



Rhythmic Xcel Program Handbook

In support of Grassroots Rhythmic Gymnastics

Updated November 2021

MISSION

- To provide a program that makes rhythmic gymnastics easily accessible for gymnasts of all abilities, as well as new clubs, coaches, and choreographers.
- To provide a program for athletes seeking a recreational or developmentally educational competitive experience.
- To bring the health benefits of rhythmic gymnastics to a wide audience.

PHILOSOPHY

Rhythmic Xcel is designed to provide a competitive outlet for gymnasts just beginning in the sport, gymnasts who want to participate in a wide variety of extracurricular activities, gymnasts who desire to compete without the extensive time and financial commitments generally associated with the sport, and anyone who wants the opportunity to participate in a safe, fun sport that builds self-esteem and physical fitness.

The rules for Rhythmic Xcel have been laid out to put the focus on personal progress rather than competitive placement. Therefore, athletes can be challenged and happy in a single level for multiple years. Clubs hosting events are required to follow the competition regulations for this purpose. Simple changes such as posting scores and naming event champions will ultimately undermine this goal.

BASIC PARTICIPATION INFORMATION

- Athletes must have a current USA Gymnastics Athlete Membership.
- Coaches must be USA Gymnastics professional members.
- Evaluators must be USA Gymnastics professional members & at least 16 years old.
- Athletes must turn 6 by the end of the calendar year to be eligible for competition.

ENTRY FEES

- At a single competition, athletes may participate in a maximum of 3 individual events (Floor Exercise, Rope, Hoop, Ball, Clubs, or Ribbon) and 2 group routines (this includes the Team FX Routine). Any combination of group and individual participation is allowed up to the maximum.
- Maximum Entry Fee is \$25 per individual routine and \$20 per athlete in each group routine (including the Team FX).
- Therefore, the Maximum TOTAL Entry Fee for any single athlete is $(\$25 \times 3) + (\$20 \times 2) = \$115$.
- Participation in Gala routines is in addition to individual and group competition. If an entry fee is charged, it is in addition to individual and group entry fees.

INDIVIDUAL PARTICIPATION LEVELS

Individual Routine competition will include 5 basic levels of participation.

Bronze is for athletes who perform primarily USAG Development Program and FIG .1 Body Difficulties. Apparatus handling is basic and less integrated with the Body Difficulties. Bronze athletes are beginning level performers just getting used to performing in front of an audience.

Silver is for athletes who perform primarily FIG .1 and .2 Body Difficulties. Apparatus handling is slightly more complex and more integrated with Body Difficulties and choreography. Silver athletes are able to begin showing musicality and expression and can appeal to the audience with their performance.

Gold is for athletes who perform primarily FIG .2 and .3 Body Difficulties. Apparatus handling is complex and integrated with Body Difficulties and choreography. Gold athletes are showing strong ability to deliver a packaged performance.

Diamond is for athletes who perform primarily FIG .3 Body Difficulties and/or higher, OR who create difficulty through skill combinations and variations. Apparatus handling is masterful and includes variety, risk, and virtuosity. Diamond athletes demonstrate a near professional level of performance ability.

Platinum is for athletes who have progressed beyond Diamond in the inclusion of higher difficulty in both Body Difficulties and Apparatus Handling. Platinum athletes should have clean execution, exceptional expression and performance ability.

INDIVIDUAL ROUTINE COMPOSITION REQUIREMENTS

- Recommended maximum time:
 - Bronze & Silver 1:00 – 1:15
 - Gold, Diamond & Platinum 1:15 – 1:30
- Music for any/all routines may be instrumental or have family friendly lyrics.
- Composition requirements for each level are listed below. Extra skills may be included in the composition of the routine, but will neither be counted for extra points nor penalized other than under general execution category for mistakes or other errors.
- The definition of Dance Steps for Xcel is “a visible sequence of rhythmic dance steps.” Dance steps do not need to be 8 seconds or longer to receive full credit.
- Acro skills include rolls, cartwheels, walkovers and their variations. Acro skills with flight are allowed. The maximum number of acros allowed is specified for each level.
- COACHES are RESPONSIBLE for properly filling out the score sheets, writing down the skills in the order they are performed in the routine.
- COACHES are also RESPONSIBLE to refer to USAG Development Program Technical Handbook and/or FIG Body Difficulty table for proper selection of skills for the level. No bonus or deduction will be taken directly for skills above or below the suggested level. Only the execution of the skills is to be judged by the Skill List panel.

