

## Excel Changes or Clarifications

Balk rule applies to Excel.

Acro series-a kick above 45 degrees will break a series

Diamond-Special Requirement #3-Minimum "B" skill-either release, pirouette, or 2<sup>nd</sup> different circling skill

Platinum/Diamond-1 tap swing/counterswing is allowed for Value Part. Any others are xtra Swings

Diamond- a Cast to handstand with ½ turn fulfills Special Requirement #1 and #3.

2 Special Requirements may be fulfilled with 1 skill, unless otherwise stated

Silver-NO giants, LB or HB

Unallowable/restricted element-deduct .5 from Start Value, No Value Part, No Special Requirement-take all execution errors

Gold-NO giants

Unallowable/restricted element-same as silver

Platinum-only skills on the Platinum Skill Chart, plus A and B value parts-NO C's

Exception-Clear hip to handstand=B

Diamond-only skills on the Diamond Skill Chart plus A, B, C and 1 D elements (no bonus)

Back giant with ½ turn to within 21-44 degrees from vertical=B

Horizontal to 45 degrees from vertical=A

Less than horizontal-No Value Part

Bronze, Silver, and Gold Bars-On 2 part mount, hands must remain in contact with bar between the 2 parts- deduct .1 if hands lose contact

Platinum and Diamond-If a gymnast does A or B cast that meets special requirement amplitude requirement for that level, and returns to front support-she will receive .3 deduction for xtra swing

Beam Diamond-SR #3-an acro series (w or w/o flight) excluding mount/dismount, AND 1 acro Flight element

Floor-All Divisions-

SR credit will be awarded for cross or side split leaps or jumps that are within the 20 deg of the angle requirement. A deduction of up to .2 insufficient split will be applied.

Acro-performing a kick between elements will break a series. During the step, the kick (let swing forward) must be no higher than 45 degrees otherwise it is broken series.

Dance-any turn on 1 foot or 2 feet OK between elements in series.

Acro flight skills with hand support (round off, flip flop, dive cartwheel, etc) can receive VP credit regardless of # of times performed and may get SR provided that the series in which they are performed are different.

Acro elements such as forward and backward rolls, cartwheels, front and back walkovers, that have optional landing position not specifically listed in code are still eligible to get VP credit.

Beam-backward acro flight series (minimum 1 flight) and acro series with a sideward element (with or without flight) followed by backward flight element must be immediate-NO tempo/rhythm deduction. Deduct .5 for missing SR

watch for arms moving to thighs or further back

exception-gainer flip flop or gainer back layout step out

non-flight acro (any direction), acro flight with only Forward and/or sideward element (minimum 1 flight), and counter acro flight (minimum 1 flight) can deduct tempo up to .2-continuous but slow

back walkover back walkover, cartwheel step thru cartwheel, front walk over cartwheel-non-flight

front handspring front walkover, front walkover dive cartwheel, front walkover aerial cartwheel-only forward and/or sideward, 1 flight

front walkover flip flop, swing thru flip flop step out cartwheel or round off, front tuck flip flop, front handspring back tuck-counter, 1 flight

NOT CONNECTABLE

Back walkover or flip flop step out to lunge, then round off or cartwheel

Any handstand (no hold required) that reaches vertical will receive VP

Floor-

SR-Bronze-SR 1 & 2 cannot be combined

Silver-SR 2- A 2<sup>nd</sup> pass with either a 2<sup>nd</sup> acro connection with a minimum of 2 directly connected skills with or without flight OR and acro skill with flight

SR 1 & 2 cannot be combined

Gold- SR 2- A 2<sup>nd</sup> pass with either a 2<sup>nd</sup> acro connection with a minimum of 2 directly connected flight skills OR an aerial or salto

SR 1 & 2 cannot be combined

Platinum-SR 2- Same as gold but OR a "B" salto

SR 1 & 2 cannot be connected

Apply to All Divisionsa. SR credit will be awarded for Cross and Side split leaps or jumps that are within 20° of the angle requirement A deduction of "up to 0.20" for insufficient split will be applied.

b. A dive roll does not fulfill a flight requirement since it ultimately has support on the shoulders and back.

Apply to Bronze Division

a. Round off rebound-backward roll is an acro connection. This is the only rebound type series allowed to fulfill SR.

b. Maximum of 2 acro flight skills in the routine.

c. Straddle jump (60 degrees-180 or more)= "A" VP

d. Side leap (60 degrees-180 or more)= "A" VP

Apply to Silver Division

a. Round off rebound-backward roll is an acro connection. This is the only rebound type series allowed to fulfill SR

b. Minimum of 1 salto or aerial in the routine.