

# BALANCE BEAM RULES

## BALANCE BEAM

	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<b>Value Parts (VP)</b>	Any "A" VP listed in the Xcel Code of Points. Any skills listed on the Xcel Bronze chart.	Any "A" VP listed in the Xcel Code of Points. Any "B" Dance VP. Any skill listed on the Xcel Silver chart.	Any "A" or "B" VP listed in the Xcel Code of Points. Any skill listed on the Xcel Gold chart.	6 "A", 1 "B" VP Any "A" or "B" VP listed in the Xcel Code of Points. Any "C" Dance VP.	5 "A", 2 "B" VP Any "A", "B", "C" VP listed in the Xcel Code of Points.
<b>Clarifications</b> All <u>Acro Skills</u> must start and finish on the beam. <u>Handstands</u> , regardless of the angle achieved, are considered the Same Skill.	Cross Split jump = "A" VP. ( <b>any split angle</b> ) Cross Straddle jump = "A" VP. ( <b>any split angle</b> )	"B" Dance VP allowed.		"C" Dance VP allowed.	
<i>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.</i>					
<b>Difficulty Restrictions</b> Unallowable Skills 0.5 deduction - off SV	No "B" or higher VP. No Salto or Aerial Dismounts. No walkovers.	No "B" Acro VP. No "C" or higher VP.	No "C" or higher VP.	No "C" Acro VP. No "D" or higher VP.	No "D" or higher VP.
<b>Special Requirements (SR)</b>  Deduct 0.5 for Each Missing SR	1. Min. ½ Turn on 1 or 2 feet 2. One Jump or Leap (no mount or dismount). 3. One Acro Skill non-flight. 4. Dismount (no Saltos or Aerials).	1. Min. ½ Turn on one foot. 2. One Jump or Leap with 90° cross or side split. 3. One Acro Skill non-flight. 4. Dismount	1. Min. 1/1 Turn on one foot. 2. Dance Series – 2 skills (same or diff.) – <b>AND</b> one Jump or Leap with 90° cross or side split (can be included in the dance series). 3. Two Acro Skills – one must achieve vertical – with or without flight (isolated or in a series) A Series is not required. 4. Dismount	1. Min. 1/1 Turn on one foot. 2. Dance Series – 2 skills (same or diff.) – <b>AND</b> one Jump or Leap with 120° cross or side split (can be included in the dance series). 3. One Acro Skill with flight <b>OR</b> an Acro series – with or without flight 4. Dismount	1. Min. 1/1 Turn on one foot. 2. Dance Series – 2 skills (same or diff.) – <b>AND</b> one Jump or Leap with 150° cross or side split (can be included in the dance series). 3. One Acro Skill with flight (isolated or in a series) <b>AND</b> an Acro Series – with or without flight 4. Dismount- Salto or Aerial.
<b>Timing</b> No Minimum Time	Warm-up: 20 sec. Time limit: 45 sec.	Warm-up: 45 sec. Time limit: 50 sec.	Warm-up: 1:00 Time limit: 1:00	Warm-up: 1:30 Time limit: 1:15	Warm-up: 1:30 Time limit: 1:15