BRONZE & SILVER INDIVIDUAL ROUTINES

- For the health and safety of the gymnasts, the maximum number of acros allowed in floor exercise and apparatus routines is 4.
- For Bronze & Silver, FIG 0.1 Balances are not required to be in relevé.

FLOOR EXERCISE must include the following:

- 6 Body Difficulties
 - 1 Pivot
 - 1 Balance
 - 1 Jump/Leap
 - 1 Dance Steps
 - 1 Body Wave
 - 1 Skill of Choice – May be an acro

APPARATUS ROUTINES must include the following:

- 5 Body Difficulties (Body Difficulties will only receive credit if the apparatus is in motion or ball – held on the palm of the hand)
 - 1 Pivot
 - 1 Balance
 - 1 Jump/Leap
 - 1 Dance Steps
 - 1 Skill of Choice – May be an acro or dance steps
- 4 different handlings (See Apparatus Technical Groups Chart) – Gymnasts should include one occurrence of each handling, appropriately chosen for their level. The 4 different handlings can be anywhere in the routine, not necessarily on the Body Difficulties in the Skill List.

GOLD, DIAMOND & PLATINUM INDIVIDUAL ROUTINES

- For the health and safety of the gymnasts, the maximum number of acros allowed in floor exercise and apparatus routines is 6.

FLOOR EXERCISE must include the following:

- 10 Body Difficulties
 - 2 Pivots
 - 2 Balances
 - 2 Jumps/Leaps
 - 2 Dance Steps
 - 2 Skills of choice – May be acros
 - NOTE – Body Difficulties may be performed in series or combination but are judged as individual skills by the ROUTINE COMPOSITION panel.

APPARATUS ROUTINES must include the following:

- 8 Body Difficulties (Body Difficulties will only receive credit if the apparatus is in motion or ball – held on the palm of the hand)
 - 1 Pivot
 - 1 Balance

- 1 Jump/Leap
- 2 Dance Steps
- 3 Skills of choice – May be across
- 4 different handlings (See Apparatus Technical Groups Chart) – Gymnasts should include one occurrence of each handling, appropriately chosen for their level. The 4 different handlings can be anywhere in the routine, not necessarily on the Body Difficulties in the Skill List.
- 2 medium/high throws (must be caught for credit)
 - Diamond – required 1 of the throws be with rotation, around any axis and on any phase of the throw.
 - Platinum – required 2 medium/high throws with rotation (at least 1 must have a double rotation), around any axis and on any phase of the throw.

GROUP ROUTINE COMPOSITION REQUIREMENTS

TEAM FLOOR EXERCISE

Maximum time: 2:30

- May include any number of athletes, any level.
- Music may be instrumental or have family friendly lyrics.
- Skills should reflect the level of the athletes in the group. The level of the skills will neither be counted for extra points nor penalized other than under general execution category for mistakes or other errors.
- The routine will be judged and receive achievement awards.

REQUIREMENTS FOR TEAM FLOOR EXERCISE

- 3 Body Difficulties (must be synchronized or in canon to receive credit)
 - 1 Pivot
 - 1 Balance
 - 1 Jump/Leap
- 2 Interactions/Collaborations
- 1 Dance Sequence

GROUP APPARATUS ROUTINES

Maximum time: 2:30

- May include 2-10 gymnasts
- Music may be instrumental or have family friendly lyrics
- Any apparatus, or combination of apparatus

BRONZE & SILVER GROUP APPARATUS ROUTINES must include the following:

- 1 Pivot with handling
- 1 Balance with handling
- 1 Jump/Leap with handling
- 1 Exchange
- 1 Interaction/Collaboration
- 1 Dance Sequence

GOLD, DIAMOND & PLATINUM GROUP APPARATUS ROUTINES must include the following:

- 1 Pivot with handling
- 1 Balance with handling
- 1 Jump/Leap with handling
- 2 Additional Body Difficulties with handling
- 2 Large Exchanges (at least 4 meters) – each using a different technique
- 2 Interactions/Collaborations
- 1 Dance Sequence

GALA

Xcel gymnasts and clubs are encouraged to present creative performance routines in addition to their rhythmic competitive routines.

