

BRONZE- FLOOR EXERCISE

SR (.5 each)

- Min. 2 directly conn. Acro skills with or without flight
- A 2nd pass with 1 acro skill with or without flight
- Dance passage with a min. of 2 different group 1 VP or Xcel bronze skills – leap with 60' cross or side split
- Min. ½ on 1 foot

DR: Unallowable Skills (.5 each)

- No "B" or higher VP
- No Saltos or Aerials
- Max. 2 flight skills/routine

Additional Skills for Bronze:

- **Leaps/Jumps:** 60' angle ok: split jump, leap, side leap, straddle jump, leg swing hop (horizontal or above)
- **Acro:** Partial hstd (45' from vert), headstand, bridge kick over, backward roll to push up
- **Turns:** ½ turn on one foot and backward or forward swing turn

SILVER- FLOOR EXERCISE

SR (.5 each)

- Min. 2 directly conn. Acro skills- 1 must have flight
- A 2nd pass with 1 acro skill with flight or 2 dir. Connected acro skills with or without flight
- Dance passage with a min. of 2 different group 1 VP or Xcel silver skills – leap with 90' cross or side split
- Min. 1/1 on 1 foot

DR: Unallowable Skills (.5 each)

- No "B" Acro VP; No "C" or higher VP
- Max. 1 Salto or Aerial per routine

Additional Skills for Silver:

- **Leaps/Jumps:** 90' angle ok: split jump, leap, side leap, straddle jump, leg swing hop (horizontal or above)
- **Acro:** Hstd vertical mark, headstand, bridge kick over, backward roll to push up

Gold- FLOOR EXERCISE

SR (.5 each)

- Min. 2 directly conn. Acro skills with flight
- A 2nd pass with 2 dir. Conn. acro skills with flight OR 1 isolated aerial or salto
- Dance passage with a min. of 2 different group 1 VP or Xcel gold skills – leap with 120' cross or side split
- Min. 1/1 on 1 foot

DR: Unallowable Skills (.5 each)

- No "B" VP Saltos; No "C" or higher VP

Additional Skills for Gold:

- **Leaps/Jumps:** 120' angle ok: split jump, leap, side leap, straddle jump, switch leap, leg swing hop (horizontal or above)
- **Acro:** Hstd vertical mark, headstand, bridge kick over, backward roll to push up

PLATINUM - FLOOR EXERCISE 6 "A"s, 1 "B"

SR (.5 each)

- Min. 2 directly conn. Acro skills with flight with 1 'A' or 'B' salto
- A 2nd pass with 2 dir. Conn. acro skills with flight OR 1 isolated 'B' salto
- Dance passage with a min. of 2 different group 1 VP or Xcel gold skills – leap with 150' cross or side split
- Min. 1/1 on 1 foot

DR: Unallowable Skills (.5 each)

- No "C" Acro VP
- No "D" VP

DIAMOND - FLOOR EXERCISE 5 "A"s, 2 "B"s

SR (.5 each)

- Two separate acro connections each with a min. of 2 directly connected acro flight skills
- Two different saltos within the routine (isolated or in series)- one must be a min "B" (may be included in SR#1)
- Dance passage with a min. of 2 different group 1 VP or Xcel gold skills – leap with 150' cross or side split
- Turn on one foot min. "B" VP

DR: Unallowable Skills (.5 each)

- Max. 1 "D" without penalty- no bonus

Clarifications:

- RO rebound backward roll is an acro connection
- SR credit is awarded for leaps or jumps within 20' of specified angle
- A Dive Roll does not fulfill flight requirement