

# XCEL BEAM

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND	GENERAL
1. ½ turn – 1 or 2 f 2. One Jump/Leap 3. Non-flight Acro 4. Dismount – jump or from hands  NO Walkovers NO Salto/Aerial Dism No "B"s ^ / - jump 180° = "A" Time: 45 sec.	1. ½ turn – 1 ft 2. Jump/Leap 90° 3. Non-flight Acro 4. Dismount  "B" Dance - ok No "B" Acro No "C"  Time: 50 sec.	1. 1/1 turn 2. Jump/Leap 90° <b>AND</b> Dance Series 3. Two Acro – one vertical 4. Dismount  "B" Dance - ok No "C"  Time: 1:00	<b>6 As 1 B</b> 1. 1/1 turn 2. Jump/Leap 120° <b>AND</b> Dance Series 3. 1 Acro flight <b>OR</b> Acro series 4. Dismount  No "C" Acro / NO "D"s  Time: 1:15	<b>5 As 2 Bs</b> 1. 1/1 turn 2. Jump/Leap 150° <b>AND</b> Dance Series 3. 1 Acro flight <b>AND</b> Acro series 4. Dismount (salto/aerial) <b>One "D" allowed</b>  Time: 1:15	FEET ↑.2 POSTURE ↑.3 RHYTHM ↑.2 SURENESS ↑.2 ARTISTRY ↑.3 DYNAMICS ↑.2  Handstands – same no hold req. Leaps/Jumps - within 20° ↑.2