# FLOOR EXERCISE RULES

## FLOOR

	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<b>Value Parts (VP)</b>	Any "A" VP listed in the Xcel Code of Points. Any skills listed on the Xcel Bronze chart.	Any "A" VP listed in the Xcel Code of Points. Any "B" Dance VP. Any skill listed on the Xcel Silver chart.	Any "A" or "B" VP listed in the Xcel Code of Points. Any skill listed on the Xcel Gold chart.	6 "A", 1 "B" VP Any "A" or "B" VP listed in the Xcel Code of Points. Any "C" Dance VP.	5 "A", 2 "B" VP Any "A", "B", "C" VP listed in the Xcel Code of Points.
<b>Clarifications</b>	Round-off rebound - backward roll is an acro connection. <b>Straddle jump &amp; Side Leap (60°-180° or more) = "A" VP</b>	"B" dance VP are allowed Round-off rebound - backward roll is an acro connection.		"C" dance VP are allowed.	
<i>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</i>					
<b>Difficulty Restrictions</b>	No "B" or higher VP. No Saltos or Aerials.	No "B" Acro VP. No "C" or higher VP	No "B" VP Saltos. No "C" or higher VP.	No "C" Acro VP. No "D" or higher VP.	No "D" or higher VP.
<b>Unallowable Skills</b> 0.5 deduction-off SV	Maximum 2 flight skills per routine.	Maximum 1 Salto or Aerial per routine.			
<b>Special Requirements</b> Deduct 0.5 for Each Missing SR	<ol style="list-style-type: none"> <li>Min. 2 directly connected acro skills with or without Flight.</li> <li>A 2<sup>nd</sup> Pass with one Acro Skill with or without Flight.</li> <li>Dance Passage with a min. of 2 Different Group 1 VP or Xcel <b>Bronze</b> chart skills (directly or indirectly connected) one of which is a LEAP w/ a 60° cross or side split.</li> <li>Min. 1/2 Turn on one foot.</li> </ol>	<ol style="list-style-type: none"> <li>Min. 2 directly connected Acro skills one must have Flight.</li> <li>Either a 2<sup>nd</sup> Acro connection with a min. of two directly connected skills with or without Flight <b>OR</b> One Acro skill with Flight.</li> <li>Dance Passage with a min. of 2 Different Group 1 VP or Xcel <b>Silver</b> chart skills (directly or indirectly connected) one of which is a LEAP with a 90° cross or side split.</li> <li>Min. 1/1 Turn on one foot.</li> </ol>	<ol style="list-style-type: none"> <li>Min. 2 directly connected Flight skills.</li> <li>Either a 2<sup>nd</sup> Acro connection with a min. of two directly connected Flight skills <b>OR</b> an Aerial or Salto.</li> <li>Dance Passage with a min. of 2 Different Group 1 VP or Xcel <b>Gold</b> chart skills (directly or indirectly connected) one of which is a LEAP with a 120° cross or side split.</li> <li>Min. 1/1 Turn on one foot.</li> </ol>	<ol style="list-style-type: none"> <li>Min. 2 directly connected Flight skills with 1 "A" or "B" Salto.</li> <li>Either a 2<sup>nd</sup> acro connection with a min. of two directly connected Flight skills <b>OR</b> an isolated "B" Salto.</li> <li>Dance Passage with a min. of 2 Different Group 1 VP (directly or indirectly connected) one of which is a LEAP with a 150° cross or side split.</li> <li>Min. 1/1 Turn on one foot.</li> </ol>	<ol style="list-style-type: none"> <li>Two separate acro connections each with a min. of two directly connected acro Flight skills.</li> <li>Two different Saltos within the routine (isolated or in series) - one must be a min. "B" (may be included in SR#1).</li> <li>Dance Passage with a min. of two different Gp. 1 VP (directly or indirectly connected) - one of which is a LEAP with a 150° cross or side split.</li> <li>Turn on one foot min. "B" VP.</li> </ol>
<b>Timing</b> No Minimum Time	Warm-up: 20 sec. Time limit: 45 sec.	Warm-up: 45 sec. Time limit: 1:00	Warm-up: 1:00 Time limit: 1:00	Warm-up: 1:30 Time limit: 1:30	Warm-up: 1:30 Time limit: 1:30