- Gala routines may be individual, duet, trio, or groups, and showcase various styles of dance, creativity, expression, and character, with or without apparatus.
- Suggested maximum time:
 - 1:30 – Individual, duets, and trios
 - 2:30 - Group
- Meet directors may include these performances between competition sessions, at the lunch break, or in a Gala Showcase.

There are two options for participation:

- Gala Performance – Performances are non-competitive and fun! Gymnasts perform to music, utilizing themes, props and apparatus to enhance the performance. Costumes are allowed and encouraged. No entry fee should be charged for Gala Performances.
- Gala Challenge – Groups/individuals participate in the contest with a routine incorporating any gymnastics element; with or without apparatus and accompanied by music. These performances are evaluated on entertainment value, overall impression, innovation, originality, variety and technique (quality & skill safety). All groups participating in the contest are awarded either a gold, silver or bronze ranking. An entry fee may be charged for the Challenge, maximum \$20 per gymnast in each routine.
- An example of a Gala Performance/Challenge routine can be found under Gymnastics for All.
https://www.youtube.com/watch?v=4cD_nTi1ra4

EVENT PROCEDURES

- Ceiling height and floor surface must be stated clearly in the initial competition information.
- Minimum two (2) evaluators per athlete or group recommended for regional or national competitions. One evaluator is appropriate for local or state meets. Evaluators are required to take the USA Gymnastics Xcel Evaluator's Certification Test prior to evaluating Xcel routines.

- Organize rotations by grouping same level and apparatus routines together. Rotations with mixed levels are appropriate, but must be organized properly so that all routines using the same apparatus within the same level are judged by the same evaluator(s).
- Coaches are required to turn in fully completed score sheets at least 24 hours before the competition, unless otherwise stated by the meet director. Score sheets must be in order and ready for evaluators to review at least one hour prior to the competitive session.
- Coaches are required to follow the rules of the meet director when turning in music. Meet director must have ability to plug in a device at the competition. Coaches are required to operate their own music device for the competition unless the music coordinator states otherwise.
- Scores are NOT to be flashed during Xcel competitions. A secretary should sit with the evaluators to tally scores and enter into a spreadsheet. An Xcel committee member or certified Xcel evaluator must review the spreadsheet BEFORE awards are prepared and reserves the right to curve the final results to ensure that the distribution of achievement awards is appropriate for the session. Refer to the **Rhythmic Xcel Evaluator Scoring** section for more information.
- Achievement awards are to be presented within a timely manner at the end of each session.
- Score sheets may be returned to the coaches following the session.
- Minimum payment is \$1 per routine judged per evaluator. Reimbursement for travel expenses should follow USAG Development Program Rules.

APPARATUS AND ATTIRE

Rhythmic Xcel athletes should dress and present themselves in a professional manner, which follows the foundations of rhythmic gymnastics. Creativity is encouraged but must not cross into the realm of costume or be distracting from the athletic performance. Attire and hairstyle must not interfere with the proper handling of the apparatus or ability of the evaluators to see the body execution. In addition, Rhythmic Xcel athletes must use proper rhythmic apparatus and should follow USAG Development Program and FIG guidelines for size and weight requirements.

AWARDS

Achievement awards are given for each individual routine and to each member of a group for each routine performed. Additional awards may be given at the discretion of the meet director, but may not replace the basic achievement awards.

Achievement awards may be of any type, but must clearly show distinction between the award levels according to the following guidelines:

Individual and Group

- 85 and up = FIRST LEVEL (GOLD) Achievement Award
- 70 to 84 = SECOND LEVEL (SILVER) Achievement Award
- Up to 69 = THIRD LEVEL (BRONZE) Achievement Award

Refer to the **Rhythmic Xcel Evaluator Scoring** section for information on running the awards ceremony.

Rhythmic Xcel Evaluator Scoring

EVALUATING GROUP & INDIVIDUAL ROUTINES

Xcel welcomes performers with a full spectrum of natural abilities in regards to flexibility as well as body types and structures. Considering this, routines should be evaluated on quality of technique and performance.

Standards should be judged according to each level. The size of the gymnast & length of routine should be considered when awarding points for use of floor.

There are 2 parts to the score sheets: One evaluator can complete the entire score sheet, or one evaluator can do the top half and another evaluator can do the bottom half.

