

Vault		
<u>Pre Team / Level 1</u>	<u>Xcel Bronze / Level 2</u>	<u>Xcel Silver / Level 3</u>
Stretch Jump onto 24" Raised Surface + Lunge to Handstand Flatback	Jump to Handstand Flat Back onto 24" Raised Surface	Front Handspring Over 32" Mat Surface
Handstand Hops on the Floor	20 Second Torso Assisted Handstand Hold	30 Second Forearm Assisted Handstand Hold
Squat onto 24" Raised Surface	Handstand Hops onto a 2" Mat	3/4 Front Salto Stretched onto 24" Stacked Skill Cushion

Uneven Bars		
<u>Pre Team / Level 1</u>	<u>Xcel Bronze / Level 2</u>	<u>Xcel Silver / Level 3</u>
Pullover	Glide Swing + Pullover	Glide Kip
2 Casts + Back Hip Circle	2 Casts + Back Hip Circle + Underswing Dismount	Cast + Back Hip Circle + Back Hip Circle
2 Casts + Straddle-On, Sole Circle Dismount	10 Second Inverted Hollow Hold	Front Hip Circle + Cast + Cast Squat-On Stretch Jump Dismount

Balance Beam		
<u>Pre Team / Level 1</u>	<u>Xcel Bronze / Level 2</u>	<u>Xcel Silver / Level 3</u>
Tuck Stand + Pike Stand + Needle Leg Kick + Tuck Stand + Lock Relevé	Tuck Stand + Pike Stand + Kick Up to Lunge	Cross Handstand
Forward Passé Balance + Stretch Jump + Lock Relevé	Forward Passé Relevé + Lock Relevé + Pivot Turn + Stretch Jump + Lock Relevé	Heel Snap 1/2 Turn in Forward Passé + Lock Relevé + Stretch Jump + Stretch Jump
Arabesque + Forward Leg Swing + Forward Leg Swing + Lock Relevé	Arabesque + Forward Leg Swing + Backward Leg Swing + Lock Relevé	Arabesque + Straight Leg Leap + Lock Relevé + Two Pivot Turns
Knee Lunge + Cartwheel to 3/4 Side Handstand Dismount	Cartwheel to Side Handstand Dismount	Cartwheel to Side Handstand 1/4 Turn Dismount

Floor Exercise		
<u>Pre Team / Level 1</u>	<u>Xcel Bronze / Level 2</u>	<u>Xcel Silver / Level 3</u>
Cartwheel Snap-in + Backward Roll	Cartwheel Snap-in + Straight Arm Backward Roll to Push-Up Position	Round-Off + Back Handspring + Rebound
Candlestick Roll to Stand	Heel Snap 1/2 Turn in Forward Passé + Forward Chassé + Split Leap + Assemblé + Straight Jump	1/1 Turn in Forward Passé + Forward Chassé + Split Leap + Assemblé + Split Jump
1/2 Pivot Turn + Forward Chassé + Stretch Jump	Handstand	Handstand Forward Roll + Straight Arm Backward Roll 3/4 Handstand to Push-Up Position
Forward Roll + 3/4 Handstand	Candlestick + Bridge Kick-Over	Handstand + Bridge Kick-Over

Strength		
<u>Pre Team / Level 1</u>	<u>Xcel Bronze / Level 2</u>	<u>Xcel Silver / Level 3</u>
10 Pull-Ups with Plank Body Support	15 Pull-Ups with Plank Body Support	20 Pull-Ups with Plank Body Support
10 Push-Ups with Hands on 12" Mat	15 Push-Ups with Hands on 12" Mat	20 Push-Ups with Hands on 12" Mat
10 Leg Lifts on Ramp	15 Leg Lifts on Ramp	20 Leg Lifts on Ramp
10 Second Hollow Body Hold	15 Second Hollow Body Hold	20 Second Hollow Body Hold

Flexibility		
<u>Pre Team / Level 1</u>	<u>Xcel Bronze / Level 2</u>	<u>Xcel Silver / Level 3</u>
Left Leg 1/2 Split with Good Position	Left Leg 3/4 Split with Good Position	Left Leg Split with Good Position
Right Leg 1/2 Split with Good position	Right Leg 3/4 Split with Good position	Right Leg Split with Good position
Straddle Sit & Reach with Good position	Straddle Sit & Reach Flat with Good position	Straddle Split with Good position
Bridge with Head off the Floor	Bridge with Arms Straight	Bridge with Arms & Legs Straight

