

Dynamo Team Beam Routine

1. Jump to **Front Support Mount** (start within 4' of end of beam)
 2. Swing to **Straddle Sit** - Facing End of Beam
 3. Arms Circle Back to Place on Beam Behind Them
 4. Tap Pointed Toes in **Tuck Sit**
 5. Hold "**V**" **Sit** (2 seconds) then stand up w/ GOOD foot in front.
 6. **Pivot Turn** (finish with foot that was up to ankle/knee IN FRONT or it won't get counted)
 7. Step (so their good foot is back in front), Lunge - **Lever** - Finish in Lunge with arms by ears
 8. Step, **Pose** (optional, cross leg & 1 arm in front & 1 arm to side is a simple one)
 9. Step, **Stretch jump**
- Dismount: **Round Off** or **Tuck Jump** off End of Beam

Xcel Bronze Beam Routine

1. Jump to **Front Support Mount** (start within 4' of end of beam)
2. Swing to **Straddle Sit** - Facing End of Beam
3. Arms Circle Back to Place on Beam Behind Them
4. Tap Pointed Toes in **Tuck Sit**
5. Hold "**V**" **Sit** (2 seconds) then stand up w/ GOOD foot in front.
6. $\frac{1}{2}$ **Turn** (finish with foot that was up to ankle/knee IN FRONT or it won't get counted)
7. Step (so their good foot is back in front), Lunge - **Lever OR Handstand**- Finish in Lunge with arms by ears
8. Step, **Pose** (optional, cross leg & 1 arm in front & 1 arm to side is a simple one)
9. Step, **Stretch jump**
10. Step, **Pose** (optional, 1 hand on hip, serve "cookie" with other hand"

Dismount: **Round Off** off end of beam or **Side Handstand** off side of beam

Xcel Silver Beam Routine

1. Swing to **Straddle Sit** - Facing End of Beam
2. **Pose**, w/ 1 arm around head to finish up tall by ears.
3. Grab beam swing to **squat stand**, arms pressed down.
4. $\frac{1}{2}$ **Turn** (finish with foot that was up to ankle/knee IN FRONT or it won't get counted)
5. Step, **Pose** (optional)
6. **Handstand OR Cartwheel OR Back-walkover** (those doing a back-walkover will need to mount more in the middle of the beam!)
7. Step, **Pose** (optional)...if they did a Cartwheel-need to add a pivot turn here HIGH on TOES.
8. Step, **Split Jump OR Split Leap** (whichever one has bigger split & is the cleanest!)
9. Step, **Pose** (optional, 1 hand on hip, serve "cookie" with other hand"
10. Dismount: **Round Off OR Brani* OR Front-Handspring** off end of beam **OR Side Handstand w/ $\frac{1}{4}$ turn** off side of beam

**If doing a BRANI - must be clean, landing on two feet & chest up!*

Dynamo Team Bar Routine

1. Pull Over OR Jump to Front Support
2. Cast Back-Hip Circle (or 2 Casts)
3. Cast Push-Away to “C” Stop

Xcel Bronze Bar Routine

1. Pull Over
2. Cast Back-Hip Circle (hips must leave bar on cast)
3. Dismount: Under Shoot OR Cast Straddle
Sole Circle OR Cast Push-Away to “C” Stop

Xcel Silver Bar Routine

1. Pike OR Straddle Glide to stand (encourage pike glide)
2. Pull Over
3. Cast Back-Hip Circle (cast must be a minimum of 45 degrees below horizontal)
4. Dismount: Under Shoot OR Cast Straddle Sole Circle

****Encourage undershoot dismount for Bronze/Silver!**

Xcel Gold Bar Routine (6 As)

Option #1

- 1. Pike OR Straddle Glide** to stand (encourage pike glide)
- 2. Pull Over**
- 3. Cast Back-Hip Circle** (cast must be to horizontal)
- 4. Cast Squat On**
- 5. 3 Tap Swings**
- 6. Dismount: Flyaway OR ½ turn** (hand has to tap the bar)

Option #2

- 1. Pike OR Straddle Kip**
- 2. Cast Back-Hip Circle** (cast must be to horizontal)
- 3. Cast Squat On**
- 4. 3 Tap Swings**
- 5. Dismount: Flyaway OR ½ turn** (hand has to tap the bar)

