

**XCEL BARS**

<b>BRONZE</b>	<b>SILVER</b>	<b>GOLD</b>	<b>PLATINUM</b>	<b>DIAMOND</b>	<b>GENERAL</b>
<p><b>4 As</b></p> <ol style="list-style-type: none"> <li>1. Mount - Min. "A"</li> <li>2. Cast - hips leave</li> <li>3. Circle - no mt/dis</li> <li>4. Dismount</li> </ol> <p><b>NO</b> High Bar  <b>NO</b> Salto Dism.  <b>NO</b> "B"s</p> <p><b>NO X swing ded.</b></p>	<p><b>5 As</b></p> <ol style="list-style-type: none"> <li>1. Mount - Min. "A"</li> <li>2. Cast - <b>45°</b> ↓ horiz.</li> <li>3. Circle - no mt/dis</li> <li>4. Dismount</li> </ol> <p><b>NO</b> Salto Dism.  <b>NO</b> "B"s  <b>NO</b> giants LB/HB</p> <p><b>NO X swing ded.</b></p>	<p><b>6 As</b></p> <ol style="list-style-type: none"> <li>1. Cast/Clear support - <b>Min. Horz.</b></li> <li>2. Circle - no mt/dis</li> <li>3. 2<sup>nd</sup> Circle - same/diff.</li> <li>4. Dismount - HB</li> </ol> <p><b>NO</b> "C"  <b>NO</b> release w/Bar chg  <b>NO</b> Giants  Clear hips - <b>NO angle ded.</b></p> <p><b>NO X swing ded.</b></p>	<p><b>6 As 1 B</b></p> <ol style="list-style-type: none"> <li>1. Cast/Clear support - <b>Above Horz.</b></li> <li>2. Circle skill - no mt/dis</li> <li>3. Kip</li> <li>4. Dismount - HB</li> </ol> <p><b>1</b> Tap-Counter <b>OR</b>  Uswing-Counter = "A"  <b>No "C"s Except</b>  Clear Hip!, Sole !, Stalder !  no turns</p>	<p><b>5 As 2 Bs</b></p> <ol style="list-style-type: none"> <li>1. Cast/clear support - min. <b>45° from vertical</b></li> <li>2. Min. "B" circle skill no mt/dismt</li> <li>3. Min. B - Release/Turn, or Second "B" circle (same or diff.)</li> <li>4. Salto/Hecht/or B Dsmt.</li> </ol> <p>One "D" allowed</p>	<p>*DP cast angle deductions do not apply</p> <p>*Casts/skill to angle SR  - 1° - 10° below -SR  <b>SR/VP credit -0.1</b>  - <u>amplitude</u>  Circle SR = 360</p> <p><b>DYNAMICS ↑.2</b></p>