



# Xcel Gold

2022 to 2026 Xcel Code of Points  
IzaGymJudge

## BEAM

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### Special Requirements

- ✓ 0.50 Full Turn on 1 foot
- ✓ 0.50 Jump or Leap - 120°
- ✓ 0.50 Two Acro Skills,  
one pass thru vertical
- ✓ 0.50 Dismount
- ✓ 7.40 Execution & Artistry Points
- ✓ 0.60 Value Part Requirements

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**10.00 Start Value**

**Value Part Requirements**  
**Six (6) A VPs**

### Difficulty Restrictions

No "C" or higher VP

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## BARS

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### Special Requirements

- ✓ 0.50 A skill finishing in clear support at a minimum of horizontal\*
  - ✓ 0.50 360° Circling skill\*
  - ✓ 0.50 Second 360° Circling skill\*, same or different
  - ✓ 0.50 Dismount from High Bar
  - ✓ 7.40 Execution & Artistry Points
  - ✓ 0.60 Value Part Requirements
- \*not mount or dismount

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**10.00 Start Value**

### Value Part Requirements

Six (6) A VPs

### Difficulty Restrictions

No "C" or higher VP

B Exceptions:

- No Giants (LB or HB)
- No Release Skills with bar change

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## FLOOR

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### Special Requirements

- ✓ 0.50 Two directly connected acro flight skills
- ✓ 0.50 Two directly connected acro flight skills OR one salto/aerial
- ✓ 0.50 Two different Jumps or Leaps  
one a leap with 120° split
- ✓ 0.50 Full Turn on 1 foot
- ✓ 7.40 Execution & Artistry Points
- ✓ 0.60 Value Part Requirements

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**10.00 Start Value**

**Value Part Requirements**  
**Six (6) A VPs**

### Difficulty Restrictions

No "B" VP Twisting Saltos  
No "C" or higher VP

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