



Xcel Beam & Floor Routine Construction
Presented by
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Beam & Floor Exercise

+ Bronze Beam Special Requirements

SR#1

Min. 1/2 turn on one foot or two feet.

SR#2

One jump or leap (not in the mount or dismount)

SR#3

One acro skill (non - flight)

SR#4

Dismount (no saltos or aerials)

Deduct 0.50 for missing SR.

Value Parts

Any "A" VP listed in Xcel Code of Points or the allowable skills chart.

Difficulty Restrictions

No "B" or higher VP

No Salto or Aerial dismounts

No walkovers

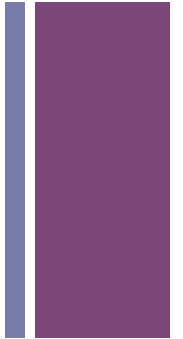
If an unallowable skill is performed the deduction is 0.50.

Clarifications

Cross split jump/straddle jump will receive "A" VP credit. All skills/VP must start and finish on the beam.

+

Bronze Routine fulfills all SR's
(Click Here for Video)





Bronze Beam fulfills all SR's



SR#1

Min. 1/2 turn on one foot or two feet.

Gymnast performed a 1/2 turn on one foot & a pivot turn.

SR#2

One jump or leap (not in the mount or dismount)

Gymnast performed a split leap

SR#3

One acro skill (non - flight)

Gymnast performed a forward roll

SR#4

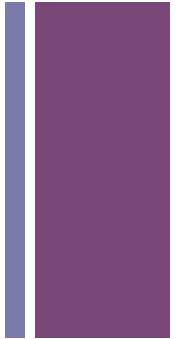
Dismount (no saltos or aerials)

Gymnast performed a straddle jump dismount

10.0 Start Value

+

Bronze Beam does not fulfill SR
(Click Here for Video)





Bronze Beam does not fulfill SR



SR#1

Min. 1/2 turn on one foot or two feet.

Gymnast performed a sit-spin 1/2 turn – This does not count as a turn on one or two feet.

SR#2

One jump or leap (not in the mount or dismount)

Gymnast performed a tuck jump mount – This does not count as it did not start on the beam and cannot be in the mount

SR#3

One acro skill (non - flight)

Back walkover is an unallowable skill and would receive a 0.50 ded.

SR#4

Dismount (no saltos or aerials)

Front tuck dismount is an unallowable skill in the Bronze division and would receive a 0.50 deduction.

7.0 Start Value



Silver Beam Special Requirements



SR#1 Min. ½ turn on one foot

SR#2 One jump or leap with a 90° min. cross or side split

SR#3 One acro skill (non-flight)

SR#4 Dismount

Deduct 0.50 for each missing SR.

Times

Time limit: 50 seconds-*there is no minimum time.*

Value Parts

Any “A” VP listed in Code.

Any “B” dance VP.

Any skills listed on the Xcel Silver Chart.

Difficulty Restrictions

No “B” acro VP

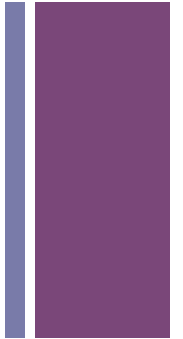
No “C” or higher VP

If an unallowable skill is performed the deduction is 0.50.

Clarifications: “B” dance VP are allowed

+

Silver Beam fulfills all SR's
(Click Here for Video)





Silver Beam fulfills all SR's

SR#1

Min. 1/2 turn on one foot.

Gymnast performed a heel snap 1/2 turn

SR#2

One jump or leap 90° (not in the mount or dismount)

Gymnast performed a stag split leap

SR#3

One acro skill (non - flight)

Gymnast performed a bridge kick-over

SR#4

Dismount

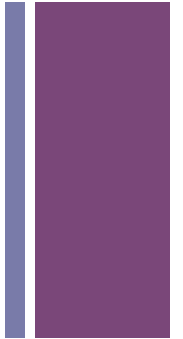
Gymnast performed a Round-off dismount off of hands.

10.0 Start Value



+

Silver Beam does not fulfill SR
(Click Here for Video)





Silver Beam does not fulfill SR

SR#1

Min. 1/2 turn on one foot.

Gymnast performed a 1/2 turn on one foot. This fulfills SR.