Xcel Platinum Bar Routine (6 As, 1B)

Option #1

- 1. Pike OR Straddle Kip**
- 2. Cast Back-Hip Circle** (cast must be above horizontal)
- 3. Cast Squat On**
- 4. Long hang Kip**
- 5. Cast Clear-Hip Circle**
- 6. Tap Swing**
- 7. Dismount: Flyaway**

Option #2

- 1. Pike OR Straddle Kip**
- 2. Cast Back-Hip Circle** (cast must be above horizontal)
- 3. Cast Squat On**
- 4. Uprise**
- 5. Clear-Hip Circle**
- 6. Tap Swing**
- 7. Dismount: Flyaway**

Option #3 ..would be missing one A SV would be 9.9

- 1. Pike OR Straddle Kip**
- 2. Cast Clear-Hip Circle** (cast must be above horizontal)
- 3. Kip**
- 4. Squat-On**
- 5. Tap Swing**
- 6. Dismount: Flyaway**

Dynamo Floor Routine

****Only goes down & back 1 strip**

- 1) Starting Pose** (start facing the middle of floor) - Laying on stomach, hands under chin - propped up on elbows, knees bent & ankles crossed w/ toes pointed.
 - 2) Kick, Kick, Kick**
 - 3) Stretch flat on stomach** - W/ arms straight up by head, legs & toes tight entire body & head flat on floor
 - 4) "Sprinkles" w/ Fingers** - Straight arms, fluttering fingers move arms down to side
 - 5) Sugar Bowl** - Push tall, straight arms, looking at ceiling, toes to head
 - 6) Kick, Kick**
 - 7) Stretch flat on stomach** - W/ arms straight up by head, legs & toes tight entire body & head flat on floor
 - 8) Roll over** - Keep body very tight!
 - 9) Candle Stick, Roll to Step-out** - Stand up with good foot in front.
 - 10) Half Turn** (make sure foot that is held to knee steps in front)
OR Pivot Turn (must be on Tip-Toes)
 - 11) Step Feet Together, Shimmy & Waves w/ arms then Stand Tall**
 - 12) Running Round Off, Backward Roll**
 - 13) Step to Right & Windmill Arms to place hands under chin**
"CHEESE" Pose Legs should bend/squat slightly on pose & then stand back w/ feet together.
 - 14) Split Leap, Step Punch Tuck Jump**
 - 15) Hands on Hips & Kick Butt 4x while turning around**
 - 16) Acro Skill (PICK ONE):**
 - a) Cartwheel
 - b) 1-Arm Cartwheel
 - c) Back-Walkover
- Ending Pose:** 1 - Hand on hip and other hand reaches up and twirls wrist by head and reach 1 leg out w/ pointed toe other.

Xcel Bronze Floor Routine

****Only goes down & back diagonal**

1. **Starting Pose** (start facing the corner) - Start sitting on knees w/ bottom touching heels. Arms reaching out w/ wrists crossed.
2. **Circle Right arm & then Left arm up & back** finishing w/ hands on hips.
3. **Bop shoulders/elbows forward 4x (2x each side)**
4. **Cross and "Serve the Cookies"** while stepping up w/ GOOD leg in front.
5. **½ Turn (one toe pointed to inside of knee & must finish in front at end w/ back toe pointed)**
6. **Step to Right Pose**
7. **Step to Left Pose**
8. **Feet together & Prepare for tumbling pass**
9. **Tumbling Pass: (PICK ONE)**
 - a) Round-Off, Back-Handspring
 - b) Front-Walkover, Cartwheel
 - c) Round-Off, Backward Roll (must rebound after round off and then proceed right into backward roll)
- 10) **Step to Right Curtsy Pose** - Left hand on hip, right arm reaches to right twirling arm around & out. Left pointed toe taps behind right foot.
- 11) **Step Left, Step Right Behind while crossing & bending arms, Finishing in Pose w/ Left Foot pointed out to side. Right arm straight up by head & left arm reaching straight out to the side.**
- 12) **Feet together & Prepare for Leap pass**
- 13) **Split Leap, step punch Tuck Jump**
- 14) **Pose, Pivot, Pose** (Pop right foot up in front, left arm reaching straight ahead & right arm reaching straight out to the right)
- 15) **Right arm circle backwards, Left arm circle backwards**
- 16) **Pose** with Right leg slightly bent, Left leg reaching pointed toe out to side & arms crossed in front.
- 17) **Acro Skill: (PICK ONE)**
 - a) Back-Walkover
 - b) Front-Walkover
 - c) 1-Arm Cartwheel
 - d) Cartwheel
- 18) **Step Forward & Pose** Pop foot up in front w/ 1 arm up by head & 1 arm reaching forward.
- 19) **Right arm circle backwards, Left arm circle backwards & Step back to shin. Front foot popped up on toe.**
- 20) **Arms reach back & forth over head & FINISH w/ OPTIONAL POSE!**

