

BALANCE BEAM—LEVEL 10 (3A, 3B, 2C)

SV 9.5 Max. of .50 Bonus (min. +.10 D/E and +.10 CV)

Award extra +.10 (not in SV) if exercise has a 10.0 SV and min. of .60 total bonus, incl. "E" ACRO

SPECIAL REQUIREMENTS

<ul style="list-style-type: none"> - Acro Series: Min. 2 flight elements, min 1 "C" with or w/out hands OR An "A" non flight acro from Gr 7 & an E flight element (start & finish on beam) - Leap or jump with 180° cross or side split - 360° turn on one foot - Aerial or salto dismt-min. "C" or min. "B" w/ C connection 	SR .50 ea
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BONUS CONNECTIONS

	+1	+2
ACRO FLIGHT 2 element (<i>no dismt</i>)		BD BE CC CD DD
ACRO FLIGHT 2 element (<i>no mt/dismt</i>)	BC (<i>C must be salto</i>)	
ACRO FLIGHT 3 element (incl. mt/dismt)	BBC	BCC BBD
2 DANCE/MIXED (<i>no dismt</i>)	AD BC	BD CC (<i>same or different</i>) CD
TURNS	AC (<i>or reversed</i>)	

***Award +0.10 CV to any (3) element Acro Flight Series that lands on top of the beam, incl. mts; excl. dismts, with a min. 1 "C" Salto/Aerial or 1 "D/E" Flight with/without hand support.**

COMPOSITION

<u>Choice of elements not up to the competitive level</u> *(refer to charts)	
- <u>Acro elements</u> not up to the competitive level* (<i>mount incl.</i>)	^ .20
- <u>Dance elements</u> not up to the competitive level* (<i>mount incl.</i>)	^ .20
- <u>Dismount</u> not up to the competitive level*	^ .10
<u>Failure to perform Acro elements in 2 different directions (BWD & FWD/SWD)</u> - Gr.1,6,7,8	.10
- Dismount only FWD/SWD or only BWD element (<i>handstand = no: group 5</i>)	.05
<u>Lack of Dance Series (min. 2 elem from grps 1,2,3)</u>	.20
More than 2 pivot (straight leg 1/2 turns)	.10
More than 2 dance elem. of same shape: <u>tuck/wolf</u> or <u>straddle</u> , with or w/out turn	each type .10
Spatial Use: entire length of beam	^ .10
Insufficient level changes throughout exercise	^ .10
Directional Use: Movements/non-VP/Choreography fwd/swd/bwd	^ .10

Note: Any Acro element performed a 3rd time (receiving no VP credit) that is used in a direct connection to a BB Dismt. elem. May be used to fulfill the BB Dismt. Compositional req. as a connection. The 0.10 Deduction for performing an isolated Dismt. element is not applied.

EXECUTION

<u>Concentration pauses:</u>	-Two seconds each .10	- More than 2 seconds each .20
Insufficient Sureness of Performance throughout the exercise	^ .20	
Insufficient Variation in <u>Rhythm & Tempo</u> throughout exercise	^ .20	
Insufficient Dynamics: energy maintained throughout & makes difficult look effortless	^ .20	
<u>Artistry:</u>		
- Originality/creativity of Choreography in Elements & Connections	.05— .10	
- Quality of Movement to Reflect Personal Style	.05— .10	
- Quality of Expression (i.e. Projection, Focus)	.05— .10	
Lack of tempo, poor rhythm between elem. (dance series/mixed series/acro series)	^ .20	
EXCEPTION: BWD Acro series or Side/BWD w/ 1 or more flight elem. is connected or not. Tempo N/A		
Support one leg against side to maintain balance	each .20	
Grasp BB to avoid fall	.30	
Lack of precision in dance VP	each ^ .10	
Relax/incorrect footwork non VP throughout	^ .20	
Failure to perform Gr. 3 turns in high releve	each ^ .10	
Failure to land feet/legs together (jumps/leaps landing side 2 ft)	^ .10	
Directional error on Gainer salto dismount-end of beam	^ .30	
3rd run to approach mount	each judge .50	

CHOICE OF ACRO ELEMENTS ON BEAM - LEVEL 10

Deduction Formula 1 (C in Acro Flight Series)

Formula 2 (D or E in Acro Flight Series)

