requirements (SR) .50 Ea.

1. Min. 2 directly connected acro skills with or without flight.
2. A 2nd pass with 1 acro Skill with or without flight.
3. Dance passage with a min. of 2 Different Group 1 VP or Xcel Bronze chart skills (direct or indirect) with 1 LEAP w/ a 60° cross or side split.
4. Min. 1/2 Turn on 1 foot.

Value Parts:

- Any "A" VP listed in the JO Code of Points.
- Any Skills listed on the Xcel Bronze chart.

Difficulty Restrictions: Unallowable Skills -.50 Ded.

- No "B" or higher VP
- No Saltos or Aerials
- Maximum 2 flight skills per routine

Clarifications:

- Round-off rebound - backward roll is an acro connection.
- SR credit will be awarded for cross or side split leaps or jumps that are within 20° of the specified split angle. A deduction of up to 0.20 for insufficient split will be applied.

Skills that can be used to fulfill "A" VP

Grp1: Leap, Jump & Hops:

- Split jump (60°)
- Stride leap (60°)
- Side leap (min. 60°) = "A" VP"
- Straddle jump (min. 60°) = "A" VP"
- Leg swing hop (w/free leg horizontal or above)

Acro Skills:

- Partial handstand (min 45° from vertical)
- Headstand (any position no hold)
- Bridge, kick over (either from stand or lying position)
- Back roll to push-up shape

Turns:

- 1/2 Turn on one foot (any leg position)
- Bwd or Fwd swing turn

SPECIFIC EXECUTION ERRORS ~ FLOOR EXERCISE

- A. Incorrect rhythm during execution of direct connections ^0.10
- B. Lack of precision in dance skills or VP elements..... ^0.10
Examples: Lack of definite arm or leg position on turns/leaps; degree of turn not exact
- C. Failure to land with feet/legs together on jumps/leaps/hops that land on 2 feet ^0.10
- D. Failure to perform turns in high relevé..... ^0.10
- E. Concentration pauses (more than 2 seconds prior to difficult elements or connections)..... 0.10
- F. Poor relationship of music and movement throughout ^0.20
- G. Relaxed/incorrect footwork on non-value parts throughout the exercise..... ^0.20
- H. Relaxed/incorrect leg position/body posture & insufficient flexibility in non-value parts throughout the exercise ^0.30
- I. Missing synchronization of movement with musical beat throughout the exercise..... ^0.30
• *Each Time* 0.05
• *At the end of the music*..... 0.10
- J. Absence of music or music with words/song~CJ deducts from average score 1.00
• Whistles, animal or human sounds are allowed
- K. Coach on the Floor Exercise mat.....No Deduction

Silver - Floor Exercise

Warm-up: :45 sec. Time Limit: 1:00

Special Requirements (SR) .50 Ea.

1. Min. 2 directly connected acro skills; 1 must have flight.
2. A 2nd pass w/ either a 2nd acro connection with a min. of 2 directly connected skills with or without flight OR an acro skill with flight.
3. Dance Passage with a min. of 2 Different Group 1 VP or Xcel Silver chart skills (direct or indirect) with 1 LEAP w/ a 90° cross or side split.
4. Min. 1/1 Turn on 1 foot.

Value Parts:

- Any "A" VP listed in the JO Code of Points.
- Any "B" Dance VP
- Any Skills listed on the Xcel Silver chart.

Difficulty Restrictions: Unallowable Skills -.50 Ded.

- No "B" Acro VP.
- No "C" or higher VP
- Maximum 1 Salto or Aerial per routine.

