

XCEL GOLD SKILL LIST

(Meets twice a week 90-120 minutes)

Gold Vault Requirement

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

Gold Bars Requirements

Gold gymnasts must have the following in their bar routine:

1. A minimum of 6 "A" value skills
2. A cast to horizontal
3. A Circling Skill (not the mount or dismount)
4. A Dismount from the high bar

Gold Beam Requirements

Gold gymnasts must have the following in their beam routine:

1. Minimum of 1/1 (360 degree) turn on one foot
2. Dance series with 2 skills (they can be the same or different skills)
3. One jump/leap that reaches a 90 degree angle (ex. straddle jump)
4. Two acro skills and one of the skills must achieve vertical (ex. cartwheel and backward roll)
5. A dismount (ex. roundoff off the beam)

Gold Floor Requirements

Gold gymnasts must have the following in their floor routine:

1. Minimum of two directly connected acro skills, both must have flight (ex. front handspring, front tuck)
2. Either a 2nd pass of 2 directly connected acro skills with flight or an aerial or a salto(ex- roundoff, back handspring, back tuck, or a side aerial)
3. A dance passage with two skills, one of which is a leap with a 120 degree cross or side split—they can be directly or indirectly connected
4. Minimum of 360 degree turn on one foot