

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 Dism. NO "B"s No giants LB/HB NO X swing ded.	1. Min. 6 "A" skills 2. Cast - horizontal 3. Circle - no mt/dis 4. Dismount - HB NO "C" NO release w/Bar cg NO Giants NO clear hip angle deduction NO X swing ded.	6 As 1 B 1. Cast above horizontal 2. Circle skill - no mt/dis 3. Kip 4. Dismount - HB Cast 89° - 21° = "A" 1 Tap/Counter = "A" No "C"s Except Clear Hip Handstand	5 As 2 Bs 1. Cast to 45° or more 2. Min. "B" circle skill 3. Release/pirouette/ second diff. B circle 4. Salto Dismt - HB Cast 45° - 21° = "A" One "D" allowed	Same circle skill LB/HB = Different JO cast angles do not apply DYNAMICS ↑.2