

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 .50 ea.

Max time 1:30

- Acro Series: Min. 2 flight elements, min 1 "C" with or w/out hands (or)

An "A" non flight acro from Gr 7 (walkovers, cartwheels) & 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

BONUS CONNECTIONS

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

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

CHOICE OF ACRO ELEMENTS

	Flight Series	Add'l Acro	Add'l C Salto
No Ded.	BC 1 C-Salto	D/E Aerial/Salto/hand	C or D/E Acro Flight
	BBC Salto or hand OK	D/E Aerial/Salto/hand	C or D/E Acro Flight
	CC 2 C Saltos (also BCC)	D/E Aerial/Salto/hand	
	BD "D" or "E" Flight	D/E Aerial/Salto/hand	
0.05	BC 1 C-Salto	D/E Aerial/Salto/hand	
	BD "D" or "E" Flight		C Salto
0.1	BC 1 C-Salto		C Salto
	BC Hands - NO Salto	D/E Aerial/Salto/hand	C Salto
	BD "D" or "E" Flight	B or C Flight on Hands	
0.15	BC 1 C-Salto		
	BC Hands - NO Salto	D/E Aerial/Salto/hand	
	BD "D" or "E" Flight		
	NO Series	D/E Aerial/Salto/hand	
0.2	NO Series		C Salto
	Broken Series		C Salto
	BC Hands only or BB		

CHOICE OF DANCE ELEMENTS

No Ded.	C-C-C (or) D-D
0.05	C-C-B (or) C-D
0.1	C-C (or) D-B
0.15	C-B (or) D
0.2	C (or) B-B or less

CHOICE OF DISMOUNT

	Dismt.	Acro Connect	Dance Connect
No Ded.	D/E	BC B-Acro to C-Dmt	CC C-Dance to C-Dmt
0.05		AC A-Acro to C-Dmt	BC B-Dance to C-Dmt
		CBB Acro series C to B-Dmt	
		DB D-Acro flight to B-Dmt	
0.1	C isolated	CB C-Acro to B-Dmt	CB C-Dance to B-Dmt

Dance Series (0.20)

Acro Direction: 2 diff. BWD & FWD/SWD (0.10)

Dismount only FWD/SWD or BWD (0.05)

More than One pivot turn (0.10)

See Composition & Execution pg. for more complete list of deductions

May 4, 2022 Email corrections to: Sharyn@usacompetitions.com

BALANCE BEAM—LEVEL 9 (3A, 4B, 1C) SV 9.7 Max. of .30 Bonus (CV +.10 D/E bonus-1st D/E)

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)

First D/E performed (allowed or restricted) receives +.1 D/E bonus if performed without fall or spot

More than one restricted elem. performed: No VP or SR credit. Ded. 0.50 from SV. (exec. & ampl. deductions apply)

SPECIAL REQUIREMENTS .50 ea	Max time 1:30
<ul style="list-style-type: none"> - 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 (no dismt)		CC
ACRO FLIGHT 2 element (no dismt)	BC (C must be salto)	
ACRO FLIGHT 3 element	BBC	BCC
2 DANCE/MIXED (no dismt)	BC	CC (same or different)
URNS	AC (or reversed)	

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

CHOICE OF ACRO ELEMENTS ON BEAM: LEVEL 9

Flight Series Add'l Acro

No Ded.	BC 2 flight	C Salto or Aerial	If acro series has a Salto or Aerial, the add'l acro can be a C w/hand support
	BC 2 flight	D/E hand support	
0.05	BC 2 flight	C hand support	
0.1	BC 2 flight	B or more B flight	
0.15	BB 1-2 B flights	C Salto or Aerial	
0.2	BB 1-2 B flights	No other B Acros	
	No Series Broken Series	No other B Acros	

CHOICE OF DANCE ELEMENTS

No Ded.	C-C 2 C-Dance elements or more
0.05	C-B
0.1	C
0.15	B-B
0.2	B

CHOICE OF DISMOUNT

No Ded.	C	BB Acro connect	CB Dance connect
0.05		AB Acro connect	BB Dance connect
0.1	B Isolated	A Any A dismount	

Dance Series (0.20)

Acro Direction: 2 diff. BWD & FWD/SWD (0.10)

More than One pivot turn (allowable: 1 ft turn, squat turn, 1/4-1/4 turn) (0.10)

Dismount only FWD/SWD or BWD (0.05)

See Composition & Execution pg. for more complete list of deductions

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

***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 8 (4A, 4B): SV 10.0 No Bonus

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

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

More than one restricted elem. performed: No VP or SR credit. Ded. 0.50 from SV. (exec. & ampl. deductions apply)

SPECIAL REQUIREMENTS .50 ea

Max time 1:30

- 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'

CHOICE OF ACRO ELEMENTS ON BEAM: LEVEL 8

No Ded.	Flight Series	Add'l Acro	Add'l Acro
	BB 2 flight	B	A
0.05	BB 2 flight	A	A
	BB 2 flight	B	
0.1	BB 2 flight	A	
	AB B flight	B	
0.15	AB B flight	A	
	BB 2 flight	No other Acros	
0.2	AB or no series	No other Acros	