SR#2

One jump or leap 90° (not in the mount or dismount)

Gymnast performed a double stag jump – This does not fulfill SR.

SR#3

One acro skill (non - flight)

Gymnast performed a lever – This is an acceptable “A” skill for bronze only. Therefore it does not fulfill the SR.

SR#4

Dismount

Gymnast performed a Front tuck dismount.

9.0 Start Value





Gold Beam Special Requirements

SR#1

Min. 1/1 turn on one foot.

SR#2

Dance Series – 2 skills (same or different) AND one Jump or Leap with 90° cross or side split (can be included in the series)

SR#3

Two Acro Skills – one must achieve vertical – with or without flight (isolated or in a series). A Series is not required.

SR#4

Dismount

Value Parts

Any “A” or “B” VP listed in Code.

Any skills listed on the Xcel Gold Skill Chart.

Difficulty Restrictions

No “C” or higher VP

If an unallowable skill is performed the deduction is 0.50.

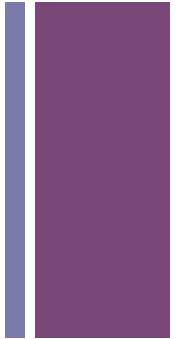
Times

Warm-up time: 1:00

Time limit: 1:00 - *there is no minimum time*

+

Gold Beam fulfills all SR's
(Click Here for Video)





Gold Beam fulfills all SR's

SR#1

Min. 1/1 turn on one foot.

Gymnast performed a 1/1 turn on one foot

SR#2

Dance Series – 2 skills (same or different) AND one Jump or Leap with 90°cross or side split (can be included in the series)

Gymnast performed split leap – tuck jump. This fulfills the 90-degree leap and the series requirement. If doing 2 jumps that do not have a split then the leap or split jump would need to be performed separately.

SR#3

Two Acro Skills – one must achieve vertical – with or without flight (isolated or in a series). A Series is not required.

Gymnast performed a back-walkover and then a back-walkover to tuck jump. Since this has a different exit it would be considered two different acro skills.

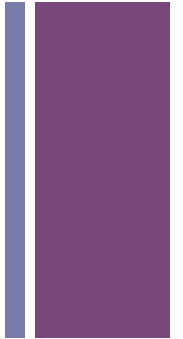
SR#4

Dismount - *Gymnast performed a front tuck salto dismount* 10.0 SV



+

Gold Beam does not fulfill SR
(Click Here for Video)





Gold Beam does not fulfill SR

SR#1

Min. 1/1 turn on one foot.

Gymnast performed a squat 1/2 turn. This does not fulfill SR

SR#2

Dance Series – 2 skills (same or different) AND one Jump or Leap with 90° cross or side split (can be included in the series)

Gymnast did not perform a dance series.

SR#3

Two Acro Skills – one must achieve vertical – with or without flight (isolated or in a series). A Series is not required.

Gymnast performed a front walkover. She still needs another acro skill.

SR#4

Dismount –

Gymnast performed a cartwheel to handstand dismount - This does not fulfill the SR as it must have the 1/4 turn.

8.0 Start Value





Platinum Beam Special Requirements



SR#1

Min. 1/1 turn on one foot.

SR#2

Dance Series – 2 skills (same or different) AND one Jump or Leap with 120° cross or side split (can be included in the series)

SR#3

One Acro skill with flight OR an Acro series with or without flight.

SR#4

Dismount

Value Parts

6 “A” and 1 “B” VP

All counting skills must come from the Code of Points.

Difficulty Restrictions

No “C” acro VP

No “D” or higher VP

If an unallowable skill is performed the deduction is 0.50.

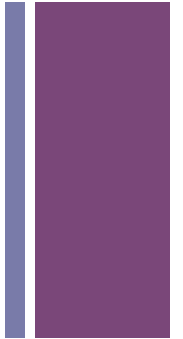
Times

Warm-up time: 1:30

Time limit: 1:15 - *there is no minimum time*

+

Platinum Beam fulfills all SR's
(Click Here for Video)





Platinum Beam fulfills all SR's

SR#1

Min. 1/1 turn on one foot or two feet.

Gymnast performed a heel snap full turn – this meets the SR.

