

2011-2012 REGION 5 XCEL BARS

Range SV Max 10.0
9.5-10 .2
9.0-9.475 .5
8.0-8.975 .7
Below 8.0 1.0
Max Score 10.0

REQUIREMENTS	BRONZE	SILVER	GOLD	PLATINUM
Value Parts A=.1, B=.3, C=.5	5 A's (Also any Level 3-5 skills not listed in the code)	6A's and/or B's (Also any Level 4-6 skills not listed in the code)	1 B, 6 A's	2 B's, 5 A's
Start Value	10.0	10.0	10.0	10.0
Difficulty Restrictions	"B" element - no credit *exception -"B or C" clear hip counted as "A", will not void rt. "C,D or E" elements = Void Routine Salto Dismt =Void Routine Counter /Tap swings may count for 2 "A's". More than 2 C/T = .3 each - extra swing	"C" element = 3.0 deduction *exception -"C" clear hip counted as "B" "D or E" elements =Void Routine Counter/Tap swing may count for 1 "A". More than 1 C/T =.3 each - extra swing	"C" elements allowed to replace "A or B" elements. "D or E" elements =Void Routine Counter/Tap swing may count for 1 "A". More than 1 C/T =.3 each - extra swing	"C" elements allowed to replace "A or B" elements. "D or E" elements =Void Routine Counter/Tap Swings =.3 each -extra swing
Special Requirements- Deduct .2 for each missing SR	1. Cast –No angle requirement 2. Circling Skill 3. "A" Dismount	1. Cast to Horizontal 2. Circling Skill 3. Kip-may be mt or in routine 4. 1 Bar Change 5. "A or B" Dismount	1. Cast to Horizontal or above 2. Circling Skill 3. Kip –may be mt. or in routine 4. 1 Bar Change 5. "A or B" Dismount	1. Cast to 45 Degrees or above 2. "B" Circling Skill 3. Kip –may be mt. or in routine 4. 1 Bar Change 5. "A or B" Dismount
Bonus - not given with fall or spot	.1 Routine with kip (max .1) .1 Stuck Dismount-however, take body posture fault deductions	.1 Routine with "B" (max .1) 1. Stuck Dismount-however, take body posture fault deductions	.1 Additional "B" (max .2) .1 Stuck Dismount-however, take body posture fault deductions	.1 Additional "B" (max .2) .1 Stuck Dismount-however, take body posture fault deductions
Composition Deductions	^ .15 Dynamics	^ .15 Dynamics	^ .15 Dynamics	^ .15 Dynamics
	Spot .5 and NO Value Part Warm up time 1:00	Spot .5 and NO Value Part Warm up time 1:00	Spot .5 and NO Value Part Warm up time 1:00	Spot .5 and NO Value Part Warm up time 1:30 NLGibson7/7/11

The Level 4 mount "glide and return" is allowed for an "A" VP skill for bronze and silver. In the counting of elements, a cast to squat on, stoop on, or straddle on is an "A" VP. Therefore, a Bronze gymnast performing a tuck, pike, or straddle sole circle dismount from a cast squat or straddle on will receive 1 "A". NO JO cast angle deductions will be used at ANY level. SR must be met by completed skill or value parts as defined by the JO Code of Points for skill criteria. Skills not meeting criteria may not be used as VP's, SR or used for Bonus. Elements may be recognized two times in a routine provided the element occurs in a different connection. Element may not receive VP credit if performed a 3rd time, or is performed a 2nd time in exact same connection. Level 3-6 elements not listed in the Code of Points will receive "A" VP credit in Bronze and Silver, ie. the cast SR, mill circle, leg cuts, etc.