# BALANCE BEAM RULES

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	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<b>Value Parts (VP)</b>	Any "A" VP listed in the Xcel Code of Points. Any skills listed on the Xcel Bronze chart.	Any "A" VP listed in the Xcel Code of Points. Any "B" Dance VP. Any skill listed on the Xcel Silver chart.	Any "A" or "B" VP listed in the Xcel Code of Points. Any skill listed on the Xcel Gold chart.	6 "A", 1 "B" VP Any "A" or "B" VP listed in the Xcel Code of Points. Any "C" Dance VP.	5 "A", 2 "B" VP Any "A", "B", "C" VP listed in the Xcel Code of Points.
<b>Clarifications</b> All Acro Skills must start and finish on the beam. Handstands, regardless of the angle achieved, are considered the Same Skill.	Cross Split jump = "A" VP. ( <i>any split angle</i> ) Cross Straddle jump = "A" VP. ( <i>any split angle</i> )	"B" Dance VP allowed.		"C" Dance VP allowed.	
<i>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.</i>					
<b>Difficulty Restrictions</b> Unallowable Skills 0.5 deduction - off SV	No "B" or higher VP. No Salto or Aerial Dismounts. No walkovers.	No "B" Acro VP. No "C" or higher VP.	No "C" or higher VP.	No "C" Acro VP. No "D" or higher VP.	No "D" or higher VP.
<b>Special Requirements (SR)</b>  Deduct 0.5 for Each Missing SR	1. Min. ½ Turn on 1 or 2 feet 2. One Jump or Leap (no mount or dismount). 3. One Acro Skill non-flight. 4. Dismount (no Saltos or Aerials).	1. Min. ½ Turn on one foot. 2. One Jump or Leap with 90° cross or side split. 3. One Acro Skill non-flight. 4. Dismount	1. Min. 1/1 Turn on one foot. 2. Dance Series – 2 skills ( <i>same or diff.</i> ) – AND one Jump or Leap with 90° cross or side split ( <i>can be included in the dance series</i> ). 3. Two Acro Skills – one must achieve vertical – with or without flight ( <i>isolated or in a series</i> ) A Series is not required. 4. Dismount	1. Min. 1/1 Turn on one foot. 2. Dance Series – 2 skills ( <i>same or diff.</i> ) – AND one Jump or Leap with 120° cross or side split ( <i>can be included in the dance series</i> ). 3. One Acro Skill with flight OR an Acro series – with or without flight 4. Dismount	1. Min. 1/1 Turn on one foot. 2. Dance Series – 2 skills ( <i>same or diff.</i> ) – AND one Jump or Leap with 150° cross or side split ( <i>can be included in the dance series</i> ). 3. One Acro Skill with flight ( <i>isolated or in a series</i> ) AND an Acro Series – with or without flight 4. Dismount- Salto or Aerial.
<b>Timing</b> No Minimum Time	Warm-up: 20 sec. Time limit: 45 sec.	Warm-up: 45 sec. Time limit: 50 sec.	Warm-up: 1:00 Time limit: 1:00	Warm-up: 1:30 Time limit: 1:15	Warm-up: 1:30 Time limit: 1:15

## BALANCE BEAM ~ Chapter 1 ~ Requirements

### II. SPECIAL REQUIREMENT CLARIFICATIONS

#### A. General

##### 1. Apply to All Divisions

- a. All acro skills must start and finish on the beam to receive SR credit.
- b. Handstands, regardless of angle achieved, are considered the same skill.
- c. SR credit will be awarded for Cross and 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.
- d. Unallowable skills receive a deduction of 0.50 each and do not receive VP or SR credit.

##### 2. Apply to Bronze Division

- a. Cross split jump (any split angle) will receive "A" VP.
- b. **Cross** Straddle jump (any split angle) will receive "A" VP.
- c. No walkovers allowed in the routine.
- d. No salto or aerial dismounts are allowed.

