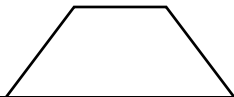
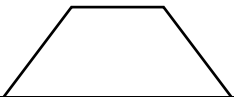


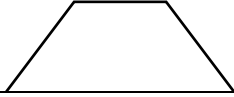
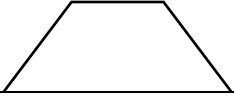


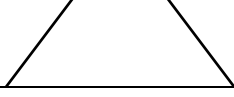





**Xcel Program Vault Score Sheet (All Divisions)**

Division	Start Value	Vault
Bronze	9.0 (4.5+4.5)	<b>Vault 1A:</b> Stretch Jump onto mat stack (SV 4.5); <b>THEN</b> <b>Vault 1B:</b> Kick to Handstand, fall to flat back (SV 4.5).
	10.0	<b>Vault 2:</b> Jump to Handstand – Fall to Flat Back
Silver	10.0	<b>Vault 1:</b> Handspring over mat stack <b>Vault 2:</b> ¼ - ½ (90-180°) turn on – repulsion off to feet, landing facing the mat stack.
Gold	10.0 / 9.5 (Alternative Springboard Used)	See Vault Chart
Platinum-Sapphire	See Vault Chart	See Vault Chart

# vault: 	SV Ex Score	# vault: 	SV Ex Score
# vault: 	SV Ex Score	# vault: 	SV Ex Score
# vault: 	SV Ex Score	# vault: 	SV Ex Score
# vault: 	SV Ex Score	# vault: 	SV Ex Score
# vault: 	SV Ex Score	# vault: 	SV Ex Score
# vault: 	SV Ex Score	# vault: 	SV Ex Score

UNEVEN BARS				Restricted elements (All Divisions) = no VP credit -0.50 off SV		Missing SR = -0.50 off SV		
SV	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND	SAPPHIRE		
VP	10	10	10	10	10	9.6 SV + up to .40 Bonus		
	4 “A”	5 “A”	6 “A”	6 “A”, 1 “B”	5 “A”, 2 “B”	3 “A”, 3 “B”, 1 “C”		
Special Requirement (SR)	1. Mount (from LB only) 2. Cast (hips must leave the bar) (not in the mount or dismount) 3. 360° Circling skill (not in the mount or dismount) 4. Dismount (from LB only; No saltos)	1. Mount 2. Cast to a min. of 45° below horizontal (not in the mount or dismount) 3. 360° Circling Skill (not in the mount or dismount) 4. Dismount (from low bar or high bar - No saltos)	1. Skill finishing in a clear support at a min. of horizontal (not in the mount or dismount) 2/3. Two 360° circling skills (not mount or dismount) must be one of the following: •Two directly connected same circling elements (performed on either bar); or •Two different circling elements connected or isolated (performed on either bar); or •Two of the same circling element; one performed on low bar and one performed on high bar. 4. Dismount (from the high bar)	1. Skill finishing in a clear support above horizontal (not in the mount or dismount) 2. 360° Circling Skill (not in the mount or dismount) 3. Kip 4. Dismount (from the high bar) (min. “A”)	1. Skill finishing in a clear support at a min. of 45° from vertical (not in the mount or dismount) 2. Min. “B” 360° Circling Skill 3. Additional Min. “B” skill - either a Release, Turn, or 2nd 360° Circling Skill, (same as or different from SR#2) 4. Salto or Hecht Dismount (from the high bar) (min. “A”), or any dismount (min. “B”) from the high bar	1. Min. of a “B” skill finishing in clear support at vertical (not mount or dismount) 2. Min. of “B” 360° circling skill 3. Min. of “B” release, turn, or 2nd 360° circling skill (different from #2) 4. Min. of “B” dismount OR “C” skill directly connected to an “A” salto dismount <b>Bonus:</b> may be achieved from either or both categories. <b>Difficulty Bonus (C/D):</b> +0.10 (max of 1 - “D” VP for Bonus) <b>Connection Bonus:</b> “B”+“B” (or higher) +0.10		
						A	VP	
						B	SR	
						C	SV	
					D	Bonus		
					FIN			
					A	VP		
					B	SR		
					C	SV		
					D	Bonus		
					FIN			