SR#2

Dance Series – 2 skills (same or different) AND one Jump or Leap with 120° cross or side split (can be included in the series)

Straight jump $\frac{1}{2}$ - straight jump- split $\frac{1}{4}$ - meets SR

SR#3

One Acro skill with flight OR an Acro series with or without flight.

Front handspring step out – This is a flight skill and fulfills SR

SR#4

Dismount

Front layout $\frac{1}{2}$ twist

This routine meets all SR's. However, she is missing an "A" VP. She has 4 A's & 2 B's.

9.90 Start Value

+

Platinum Beam does not fulfill SR
(Click Here for Video)





Platinum Beam does not fulfill SR



SR#1

Min. 1/1 turn on one foot.

Gymnast performed a 1/1 turn on one foot. This meet SR

SR#2

Dance Series – 2 skills (same or different) AND one Jump or Leap with 120° cross or side split (can be included in the series)

Gymnast performed a double stag jump – to a split $\frac{1}{2}$ (“C”). If the judge gave credit for the $\frac{3}{4}$ it would be a “D” skill and unallowable. She would receive 0.50 for the unallowable skill plus no SR.

SR#3

One Acro skill with flight OR an Acro series with or without flight.

Gymnast performed a Cartwheel step Back-walkover. The step negates the series. Missing SR

SR#4

Dismount

Gymnast performed a punch front layout dismount – This is a “B” VP and does fulfill the SR.

*Gymnast has 4 A's and 2 B's – 1 B can replace an A so missing 1 “A” **9.4 SV***



Diamond Beam Special Requirements



SR#1

Min. 1/1 turn on one foot.

SR#2

Dance Series – 2 skills (same or different) AND one Jump or Leap with 150° cross or side split (can be included in the series)

SR#3

One Acro skill with flight *isolated or in series*) AND an Acro series with or without flight

SR#4

Dismount – must be a Salto or Aerial

Value Parts

5 “A” and 2 “B” VP

All counting skills must come from the Code of Points.

Difficulty Restrictions

No “D” or higher VP

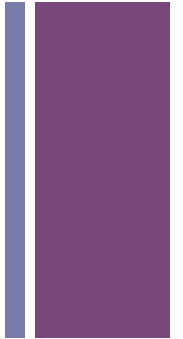
If an unallowable skill is performed the deduction is 0.50.

Times

Time limit: 1:15 - *there is no minimum time*

+

[Diamond Beam fulfills all SR's
\(Click Here for Video\)](#)





Diamond Beam fulfills all SR's

SR#1

Min. 1/1 turn on one foot.

Gymnast performed a heel snap 1/1 turn ("A")

SR#2

Dance Series – 2 skills (same or different) AND one Jump or Leap with 150° cross or side split (can be included in the series)

Gymnast performed a sissone-sissone (may be the same skill) "A"/"A"

SR#3

One Acro skill with flight *isolated or in series*) AND an Acro series with or without flight

Gymnast performed a back handspring ("B") and a front walkover-front walkover acro series. ("B"/"B")

SR#4

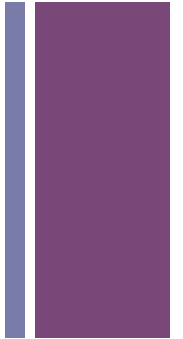
Dismount – must be a Salto or Aerial

Kick over front layout – "A"

4 "A's" & 3 "B's" – the extra "B's" counts for the missing "A's" 10.0 SV

+

Diamond Beam does not fulfill SR
(Click Here for Video)





Diamond Beam does not fulfill SR

SR#1

Min. 1/1 turn on one foot.

Gymnast performed a 1/1 turn on one foot “A” – fulfills SR

SR#2

Dance Series – 2 skills (same or different) AND one Jump or Leap with 150° cross or side split (can be included in the series)

Gymnast performed a double stag jump/jump ½ turn. The double stag does not count as a 150° cross or side split. “A” /”A”

SR#3

One Acro skill with flight *isolated or in series*) AND an Acro series with or without flight

Gymnast performed a cartwheel swing thru cartwheel “A”/”A” – she still needs a flight skill.