B. Examples: These are a few examples of elements that do and do NOT fulfill Special Requirement.

#### EXAMPLES FOR BRONZE BEAM

Fulfills Special Requirement	Does NOT fulfill Special Requirement
<b>Fulfills SR #1</b> Min. ½ Turn on 1 or 2 feet	<b>Does NOT fulfill SR #1</b>
Pivot turn Heel snap ½ turn 1/1 turn	Sit spin ½ turn
<b>Fulfill SR #2</b> One Jump or Leap (no mount or dismount)	<b>Does NOT fulfill SR #2</b>
Split leap Straight jump	Tuck jump mount onto beam ( <i>must start and end on the beam</i> )
<b>Fulfills SR #3</b> One Acro Skill non-flight	<b>Does NOT fulfill SR #3</b>
Forward Roll Headstand Partial handstand legs closed together	Round-off- ( <i>unallowable skill</i> ) Backwalkover – ( <i>unallowable skill</i> ) Front handspring dismount ( <i>acro must start and finish on the beam</i> )
<b>Fulfills SR #4</b> Dismount (no Saltos or Aerials)	<b>Does NOT fulfill SR #4</b>
Straddle jump dismount	Front tuck salto ( <i>unallowable element</i> )

#### EXAMPLES FOR SILVER BEAM

Fulfills Special Requirement	Does NOT fulfill Special Requirement
<b>Fulfills SR #1</b> Min. ½ Turn on one foot	<b>Does NOT fulfill SR #1</b>
Heel snap ½ turn ½ turn on one foot 1/1 turn	Pivot turn Squat ½ turn Jump ½ turn
<b>Fulfill SR #2</b> One Jump or Leap with 90° cross or side split	<b>Does NOT fulfill SR #2</b>
Straddle jump 90° Stag-split leap 90°	Stag jump ( <i>both legs must be extended to show split position</i> )
<b>Fulfills SR #3</b> One Acro Skill non-flight	<b>Does NOT fulfill SR #3</b>
Cartwheel Handstand press down Bridge Kick-over	Lever ( <i>not and "A" at this division</i> ) Dive Cartwheel ( <i>unallowable skill</i> )
<b>Fulfills SR #4</b> Dismount	<b>Does NOT fulfill SR #4</b>
Round-off dismount Standing back tuck dismount Straddle jump dismount	Kick-over front layout with 1/1 twist dismount Gainer back tuck salto off of the end dismount ( <i>both are unallowable skills</i> )

## BALANCE BEAM ~ Skills Chart

### Additional "A" Value Part Skills

Bronze Division	Silver Division	Gold Division
<p><b>Leaps/Jumps</b></p> <ul style="list-style-type: none"> <li>• Stag or stride leap (<i>any split angle</i>)</li> <li>• Cross Split jump (<i>any split angle</i>)</li> <li>• Cross straddle jump (<i>any split angle</i>)</li> </ul>	<p><b>Leaps/Jumps</b></p> <ul style="list-style-type: none"> <li>• Stag or stride leap (<i>min. 90°</i>)</li> <li>• Split jump (<i>min. 90°</i>)</li> <li>• Cross straddle jump (<i>min.90°</i>)</li> </ul>	<p><b>Leaps/Jumps</b></p> <ul style="list-style-type: none"> <li>• Stag or stride leap (<i>min. 90°</i>)</li> <li>• Split jump (<i>min.90°</i>)</li> <li>• Cross straddle jump (<i>min.90°</i>)</li> </ul>