BALANCE BEAM			Restricted elements (All Divisions) = no VP credit -0.50 off SV			Missing SR = -0.50 off SV		
	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND	SAPPHIRE		
SV	10	10	10	10	10	9.6 SV + up to .40 Bonus		
VP	4 "A"	5 "A"	6 "A"	6 "A", 1 "B"	5 "A", 2 "B"	3 "A", 3 "B", 1 "C"		
Special Requirement (SR)	1. Min. ½ Turn on One or Two Feet 2. One Jump or Leap (not mount or dismount) 3. One Acro element – Non-Flight 4. Dismount – No Saltos or Aerials	1. Min. ½ Turn on One Foot 2. One Jump or Leap with a min. 90° Cross or Side Split (not mount or dismount) 3. One Acro element – Non-Flight 4. Dismount	1. Min. 1/1 Turn on One Foot 2. Two (2) Different Group 2 elements – one with a min. 120° Cross or Side Split (Isolated or Series) 3. Two Acro elements – with or without Flight (Isolated or Series) 4. One must achieve or pass through inverted vertical. Support on hands (through handstand position) is not required. 5. Dismount	1. Min. 1/1 Turn on one Foot 2. Dance Series - min. Two Group 1, 2 or 3 elements (same or different) – AND one Leap or Jump with a min. 120° Cross or Side Split (Isolated or Series) 3. One Acro Flight element OR Acro Series – with or without Flight – Min of one skill must achieve or pass through vertical (excluding Mount or Dismount) 4. Dismount	1. Min. 1/1 Turn on one Foot 2. Dance Series – min. Two Group 1, 2 or 3 elements (same or different) – AND one Leap or Jump with a min. 155° Cross or Side Split (Isolated or Series) 3. Acro Series – with or without Flight - Min. of one skill must achieve or pass through vertical (excluding mount or dismount); AND one Acro Flight element (Isolated or Series) 4. Dismount – Salto or Aerial	1. Min. 1/1 (360°) turn on one foot 2. Dance series and a Leap or Jump requiring a 180° split (in series or isolated) 3. Acro series with a min. of one flight skill (a min. of one skill must pass through or achieve vertical) 4. Min "B" Dismount OR an acro flight skill directly connected to an "A" salto/aerial dismount	<b>Bonus:</b> may be achieved from either or both categories. <b>Difficulty Bonus (C/D):</b> +0.10 (max of 1 - "D" VP for Bonus) <b>Connection Bonus:</b> "B"+"B" (or higher) +0.10	
						A	VP	
						B	SR	
						C	SV	
						D	Bonus	
					FIN			
					A	VP		
					B	SR		
					C	SV		
					D	Bonus		
					FIN			
					A	VP		
					B	SR		
					C	SV		
					D	Bonus		
					FIN			

2022 – 2026 USA GYMNASTICS WOMEN’S XCEL PROGRAM

Effective August 1, 2022 – July 31, 2026

FLOOR EXERCISE			Restricted elements (All Divisions) = no VP credit -0.50 off			Missing SR = -0.50 off SV	
	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND	SAPPHIRE	
SV	10	10	10	10	10	9.6 SV + up to .40 Bonus	
VP	4 "A"	5 "A"	6 "A"	6 "A", 1 "B"	5 "A", 2 "B"	3 "A", 3 "B", 1 "C"	
Special Requirement (SR)	1. Min. two directly connected Acro elements (with or without Flight). 2. 2 <sup>nd</sup> Acro Pass – Min. one Acro element (with/without Flight). 3. Dance Passage – Min. two Different elements from Group 1 (directly or indirectly connected), one of which is a Leap with a min. 60° Cross or Side Split. 4. Min. 1/2 Turn on one foot.	1. Min. two directly connected Acro elements, one must have Flight. 2. 2 <sup>nd</sup> Acro Pass – either: A 2 <sup>nd</sup> Min. two directly connected elements (with or without Flight), OR One Acro Flight element 3. Dance Passage – Min. two Different elements from Group 1 (directly or indirectly connected), one of which is a Leap with a min. 90° Cross or Side Split. 4. Min. 1/1 Turn on one foot.	1. Min. two directly connected Acro Flight elements. 2. 2 <sup>nd</sup> Acro Pass – either: A 2 <sup>nd</sup> connection with min. two directly connected Acro Flight elements OR One Aerial or Salto 3. Dance Passage – Min. two Different elements from Group 1 (directly or indirectly connected), one of which is a Leap with a min. 120° 4. Min. 1/1 Turn on one foot.	1. Min. two directly connected Acro Flight elements with "A" or "B" Salto. 2. 2 <sup>nd</sup> Acro Pass – either: A 2 <sup>nd</sup> connection with min. two directly connected Acro Flight elements OR One "B" Salto 3. Dance Passage – Min. two Different elements from Group 1 (directly or indirectly connected), one of which is a Leap with a min. 155° Cross or Side Split. 4. Min. 1/1 Turn on one foot.	1. Two separate Acro Flight Passes, each with a Min. of two directly connected Acro Flight elements OR One Acro Flight Pass with Two directly connected Acro Flight elements AND One separate/isolated "C" Salto. 2. Two Different Saltos (Isolated or in Connection) One must be a Min. "B" (May be included in SR#1). 3. Dance Passage – Min. two Different elements from Group 1 (directly or indirectly connected), one of which is a Leap with a min. 155° Cross or Side Split. 4. Min. "B" Turn on one foot.	1. One acro pass with two saltos, same or different. 2. Three different saltos, one is a min. of a "B". 3. Dance passage with a min. of two different elements from Group 1, directly or indirectly connected, one of which is a Leap requiring a 180° split. 4. Min. of a "B" turn on one foot.  <b>Bonus:</b> may be achieved from either or both categories. <b>Difficulty Bonus (C/D):</b> +0.10 (max of 1 - "D" VP for Bonus) <b>Connection Bonus:</b> "B"+"B" (or higher) +0.10	
						A	VP
						B	SR
						C	SV
					D	Bonus	
					FIN		
					A	VP	
					B	SR	
					C	SV	
					D	Bonus	
					FIN		
					A	VP	
					B	SR	
					C	SV	
					D	Bonus	
					FIN		