

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 ism. NO "B"s NO giants LB/HB	1. Min. 6 "A" skills 2. Cast/Clear support – Min. Horz. 3. Circle – no mt/dis 4. Dismount – HB NO "C" NO release w/Bar chg NO Giants Clear hips – NO angle deductions	6 As 1 B 1. Cast/Clear support – Above Horz. 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!	5 As 2 Bs 1. Cast/clear support - min. 45° from vertical 2. Min. "B" circle skill 3. Min. B - Release/ Pirouette or second "B" circle (same or diff.) 4. Salto/Hecht Dis.- HB Cast 45° - 21° from V = "A" One "D" allowed	- JO cast angles do not apply -Skill to angle SR not in Mt. or Dismt -Circle SR = 360 DYNAMICS ↑.2