Global Deductions are taken off the total calculated score when an athlete has made large mistakes in her routine. These would be mistakes that are not taken into account by any of the specified evaluation categories. Global deductions of 1.0-3.0 may be taken for the following types of large mistakes. A maximum of 3.0 can be deducted for each category. Partial points may be awarded. Global deductions apply only to individual routines.

- Falls or big stumbles
- Forgetting the routine or needing help from coach (Gold/Diamond/Platinum)
- Going out of bounds

INDIVIDUAL ROUTINES

Individual routines are divided by level. The skill values for each level are suggested, not required. For example, a Gold gymnast may perform FIG 0.1 skills and receive credit. However, execution being comparable, the Overall Impression for this gymnast should be lower than for a gymnast in her level who performs all FIG 0.2 & 0.3 skills.

BRONZE/SILVER APPARATUS & RFX and GOLD/DIAMOND/PLATINUM RFX

- Element List - Refer to the section below for the point breakdown for each element and the appropriate values to be awarded. Partial points may be awarded.
- XCEL Performance and General Execution Categories
 - Categories are described and broken down on the score sheet. GENERAL EXECUTION CATEGORIES are intended to encourage proper body preparation, physical readiness, and complete apparatus handling ability for the selected level of participation. XCEL PERFORMANCE CATEGORIES are designed to draw awareness and reward performance ability and mastery within each level. Refer to the score sheets for specific values.
 - The evaluator who completes this portion of the score sheet is responsible for determining that the gymnast included 4 different handlings in the apparatus routines.

GOLD/DIAMOND/PLATINUM APPARATUS - See above for specifics on each category

- Body Difficulty List – Includes General Execution for Body Difficulties
- Apparatus Skill List – Includes General Execution for Apparatus Skills and XCEL Performance Categories

ELEMENT LIST

*Use the scale below to determine the points to award for Body Difficulties: pivots, balances, leaps/jumps, dance steps, & acros. Partial points may be awarded. **Body Difficulties will only receive credit if the apparatus is in motion or ball – held on the palm of the hand.** For Bronze/Silver, FIG 0.1 Balances are not required to be in relevé.*

BRONZE/SILVER

- 10 Skill very nicely executed, toes pointed, knees straight, proper technique, correct shape.
- 8 – 9 Toes and knees are not in line, but skill was properly executed.
- 6 – 7 Toes/knees not in line, basic form of the body skill not shown (not held long enough in a balance, insufficient rotations in a pivot, etc.).
- 4 – 5 Attempted skill, but needs work.
- 1 – 3 Attempted skill, but many/serious mistakes.
- 0 Did not attempt skill/Apparatus not in motion.

GOLD/DIAMOND/PLATINUM

- 5 Skill very nicely executed, toes pointed, knees straight, proper technique, correct shape.
- 4 Toes and knees are not in line, but skill was properly executed.
- 3 Toes/knees not in line, basic form of the body skill not shown (not held long enough in a balance, insufficient rotations in a pivot, etc.).
- 2 Attempted skill, but needs work.
- 1 Attempted skill, but many/serious mistakes.
- 0 Did not attempt skill/Apparatus not in motion.

GROUP ROUTINES

The Team Floor Exercise is not divided by level, so Body Difficulties of any value may be performed. Skills should be appropriate for the level of the gymnasts in the group.

The Group Apparatus routines are divided by level. As in Individual, the skill values for each level are suggested, not required. Body Difficulties will only receive credit if the apparatus is in motion or ball – held on the palm of the hand. Partial points may be awarded.

TEAM FX & BRONZE/SILVER GROUP APPARATUS

- 10 Skill/Exchange/Collaboration/Dance very nicely executed by all members of the group: toes pointed, knees straight, proper technique, no drops.
- 8 – 9 Skill/Exchange/Collaboration/Dance was properly executed by the majority of the group: 1-2 drops.
- 6 – 7 Skill/Exchange/Collaboration/Dance performed with mistakes by the majority of the group: basic form of the body skill not shown (not held long enough in a balance, insufficient rotations in a pivot, etc), drops by several members of the group.
- 4 – 5 Skill/Exchange/Collaboration/Dance attempted, but needs work.
- 1 – 3 Skill/Exchange/Collaboration/Dance attempted, but many/serious mistakes.
- 0 Did not attempt Skill/Apparatus not in motion.

