

XCEL BRONZE LEVEL (90 minutes once or twice a week)

Bronze Vault Requirements

Bronze gymnasts must perform one of the following vaults:

- Stretch jump onto mat and then kick to handstand and fall to flat back OR
- Jump to handstand and fall to flat back

Bronze Bars Requirements

Bronze gymnasts must have the following in their bar routine:

1. A minimum of 4 "A" value skills
2. A Cast (hips must leave the bar)
3. A Circling Skill (not the mount or dismount) 4. A Dismount

An example of a routine that meets all the requirements would be: Jump to Front Support- Cast-Back hip circle- Cast off stand dismount.

Bronze Beam Requirements

Bronze gymnasts must have the following in their beam routine:

1. Minimum of 1/2 turn on one or two feet
2. One jump or leap (ex. straddle jump)
3. One non-flight acro skill (ex. cartwheel)
4. A dismount—not a salto or aerial dismount (ex. straddle jump off the beam)

Bronze Floor Requirements

Bronze gymnasts must have the following in their floor routine:

1. Minimum of two directly connected acro skills (ex. round-off – backward roll)
2. A second pass with one acro skill (ex. cartwheel)
3. A dance passage with two skills, one of which is a leap with a 60 degree cross or side split—they can be directly or indirectly connected
4. Minimum of 1/2 turn on one foot