



# Xcel Silver

## Special Requirements

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# Vault

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 10.00  
Start Value

## Vault 1 Option

Front Handspring  
over mat stack

 10.00  
Start Value

## Vault 2 Option

1/4 to 1/2 on, Repulsion  
Off over mat stack

**SILVER**



# Xcel Silver

2022 to 2026 Xcel Code of Points  
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## FLOOR

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### Special Requirements

- ✓ 0.50 Two directly connected acro skills, one with flight
- ✓ 0.50 Two directly connected acro skills OR one acro skill with flight
- ✓ 0.50 Two different leaps or jumps - one with 90° split
- ✓ 0.50 Full Turn on 1 foot
- ✓ 7.50 Execution & Artistry Points
- ✓ 0.50 Value Part Requirements

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**10.00 Start Value**

### Value Part Requirements

**Five (5) A VPs**

### Difficulty Restrictions

No "B" Acro VP

No "C" or higher VP

Maximum one (1) Salto OR Aerial per routine

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## BEAM

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### Special Requirements

- ✓ 0.50 Minimum Half Turn on 1 foot
- ✓ 0.50 Jump or Leap 90° or greater split angle
- ✓ 0.50 Acro Skill
- ✓ 0.50 Dismount
- ✓ 7.50 Execution & Artistry Points
- ✓ 0.50 Value Part Requirements

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**10.00 Start Value**

### Value Part Requirements

Five (5) A VPs

### Difficulty Restrictions

No "B" Acro VP  
No "C" or higher VP

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## BARS

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### Special Requirements

- ✓ 0.50 Mount
- ✓ 0.50 Cast - 45° below horizontal or higher
- ✓ 0.50 360° Circling Skill
- ✓ 0.50 Dismount
- ✓ 7.50 Execution & Artistry Points
- ✓ 0.50 Value Part Requirements

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**10.00 Start Value**

### Value Part Requirements

Five (5) A VPs

### Difficulty Restrictions

No "B" or higher VP  
No Giants (LB or HB)  
No Salto dismounts

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**XCEL SILVER**