

American Sokol Female Gymnastic Skills Girls - Level 4 (Silver) and up, All Junior Girls, All Women Competitors				Please consult the Xcel Code of Points for additional information. Sept. 2016 Revision			
NAME:		UNIT: _____		Evaluation Key: 0 = Unable to perform 1 = Below Average 2 = Average 3 = Above Average			
Year: _____		Year: _____		Year: _____			
Garnet for ages 35 and older		Rating	Bronze		Rating	Silver	
Vault	Option 1 - Stretch Jump onto Min of 16" Mat		Option 1 - Stretch Jump onto Min of 16" +1" Mat		Option 1 - Stretch Jump onto Vault Table		
	Kick to Handstand (Hands on board or mat) Fall to Flat Back		Kick to Handstand (Hands on board or mat)		Kick to Handstand (hands on table or mat stack)		
	Option 2 - Perform two of the following:		Fall to Flat Back		Fall to Flat Back onto Mats Stacked 8" +2" above Table		
	Stretch Jump Tuck Jump Staddle Jump		Option 2 - Jump to Handstand		Option 2 - Handspring onto Table		
Bars - Required	Min. 4 "A" VP/Skills		Min. 4 "A" VP/Skills		Min of 5 "A" VP/Skills		
	Cast - Hips must leave the Bar		Cast - Hips must leave the bar		Cast - to Min. of 45° below Horizontal		
	Dismount		Circling Skill (not on mount or dismount)		Circling Skill (not on mount or dismount)		
	(No circling skill required)		Dismount		Dismount		
Beam - Required	Option of Regulation Height Beam OR Low Beam (8" off floor)		Min. 1/2 Turn on 1 or 2 Feet		Min. 1/2 turn on 1 Foot		
	Min. 1/2 turn on 1 or 2 feet One Jump or Leap		One Jump or Leap		One Jump or Leap w/90° cross or side split		
	One Acro Skill - non-flight OR One Pose		One Acro Skill - non-flight		On Acro Skill- non-flight		
	Dismount (No Saltos or Aerials)		Dismount		Dismount		
	45 Second Maximum		45 Second Maximum		50 Second Maximum		
Floor - Required	Min. 2 directly connected Acro Skills with or w/out Flight		Min. 2 directly connected Acro Skills with or w/out Flight		Min. 2 connected Acro Skills - one must have Flight.		
	2nd Pass with 1 Acro Skill with or w/out flight (SR 1 & 2 cannot be combined)		2nd Pass with 1 Acro Skill with or w/out flight (SR 1 & 2 cannot be combined)		2nd Pass - with 2nd Acro connections with a min. of 2 directly connected skills with or w/out flight OR Acro skill w/Flight (SR 1 & 2 cannot be combined)		
	Dance Passage with a min. of 2 different Group 1 VP or Bronze chart skills, one needs to be a Leap w/60° cross or side split.		Dance Passage with a min. of 2 different Group 1 VP or Bronze chart skills, one needs to be a Leap w/60° cross or side split.		Dance Passage with a min. of 2 different Group 1 VP or Silver chart skills, one needs to be a Leap w/90° cross or side split		
	Min. 1/2 turn on one foot		Min. 1/2 turn on one foot		1/2 Turn on 1 Foot		
	45 Second Maximum		45 Second Maximum		45 Second Maximum		