Clarifications:

- Round-off rebound - backward roll is an acro connection.
- SR credit will be awarded for cross or side split leaps or jumps that are within 20° of the specified split angle. A deduction of up to 0.20 for insufficient split will be applied.
- A Dive Roll does NOT fulfill a flight requirement

Skills that can be used to fulfill "A" VP

Grp1: Leap, Jump & Hops:

- Split jump (90°)
- Stride leap (90°)
- Side leap (90°)
- Straddle jump (90°)
- Leg swing hop (w/free leg horizontal or above)

Acro Skills:

- Handstand (vertical- mark)
- Headstand (any position no hold)
- Bridge, kick over (either from stand or lying position)
- Back roll to push-up shape

ACRO FLIGHT SKILLS WITH HAND SUPPORT to receive Value Part and Special Requirement credit regardless of the number of times performed.

This information is a compilation of Xcel Program Rules & Requirements and is NOT official.
7/1/2016 Kim Joye

SPECIFIC EXECUTION ERRORS ~ FLOOR EXERCISE

- A. Incorrect rhythm during execution of direct connections ^0.10
- B. Lack of precision in dance skills or VP elements..... ^0.10
Examples: Lack of definite arm or leg position on turns/leaps; degree of turn not exact
- C. Failure to land with feet/legs together on jumps/leaps/hops that land on 2 feet ^0.10
- D. Failure to perform turns in high relevé..... ^0.10
- E. Concentration pauses (more than 2 seconds prior to difficult elements or connections) 0.10
- F. Poor relationship of music and movement throughout ^0.20
- G. Relaxed/incorrect footwork on non-value parts throughout the exercise..... ^0.20
- H. Relaxed/incorrect leg position/body posture & insufficient flexibility in non-value parts throughout the exercise ^0.30
- I. Missing synchronization of movement with musical beat throughout the exercise..... ^0.30
• *Each Time* 0.05
• *At the end of the music*..... 0.10
- J. Absence of music or music with words/song ~ CJ deducts from average score 1.00
• Whistles, animal or human sounds are allowed
- K. Coach on the Floor Exercise mat.....No Deduction

Gold - Floor Exercise

Warm-up: 1:00 Time Limit: 1:00

Special Requirements (SR) .50 Ea.

1. Min. 2 directly connected flight skills.
2. A 2nd pass with either— A 2nd acro connection with a min of 2 directly connected flight skills **OR** An aerial or salto.
3. Dance Passage with a min. of 2 Different Group 1 VP or Xcel Gold chart skills (direct or indirect) with 1 LEAP w/ a 120° cross or side split.
4. Min. 1/1 Turn on one foot.

Value Parts:

- Any "A" or "B" VP listed in the JO Code of Points.
- Any Skill listed on the Xcel Gold chart.

Difficulty Restrictions: **Unallowable Skills -.50 Ded.**

- No "B" VP Saltos
- No "C" or higher VP.

Clarifications:

- SR credit will be awarded for cross or side split leaps or jumps that are within 20° of the specified split angle. A deduction of up to 0.20 for insufficient split will be applied.
- A Dive Roll does NOT fulfill a flight requirement

Skills that can be used to fulfill "A" VP

Grp1: Leaps, Jumps & Hops:

- Split jump (120°)
- Stride leap (120°)
- Side leap (120°)
- Straddle jump (120°)
- Leg swing hop (w/free leg horizontal or above)
- Switch leg leap (120°)

Acro Skills:

- Handstand (mark, vertical)
- Headstand (any position no hold)
- Bridge, kick over (either from stand or lying position)
- Back roll to push-up shape

SPECIFIC EXECUTION ERRORS ~ FLOOR EXERCISE

- A. Incorrect rhythm during execution of direct connections ^0.10
 B. Lack of precision in dance skills or VP elements..... ^0.10
Examples: Lack of definite arm or leg position on turns/leaps; degree of turn not exact
 C. Failure to land with feet/legs together on jumps/leaps/hops that land on 2 feet ^0.10
 D. Failure to perform turns in high relevé..... ^0.10
 E. Concentration pauses (more than 2 seconds prior to difficult elements or connections)..... 0.10
 F. Poor relationship of music and movement throughout ^0.20
 G. Relaxed/incorrect footwork on non-value parts throughout the exercise..... ^0.20
 H. Relaxed/incorrect leg position/body posture & insufficient flexibility in non-value parts throughout the exercise..... ^0.30
 I. Missing synchronization of movement with musical beat throughout the exercise..... ^0.30
 • Each Time..... 0.05
 • At the end of the music..... 0.10
 J. Absence of music or music with words/song ~ CJ deducts from average score 1.00
 • Whistles, animal or human sounds are allowed
 K. Coach on the Floor Exercise mat.....No Deduction

7/1/2016

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Kim Joye

Platinum: 6 "A"s, 1 "B"

Special Requirements (SR) .50 Ea.