SR#4

Dismount – must be a Salto or Aerial

Punch front Layout – “B” – this fulfills SR

*She has 5-A’s and 1-B – she is missing one “B”. **8.70 Start Value***



+ Floor Exercise

Dianne Palmer





Bronze Division

Special Requirements:

1. Min. 2 directly connected acro skills – with or without flight
2. A 2nd acro pass with one acro skill with or without flight
3. Dance passage with a min. of 2 diff. Grp. 1 VP or Grp. 1 Xcel Bronze chart skills (*directly or indirectly conn.*) – one of which is a LEAP with a min. 60° cross or side split.
4. Min. ½ turn on one foot

Deduct 0.50 for each missing Special Requirement.

Value Parts:

Any “A” VP listed in Code.

Any skills listed on the Xcel Bronze chart.

Difficulty Restrictions:

No “B” or higher VP

No Saltos or Aerials

Maximum 2 flight skills in exercise

Clarifications:

Round-off rebound – backward roll does fulfill the Min. 2 directly connected acro skill Special Requirement.

Warm-up time: 20 seconds

Routine Time 45 sec. *No min. time.*

+

[Bronze Floor Routine](#)
[\(Click Here for Video\)](#)





Bronze – Routine



SR#1 & #2

Min 2 directly connected acro skills with or without flight & a 2nd pass with one acro skill with or without flight.

1st pass – RO flic-flac

2nd pass – RO rebound – this is the 3rd flight skill and is unallowable & no SR credit

SR#4

Min 1/2 turn on one foot

Gymnast performed a Backward swing 1/2 turn

SR #3

Dance passage with a min of 2 different Group 1 VP or Xcel Bronze skills chart (direct or indirect) one leap with at 60 degree cross or side split.

Cat leap, step hop, step leap

One unallowable skill - 0.50

Missing SR #2 - 0.50

START VALUE 9.0

+

Bronze Routine does not fulfill SR
(Click Here for Video)





Bronze Floor does NOT fulfill all SR's

SR #1 & 2

1st pass – RO, flic-flac

2nd pass – Front handspring

Only 2 flight skills in a routine – the front handspring does not count for VP Or SR and receives a 0.50 deduction for unallowable element.

SR#3

Gymnast performed a chasse' split leap. She did not have a dance passage

SR#4

Gymnast performed a Fouete' turn – This is a hop and therefore is not a ½ turn on one foot.

Missing 3 Special Requirements (-1.5) and one unallowable skill (-.50)

Start Value: 8.0



Silver Division



Special Requirements:

1. Min. 2 directly connected acro skills – one must have flight
2. Either a 2nd acro connection with or without Flight OR One acro skill with Flight.
3. Dance passage with a min. of 2 diff. Grp. 1VP or Grp. 1 Xcel Silver chart skills (*directly or indirectly conn.*) – one of which is a LEAP with a min. 90° cross or side split.
4. Min. 1/1 turn on one foot

Deduct 0.50 for each missing Special Requirement.

Floor time limit: 1:00, *there is no minimum time*

Warm-up time: 45 seconds

Value Parts:

Any “A” VP listed in Code.

Any “B” dance VP.

Any skills listed on the Xcel Silver chart.

Difficulty Restrictions:

No “B” acro VP

No “C” or higher VP

Clarifications:

“B” dance VP are allowed.

Round-off rebound – backward roll does fulfill the Min. 2 directly connected acro skill Special Requirement.

+

Silver Floor Routine
(Click Here for Video)





Silver Floor fulfills all SR's



SR #1: RO, back tuck (min. 2 acro – one with flight)

SR #2: Front handspring (one acro with flight)

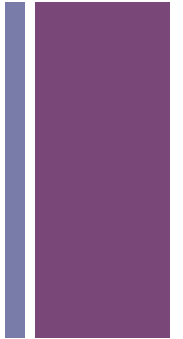
SR #3: Switch split, chasse, punch Shushinova.
2 Different Group 1 skills in Dance Passage

SR #4: Full turn on one foot (meets requirement)

Start Value: 10.0

+

Silver Floor Routine does not fulfill SR
(Click Here for Video)





Silver Routine does not fulfill all SR



SR #1: RO, flic-flac, flic-flac (Min. 2 acro – 1 with flight)

SR #2: RO, flic-flac Does not work. Same pass. - .50 for this SR

SR #3: Switch split, chasse, switch split. Must be 2 DIFFERENT
Group 1 elements. - .50

SR #4: There was no 1/1 turn on one foot. - .50

Missing 3 Special Requirements: -1.5

Start Value: 8.5



Gold Division

Special Requirements:

1. Min. 2 directly connected acro flight skills
2. Either a 2nd acro connection with two directly connected Flight skills OR an Aerial or Salto
3. Dance passage with a min. of 2 diff. Grp. 1VP or Grp. 1 Xcel Gold chart skills (*directly or indirectly conn.*) – one of which is a LEAP with a min. 120° cross or side split.
4. Min. 1/1 turn on one foot

Deduct 0.50 for each missing Special Requirement.