Vault		
<u>Xcel Gold / Level 4</u>	<u>Xcel Platinum / Level 5</u>	<u>Xcel Diamond / Level 6</u>
Front Handspring Over Vault Table	Front Handspring Onto Vault Table + 1/2 Twist Off Vault Table	Front Handspring Onto Vault Table + 1/1 Twist Off Vault Table
Round-Off Over Vault Table	Round-Off Onto Vault Table + 1/2 Twist Off Vault Table	Round-Off Onto Vault Table + 1/1 Twist Off Vault Table
Round-Off onto Board to Flat Back Straight-Lying Position onto 40" Mat Stack	Yurchenko Timer Over 40" Mat Stack	Yurchenko Timer Over Table

Uneven Bars		
<u>Xcel Gold / Level 4</u>	<u>Xcel Platinum / Level 5</u>	<u>Xcel Diamond / Level 6</u>
Glide Kip + Cast Above Horizontal + Cast Pike-On	Glide Kip + Cast Above Horizontal + Clear Hip Circle Above Horizontal + Glide Kip + Cast Squat On	Glide Kip + Cast Handstand + Clear Hip Circle Handstand + Glide Kip + Cast Squat On
Jump to Long Hang Kip + Cast Above Horizontal + Back Hip Circle + Underswing	Jump to Long Hang Kip + Cast Above Horizontal + Long Hang Pullover + Underswing	Jump to Long Hang Kip + Cast Handstand + Back Giant + Layout Dismount
2 Tap Swings + 1/2 Dismount	2 Tap Swings + Flyaway Dismount Tucked	Jump to Long Hang Kip + Cast Handstand + Clearhip Handstand + Layout Dismount

Balance Beam		
<u>Xcel Gold / Level 4</u>	<u>Xcel Platinum / Level 5</u>	<u>Xcel Diamond / Level 6</u>
Cartwheel + Step Through + Cross Handstand	Backward Acro Series <i>OR</i> Forward Acro Series	Backward Acro to Salto Series <i>OR</i> Forward Acro to Salto Series
Heel Snap 1/1 Turn in Forward Passé + Lock Relevé + Stretch Jump + Stretch Jump	1/1 Turn in Forward Passé + Lock Relevé + Split Jump + Sissonne + Lock Relevé	1/1 Turn in Forward Passé + Lock Relevé + Split Jump + Jump 3/4
Scale + Straight Leg Leap + Lock Relevé + Two Pivot Turns	Scale + Straight Leg Leap + Stretch Jump	Scale + Straight Leg Leap + Sissonne
Front Salto Tuck Dismount	Cartwheel + Stretch Jump AND Back Salto Tucked Dismount	Cartwheel + Back Salto Tucked Dismount

Floor Exercise		
<u>Xcel Gold / Level 4</u>	<u>Xcel Platinum / Level 5</u>	<u>Xcel Diamond / Level 6</u>
Round-Off + Back Handspring + Back Handspring + Rebound	Round-Off + Back Handspring + Back Salto Tucked	Round-Off + Back Handspring + Back Salto Layout
1/1 Turn in Forward Passé + Forward Chassé + Switch Leap + Assemblé + Sissonne	1/1 Turn in Forward Passé + Forward Chassé + Switch Leap + Assemblé + Straddle Jump	1 1/2 Turn in Forward Passé + Forward Chassé + Switch Leap + Assemblé + Straddle Jump
Front Handspring Step-Out + Cartwheel + Straight Arm Back Extension Roll	Front Handspring Step-Out x 2 + Cartwheel + Straight Arm Back Extension Roll	Punch Front Step-Out + Round-Off + Back Handspring + Back Salto Tucked
Punch Front Salto Tucked	Punch Front Salto Piked	Punch Front Salto Layout

Strength		
<u>Xcel Gold / Level 4</u>	<u>Xcel Platinum / Level 5</u>	<u>Xcel Diamond / Level 6</u>
10 Pull-Ups	15 Pull-Ups	20 Pull-Ups
10 Push-Ups	15 Push-Ups	20 Push-Ups with Feet on 12" Mat
10 Leg Lifts on Stall Bars	15 Leg Lifts on Stall Bars	20 Leg Lifts on Stall Bars
10 Second Hold Each of the Following: Straddle Press + Inverted Straddle Press + Handstand	15 Second Hold Each of the Following: Straddle Press + Inverted Straddle Press + Handstand	20 Second Hold Each of the Following: Straddle Press + Inverted Straddle Press + Handstand

