

XCEL BEAM

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND	GENERAL
1. ½ turn – 1 or 2 f 2. One Jump/Leap 3. Non-flight Acro 4. Dismount – jump or from hands NO Walkovers NO Salto/Aerial Dism No "B"s ^ / - jump 180° = "A" Time: 45 sec.	1. ½ turn – 1 ft 2. Jump/Leap 90° 3. Non-flight Acro 4. Dismount "B" Dance - ok No "B" Acro No "C" Time: 50 sec.	1. 1/1 turn 2. Jump/Leap 90° AND Dance Series 3. Two Acro – one vertical 4. Dismount "B" Dance - ok No "C" Time: 1:00	6 As 1 B 1. 1/1 turn 2. Jump/Leap 120° AND Dance Series 3. 1 Acro flight OR Acro series 4. Dismount No "C" Acro / NO "D"s Time: 1:15	5 As 2 Bs 1. 1/1 turn 2. Jump/Leap 150° AND Dance Series 3. 1 Acro flight AND Acro series 4. Dismount (salto/aerial) One "D" allowed Time: 1:15	FEET ↑.2 POSTURE ↑.3 RHYTHM ↑.2 SURENESS ↑.2 ARTISTRY ↑.3 DYNAMICS ↑.2 Handstands – same no hold req. Leaps/Jumps - within 20° ↑.2