

## Xcel Clarifications

A Skill must receive Value Part Credit in order to fulfill Special Requirements.

\*\*\*This does not apply to roundoffs, flip flops, and front handsprings in an acro series with a salto.

### - Examples

1. 1st Pass - Roundoff ("A"), Flip Flop ("A"), Back Layout ("A") - SR awarded for series  
In Routine - Roundoff ("A"), Straddle Jump ("B")  
Last Pass - Roundoff ("O" -3rd time), Back Tuck ("A") - SR awarded for series - Salto in series
2. 1st Pass - Roundoff ("A"), Flip Flop ("A"), Flip Flop ("A") - SR awarded for series  
In Routine - Back Walkover ("A"), Flip Flop ("O" - 3rd time)  
Last Pass - Roundoff ("O" - same entrance/exit), Flip Flop ("O" - 4th time), Back Tuck ("A") - SR awarded - Salto in Series

### BRONZE BARS

We were told last year at the State meet that if you do Option 1 listed below only 1 of the back hip circles count, but if you do option 2 they both count. Can you confirm or clarify?

#### Option 1:

1. Pullover "A"
2. Cast "A"
3. Back Hip "A"
4. Cast "A" has a different skill proceeding it
5. Back Hip "A" has a different skill following it
6. Cast-Sole Circle "A"

#### Option 2:

1. Kip "A"
2. Cast "A"
3. Back Hip "A"
4. Cast "A" has a different skill proceeding it
5. Back Hip "A" has a different skill following it
6. Cast-Sole Circle "A"

Would it make a difference if the dismount was an underswing? **No ...you are OK either way**

Does the level 4 mount of Glide – Pullover count as 1 or 2 “A” skills? **2**

We just ordered a new copy of the level 1 – 6 skills. But for clarification, a long hang kip and a baby giant are “A” skills? And assuming they are A skills, can they be done in bronze? (I know a Flyaway is an A skill, but can not be done in Bronze.) **Yes...both are "A"s and a bronze may do them**

**BALANCE BEAM**

For a GOLD balance beam routine can a Sissone meet the requirement for a “120 degree leap or jump?” **Yes**