The following pages are for Region 1’s new Xcel program (formerly called prep-optional) Listed below on this page are some level guidelines in case you are new to the program.

Bronze Division– 10.0 start value no bonus (equivalent to Levels 2-3)

Silver Division - 9.6 start value .4 in bonus – current intermediate level (equivalent to level 3-4)

Gold Division - 9.4 start value .6 in bonus (equivalent to levels 4-5)

Platinum Division - 9.2 start value .8 in bonus – current advanced level (equivalent to levels 5-6)

Diamond Division- 9.0 start value 1.0 in bonus (equivalent to levels 6-8)

Rules are on the following pages
### Bronze (routines use mostly level 1-3 skills) - 30 sec w.u. per event

<table>
<thead>
<tr>
<th>Vault</th>
<th>Bars</th>
<th>Beam</th>
<th>Floor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Special Requirements 2.0, Start Value 10.0 no bonus</td>
<td>Max time 1:00 (+.1OT) Special Requirements 2.0, SV10.0</td>
<td>Max time 1:00(-.1OT) Special Requirements 2.0</td>
<td>Special Requirements .5 each</td>
</tr>
<tr>
<td>1. four elements</td>
<td>1. 1 acro series at least 2 elements</td>
<td>1. 1 acro (non-flight) must start and finish on beam</td>
<td>2. 1 circling element</td>
</tr>
<tr>
<td>2. 1 circling element</td>
<td>3. 1/2 turn on 2 feet</td>
<td>3. 1/2 turn on 1 foot min</td>
<td>2. Any Split jump or leap</td>
</tr>
<tr>
<td>3. Any height cast</td>
<td>4. 1 dance series (min 2 elements) (split leap/jump may be included in dance series)</td>
<td>4. 1 dance series/passage (min 2 elements and split leap/ jump (dance series may include split leap or jump)</td>
<td>4. Level 1-4 dismount</td>
</tr>
<tr>
<td>4. Level 1-4 dismount</td>
<td>3. 1/2 turn on 1 foot min</td>
<td>4. Level 1-5 dismount either bar</td>
<td>4. 1 dance series (min 2 elements) (split leap/jump may be included in dance series)</td>
</tr>
</tbody>
</table>

### Silver (routines use mostly level 1-4 skills) - 45 sec w.u. per event

<table>
<thead>
<tr>
<th>Vault</th>
<th>Bars</th>
<th>Beam</th>
<th>Floor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Special Requirements 2.0, Start Value 9.6 Bonus .4</td>
<td>Max time 1:10 (+.1OT) Special Requirements 2.0, SV9.6 Bonus .4</td>
<td>Max time 1:10(-.1OT) Special Requirements 2.0, SV9.6 Bonus .4</td>
<td>Special Requirements .5 each</td>
</tr>
<tr>
<td>1. Five elements</td>
<td>1. 1 acro series at least 2 elements one must have flight</td>
<td>1. 1 acro series at least 2 elements one must have flight</td>
<td>2. 1 circling element</td>
</tr>
<tr>
<td>2. 1 circling element</td>
<td>2. split leap/jump 60 degrees</td>
<td>2. 1 acro forward skill can include front limber, handstand roll, walkover or forward elements with flight</td>
<td>2. Any Split jump or leap</td>
</tr>
<tr>
<td>3. Any height cast</td>
<td>3. 1/2 turn on 1 foot (min)</td>
<td>3. 1/2 turn on 1 foot min</td>
<td>3. Any height cast</td>
</tr>
<tr>
<td>4. Level 1-4 dismount</td>
<td>4. 1 dance series/passage (min 2 elements and split leap/jump min. 90 degrees (dance series may include split leap or jump and can be the same or different)</td>
<td>4. Level 1-5 dismount either bar</td>
<td>4. 1 dance series (min 2 elements) (split leap/jump may be included in dance series)</td>
</tr>
</tbody>
</table>

### Specifics

- Low bar routine only: No salto dismount, No saltos
- No salto allowed: No walkovers, No more than 2 flight elements throughout whole routine
- No Kip allowed: No flight element, No C dance
- All skills in Level 1-4 routines are considered elements

### Bonus

- .2 each
- Knit
- Acro skill at or through vertical (must start & finish on BB)
- Round off 2 ft

- Bar change
- Any Acro series connection
- Any salto (includes aerials)

- Long hang pullover
- Any B dance skill
- Any B dance skill

- Full Turn
- Salto Dismount

### Specifics

- Handsprings/saltos not allowed on beam
- No B saltos. Forward acro skill must start and finish forward

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Any skill performed that is not allowed is 1.0 off. All skills in compulsory routines are considered elements. Bonus is only given for skills if they are completed without a fall or spot.
## Vault - Handspring vault over the table (level 5 & 6 vault)