GOLD/DIAMOND/PLATINUM GROUP APPARATUS

- 6 Skill/Exchange/Collaboration/Dance very nicely executed by all members of the group: toes pointed, knees straight, proper technique, no drops.
- 5 Skill/Exchange/Collaboration/Dance was properly executed by the majority of the group: 1-2 drops.
- 3 - 4 Skill/Exchange/Collaboration/Dance performed with mistakes by the majority of the group: basic form of the body skill not shown (not held long enough in a balance, insufficient rotations in a pivot, etc), drops by several members of the group.
- 2 Skill/Exchange/Collaboration/Dance attempted, but needs work.
- 1 Skill/Exchange/Collaboration/Dance attempted, but many/serious mistakes.
- 0 Did not attempt Skill/Apparatus not in motion.

Rhythmic Xcel Program - Overall Philosophy for Evaluating Routines

ALL athletes participating in the Rhythmic Xcel program deserve to have a positive competitive experience. When our evaluations reflect accurately what each athlete actually did with regard to his or her personal attributes, then we will be teaching the principles of hard work and progressive improvement...thus instilling self-confidence and self-motivation in ALL.

Things to Keep in Mind

Point #1

The Xcel evaluation system is set up to REWARD and ACKNOWLEDGE athletes who PERFORM a routine with PROPER EXECUTION of skills and with CORRECT BODY and APPARATUS technique.

- A) For BRONZE/SILVER, the exact degrees of splits or turns or height of legs in balances are NOT part of the criteria for awarding points. Any leap done, with proper straight legs, pointed toes, upper body positioning, arm and apparatus control should receive full points regardless of the degree of the split. (See Body Elements guidelines for more description.)
- B) For GOLD/DIAMOND/PLATINUM, the difficulties must be performed in the correct shape to receive full credit. For example, a split leap must be a very close to a full split to receive full points.
- C) Athletes participating in higher levels that choose simple Body Difficulties but perform them flawlessly and with great integration of the apparatus, CAN and SHOULD score higher than same level athletes who choose more difficult skills but have consistent execution errors.

Point #2

The Xcel program is a perfect example of how a competitive program can reward effort and personal achievement, while providing a positive competitive experience for both the athlete and her parents. Every event will have some athletes who perform better than others, and the award spread should reflect that.

At the Competitions:

- A) Xcel evaluators must understand and review the Xcel philosophy and be willing to work within the scope of the program. An Xcel committee member or Xcel certified evaluator should be in attendance and meet with the evaluators before the event to establish and review how to use the score sheets.
- B) The Xcel meet director has the right to CURVE the final scores in the event a panel has skewed the scores down. Not every event may have Gold achievement awards, but there should be a natural spread of Gold, Silver, and Bronze for each apparatus when a good number of athletes are participating. Utilizing an Xcel veteran as a meet referee to check the initial incoming scores can help eliminate the need to curve scores.

Point #3

The awards ceremony is very important to the parents of the athletes. When sessions include different levels of Xcel athletes, the audience often has no idea that the athletes they are watching are in different levels. Spectators also often do not understand that every gymnast achieves success and is in competition with only herself. Gymnasts are not ranked, so there is not one "winner". We are in the business of educating the general public about the importance

of self-development, and our awards ceremonies are an INCREDIBLE opportunity for us to have a profound effect.

With this in mind, we suggest the following format for ALL Xcel awards ceremonies...

- A) Begin with One Event.
- B) Announce which participation level is being awarded (Bronze thru Platinum).
- C) Announce the athletes who achieved the BRONZE achievement award (by true or curved scoring) and present their awards.
- D) Announce the athletes who achieved the SILVER achievement award and present the awards.
- E) Announce the athletes who achieved the GOLD achievement award and present the awards.
- F) All athletes who competed in the apparatus event remaining standing together with their awards.
- G) Continue through each event and for each participation level.

This system allows the audience and the athletes to recognize and congratulate the performers who did a superb job and stood out for the day.

Point #4

Athletes who are entered in a competition as USAG Development Program competitors MAY NOT also participate in the same competition as Xcel participants. The Xcel program can be an important training tool to develop confidence in athletes training for higher levels of competition. Doubling up in the same competition will only take away space from other potential participants and will not be allowed.

