

XCEL FLOOR

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND	GENERAL
1. Min. 2 skill acro conn. w/wo flight 2. 1acro skill w/wo f 3. Dance Pass 60° 4. ½ turn on 1 foot Max 2 flight skills NO Saltos/Aerials No "B"s Straddle J/Side Leap = "A" Time: 45 sec.	1. Min. 2 skill acro Conn.- 1 w/ flight 2. 2 nd Acro conn. OR 1 flight skill 3. Dance Pass 90° 4. 1/1 turn on 1 foot Max. 1 salto/aerial "B" Dance - ok No "B" Acro/ No "C" Time: 1:00	1. Min. 2 skill acro Conn. w/flight 2. 2 nd Acro conn. w/flight OR Salto/Aerial 3. Dance Pass 120° 4. 1/1 turn on 1 foot No "B" saltos No "C" Time: 1:00	6 As 1 B 1. Min. 2 skill acro conn w/flight - w/ A/B salto 2. 2 nd Acro conn. 2 skills w/flight OR isolated "B"Salto 3. Dance Pass 150° 4. 1/1 turn on 1 foot No "C" Acro / NO "D"s Time: 1:30	5 As 2 Bs 1. Two sep. 2 skill Acro conn. w/ flight 2. Two saltos / 1 "B" 3. Dance Pass 150° 4. Min. "B" turn - 1 ft One "D" allowed Time: 1:30	FEET ↑.2 POSTURE ↑.3 MUSIC/MOVE↑.2 ARTISTRY ↑.3 DYNAMICS ↑.2 Dive roll no flight Roundoff - back Roll / ext. ok at Bronze/Silver/Gold J/L w/in20° - ↑.2