

EVENT MOVEUP TO XCEL GOLD SKILL CHART	
VAULT	Handstand, flat-back onto 48" stack, straight body
	Handstand, flat-back includes block
	Front handspring over table, at least 100 cm
	Front flip on floor
	Proper running form (speeds up, arm angles, etc)
	Handstand-hop (block) onto panel mat
	Flyspring on raised mat stack
BARS	Connected kips (2+) with straight arms
	Clear hip circle
	Cast to horizontal with straight arms
	Cast to handstand, straddle or legs together
	Cast push-away
	Conceptual understanding of baby giant
	Strap bar routine skills (swings, kips, circling skills)
	Controlled and tight jump to high bar
Squat on, legs straight	
BEAM	Back walkover on high beam
	Back handspring stepout on low beam
	Full turn
	Scissone (135 degrees)
	Split jump to 150 degrees
	Leap to 150 degrees
	Cross handstand, hold 2 seconds
	Cartwheel to handstand, 2 seconds
	Front Kick, side, backward on releve
FLOOR	R-OFF, 2 Bk handsprings connected
	Front handspring
	Full turn on one foot
	Straddle jump--> straight jump
	Leap to 120 degrees
	Back extension roll to handstand
	Back handspring stepout
	Front fly-spring
	Front flip onto mat stack
	Standing back tuck
	Front flip
DANCE	Introduction to switch leaps