

# Minnesota XCEL Requirements 2011/12 revised 8/29/11

	<b>Bronze level 4 equiv</b> minimum age : 4 years recommended training : 1.5-4hrs/wk	<b>Silver level 5/6 equiv</b> minimum age : 5 years recommended training : 3-6hrs/wk	<b>Gold level 7 equiv</b> minimum age : 6 years recommended training : 6-9hrs/wk	<b>Platinum level 8 equiv</b> minimum age : 7 years recommended training : 9-12hrs/wk	
<b>Vault</b>	handstand to flat back on resi 10.0	FHS 10.0	USAG Level 7 allowable VT chart & start values	USAG Level 8 allowable VT chart & start values	
	dive roll to flat back on resi 9.5	1/2 on 10.0, 1/2 off 10.00			
	pop on, kick to handstand flatbck 9.0	1/2 on 1/2 off 10.0 FHS 1/1 off 10.0			
		<b>HS to flat back on resi 8.5</b>			
<b>Bars</b>	5 A skills	5 A skills <b>No HB giants. No "B" dsmnt</b>	8 skills	8 skills	
	all level 1-4 skills allowed, count as "A"	See allowable skill chart	7A's, 1 B	6 A's, 2 B's	
	mount	mount	1 bar change	1 bar change	
	circle skill	2 circle skills same or different	salto dismount	salto dismount (max of "C" VP)	
	a cast. Execution dedc. only	a horz cast ^ .20 if below HZ	a kip	minimum of 45° cast	
	"A" dismount off low bar, LV 1-4 also ok,	"A" dismount (level 4-5 also ok)	2 circle skills same or diff, 1 with clear support	2 circle skills same or diff - both with clear support	
	* no bar changes allowed	<b>1 bar change</b>	*No angle requirement for a clear hip, if below		
	* routine performed on the low bar*		horizontal, then valued at A		
	<b>Beam</b>	5 A skills total	5 A skills <b>No Flight allowed</b>	8 skills - 6 A's & 2 B's	8 skills - 5 A's & 3 B's
		1/2 turn (pivot turn will fulfill)	full turn	full turn	full turn
2 dance skill connected		2 dance skill connected-1 with 90 split	2 dance skill connected-1 with 180 split	2 dance skill connected-1 with 180 of B+ value	
jump or leap to 90		1 acro skill	2 diff acro skills	1 flight skill & 2 skill acro series together or separate	
single leg hold 2sec		"A" dismount (can be off hands or salto)	salto or aerial dismount	salto dismount (max of" C" VP)	
Dismount LV 1-6, & any jump off beam		Level 3-6 dismounts also ok and = "A" VP	max time 1:20	max time 1:30	
max time 40sec, 30 second warning		max time 50sec			
<b>Floor</b>		5 A skills total	5 A skills <b>No Twisting allowed</b>	8 skills - 6 A's & 2 B's	8 skills - 5 A's & 3 B's
	Min. 1/2 turn	Min. full turn	Min. full turn	B or better toe turn	
	2 dance skills connected - 1 with 90 split	2 dance skills connected - 1 with 90° split	2 dance skill pass - 1 with 180° split (like JO)	2 dance skill connected-1 with 180 of B or better	
	1 tumble skill with flight, <b>RO ok</b>	2 tumble skills with flight - connect or not	1 acro pass of each, fwd, bwd, each req. at least	A fwd acro pass with a salto	
	1 tumble skill fwd & bwd	1 tumble skill fwd & bwd	1 flight skill. *min. 2 skills/ acro pass.	A bwd acro pass with a salto	
	max time 1min, NO music required	max time 1:30, shorter routines encour.	salto, max time 1:30	max time 1:30	
	<b>Warm ups 45 sec. per gymnast</b>	<b>Warm ups 1 min. per gymnast</b>	<b>warm ups 1:30min. per gymnast</b>	<b>warm ups 1:30min. per gymnast</b>	
	*Skills listed in USAG levels 1-4 book are allowed and will be given "A" VP *All A's listed in the code also allowed No cast deductions other than exec.	*No "C"s allowed - Void routine * A's and B's only  *Skills listed in USAG levels 3-6 book are allowed and will be given "A" VP	* A's & B's only, exceptions in code for level 7 ok "C" dance only, Other "C"s incur same deduction for level 7 & 8, any "D"s VOID routine <b>Cast Deductions:</b> 0-45* ="B" No dedc. 44*-HZ ^ .20 = "A" below HZ .2 no VP. If ! Is achieved, consider awarding .1 bonus	* D dance allowed, C acro & dance allowed * D acro allowed with prior approval of state chair No documentation = Void	
	<b>General:</b>				
	Special requirements .50 each "A"s are worth .10 , "B"s are worth .30 Start Values to be flashed for all levels	Coach standing on floor - No deduction Spot on a skill - VP will be awarded - .50	No composition deductions for all levels May repeat a skill a 3rd time for VP and no ded.	<b>Meet entry fees recommendation:</b> <b>In gym \$35 Max. Off site ^\$45 Brnz/Silv, ^\$55 Gold/Plat</b> <b>Recommend Teams comp together except at State</b>	
<b>**Gold &amp; Platinum: up to 0.30 in bonus: any "Move to the Ultimate" = 0.10 per judge's discretion)**</b>					