Point #5

When judging athletes with special needs, either in the HUGS division or those who have worked up into the Xcel levels, the exact same criteria for execution and presentation is in effect. Each athlete should be judged based on body and apparatus execution at the level that has been designated for participation.


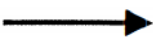


Point #6



















The purpose of participating in the Xcel program is the same for everyone – to be evaluated by a system that rewards proficiency and points out areas that can be improved. Our goal is to help every participant get closer to their unique personal potential through compassionate and proper feedback and education. Gymnasts should leave Xcel competitions, smiling, with good self-esteem, and a feeling of being rewarded for their performance on that day! Parents should leave Xcel competitions smiling, with an understanding of the award system, knowing that they have chosen the perfect sport for their children to keep them physically and emotionally healthy.




















Technical Groups Valid for All Apparatus

For Both Individual & Group Apparatus Routines:

- BRONZE/SILVER routines must have a minimum of 4 different handlings. (1 occurrence)
- GOLD/DIAMOND/PLATINUM routines must have a minimum of 4 different handlings (1 occurrence) plus 2 medium/high throws (must be caught for credit):
 - Diamond – required 1 of the throws be with rotation, around any axis and on any phase of the throw.
 - Platinum – required 2 medium/high throws with rotation (at least 1 must have a double rotation), around any axis and on any phase of the throw.

	<p>Throw(s) or catch(es): Medium throw - one to two heights of the gymnast measure from her head (regardless of the position of the gymnast on the floor). Large throw - more than two heights of the gymnast measured from the head (regardless of the position gymnast on the floor). Note: Only the height of the boomerang throw of the ribbon, the throw of a fully stretched rope, or the clubs throw with horizontal rotations, may be less. Boomerang throw on the floor is not valid as a medium or large throw.</p>
	<p>Small throw(s)/ catch(es) (close to the body) (for clubs with or without 360° rotation) Small throw of 2 clubs locked together (with or without 360° rotation)</p>
	<p>Unstable balance on the part of the body: apparatus is balanced in a position where there is no risk of loss/on a small surface of the body as long as it is not “squeezed” in the position (thus not risk of loss). During an element of rotation, it is possible for the ball to be placed in the back (the back is a large part of the body, but during this element, the ball can be lost). Examples include (but not limited to): the ball on the palm of the hand or the neck without the hands; one club held by the other club on the inner/outer side of the hand. (For additional examples-see pages 36-38)</p>
	<p>Apparatus Handling (apparatus in motion):</p> <ul style="list-style-type: none"> • Large circle(s) of the apparatus (including “sail” for Rope) • Figure eight (not for Ball): a movement in which a large “8” is created and performed with large movement of the entire arm. Note: Ample movement of the trunk is encouraged, but not required • Rebounds (not for ball) of the apparatus from different parts of the body or from the floor • “Thrust”/ push of the apparatus from different parts of the body • Sliding the apparatus on any part of the body • Transmission of the apparatus around any part of the body or under the leg(s) • Passing over the apparatus with the whole or part of the body without a transmission of the apparatus from the hand or a part of the body to another hand or part of the body.