Flexibility		
<u>Xcel Gold / Level 4</u>	<u>Xcel Platinum / Level 5</u>	<u>Xcel Diamond / Level 6</u>
Left Leg Split with 4" Front Leg Elevation	Left Leg Split with 4" Back Leg Elevation	Left Leg Split with 4" Both Leg Elevation
Right Leg Split with 4" Front Leg Elevation	Right Leg Split with 4" Back Leg Elevation	Right Leg Split with 4" Both Leg Elevation
Straddle Split with 4" Dominant Leg Elevation	Straddle Split with 4" Non-Dominant Leg Elevation	Straddle Split with 4" Both Leg Elevation
Bridge on Beam with Arms & Legs Straight	Bridge on Beam with Arms & Legs Straight	Bridge on Beam with Arms & Legs Straight

Vault		
Level 7	Level 8	Level 9
Yurchenko Timer Over Table	Flipping Vault with Tuck Salto Off Vault Table onto Landing Surface	Flipping Vault with Pike Salto Off Vault Table onto Landing Surface
Tsuk Timer Over Table	Flipping Vault with Pike Salto Off Vault Table into Free Foam	Flipping Vault with Layout Salto Off Vault Table into Free Foam
Flipping Vault with Tuck Salto Off Vault Table into Free Foam	Layout Salto Vault Drills Into Free Foam	Twisting Salto Vault Drills Into Free Foam

Uneven Bars		
Level 7	Level 8	Level 9
Glide Kip + Cast Handstand + Clear Hip Circle Handstand + Glide Kip + Cast Squat On	One 'B' Element with twist <u>OR</u> Flight	One Flight Element, Minimum 'B' Value
Jump to Long Hang Kip + Cast Handstand + Back Giant + Layout Dismount	One 'B' Element with In-Bar Circle Action	Second Flight Element, Minimum 'C' <u>OR</u> Twist Element, Minimum 'B'
Jump to Long Hang Kip + Cast Handstand + Clearhip Handstand + Layout Dismount	Salto Dismount, Minimum 'A' Value	Salto Dismount, Minimum 'B' Value

Balance Beam		
Level 7	Level 8	Level 9
Backward Acro to Salto Series <u>OR</u> Forward Acro to Salto Series	One Acro Series, One Element with Flight	One Acro Series, Two Elements with Flight
1/1 Turn in Forward Passé + Lock Relevé + Split Jump + Jump 3/4	1/1 Turn	1/1 Turn
Scale + Straight Leg Leap + Sissonne	1/1 Turn + One Leap or Jump with 180° Split	1/1 Turn + One Leap or Jump with 180° Split
Cartwheel + Back Salto Tucked Dismount	Aerial / Salto Dismount, Minimum 'A' Value	Aerial / Salto Dismount, Minimum 'B' Value

Floor Exercise		
Level 7	Level 8	Level 9
Round-Off + Back Handspring + Back Salto Layout	Round-Off + Back Handspring + Back Salto Layout 1/2 <u>OR</u> Back Salto Layout 1/1	Round-Off + Back Handspring + Back Salto Layout 1 1/2 <u>OR</u> Back Salto Layout 2/1
1 1/2 Turn in Forward Passé + Forward Chassé + Switch Leap + Assemblé + Straddle Jump	Dance Passage with Two Different Elements with One Leap of 180° Split	Dance Passage with Two Different Elements with One Leap of 180° Split
Punch Front Step-Out + Round-Off + Back Handspring + Back Salto Tucked	Punch Front Salto Layout + Punch Front Salto Tuck	Punch Front Salto Layout + Punch Front Salto Layout
Punch Front Salto Layout	C' Forward Salto into Free Foam AND 'C' Backward Salto into Free Foam	D' Forward Salto into Free Foam AND 'D' Backward Salto into Free Foam

Strength		
Level 7	Level 8	Level 9
10 L-Sit Pull-Ups	15 L-Sit Pull-Ups	20 L-Sit Pull-Ups
10 Push-Ups with Feet on 12" Mat	15 Push-Ups with Feet on 12" Mat	20 Push-Ups with Feet on 12" Mat
10 L-Sit Leg Lifts on Stall Bars	15 L-Sit Leg Lifts on Stall Bars	20 L-Sit Leg Lifts on Stall Bars
1 Press Handstand	2 Press Handstand	2 Press Handstand

Flexibility		
Level 7	Level 8	Level 9
Left Leg Split with 8" Front Leg Elevation	Left Leg Split with 8" Back Leg Elevation	Left Leg Split with 8" Both Leg Elevation
Right Leg Split with 8" Front Leg Elevation	Right Leg Split with 8" Back Leg Elevation	Right Leg Split with 8" Both Leg Elevation
Straddle Split with 8" Dominant Leg Elevation	Straddle Split with 8" Non-Dominant Leg Elevation	Straddle Split with 8" Both Leg Elevation
Bridge on Beam with Arms & Legs Straight	Bridge on Beam with Arms & Legs Straight	Bridge on Beam with Arms & Legs Straight