Value Parts:

Any “A” or “B” VP listed in Code.

Any skills listed on the Xcel Gold chart.

Difficulty Restrictions:

No “B” VP Saltos

No “C” or higher VP

Warm-up time: 1:00

Time limit: 1:00, *there is no minimum time*

+

Gold Floor Routine fulfills all SR
(Click Here for Video)





Gold Routine Fulfills all SR's

SR #1: RO, flic-flac (*2 acro flight*)

SR #2: Aerial Cartwheel (*Aerial/salto/2nd conn.*)

SR #3: Switch split, chasse, cabriole.

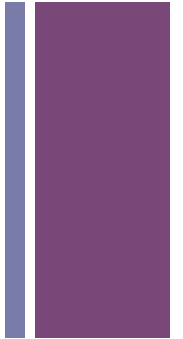
SR #4: Full turn on one foot.

Start Value: 10.0



+

Gold Routine does not fulfill all SR
(Click Here for Video)





Gold Floor does not fulfill all SR's

SR #1: RO, flic-flac, back tuck - okay.

SR #2: RO is only other acro skill - .50 for this SR

SR #3: Switch split, run, RO, Shushinova. RO breaks the Dance Series. - .50 for this SR

SR #4: There was no 1/1 turn on one foot. - .50

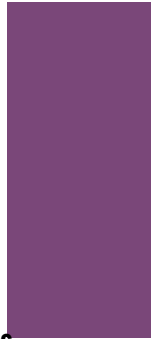
Missing 3 Special Requirements: -1.5

Start Value: 8.5





Platinum Division



Special Requirements:

1. Min. 2 directly connected acro flight skills with 1 “A” or “B” Salto
2. Either a 2nd acro connection with a min. of 2 directly connected acro flight skills – OR an isolated “B” Salto
3. Dance passage with a min. of 2 diff. Grp. 1VP (*directly or indirectly conn.*) – one of which is a LEAP with a min. 150° cross or side split.
4. Min. 1/1 turn on one foot

Deduct 0.50 for each missing Special Requirement.

Value Parts:

6 “A” and 1 “B” VP

All counting skills must come from the Code of Points.

Difficulty Restrictions:

No “C” acro VP

No “D” or higher VP

Clarifications:

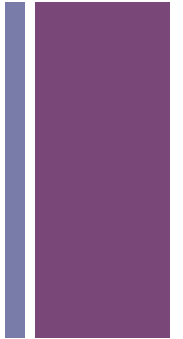
“C” dance VP are allowed.

Warm-up time: 1:30

Time limit: 1:30, *there is no minimum time*

+

Platinum Floor fulfills all SR's
(Click Here for Video)





Platinum Floor fulfills all SR's

SR #1: RO, flic-flac, tuck (Min. 2 flight w/ "A" or "B" salto) - okay.

SR #2: Front pike (Is an isolated "B" salto) - okay.

SR #3: Switch split, chasse, side leap - okay.

SR #4: 1/1 turn - okay.

PLATINUM VALUE PARTS: 6 "A"s and 1 "B"

*Gymnast has 4 "A"s and 3 "B"s. 2 "B"s may replace 2 "A"s =
6 "A"s and 1 "B"*

Start Value: 10.0

+

Platinum Routine does not fulfill SR
(Click Here for Video)





Platinum Floor does not fulfill SR

SR #1: RO, flic-flac , full (Min. 2 flight w/ “A” or “B” salto) - okay.

SR #2: Front tuck (*Is not an isolated “B” salto nor a connection of 2 flight skills*) - .50 for this SR

SR #3: Switch split, (*hops - stop break series AND steps to another switch split (no VP credit – same leap) Dance Passage requires 2 Different Group 1 elements*) - .50 SR

SR #4: Performed “B” 1 ½ turn - okay.

