

XCEL BARS

| BRONZE | SILVER | GOLD | PLATINUM | DIAMOND | GENERAL |
|---|--|---|---|--|--|
| 4 As 1. Mount - Min. "A" 2. Cast – hips leave 3. Circle – no mt/dis 4. Dismount NO High Bar NO Salto Dism. NO "B"s NO X swing ded. | 5 As 1. Mount - Min. "A" 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. | 5 As 1. Cast/Clear support – Min. Horz. 2. Circle – no mt/dis 3. 2 nd Circle – same/diff. 4. Dismount – HB NO "C" NO release w/Bar chg NO Giants Clear hips – NO angle ded. NO X swing ded. | 6 As 1 B 1. Cast/Clear support – Above Horz. 2. Circle skill – no mt/dis 3. Kip 4. Dismount – HB. Min. A 1 Tap-Counter OR Uswing-Counter = "A" No "C"s Except Clear Hip!, Sole !, Stalder ! | 5 As 2 Bs 1. Cast/clear support - min. 45° from vertical 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 - within 10°. – 0.1 -Only apply to SR -not in Mt. or Dismt Circle SR = 360 DYNAMICS ↑.2 |