

# Excel Silver Skill List

## Silver Vault Requirement

Silver gymnasts must perform the following vault: Handspring onto Vault Table with repulsion (blocking) to flat back landing on stacked mats. The mats are stacked behind the vault, and are to be 8" + or - 2" above the height of the table.

## Silver Bars Requirements

Silver gymnasts must have the following in their bar routine:

1. A minimum of 5 "A" value skills
2. A Cast (hips must leave the bar)
3. A Circling Skill (not the mount or dismount)
4. A Dismount

## Silver Beam Requirements

Silver gymnasts must have the following in their beam routine:

1. Minimum of 1/2 turn on one foot
2. One jump or leap that reaches a 90 degree angle (ex. straddle jump)
3. One non-flight acro skill (ex. cartwheel)
4. A dismount (ex. roundoff off the beam)

## Silver Floor Requirements

Silver gymnasts must have the following in their floor routine:

1. Minimum of two directly connected acro skills, one must have flight (ex. round-off – back handspring)
2. Either a 2nd pass of 2 directly connected acro skills (no flight required) or 1 acro with flight (ex- roundoff backward roll or a front handspring)
3. A dance passage with two skills, one of which is a leap with a 90 degree cross or side split– they can be directly or indirectly connected
4. Minimum of 360 degree turn on one foot