Missing 2 Special Requirements: - 1.0

Platinum Value Parts: 6 “A”s and 1 “B”

*Gymnast has 3 “A”s and 3 “B”s. 2 “B”s may replace 2 “A”s =
5 “A”s and 1 “B” Still short 1 “A” - .10*

Start Value: 8.9



Diamond Division



Special Requirements:

1. Two *Separate* acro connections, each w/a minimum of 2 directly connected flight skills.
2. Two Different Saltos (isolated or in Series) one must be a min. "B" (may be in SR #1)
3. Dance passage with a min. of 2 diff. Grp. 1 VP (*directly or indirectly conn.*) – one of which is a LEAP with a min. 150° cross or side split.
4. One turn, min. "B" VP on one foot

Deduct 0.50 for each missing Special Requirement.

Time limit: 1:30, *there is no minimum time*

Value Parts:

5 "A" and 2 "B" VP

All counting skills must come from the Code of Points.

Difficulty Restrictions:

No "D" or higher VP

Clarifications:

All "C" VP are allowed

+

[Diamond Floor Routine](#)
[\(Click Here for Video\)](#)





Diamond Floor fulfills all SR's



SR #1: RO, layout $\frac{1}{2}$ twist (*Min. 2 flight conn.
AND "B" salto*)

RO, flic-flac rebound. (*2nd min. 2 flight acro connection*)

SR #2: Front pike "B" and Layout $\frac{1}{2}$ ("B") *from first pass = 2 saltos
1 a minimum "B"*

SR #3: Switch split, side leap - *okay Dance Passage*

SR #4: Performed "B" 1 $\frac{1}{2}$ turn - *okay.*

Diamond Value Parts: 5 "A"s and 2 "B"s

*Gymnast has 3 "A"s and 5 "B"s. 2 "B's" may replace 2 "A's" =
5 "A"s and 3 "B"s*

Start Value: 10.0

+

Diamond Floor does not fulfill SR's
(Click Here for Video)





Diamond Routine does not fulfill SR

SR #1: Front tuck, RO, flic-flac, back pike (*2 acro flight connection and 2 "A" saltos*)

No 2nd 2 acro flight connection - .5 SR

SR #2: Front tuck and Back pike ("A"s) in first pass and Front Layout "B" in second pass. (*One salto must be a "B"*) *SR Fulfilled*

SR #3: Switch split, switch split (*no VP credit – same leap*) *Dance Passage requires 2 Different Group 1 elements - .50 SR*

SR #4: Performed 1/1 turn "A" (*Minimum "B" turn required*)
- .50 SR

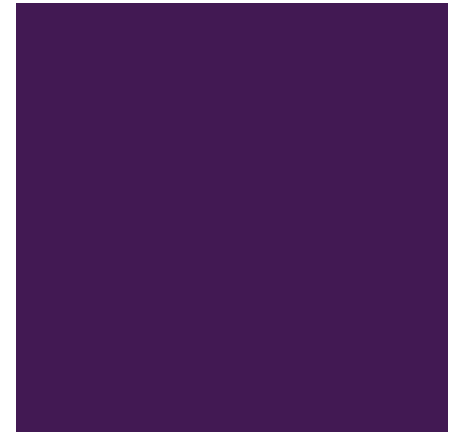
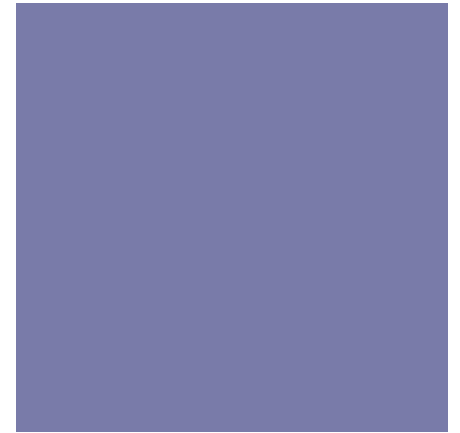
Missing 3 Special Requirements: - 1.5

Diamond Value Parts: 5 "A"s and 2 "B"s

Gymnast has 5 "A"s and 3 "B"s.

Start Value: 8.50





Questions?

Thank you for attending the Xcel Webinar!