1. Min. 2 directly connected flight skills w/ 1 "A" or "B" salto
2. A 2nd pass with—Either a 2nd acro connection w/ a min. of 2 directly connected flight skills **OR** a "B" salto.
3. Dance Passage with a min. of 2 Different Group 1 VP (direct or indirect) with 1 LEAP w/ a 150° cross or side split.
4. Min. 1/1 Turn on one foot.

Value Parts: 6 "A", 1 "B" VP

- Any "A" or "B" VP listed in the JO Code of Points.
- Any "C" Dance VP.

Difficulty Restrictions: **Unallowable Skills -.50 Ded**

- No "C" Acro VP.
- No "D" or higher VP.

Clarifications:

- SR credit will be awarded for cross or side split leaps or jumps that are within 20° of the specified split angle. A deduction of up to 0.20 for insufficient split will be applied.
- A Dive Roll does NOT fulfill a flight requirement

Diamond: 5 "A"s, 2 "B"s

Special Requirements (SR) .50 Ea.

1. Two separate acro connections each with a min. of two directly connected acro flight skills.
2. Two different saltos within the routine (isolated or in series) - one must be a min."B" (may be included in SR#1).
3. Dance Passage with a min. of two diff. Grp.1 VP (direct or indirect) - one of which is a LEAP w/ a 150° cross or side split.
4. Turn on one foot min. "B" VP.

Value Parts: 5 "A", 2 "B" VP

- Any "A", "B", "C" VP listed in the JO Code of Points.

Difficulty Restrictions: **Unallowable Skills -.50 Ded**

- Max. 1 "D" without penalty—no bonus awarded
- No "E"

Clarifications:

- SR credit will be awarded for cross or side split leaps or jumps that are within 20° of the specified split angle. A deduction of up to 0.20 for insufficient split will be applied.
- A Dive Roll does NOT fulfill a flight requirement

Warm-up: 1:30 Time Limit: 1:30

SPECIFIC EXECUTION ERRORS ~ FLOOR EXERCISE

- A. Incorrect rhythm during execution of direct connections ^0.10
 B. Lack of precision in dance skills or VP elements..... ^0.10
Examples: Lack of definite arm or leg position on turns/leaps; degree of turn not exact
 C. Failure to land with feet/legs together on jumps/leaps/hops that land on 2 feet ^0.10
 D. Failure to perform turns in high relevé..... ^0.10
 E. Concentration pauses (more than 2 seconds prior to difficult elements or connections)..... 0.10
 F. Poor relationship of music and movement throughout ^0.20
 G. Relaxed/incorrect footwork on non-value parts throughout the exercise..... ^0.20
 H. Relaxed/incorrect leg position/body posture & insufficient flexibility in non-value parts throughout the exercise..... ^0.30
 I. Missing synchronization of movement with musical beat throughout the exercise..... ^0.30
 • Each Time 0.05
 • At the end of the music..... 0.10
 J. Absence of music or music with words/song ~ CJ deducts from average score 1.00
 • Whistles, animal or human sounds are allowed
 K. Coach on the Floor Exercise mat.....No Deduction



FLOOR EXERCISE — EXECUTION & AMPLITUDE DEDUCTIONS (GENERAL)

Execution and Amplitude Faults

- Execution Deductions CANNOT exceed 4.0. **This includes falls but does not include artistry or spotting deductions.**
- Courtesy Score of 4.0 may be awarded for an extremely short routine due to injury or unusual circumstances.
- No routine will be awarded less than 4.0. Common sense should prevail.