<p><b>Turns:</b></p> <ul style="list-style-type: none"> <li>• Pivot turn (180°)</li> <li>• ½ heel snap turn</li> <li>• ½ turn on one foot</li> <li>• Forward swing turn</li> <li>• Backward swing turn</li> </ul>	<p><b>Turns:</b></p> <ul style="list-style-type: none"> <li>• ½ Heel snap turn</li> <li>• ½ turn on one foot</li> <li>• Forward swing turn</li> <li>• Backward swing turn</li> </ul>	
<p><b>Acro Skills:</b></p> <ul style="list-style-type: none"> <li>• Partial handstand (<i>feet must close together min. 45° from vertical</i>)</li> <li>• Vertical cross or side handstand (<i>no hold - legs any position</i>)</li> <li>• Headstand (<i>any position no hold</i>)</li> <li>• From lying position, push up to bridge (<i>hold 1 sec</i>)</li> <li>• From lying position, push-up to bridge, kick over</li> <li>• From lying position, push up/ arch up to head-kick over</li> <li>• Lever to touch beam</li> </ul>	<p><b>Acro Skills:</b></p> <ul style="list-style-type: none"> <li>• Partial handstand (<i>feet must close together min. 45° from vertical</i>)</li> <li>• Vertical cross or side handstand (<i>no hold - legs any position</i>)</li> <li>• Headstand (<i>any position no hold</i>)</li> <li>• From lying position, push up to bridge (<i>hold 1 sec</i>)</li> <li>• From lying position, push-up to bridge, kick over</li> <li>• From lying position, push up/arch up to head-kick over</li> </ul>	<p><b>Acro Skills:</b></p> <ul style="list-style-type: none"> <li>• Partial handstand (<i>feet must close together min. 45° from vertical</i>)</li> <li>• Vertical cross or side handstand (<i>no hold - legs any position</i>)</li> <li>• Headstand (<i>any position no hold</i>)</li> <li>• From lying position, push-up to bridge, kick over</li> <li>• From lying position, push-up/arch up to head-kick over</li> </ul>
<p><b>Dismounts:</b></p> <ul style="list-style-type: none"> <li>• Cartwheel to partial handstand <i>45° from vertical, no hold required, land facing the beam</i></li> <li>• Cartwheel to handstand (<i>mark</i>), ¼ turn dismount</li> <li>• Any jump from feet with up to 360° turn</li> </ul>	<p><b>Dismounts:</b></p> <ul style="list-style-type: none"> <li>• Cartwheel to partial handstand <i>45° from vertical, no hold required, land facing the beam</i></li> <li>• Cartwheel to handstand (<i>mark</i>), ¼ turn dismount</li> <li>• Any jump from feet with up to 360° turn</li> </ul>	<p><b>Dismounts:</b></p> <ul style="list-style-type: none"> <li>• Cartwheel to handstand (<i>mark</i>), ¼ turn dismount</li> </ul>

