

# XCEL BARS

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND	GENERAL
<b>4 As</b> 1. Mount - Min. "A" 2. Cast – hips leave 3. Circle – no mt/dis 4. Dismount  <b>NO</b> High Bar <b>NO</b> Salto Dism. <b>NO</b> "B"s  <b>NO X swing ded.</b>	<b>5 As</b> 1. Mount - Min. "A" 2. Cast – <b>45° ↓</b> horiz. 3. Circle – no mt/dis 4. Dismount  <b>NO</b> Salto Dism. <b>NO</b> "B"s <b>NO</b> giants LB/HB  <b>NO X swing ded.</b>	<b>6 As</b> 1. Cast/Clear support – <b>Min. Horz.</b> 2. Circle – no mt/dis 3. 2 <sup>nd</sup> Circle – same/diff. 4. Dismount – HB  <b>NO</b> "C" <b>NO</b> release w/Bar chg <b>NO</b> Giants Clear hips – <b>NO angle ded.</b>  <b>NO X swing ded.</b>	<b>6 As 1 B</b> 1. Cast/Clear support – <b>Above Horz.</b> 2. Circle skill – no mt/dis 3. Kip 4. Dismount - HB  <b>1 Tap-Counter OR</b> Uswing-Counter = "A" <b>No "C"s Except</b> Clear Hip!, Sole !, Stalder ! no turns	<b>5 As 2 Bs</b> 1. Cast/clear support - min. <b>45° from vertical</b> 2. Min. "B" circle skill no mt/dismt 3. Min. B - Release/Turn, or Second "B" circle (same or diff.) 4. Salto/Hecht/or B Dsmt.  One "D" allowed	*DP cast angle deductions do not apply  *Casts/skill to angle SR - 1° - 10° below –SR <b>SR/VP credit -0.1</b> - <u>amplitude</u> Circle SR = 360  <b>DYNAMICS ↑.2</b>