I. Slight/Small Faults (0.05 - 0.10)

- A. Flexed/sickled feet during Skills/Value Parts 0.05
- B. Slight hop, or small adjustment of feet on landing of elements ^0.10
- C. Extra steps on landing (maximum 4) 0.10
- D. Deviation from straight direction on landing ^0.10
- E. Extra arm swings on landing ^0.10
- F. Incorrect body posture/alignment during dance skills/value parts ^0.10
- G. Legs crossed during Saltos with a twist ^0.10
- H. Uncharacteristic elements 0.10

II. Medium Faults (up to 0.20)

- A. Leg or knee separations (each) ^0.20
- B. Insufficient height on leaps, jumps and hops ^0.20
- C. Insufficient height of Aerials, Saltos, & Acro flight elements with hand support ^0.20
- D. Insufficient split position (deviation from amount of split degree required for the division) ^0.20
- 1° - 20° missing ^0.20
 - 21° or more missing award lesser VP
- E. Legs not parallel to floor in split or straddle pike leap/jump ^0.20
- F. Insufficient exactness of tuck or pike position in skill/Value Parts ^0.20
- G. Insufficient exactness of stretched position
- Arch ^0.20
 - Hips angle (136°-179°) ^0.20
- H. Dance: Incomplete turn – Gr. 1 & 2 ele. w/ 360° or more turn ^0.20
- 1° - 44° missing 0.05 – 0.10
 - 45° - 89° missing 0.15 – 0.20
 - 90° or more missing lesser Value Part
- I. Acro: Incomplete twist ^0.20
- 1° - 44° missing 0.05 – 0.10
 - 45° - 89° missing 0.15 – 0.20
 - 90° or more missing lesser Value Part
- J. Ins. variation in rhythm and tempo throughout the exercise ^0.20
- K. Incorrect body posture on landing of skills/value parts ^0.20
- L. Insufficient dynamics—Consider ^0.20
- Energy maintained throughout exercise
 - Makes difficult look effortless
- M. Large step or jump on landing (approx. 3 ft or more) 0.20
- Clarification on landings of acro elements:
A small step backward after landing, to finish in a lunge or on one knee is acceptable. Do not deduct unless the landing appears to be out of control.
- N. Add. trunk movements to maintain balance/control upon landing of an acro element ^0.20

III. Large Faults (up to 0.40)

- A. Bent arms in support or bent legs ^0.30
- 90° or more bend = 0.30 maximum deduction
 - Maximum on any one element = 0.30 bent arms & 0.30 bent legs
- B. Squat on landing (hips even with or lower than the knees) ^0.30
- C. Insufficient height (amplitude) of Saltos ^0.30
- Does not apply to an accelerating element in a directly connected forward acro series.
- D. Brush/touch the landing surface with one or both hands (no support) ^0.30
- E. Insufficient extension (open) of the body prior to landing of Acro ^0.30

IV. Very Large Faults (0.50)

- A. Support on mat with 1 or 2 hands 0.50
- B. Fall on mat to knee(s) or hips 0.50
- C. Fall/Failure to land on the bottom of the feet first on aerials/saltos—No VP/SR and deduct for a fall 0.50
- Note: If the gymnast lands on the bottoms of feet and hands or knees simultaneously, award VP /SP, if appropriate, and deduct for a fall.*
- D. Spotting assistance upon landing – award VP & SR, and deduct .. 0.50
- E. Spotting assistance during an element—Do Not Award VP/SR and deduct 0.50

Artistry:

- Insufficient artistry throughout the exercise ^0.30
- Consider:
- Originality/creativity in elements & connections *0.05 - 0.10
 - Quality of gymnast's movements to reflect her personal style *0.05 - 0.10
 - Quality of expression (i.e. projection, focus) *0.05 - 0.10
- *0.10 is the maximum that can be taken in each category