# FLOOR EXERCISE RULES

## FLOOR

	<b>BRONZE</b>	<b>SILVER</b>	<b>GOLD</b>	<b>PLATINUM</b>	<b>DIAMOND</b>
<b>Value Parts (VP)</b>	Any "A" VP listed in the Xcel Code of Points. Any skills listed on the Xcel Bronze chart.	Any "A" VP listed in the Xcel Code of Points. Any "B" Dance VP. Any skill listed on the Xcel Silver chart.	Any "A" or "B" VP listed in the Xcel Code of Points. Any skill listed on the Xcel Gold chart.	6 "A", 1 "B" VP Any "A" or "B" VP listed in the Xcel Code of Points. Any "C" Dance VP.	5 A, 2 "B" VP Any "A", "B", "C" VP listed in the Xcel Code of Points.
<b>Clarifications</b>	Round-off rebound - backward roll is an acro connection. <b>Straddle jump &amp; Side Leap (60°-180° or more) = "A" VP</b>	"B" dance VP are allowed Round-off rebound - backward roll is an acro connection.		"C" dance VP are allowed.	
<p><u>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.</u></p> <p style="text-align: center;"><u>A Dive Roll does NOT fulfill a flight requirement</u></p>					
<b>Difficulty Restrictions</b>	No "B" or higher VP. No Salto or Aerials. Maximum 2 flight skills per routine.	No "B" Acro VP. No "C" or higher VP Maximum 1 Salto or Aerial per routine.	No "B" VP Salto. No "C" or higher VP.	No "C" Acro VP. No "D" or higher VP.	No "D" or higher VP.
<b>Special Requirements</b> <b>Deduct 0.5 for Each Missing SR</b>	<ol style="list-style-type: none"> <li>Min. 2 directly connected acro skills with or without Flight.</li> <li>A 2<sup>nd</sup> Pass with one Acro Skill with or without Flight.</li> <li>Dance Passage with a min. of 2 Different Group 1 VP or Xcel Bronze chart skills (directly or indirectly connected) one of which is a LEAP w/ a 60° cross or side split.</li> <li>Min. 1/2 Turn on one foot.</li> </ol>	<ol style="list-style-type: none"> <li>Min. 2 directly connected Acro skills one must have Flight.</li> <li>Either a 2<sup>nd</sup> Acro connection with a min. of two directly connected skills with or without Flight OR One Acro skill with Flight.</li> <li>Dance Passage with a min. of 2 Different Group 1 VP or Xcel Silver chart skills (directly or indirectly connected) one of which is a LEAP with a 90° cross or side split.</li> <li>Min. 1/1 Turn on one foot.</li> </ol>	<ol style="list-style-type: none"> <li>Min. 2 directly connected Flight skills with 1 "A" or "B" Salto.</li> <li>Either a 2<sup>nd</sup> acro connection with a min. of two directly connected Flight skills OR an isolated "B" Salto.</li> <li>Dance Passage with a min. of 2 Different Group 1 VP (directly or indirectly connected) one of which is a LEAP with a 120° cross or side split.</li> <li>Min. 1/1 Turn on one foot.</li> </ol>	<ol style="list-style-type: none"> <li>Min. 2 directly connected Flight skills with 1 "A" or "B" Salto.</li> <li>Either a 2<sup>nd</sup> acro connection with a min. of two directly connected Flight skills OR an isolated "B" Salto.</li> <li>Dance Passage with a min. of 2 Different Group 1 VP (directly or indirectly connected) one of which is a LEAP with a 150° cross or side split.</li> <li>Min. 1/1 Turn on one foot.</li> </ol>	<ol style="list-style-type: none"> <li>Two separate acro connections each with a min. of two directly connected acro Flight skills.</li> <li>Two different Salto within the routine (isolated or in series) - one must be a min. "B" (may be included in SR#1).</li> <li>Dance Passage with a min. of two different. Grp. 1 VP (directly or indirectly connected,) - one of which is a LEAP with a 150° cross or side split.</li> <li>Turn on one foot min. "B" VP.</li> </ol>
<b>Timing</b> No Minimum Time	Warm-up: 20 sec. Time limit: 45 sec.	Warm-up: 45 sec. Time limit: 1:00	Warm-up: 1:00 Time limit: 1:00	Warm-up: 1:30 Time limit: 1:30	Warm-up: 1:30 Time limit: 1:30

## FLOOR EXERCISE ~ Chapter 1 ~ Requirements

### II. SPECIAL REQUIREMENT CLARIFICATIONS

#### A. General

1. Apply to All Divisions
  - a. SR credit will be awarded for Cross and Side split leaps or jumps that are within 20° for insufficient split will be applied.
  - b. A dive roll does not fulfill a flight requirement since it ultimately has support on the shoulders and back.
  - c. Unallowable skills receive a deduction of 0.50 each and do not receive VP or SR credit.
2. Apply to Bronze Division
  - a. Round-off rebound – backward roll is an acro connection.
  - b. Maximum of 2 acro flight skills in the routine.
  - c. **Straddle jump (60°-180° or more) = "A" VP**
  - d. **Side leap (60°-180° or more) = "A" VP**
3. Apply to Silver Division
  - a. Round-off rebound – backward roll is an acro connection.
  - b. Maximum of one salto or aerial in the routine.