No ded.	<p>1.a. 2 elem. Acro Flt. Series with C salto, or 1.b. 3 elem. Acro Flt. Series with C (w/ or w/out hand supp.) 2. D/E Acro Flight (w/ or w/out hand supp.) 3. (min.) addtl. C Salto* or D/E Acro Flight</p> <p><i>*If flight series has 2 C saltos, 1 counts for addtl. C salto</i></p>	<p>1. 2 elem. Acro Flt. Series w/ min. D/E Acro Flt. 2. 1 addtl. D/E Acro Flight</p>
0.05	<p>1. 2 elem. Acro Flight Series with C salto 2. D/E Acro Flight (w/ or w/out hand supp.)</p>	<p>1. 2 elem. Series w/ min. D/E Acro Flight 2. Addtl. C Salto</p>
0.10	<p>1.a. 2 elem. Acro Flight Series with C salto 2.a. Addtl. C Salto</p> <p style="text-align: center;">OR</p> <p>1.b. Acro Flt. Series w/out C salto 2.b. C Salto (not in flight series) 3.b. D/E Acro Flight (w/ or w/out hand supp.)</p>	<p>1. 2 elem. Acro Flt. Series w/ min. D/E Acro Flt. 2. Addtl. B or C Flight w/ hand support</p>
0.15	<p>1.a. 2 elem. Acro Flight Series with C salto 1.b. Acro Flight Series w/out C salto 2.b. Only one "D/E" Acro Flight</p> <p style="text-align: center;">OR</p>	<p>1.a. 2 elem. Acro Flt. Series w/ min. D/E Acro Flt. 2.a. No addtl. Acro Flight</p> <p style="text-align: center;">OR</p> <p>1.b. No Acro Flight Series 2.b. Only one "D/E" Acro Flight</p>
0.20	<p>1. No Acro Flt. Series OR Acro Flt. Series w/out a Salto or Aerial 2.a. No Addtl. C (or more) Salto/Aerial in exercise. OR 2.b. Performs only isolated C Salto (or less)</p> <p><i>Example: Back Tuck/Back Tuck broken series w/ no other Acro</i> <i>Take 0.20 - the "C" + "O" VP for series can't be used as the addtl. C</i></p>	

CHOICE OF DANCE ELEMENTS ON BEAM

No deduction	C C C D/E D/E
0.05	C C B C D/E
0.10	C C B D/E
0.15	C B D or E
0.20	C B B

CHOICE OF BEAM DISMOUNT

No deduction	B Acro Flight or C Dance + C dismt Any D/E
0.05	A Acro + C dismt B Dance + C dismt Acro Series w/ C + B dismt D or E Acro Flight + B dismt
0.10	Isolated C or less C Acro Flight/Dance + B dismt

CHIEF JUDGE DEDUCTIONS *(deduction from avg. score)*

Coach standing next to Beam throughout entire exercise	<u>0.10</u>
Exceeds 30 Second Fall Time	terminated
Excessive use of magnesia or incorrect tape usage	<u>0.20</u>
Failure to observe specified warm up time (after warning)	<u>0.20</u>
Failure to present to CJ before & (either judge) after exercise	each time <u>0.10</u>
Failure to remove the board after the mount	<u>0.30</u>
Gymnast fails to begin exercise within 30 sec. after CJ signals	<u>0.20</u>
Incorrect attire - incl. unacceptable jewelry (after warning)	<u>0.20</u>
Overtime (warning 1:20, time 1:30)	<u>0.10</u>
Short Exercise (Beam routine less than 30 sec.)	<u>2.00</u>
Start exercise before signal (deduct from repeated performance)	<u>0.50</u>
Technical Verbal cues by coach or teammate(s) (after warning)	<u>0.20</u>
Unsportsmanlike conduct of gymnast (after warning)	<u>0.20</u>
Use of unauthorized or additional mats	<u>0.30</u>
Using incorrect apparatus specifications	<u>0.30</u>

***1.00 is score awarded to any optional routine that will be awarded a score equal to or less than 1.00**

BALANCE BEAM—LEVEL 9 (3A, 4B, 1C)

SV 9.7 Max. of .30 CV Bonus

Restriction: All 'A', 'B', 'C' elements plus 'D/E' dance elements allowed

May perform ONE restricted "D/E" element from Mount, Acro, Dismount group (receives "C" VP credit)

SPECIAL REQUIREMENTS

.50 ea

- Acro Series w/minimum two (2) flight elements (*no mount/dismount*)
- Leap or jump with 180° cross or side split
- 360° turn on one foot (min)
- Aerial or salto dismount-min. 'B'

BONUS CONNECTIONS

	+1	+2
ACRO FLIGHT 2 element (<i>no dismt</i>)		CC
ACRO FLIGHT 2 element (<i>no mt/dismt</i>)	BC (<i>C must be salto</i>)	
ACRO FLIGHT 3 element	BBC	BCC
2 DANCE/MIXED (<i>no dismt</i>)	BC	CC (<i>same or different</i>)
URNS	AC (<i>or reversed</i>)	