Xcel Silver Floor Routine

- 1) **Starting Pose** (start in corner facing the center of floor) - Start w/ right toe popped up to the side, right hand on hip & left arm bent w/ hand near right shoulder (palm facing outwards).
- 2) **Reach Out & Down w/ Left Arm, Reach Out & Down w/ Right Arm**
- 3) **Feet back together.**
- 4) **While bopping back & forth on toes 3x, move arms back & forth 3x** (reach one arm out to side, other arm crosses in front of chest w/ palm facing outwards)
- 5) **Roll arms 2x & reach 1 arm up by head & other arm pressed back. One foot should be popped up in front.**
- 6) **Feet together & arms pressed back, prepare for tumbling pass.**
- 7) **1st Tumbling Pass: (PICK ONE)**
 - a) Round-Off, Back Tuck
 - b) Round-Off, Back-Handspring
 - c) Front-Walkover, Round-Off
 - d) Front Tuck
 - e) Aerial
 - f) Round-Off, Backward Roll
 - g) Front-Handspring
- 8) **Windmill arms to RIGHT while stepping to RIGHT. LEFT knee bends.**
- 9) **LEFT hand to head. RIGHT arm reaches straight out to side w/ palm facing back.**
- 10) **Move RIGHT arm in & out 2x, while moving LEFT knee in & out 2x**
- 11) **Shuffle step backwards 4x, while alternating left & right opposite arms downwards (see video).**
- 12) **Split leap, step punch Tuck Jump** split must be 90 degrees
- 13) **Right arm circle backwards** while stepping down to Right shin
- 14) **Left arm circle backwards** while stepping down to Left shin
- 15) **Right arm reaches up & look up toward ceiling** left arm pressed down/back.
- 16) **Roll to right** make sure toes point towards floor & arms should be right behind bottom as you roll finish with right foot crossing in front
- 17) **While standing on LEFT shin & RIGHT foot popped up in front, move arms back & forth 3x** (reach one arm out to side, other arm crosses in front of chest w/ palm facing outwards)
- 18) **Cross and "Serve the Cookies" while standing tall point LEFT foot behind you.**
- 19) **Step back on LEFT leg to initiate a side lunge to corner arms "X" & OUT.**
- 20) **Repeat #19 again.**
- 21) **Step feet together & prepare for 2nd tumbling pass.**

FLIP OVER

- 22) 2nd Tumbling Pass: (PICK ONE - Don't repeat first pass & REMEMBER silvers can only do ONE no-handed skill in routine & one of the 2 passes must have at least 2 skills connected)**
- a) Round-Off, Back Tuck
 - b) Round-Off, Back-Handspring
 - c) Handspring Step-Out, Round-Off
 - d) Front Tuck
 - e) Aerial
 - f) Round-Off, Backward Roll
 - g) Front-Handspring
- 23) Hop to RIGHT leg pointed out to side & RIGHT arm reaching up diagonally to side. LEFT hand on hip.**
- 24) Repeat on other side - Hop to LEFT leg pointed out to side & LEFT arm reaching up diagonally to side. RIGHT hand on hip.**
- 25) Step FULL TURN finish with foot that is up to knee in FRONT at end & point back toe, arms should finish up tall by ears.**
- 26) Hop both arms circle up & back down to land w/ RIGHT shin on ground and LEFT foot planted next to RIGHT knee. Head should drop down to look at ground.**
- 27) Pop up to LEFT leg/toe pointed straight out to side. Hands on hips & bop shoulders/elbows forward 3x.**
- 28) Bounce back down on knees w/ butt touching heels. Arms pressed back & head looking up at ceiling.**
- 29) Pop up to RIGHT leg/toe pointed straight out to side & POSE (optional - video shows RIGHT arm straight out to side and LEFT arm up by head)**
- 30) Roll arms 2x & POSE (optional - video shows RIGHT arm bent over head w/ fingertips pointed towards LEFT elbow. LEFT arm straight up by head)**
- 31) Cross and "Serve the Cookies" while standing tall onto RIGHT leg.**
- 32) Bounce back & forth on each toe 3x & move arms back & forth 3x & finish in OPTIONAL STANDING POSE!**

Xcel Gold Floor Routine

Gold gymnasts get their own music/routine.