B. Examples: These are a few examples of elements that do and do NOT fulfill Special Requirement.

#### EXAMPLES FOR BRONZE FLOOR

Fulfills SR #1 & #2 1. Min. 2 directly connected acro skills with or without flight & 2. A 2 <sup>nd</sup> pass with one acro skill with or without flight	Does NOT fulfill SR #1 & #2
1 <sup>st</sup> Pass - Round-off, <b>rebound, backward roll</b> 2 <sup>nd</sup> Pass - Round-off	1 <sup>st</sup> Pass - Round-off, flic-flac 2 <sup>nd</sup> Pass - Front handspring <i>Only 2 flight skills in a routine-fhs does not count for VP or SR and receives 0.50 ded. for unallowable element.</i>
1 <sup>st</sup> Pass - Handstand forward roll step out, cartwheel 2 <sup>nd</sup> Pass - Cartwheel	1 <sup>st</sup> Pass - Cartwheel, pivot turn, cartwheel 2 <sup>nd</sup> Pass - Round-off <i>A pivot turn or repositioning of feet will break series</i>
1 <sup>st</sup> Pass - Round-off, flic-flac 2 <sup>nd</sup> Pass - Dive roll <i>Even though the dive roll does not count as a flight element it will count as a acro VP.</i>	1 <sup>st</sup> Pass - Front walkover, moves foot after initial placement on floor, cartwheel 2 <sup>nd</sup> Pass - Handstand forward roll, split jump <i>Repositioning foot will break acro-series</i>
<b>Fulfills SR #3</b> Dance passage with a min. of 2 different <u>Group 1</u> VP or Xcel <b>Bronze</b> chart skills ( <i>directly or indirectly connected</i> ) one of which is a Leap with a 60° cross or side split	<b>Does NOT fulfill SR #3</b>
Split leap (60°), run, leg swing hop, with free leg to horizontal	Chassé, split leap Missing 2nd Group 1 skill. <i>Chassé is not an element</i>
Cat leap, skips, split leap	Split leap, run, split leap <i>Skills must be different</i>
Split leap (60°), hitch kick	Split jump, tuck jump <i>One skill must be a leap (one foot take-off) with a split</i>
<b>Fulfills SR #4</b> Min. 1/2 Turn on one foot	<b>Does NOT fulfill SR #4</b>
Backward swing turn	Pivot turn <i>Must be on one foot</i>
Full turn	Fouetté turn <i>Is a hop</i>
½ Heel snap turn	

## FLOOR EXERCISE ~ Chapter 2 ~ General Information

### Recognition (Counting) of Value Parts (continued)

#### EXAMPLES:

- 1) First Series: Front salto tucked step-out, Front Handspring, Front salto stretched  
Second Series: Front salto tucked step-out, Front Handspring, Flyspring, Front salto stretched.
  - These are considered to be Two Different Series due to the addition of the Flyspring.  
VP credit will be awarded to all elements.
- 2) First Series: Front salto tucked step-out, Round-off, Flic-flac, Salto backward with 1/1 twist.  
Second Series: Round-off, Flic-flac, Salto backward with 1/1 twist.
  - These are considered Two Different Series due to the deletion of the front salto tucked.  
VP credit will be awarded to all elements.
- 3) First Series: Front Aerial, Round-off, Flic-flac, Back salto tucked  
Second Series: Round-off, Flic-flac, Back salto tucked
  - These are considered Two Different Series due to the deletion of the acro element without hand support (front aerial).  
VP credit will be awarded to all elements.
- 4) First Series: Front handspring step-out, round-off, flic-flac, back salto tucked  
Second Series: Round-off, flic-flac, back salto tucked
  - These are considered Two Different Series because of the addition of the front handspring in the first series.

C. In the following instance, elements/series will be considered the SAME for recognition of VP:

- A salto with a 2-foot landing or with a step-out are considered the same element.

EXAMPLE: Front salto tucked with step-out (A), and front salto landing on two feet are considered the same element.

#### D. Difficulty Restrictions

##### 1. BRONZE DIVISION ~ RESTRICTIONS

a. Only Skills listed on the Bronze Skill Chart and allowable "A" elements are allowed

1) "B" or higher VP elements are NOT ALLOWED

- **Exceptions: Straddle jump and Side leap (60°-180° or more) = "A" VP.**

2) The following "A" VP are NOT ALLOWED in the Bronze Division

- a) Saltos
- b) Aerials

3) There is a maximum of 2 flight skills allowed in the routine

4) If an unallowable skill is performed:

- a) Deduct 0.50 **from SV**
- b) Do NOT award VP credit
- c) The skill CANNOT be used to fulfill Special Requirements

b. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive VP credit.