<table>
<thead>
<tr>
<th>Basics</th>
<th>Bars</th>
<th>Beam</th>
<th>Floor</th>
<th>Basics</th>
<th>Bars</th>
<th>Beam</th>
<th>Floor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Special Requirements</td>
<td>Max time 1:10 (-.1OT)</td>
<td>Max time 1:30 (-.1OT)</td>
<td>Special Requirements</td>
<td>Max time 1:10 (-.1OT)</td>
<td>Max time 1:30 (-.1OT)</td>
<td>Special Requirements</td>
<td>Max time 1:10 (-.1OT)</td>
</tr>
<tr>
<td>Special Requirements 2.0, Start Value 9.4 Bonus .6</td>
<td>Special Requirements 2.0, SV 9.4 Bonus .6</td>
<td>Special Requirements 2.0, SV 9.4 Bonus .6</td>
<td>Special Requirements 2.0, Start Value 9.2 Bonus .8</td>
<td>Special Requirements 2.0, SV 9.2 Bonus .8</td>
<td>Special Requirements 2.0, SV 9.2 Bonus .8</td>
<td>Special Requirements 2.0, SV 9.2 Bonus .8</td>
<td></td>
</tr>
<tr>
<td>Special Requirements .5 each</td>
<td>Special Requirements 5.5 each</td>
<td>Special Requirements .5 each</td>
<td>Special Requirements .5 each</td>
<td>Special Requirements .5 each</td>
<td>Special Requirements .5 each</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Six elements - tap swings can count as 1 element</td>
<td>1. Min of 2 acro passes. One pass must have 3 elements (2 of which have flight) other pass 1 or more flight elements</td>
<td>1. 1 bar change</td>
<td>1. 2 acro skill or 1 acro element with flight - if 2 acro connected they can be same skill or diff, if not connected need to be different skills</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. 2 different circling elements</td>
<td>2. 1 forward acro flight element with or without series</td>
<td>2. 2 different circling elements</td>
<td>2. 1 forward acro flight element with or without series</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Any height cast</td>
<td>3. 1/1 turn on 1 foot min.</td>
<td>3. Cast to horizontal</td>
<td>3. 1/1 turn on 1 foot min.</td>
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<td></td>
</tr>
<tr>
<td>4. Bar change</td>
<td>4. Dismount- must be level 3 or higher or in j.o. code as an element</td>
<td>4. Kip</td>
<td>4. Dismount- must be level 4 or higher or in j.o. code as an element</td>
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</tr>
<tr>
<td>Bonus .2 each max .6</td>
<td>Bonus .2 each max .6</td>
<td>Bonus .2 each max .6</td>
<td>Bonus .2 each max .8</td>
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</tr>
<tr>
<td>Cast at or above horizontal</td>
<td>Any B dance or acro with no flight</td>
<td>Round off back handspring back tuck</td>
<td>Any B element</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kip to immediate cast of any height</td>
<td>Salto dismount</td>
<td>2 salto pass</td>
<td>Salto dmt</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Long hang pullover</td>
<td>Any connected acro series</td>
<td>Any B acro or dance</td>
<td>a baby giant missing hips to kip, tap swing or flyaway</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Any B skill</td>
<td></td>
<td></td>
<td>a sole circle around</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>Specifics</strong></td>
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<tr>
<td>NO C elements on any event allowed</td>
<td>Following Level 7 -C element restrictions</td>
<td>No C Acro allowed</td>
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<td></td>
</tr>
<tr>
<td>Handsprings/saltos not allowed on beam</td>
<td>2 tap swings max before deduction</td>
<td>No C Saltos</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Any skill performed that is not allowed is 1.0 off. All skills in compulsory routines are considered elements. Bonus is only given for skills if they are completed without a fall or spot.
### Special Requirements

- **Bars**
  - **Vault**
    - 2.0, Start Value 9.0 Bonus 1.0
    - Special Requirements 2.0, Start Value 9.0 Bonus 1.0
  - **Floor**
    - Max time 1:10 (.1OT) Special Requirements 2.0, Start Value 9.0 Bonus 1.0
    - Max time 1:30 (.1OT) Special Requirements 2.0, Start Value 9.0 Bonus 1.0

### Specifics

- Any B skill or higher
- Any B or C saltos
- Any B+C or higher dance connection
- Any B+C or higher dance connection

### Rule clarifications

**General**

- All skills need to be listed in the compulsory routines or code .5 deduction for spotting, 1.0 deduction for performing a restricted element.
- All rules need to be interpreted giving the athlete/coach the benefit of the doubt. If there is a question, then side in favor of the athlete.
- No prior J.O. competitive experience is needed to compete in Xcel Bronze, Silver or Gold. For Platinum or Diamond level the athlete needs to have competed in Xcel Gold or J.O. Level 5 or above. Since there was no Xcel Gold level last year, then for 1 year those who competed in Xcel silver (intermediate 2009-10 season) will be allowed to enter the platinum level.
- All forward acro skills must start and finish forward.
- 2 of the same element may be done to receive bonus but the 3rd time it is done it will not receive credit.

**Specifics**

- No D elements allowed
- No extra tap swings allowed without deduction
- Any skill performed that is not allowed is 1.0 off
- Bonus is only given for skills if they are completed without a fall or spot.

**Bonuses**

- .2 each max 1.0
  - Any B or C dance or acro
  - Any B+C dance or higher or dance/acro
  - any connected acro series (1 must have flight)

- .2 each max 1.0
  - Any B or C saltos
  - any 2 salto passes

- .2 each max 1.0
  - Any C dance pass
  - Any C dance element
  - Any B+C or higher dance connection

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**Vault - All Level 8 vaults allowed - no yurchenko vaults allowed - 10.0 start value for all vaults**

1. 1 bar change
2. Kip cast connected
3. Cast to 45 degrees or above
4. Salto dismount off High bar or B dismount

**Bars**

- Special Requirements .5 each
  - 1. acro series with or without flight and 1 acro with flight (can be included in series)
  - 2. split leap/jump 150 minimum and 1 dance series min. 2 elements (split jump/leap may be included in dance series)

**Beam**

- Special Requirements .5 each
  - 1. Min of 2 acro passes. One pass must have 3 elements (2 of which have flight) other pass 1 or more flight elements
  - 2. 1 forward acro flight element with or without series

**Floor**

- Special Requirements .5 each
  - 3. Min B turn (i.e. 1 1/2 turn)
  - 4. 1 dance series/passage (min 2 elements) and split leap/jump min. 150 degrees (dance series may include split leap or jump)