1) 1st Tumbling Pass (PICK ONE):

- a) Round-Off, Back Tuck (may do w/ or w/out back-handspring)
- b) Round-Off, Back-Handspring
- c) Front-Handspring Step-Out, Round-Off
- d) Front-Handspring Step-Out, Front-Handspring

2) FULL turn

3) **Split Leap, Tuck Jump**; If they have a really good switch-leg leap they can replace that for the Split Leap. Split must be 120 degrees.

4) 2nd Tumbling Pass (PICK ONE - Don't repeat first pass & REMEMBER GOLD must have one tumbling pass w/ two flight elements & a 2nd tumbling pass with two flight elements OR a Salto/Aerial)

- a) Round-Off, Back Tuck
- b) Round-Off, Back-Handspring
- c) Handspring Step-Out, Round-Off
- d) Front Tuck
- e) Aerial

Xcel Platinum Floor Routine (6 As, 1 B)

Platinum gymnasts get their own music/routine.

1) 1st Tumbling Pass (PICK ONE):

- a) Round-Off, Back Tuck or Back Layout (may do w/ or w/out back-handspring)
- b) Round-Off, Back layout w/ 1/1 twist (may do w/ or w/out back-handspring)
- c) Round-Off, Back-Handspring
- d) Front-Handspring Step-Out, Round-Off
- e) Front-Handspring Step-Out, Front-Handspring
- f) Front-Handspring Front Tuck or Pike
- g) Front Tuck - Front Tuck
- h) Aerial - connected directly to a back handspring step-out

2) FULL turn

3) Switch-Split Leap Connected to one of the following: Tuck Jump, Split Leap or Side Straddle Leap

4) 2nd Tumbling Pass (PICK ONE - Don't repeat first pass & REMEMBER PLATINUM must have one tumbling pass w/ two flight elements & a 2nd tumbling pass with two flight elements OR a B Salto - Front Pike alone would fulfill this)

- a) Round-Off, Back Tuck or Back Layout (may do w/ or w/out back-handspring)
- b) Round-Off, Back layout w/ 1/1 twist (may do w/ or w/out back-handspring)
- c) Round-Off, Back-Handspring
- d) Front-Handspring Step-Out, Round-Off
- e) Front-Handspring Step-Out, Front-Handspring
- f) Front-Handspring Front Tuck or Pike
- g) Front Tuck-Front Tuck
- h) Punch Front Pike
- i) Aerial - connected directly to a back handspring step-out

XCEL VAULT

Xcel Bronze: Uses a 16"-48" Mat Stack

Option #1 - Punch to Handstand - fall to flat back

Xcel Silver: Uses a 24"-48" Sideways Mat Stack

Option #1 - Handspring over the sideways mat stack

Option #2 - $\frac{1}{4}$ - $\frac{1}{2}$ Turn On-Repulsion off to feet, landing facing the mat stack. Must have at least a 4" landing mat behind the mat stack.

Xcel Gold: Uses Actual Vault (any height)

Option #1 - Handspring

Option #2 - $\frac{1}{4}$ - $\frac{1}{2}$ Turn On-Repulsion off to feet, landing facing the vault

Xcel Platinum: Uses Actual Vault (any height)

Option #1: 9.8 Start Value: Handspring **OR** $\frac{1}{4}$ - $\frac{1}{2}$ Turn On-Repulsion off to feet, landing facing the vault

Option #2: 10.0 Start Value: $\frac{1}{2}$ Turn On- $\frac{1}{2}$ Turn Repulsion off to feet **OR** $\frac{1}{4}$ Turn On - $\frac{3}{4}$ Turn Repulsion off to feet **OR** $\frac{1}{2}$ Turn On- $\frac{1}{1}$ Turn Repulsion off to feet