##### 2. SILVER DIVISION ~ RESTRICTIONS

a. Only Skills listed on the Silver Skill Chart, allowable "A" VP, and "B" dance VP are allowed

1) "B" acro VP or "C" or higher VP are NOT ALLOWED

2) Maximum of one salto or aerial in the routine

3) If an unallowable skill is performed:

- a) Deduct 0.50 **from SV**
- b) Do NOT award VP credit
- c) The skill CANNOT be used to fulfill Special Requirements

b. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive VP credit.

##### 3. GOLD DIVISION ~ RESTRICTIONS

a. Only Skills listed on the Gold Skill Chart, "A" VP and allowable "B" VP are allowed.

1) "B" VP Saltos are NOT ALLOWED

2) "C" or higher VP elements are NOT ALLOWED

3) If an unallowable skill is performed:

- a) Deduct 0.50 **from SV**
- b) Do Not award VP credit
- c) The skill CANNOT be used to fulfill Special Requirements

b. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive VP credit.



# FLOOR EXERCISE ~ Skills Chart

## Additional "A" Value Part Skills

Bronze Division	Silver Division	Gold Division
<p><b>Group 1:</b></p> <p><b>Leap, Jump &amp; Hops</b></p> <ul style="list-style-type: none"> <li>• Split jump <i>(min. 60°)</i></li> <li>• Stride leap <i>(min. 60°)</i></li> <li>• Side leap <i>(60° - 180° or more)</i></li> <li>• Straddle jump <i>(60° - 180° or more)</i></li> <li>• Leg swing hop <i>with free leg horizontal or above</i></li> </ul>	<p><b>Group 1:</b></p> <p><b>Leap, Jump &amp; Hops</b></p> <ul style="list-style-type: none"> <li>• Split jump <i>(min. 90°)</i></li> <li>• Stride leap <i>(min. 90°)</i></li> <li>• Side leap <i>(min. 90°)</i></li> <li>• Straddle jump <i>(min. 90°)</i></li> <li>• Leg swing hop <i>with free leg horizontal or above</i></li> </ul>	<p><b>Group 1:</b></p> <p><b>Leap, Jump &amp; Hops</b></p> <ul style="list-style-type: none"> <li>• Split jump <i>(min. 120°)</i></li> <li>• Stride leap <i>(min. 120°)</i></li> <li>• Side leap <i>(min. 120°)</i></li> <li>• Straddle jump <i>(min. 120°)</i></li> <li>• Leg swing hop <i>with free leg horizontal or above</i></li> <li>• Switch leg leap <i>(120°)</i></li> </ul>
<p><b>Turns:</b></p> <ul style="list-style-type: none"> <li>• ½ Turn on one foot <i>(any leg position)</i></li> <li>• Forward Swing Turn</li> <li>• Backward Swing Turn</li> </ul>		
<p><b>Acro Skills:</b></p> <ul style="list-style-type: none"> <li>• Handstands: Partial - min 45° - legs together Handstand in vertical - legs together, stag or split</li> <li>• Bridge, kick-over <i>(either from stand or lying position)</i></li> <li>• Headstand any position (no hold required)</li> <li>• Backward roll to push-up shape</li> </ul>	<p><b>Acro Skills:</b></p> <ul style="list-style-type: none"> <li>• Handstand <i>(vertical- mark)</i></li> <li>• Bridge, kick-over <i>(either from stand or lying position)</i></li> <li>• Headstand any position (no hold required)</li> <li>• Backward roll to push-up shape</li> </ul>	<p><b>Acro Skills:</b></p> <ul style="list-style-type: none"> <li>• Handstand <i>(vertical-mark)</i></li> <li>• Bridge, kick-over <i>(either from stand or lying position)</i></li> <li>• Headstand any position (no hold required)</li> <li>• Backward roll to push-up shape</li> </ul>