*Award +0.10 CV to any (3) element Acro Flight Series that lands on top of the beam, incl. mts; excl. dismts, with a min. 1 "C" Salto/Aerial

COMPOSITION

Choice of elements not up to the competitive level *(refer to charts)	
- <u>Acro elements</u> not up to the competitive level* (<i>mount included</i>)	^ .20
- <u>Dance elements</u> not up to the competitive level* (<i>mount included</i>)	^ .20
- <u>Dismount</u> not up to the competitive level*	^ .10
Failure to perform <u>acro elements</u> in 2 different directions (BWD & FWD/SWD)-Gr. 1,6,7,8	.10
- Dismt. only FWD/SWD or only BWD element (<i>handstand = no: group 5</i>)	.05
<u>Lack of dance series</u> (min. 2 elem from grps 1,2,3)	.20
More than 2 pivot (straight leg 1/2 turns)	.10
More than 2 dance elem. of same shape: <u>tuck/wolf</u> or <u>straddle</u> , with or w/out turn	each type .10
Spatial Use: entire length of beam	^ .10
Insufficient level changes throughout exercise	^ .10
Directional Use: Movements/non-VP/Choreography FWD/SWD/BWD	^ .10

Note: Any Acro element performed a 3rd time (receiving no VP credit) that is used in a direct connection to a BB Dismt. elem. May be used to fulfill the BB Dismt. Compositional req. as a connection. The .10 Deduction for performing an isolated Dismt. element is not applied.

EXECUTION

<u>Concentration pauses:</u>	
- Two seconds	each .10
- More than 2 seconds	each .20
Insufficient Sureness of Performance throughout the exercise	^ .20
Insufficient Variation in <u>Rhythm & Tempo</u> throughout exercise	^ .20
Insufficient <u>Dynamics</u> : energy maintained throughout & makes difficult look effortless	^ .20
<u>Artistry:</u>	
- Originality/creativity of Choreography in Elements & Connections	.05—.10
- Quality of Movement to Reflect Personal Style	.05—.10
- Quality of Expression (i.e. Projection, Focus)	.05—.10
Lack of Tempo, poor Rhythm between Elem. (dance series/mixed series/acro series)	^ .20
EXCEPTION: BWD Acro series w/ 1 or more flight elem. is connected or not. Tempo N/A	
Support one leg against side to maintain balance	each .20
Grasp BB to avoid fall	.30
Lack of precision in dance VP	each ^ .10
Relax/incorrect footwork non VP throughout	^ .20
Failure to perform Gr. 3 turns in high releve	each ^ .10
Failure to land feet/legs together (jumps/leaps landing side 2 ft)	^ .10
Directional error on Gainer salto dismount-end of beam	^ .30
3rd run to approach mount	Ea. judge .50

CHOICE OF ACRO ELEMENTS ON BEAM - LEVEL 9

No deduction	1. Acro Series with 2 Flights, one a 'C' 2. One Salto/Aerial <u>OR</u> one 'D/E' Acro Flight (w/hand-support)* <i>*If Acro Series incl. Salto/Aerial, additional Acro Flight can be min. 'C' (w/w/o) hand-support</i>
0.05	1. Acro Series with 2 Flights, one a 'C' 2. One additional 'C' Acro Flight (w/hand-support)
0.10	1. Acro Series with 2 Flights, one a 'C' 2. One or more 'B' Acro Flight
0.15	1. Acro Series w/1 or 2 'B' Flight 2. One 'C' Salto or Aerial
0.20 <i>(If all criteria apply)</i>	1. Acro Series w/1 or 2 'B' Flight <u>OR</u> No Acro Flight Series 2. No other 'B' or more difficult Acro

CHOICE OF DANCE ELEMENTS ON BEAM

No deduction	C C
0.05	C B
0.10	C
0.15	B B
0.20	B

CHOICE OF BEAM DISMOUNT—LEVEL 9

No deduction	B Acro Flight or C Dance + B dismt <u>OR</u> Any 'C' dismount
0.05	'A' Acro + 'B' dismt 'B' dance + 'B' dismt
0.10	Isolated 'B' or any A dismt

