

Bronze Xcel: All A value parts listed in the Code of Points **plus** the list below (L 3-5 skills) can be used to fulfill A value part requirements

Bars	Beam	Floor
Back Hip Pullover Cast Single Leg Cut- F or B Stride Circle Forward Cast, Squat on ,Pike Sole Circle Dismount Glide Return Single Leg Shoot thru Cast to Horizontal Underswing Counterswing Tap Swing Underswing Dismount Tap Swing ½ Turn Dismount	Front Support Mount V-Sit swing to Push Up Arabesque Partial Cross Handstand Running Steps ½ Pivot Turn Scissors leg mount ½ turn V-Sit swing to Tuck Stand Weight Transfer ½ heel snap turn ¾ Cross Handstand ½ turn in forward coupe Scale Cartwheel to side HS ¼ turn dismount **Leaps of 60-90 degrees **Split jumps of 30-90 degrees	Handstand Forward Roll Back Roll to Pike Stand Bridge- Kick Over Front Leg Balance ½ heel snap turn Forward Chasse HS to Bridge- B Kick Over Leg Swing w/ hop Forward Split Weight Transfer Backward Roll to Push-up Position ½ turn in forward coupe Dive Forward Roll **Leaps of 60-120 degrees

Silver Xcel: All A value parts listed in the Code of Points **plus** the list below (L 4-6 skills) can be used to fulfill A value part requirements.

Bars	Beam	Floor
Glide Return Back Hip Pullover Forward Stride Circle Single Leg Cut- F or B Single Leg Shoot through Cast Cast to Horizontal Cast to 30 above Horizontal Back Sole Circle Underswing Counterswing Tap Swing Underswing Dismount Tap Swing ½ turn Dismount	V-sit Mount Swing to squat Scissor leg mount (1/2turn) Arabesque ¾ Cross Handstand Leg Swing Mount (1/2turn) ½ heel snap turn ½ turn in forward coupe Scale Pivot Turn Cartwheel to side HS (1/4 turn) Dismount **Leaps of 60-120 degrees **Split Jumps of 90-120	Handstand Forward Roll Handstand to Bridge Back Kickover Forward Split Backward Roll to Push-up Position ½ turn in forward coupe Dive forward roll Back extension **Leaps of 90-120 degrees

Gold and Platinum Xcel: Must use A value parts listed in the Code of Points.