

EXCEL DIAMOND SKILL LIST

(Meets 3 days a week for 2 hour practices)

Diamond Vault Requirement

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

Diamond Bars Requirements

Diamond gymnasts must have the following in their bar routine:

1. 5A&2B valued skills
2. A cast 45 degrees from vertical (here are tips for learning how to do a cast handstand)
3. Circling Skill- minimum of a “B” value
4. A Release, Pirouette, or 2nd Different Circling Skill minimum of a “B” value
5. A Salto dismount from the high bar

Diamond Beam Requirements

Diamond gymnasts must have the following in their beam routine:

1. 5A&2B 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 150 degree angle (ex. straddle jump)- can be included in dance series
5. One acro skill that has flight (ex. back handspring) that can be isolated or in a series AND an acro series with or without flight (ex. handstand, back walkover)
6. Salto or Aerial Dismount

Diamond Floor Requirements

Diamond gymnasts must have the following in their floor routine:

1. 5A&2B valued skills
2. Two separate acro connections each with a minimum of two directly connected acro flight elements (ex. front handspring, front pike and round-off back handspring back tuck)
3. Two different saltos (can be isolated or in a series) and one must be a minimum of “B” value (the front pike and back tuck from the previous requirement would fulfill this one)
4. A dance passage with a minimum of two different leaps, jumps or hops, one of which is a leap with a 150 degree cross or side split—they can be directly or indirectly connected
5. Minimum of “B” turn on one foot (A 540 degree turn is a “B”)