CHIEF JUDGE DEDUCTIONS *(deduction from avg. score)*

Coach standing next to Beam throughout entire exercise	0.10
Exceeds 30 Second Fall Time	terminated
Excessive use of magnesia or incorrect tape usage	0.20
Failure to observe specified warm up time (after warning)	0.20
Failure to present to CJ before & (either judge) after exercise	each time 0.10
Failure to remove the board after the mount	0.30
Gymnast fails to begin exercise within 30 sec. after CJ signals	0.20
Incorrect attire - incl. unacceptable jewelry (after warning)	0.20
Overtime (warning 1:20, time 1:30)	0.10
Short Exercise (Beam routine less than 30 sec.)	2.00
Start exercise before signal (deduct from repeated performance)	0.50
Technical Verbal cues by coach or teammate(s) (after warning)	0.20
Unsportsmanlike conduct of gymnast (after warning)	0.20
Use of unauthorized or additional mats	0.30
Using incorrect apparatus specifications	0.30

***1.00 is score awarded to any optional routine that will be awarded a score equal to or less than 1.00**

Restricted Element Performed:
 No VP credit, no SR credit. Deduct 0.50 reflected in SV
 Appropriate execution/amplitude deductions applied to all, regardless of receiving VP credit

BALANCE BEAM—LEVEL 8 (4A, 4B)

SV 10.0 No Bonus

Restriction: Only A/B elements plus 'C' Dance elements (B credit) allowed

May perform ONE restricted "C" element from Mount, Acro, Dismount group (receives "B" VP credit)

SPECIAL REQUIREMENTS

.50 ea

- Acro Series w/min. two (2) elements, one with flight (*no mount/dismount*)
- Leap or jump with 180° cross or side split
- 360° turn on one foot (min.)
- Aerial or Salto dismount—min. 'A'

COMPOSITION

Choice of elements not up to the competitive level* (<i>refer to charts</i>)	
- <u>Acro elements</u> not up to the competitive level* (<i>mount included</i>)	^.20
- <u>Dance elements</u> not up to the competitive level* (<i>mount included</i>)	^.20
- <u>Dismount</u> not up to the competitive level*	^.10
Failure to perform <u>acro elements</u> in 2 different directions (BWD & FWD/SWD)-Gr. 1,6,7,8	.10
- Dismt. only FWD/SWD or only BWD element (<i>handstand = no: group 5</i>)	.05
<u>Lack of dance series</u> (min. 2 elem from grps 1,2,3)	.20
More than 2 pivot (straight leg 1/2 turns)	.10
More than 2 dance elem. of same shape: <u>tuck/wolf</u> or <u>straddle</u> , with or w/out turn	ea. type .10
Spatial Use: entire length of beam	^.10
Insufficient level changes throughout exercise	^.10
Directional Use: Movements/non-VP/Choreography FWD/SWD/BWD	^.10

Note: Any Acro element performed a 3rd time (receiving no VP credit) that is used in a direct connection to a BB Dismt. elem. May be used to fulfill the BB Dismt. Compositional req. as a connection. The 0.10 Deduction for performing an isolated Dismt. element is not applied.

EXECUTION

<u>Concentration pauses:</u>	
- Two seconds	each .10
- More than 2 seconds	each .20
Insufficient Sureness of Performance throughout the exercise	^.20
Insufficient Variation in <u>Rhythm & Tempo</u> throughout exercise	^.20
<u>Insufficient Dynamics:</u> energy maintained throughout & makes difficult look effortless	^.20
<u>Artistry:</u>	
- Originality/creativity of Choreography in Elements & Connections	.05—.10
- Quality of Movement to Reflect Personal Style	.05—.10
- Quality of Expression (i.e. Projection, Focus)	.05—.10
Lack of Tempo, poor Rhythm between Elem. (dance series/mixed series/acro series)	^.20
EXCEPTION: BWD Acro series w/ 1 or more flight elem. is connected or not. Tempo N/A	
Support one leg against side to maintain balance	each .20
Grasp BB to avoid fall	.30
Lack of precision in dance VP	each ^.10
Relax/incorrect footwork non VP throughout	^.20
Failure to perform Gr. 3 turns in high releve	each ^.10
Failure to land feet/legs together (jumps/leaps landing side 2 ft)	^.10
Directional error on Gainer salto dismount-end of beam	^.30
3rd run to approach mount (<i>each judge</i>)	.50

***1.00 is score awarded to any optional routine that will be awarded a score equal to or less than 1.00**

CHOICE OF ACRO ELEMENTS ON BEAM - LEVEL 8

No ded.	1. Acro Series with 2 "B" Flights 2. Two (2) additional Acro, one a "B"
0.05	1. Acro Series with 2 "B" Flights 2. Two (2) additional "A" Acro <u>OR</u> One additional "B" Acro
0.10	1. Acro Series with 2 "B" Flights 2. One (1) additional "A" Acro <u>OR</u> 1. Acro Series with 1 "B" Flight 2. One (1) additional "B" Acro
0.15	1. Acro Series with 1 'B' Flight 2. One (1) additional "A" Acro <u>OR</u> 1. Series with 2 "B" Flights
0.20 <i>(If all criteria apply)</i>	1. Acro Series with 1 'B' Flight or less difficult <u>OR</u> 1. No Acro Flight Series 2. No other Acro