Apparatus	Technical Groups for Each Apparatus	
	<p>For Both Individual & Group Apparatus Routines:</p> <ul style="list-style-type: none"> • Level A/B routines must have a minimum of 4 different handlings. (1 occurrence) • Level C/D: routines must have a minimum of 4 different handlings (1 occurrence) <u>plus</u> 2 medium/high throws. Level D – required 1 of the throws be with rotation, around any axis and on any phase of the throw. 	
	 <p>Passing with the whole or part of the body through the Rope turning forward, backward, or to the side:</p> <ul style="list-style-type: none"> • Open Rope held by both hands • Rope folded in 2 or more • With double rotations of the rope 	 <ul style="list-style-type: none"> • Rotations: Rope folded in two (held at the ends or in the middle) • Rope folded in 3 or 4 • Open stretched Rope, held by the middle or by the end • Free rotation around part of the body • Mills (rope open, held by the middle, folded in 2 or more)
	 <p>Catch of the Rope with one end in each hand from medium or large throw. (Note: without support/help of any of part(s) of the body)</p>	 <ul style="list-style-type: none"> • Wrapping/unwrapping • Spirals with the rope folded in 2
	 <p>Passing through the Rope of small hops/skips, Rope turning forward, backward, or to the side.</p>	
	 <ul style="list-style-type: none"> • "Echappe": Must have 2 actions: release and catch of the rope. The ends of the rope must be at the beginning and at the end. Starting and/or finishing with 1 end of rope lying on the floor is not valid. • Spirals: • Release like "Echappe" followed by multiple (2 or more) spiral rotations of one end of the rope and catch of by the hand or another part of the body. • Open and stretched rope held by one hand, from the previous movement (movement of open rope, catch, from the floor, etc.) passed into spiral rotations (2 or more) of one end or the other part of the body. 	
	 <ul style="list-style-type: none"> • Passing through the hoop with the whole or part of the body. 	
	 <ul style="list-style-type: none"> • Roll of the Hoop over body segments 	 <p>Roll of the hoop on the floor</p>
	 <ul style="list-style-type: none"> • Rotation(s): around the hand (min.1) around a part of the body (min.1) 	 <p>Rotation(s) of the hoop around its axis (min.1):</p> <ul style="list-style-type: none"> • On the floor
	 <p>Rotation(s) of the Hoop around its axis:</p> <ul style="list-style-type: none"> • Between the fingers • On the part of the body 	
	 <p>Free Roll of the ball over body segment</p>	 <ul style="list-style-type: none"> • "Flip-over" movement of the Ball (ball balancing on the hand) • Swing • Rotation(s) of the hand around the Ball • Free rotation(s) of the ball on a part of the body.
	 <p>Figures eight of the ball with large circle movements of the entire arm(s) (circumduction) Note: ample movement of the trunk is encouraged, but not required.</p>	

	 <p>Bounces:</p> <ul style="list-style-type: none"> • High bounce (knee level & higher) • Visible rebound from the floor or a part of the body (any directions) • Small bounces (below knee) - min. 3 	 <ul style="list-style-type: none"> • Roll of the Ball on the floor • Roll of the body on the ball on the floor
	 <p>Catch of the Ball with one hand (from medium or large throw; not for use with small throw or "thrust") Note: no contact with forearm or body</p>	
	 <p>Mills: at least 4 circles of the Clubs with time delay and by alternating crossed and uncrossed wrists/hands each time.</p>	 <ul style="list-style-type: none"> • Free rotation(s) of 1 or 2 Clubs (locked or unlocked) on or around the part of the body or around the other club or on the floor. • Tapping (min. 1) • Swings
	 <p>Small circles with both Clubs, simultaneously or alternating, one club in each hand (min. 1)</p>	
	 <p>Small throw(s)/ catch(es) with rotations (min. 360°) of 2 Clubs together (unlocked) simultaneously or alternating</p>	 <p>Series (min. 3) of small circles with 1 Club</p>
	 <p>The asymmetric movements of 2 clubs (must be different in their shape or amplitude and in the work planes or direction)</p>	 <p>Roll(s) of 1 or 2 Clubs:</p> <ul style="list-style-type: none"> • On the part of the body • On the floor
	 <p>Spirals (4-5 loops), tight and same height:</p> <ul style="list-style-type: none"> • In the air • On the floor 	 <p>Roll of the Ribbon Stick on the part of the body</p>
	 <p>Snakes (4-5 waves), tight and same height:</p> <ul style="list-style-type: none"> • In the air • On the Floor 	 <p>Rotational movement of the Ribbon stick around the hand</p> <ul style="list-style-type: none"> • Movement of the Ribbon around a part of the body created when the stick is held by different parts of the body (hand, neck, knee, elbow) during body movements or difficulties with rotation only. • Wrapping/unwrapping • Swing • Medium circle(s) of the ribbon
	 <p>Passing:</p> <ul style="list-style-type: none"> • Through or over the pattern of the ribbon over the pattern of the ribbon 	
 <p>"Echappe": full rotation of the stick during its flight, small and medium height</p>	 <p>"Boomerang": release of the ribbon (the end of the ribbon is held) in the air or on the floor and catch of the ribbon stick</p>	

QUESTIONS? Contact the Rhythmic Xcel Technical Committee:

Cindy Bickman – cbickman@earthlink.net

Michele Zapple - michelezapple@yahoo.com