

XCEL BARS

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND	GENERAL
1. Min. 4 "A" skills 2. Cast – hips leave 3. Circle – no mt/dis 4. Dismount NO High Bar NO Salto Dism. NO "B"s NO X swing ded.	1. Min. 5 "A" skills 2. Cast – 45° ↓ horiz. 3. Circle – no mt/dis 4. Dismount NO Salto Dism. NO "B"s No giants LB/HB NO X swing ded.	1. Min. 6 "A" skills 2. Cast – horizontal 3. Circle – no mt/dis 4. Dismount – HB NO "A" cast ↓ 45° NO "C" NO release w/Bar cg NO Giants NO clear hip angle deduction NO X swing ded.	6 As 1 B 1. Cast above horizontal 2. Circle skill – no mt/dis 3. Kip 4. Dismount - HB Cast 89°-21° from V = "A" 1 Tap-Counter OR Uswing-Counter = "A" No "C"s Except Clear Hip Handstand	5 As 2 Bs 1. Cast to 45° or more 2. Min. "B" circle skill 3. Min. B - Release/ Pirouette or second diff. B circle 4. Salto Dismt – HB Cast 45° - 21° from V = "A". One "D" allowed	-Same circle skill LB/HB = Different - JO cast angles do not apply -Cast SR – not in Mt. or Dismt -Circle SR = 360 DYNAMICS ↑.2