CHOICE OF DANCE ELEMENTS ON BEAM

No deduction	B B A
0.05	B B
0.10	B A A
0.15	B A
0.20	Only 'A's

CHOICE OF BEAM DISMOUNT—LEVEL 8

No deduction	B Acro directly conn. to 'A' Dismount <u>OR</u> Any 'B' dismt
0.05	'A' Acro + 'A' dismt
0.10	Isolated 'A' or non VP dismt

CHIEF JUDGE DEDUCTIONS *(deduction from avg. score)*

Coach standing next to Beam throughout entire exercise	0.10
Exceeds 30 Second Fall Time	terminated
Excessive use of magnesia or incorrect tape usage	0.20
Failure to observe specified warm up time (after warning)	0.20
Failure to present to CJ before & (either judge) after exercise	each time 0.10
Failure to remove the board after the mount	0.30
Gymnast fails to begin exercise within 30 sec. after CJ signals	0.20
Incorrect attire - incl. unacceptable jewelry (after warning)	0.20
Overtime (warning 1:20, time 1:30)	0.10
Short Exercise (Beam routine less than 30 sec.)	2.00
Start exercise before signal (deduct from repeated performance)	0.50
Technical Verbal cues by coach or teammate(s) (after warning)	0.20
Unsportsmanlike conduct of gymnast (after warning)	0.20
Use of unauthorized or additional mats	0.30
Using incorrect apparatus specifications	0.30

***1.00 is score awarded to any optional routine that will be awarded a score equal to or less than 1.00**

Restricted Element Performed:
 No VP credit, no SR credit. Deduct 0.50 reflected in SV
 Appropriate execution/amplitude deductions applied to all, regardless of receiving VP credit

BALANCE BEAM—LEVEL 7 (5A, 2B)

SV 10.0 No Bonus

Restriction: Only A/B elements allowed

May perform ONE "C" dance element (receives "B" VP credit)

SPECIAL REQUIREMENTS

.50 ea

- Acro Series w/w/out flight (no mount/dismount) AND One (1) Acro flight element (isolated/in series)
Deduct = 0.50 if either/both Acro series or Flight element are missing)
- Leap or Jump with 180° cross or side split
- 360° turn on one foot (min.)
- Aerial or Salto dismount-min. 'A'

BALANCE BEAM—LEVEL 6 (5A, 1B)

SV 10.0 No Bonus

Restriction: Only A/B elements allowed

SPECIAL REQUIREMENTS

.50 ea

- Acro Series w/w/out flight (no mount/dismount) OR One (1) Acro flight element
- Leap or jump with 180° cross or side split
- 360° turn on one foot (min.)
- Aerial or Salto dismount-min. 'A'

EXECUTION

Concentration pauses:

- Two seconds	each	.10
- More than 2 seconds	each	.20
Insufficient Sureness of Performance throughout the exercise		^ .20
Insufficient Variation in <u>Rhythm & Tempo</u> throughout exercise		^ .20
<u>Insufficient Dynamics</u> : energy maintained throughout & makes difficult look effortless		^ .20
Artistry:		
- Originality/creativity of Choreography in Elements & Connections		.05— .10
- Quality of Movement to Reflect Personal Style		.05— .10
- Quality of Expression (i.e. Projection, Focus)		.05— .10
Lack of Tempo, poor Rhythm between Elem. (dance series/mixed series/acro series)		^ .20
EXCEPTION: BWD Acro series w/ 1 or more flight elem. is connected or not. Tempo N/A		
Support one leg against side to maintain balance	each	.20
Grasp BB to avoid fall		.30
Lack of precision in dance VP	each	^ .10
Relax/incorrect footwork non VP throughout		^ .20
Failure to perform Gr. 3 turns in high releve	each	^ .10
Failure to land feet/legs together (jumps/leaps landing side 2 ft)		^ .10
Directional error on Gainer salto dismount-end of beam		^ .30
3rd run to approach mount	each judge	.50

***1.00 is score awarded to any optional routine that will be awarded a score equal to or less than 1.00**

Restricted Element Performed:

No VP credit, no SR credit. Deduct 0.50 reflected in SV

Appropriate execution/amplitude deductions applied to all, regardless of receiving VP credit