

EXCEL PLATINUM SKILL LIST

(Meets 2-3 week 90-120 minutes per class)

Platinum Vault Requirement

Platinum gymnasts must perform a minimum of a front handspring vault.

Platinum Bars Requirements

Platinum gymnasts must have the following in their bar routine:

1. 6 A & 1 B valued skill
2. A cast to horizontal or above
3. A Circling Skill (not the mount or dismount)
4. A Kip
5. A Dismount from the high bar

Platinum Beam Requirements

Platinum gymnasts must have the following in their beam routine:

1. 6A&1B valued skills
2. Minimum of 1/1 (360 degree) turn on one foot
3. Dance series with 2 skills (they can be the same or different skills)
4. One jump/leap that reaches a 120 degree angle (ex. straddle jump)- can be included in dance series
5. One acro skill that has flight (ex. back handspring) or an acro series with or without flight (ex. handstand, backwalkover)

Platinum Floor Requirements

Platinum gymnasts must have the following in their floor routine:

1. 6 A & 1 B valued skills
2. Minimum of two directly connected acro skills, both must have flight and one must be an A/B salto (ex. front handspring, front tuck)
3. Either a 2nd pass of 2 directly connected acro skills with flight or an isolated 'B' salto (ex- roundoff, back handspring, back tuck, or a front pike)
4. A dance passage with two skills, one of which is a leap with a 150 degree cross or side split- they can be directly or indirectly connected
5. Minimum of 360 degree turn on one foot