CHOICE OF DANCE ELEMENTS

No Ded.	B-B-A 2 B-Dance elements and 1-A
0.05	B-B
0.1	B-A-A
0.15	B-A
0.2	Only A elements

CHOICE OF DISMOUNT

No Ded.	B	BA Acro connect
0.05		AA Acro connect
0.1	A Isolated	Non-VP dismt

COMPOSITION

Failure to perform <u>acro elements in 2 different directions (BWD & FWD/SWD)</u> -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 (min. 2 elem from grps 1,2,3)</u>	.20
<u>More than One pivot</u> (straight leg 1/2 turn on two feet). (<i>allowable: 1 ft turn, squat turn, 1/4-1/4 turn</i>)	.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: MUST show 2 out of 3 directions • fwd/swd/bwd movements/non-VP/Choreography	each .05

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

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

COMPOSITION: LEVEL 8, 9, 10 BEAM

Failure to perform Acro elements in 2 different directions (BWD & FWD/SWD) - Gr.1,6,7,8	.10
- Dismount only FWD/SWD or only BWD element (<i>handstand = no: Gr. 5</i>)	.05
Lack of Dance Series (min. 2 elem from grps 1,2,3)	.20
More than <u>One</u> pivot (straight leg 1/2 turn on two feet). (<i>allowable: 1 ft turn, squat turn, 1/4-1/4 turn</i>)	.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: MUST show 2 out of 3 directions • fwd/swd/bwd movements/non-VP/Choreography	each .05
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 <u>0.10</u> deduction for performing an isolated Dismt. element is not applied.	

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 (<i>lack of fluid connection/series of disconnected elem/moves</i>)			^ .20
Insufficient Dynamics: energy maintained throughout & makes difficult look effortless			^ .20
Artistry:			
- Lack of variety in Choreography (poses, phrases, connections) <i>Ex: unnecessary adjustments/steps</i>			.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)			each ^ .20
EXCEPTION: BWD Acro series or Side/BWD w/ 1 or more flight elem. is connected or not. Tempo N/A			^ .30
Support one leg against side to maintain balance			each .20
Grasp BB to avoid fall			.30
Additional movements to maintain balance on BB			^ .30
Lack of precision in dance VP			each ^ .10
Flexed/sickled feet on VP elements			each time .05
Relax/incorrect footwork non-VP's throughout			^ .30
Incorrect body posture/alignment during dance VP			up to .10
Incorrect body align., position, or posture in non-VPs throughout exercise			^ .30
Failure to perform Gr. 3 turns in high releve			each ^ .10
Failure to land feet/legs together on jumps/leaps to two feet			^ .10
Deviation from straight direction on dismount landing			up to .10
Directional error on Gainer salto dismount-end of beam			^ .30
Arm swings on landing to maintain balance			up to .10
3rd run to approach mount			each judge .50

CHIEF JUDGE DEDUCTIONS (deduction from avg. score)

Coach standing next to BB throughout entire exercise	<u>0.10</u>
Warming up on mat after a fall	<u>0.20</u>
Exceeds 45 Second Fall Time (<i>time starts when athlete is on her feet</i>)	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 mounting apparatus/spotting block after mount	<u>0.30</u>
Gymnast fails to begin exercise within 30 sec. after CJ signals	<u>0.20</u>
Incorrect attire (after warning). <i>Stud earrings allowed</i>	<u>0.20</u>
Overtime	<u>0.10</u>
Short Exercise (Beam routine less than 30 sec.) (<i>exception: Level 6</i>)	<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) <i>Judge must hear words</i>	<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 7 (5A, 2B): SV 10.0 No Bonus

Restriction: Only A/B elements allowed. May perform "C" dance elements (receives "B" VP credit)

Restricted element performed: No VP or SR credit. Ded. 0.50 from SV. (exec. & ampl. deductions apply)

SPECIAL REQUIREMENTS .50 ea

Max time 1:20

- **Acro Series with or w/out flight (excl. mt./dismt.) AND One (1) Acro flight element (isolated/in connection)**
(One skill in series must go thru vertical. HS hold ok. Deduct = 0.50 if either/both Acro series or Flight elem. missing)
- **Leap or Jump with 180° cross or side split**
- **360° turn on one foot (Group 3)**
- **Aerial or Salto dismount-min. 'A'**

BALANCE BEAM—LEVEL 6 (5A, 1B): SV 10.0 No Bonus

Restriction: Only A/B elements allowed. May perform one "C" dance element (receives "B" VP credit)

More than one restricted elem. performed: No VP or SR credit. Ded. 0.50 from SV. (exec. & ampl. deductions apply)

SPECIAL REQUIREMENTS .50 ea

Max time 1:15

- **Non-flight Acro Series (excl. mt./dismt.) OR One (1) Acro flight element (isolated/in connection)**
(One skill in series must go thru vertical. HS hold ok)
- **Leap or jump with 180° cross or side split**
- **360° turn on one foot (min.)**
- **Aerial or Salto dismount-min. 'A'**

Composition deductions DO NOT apply at levels 6 and 7!

EXECUTION

Concentration pauses:

-Two seconds	each	<u>.10</u>
- More than 2 seconds	each	<u>.20</u>
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:		
- Lack of variety in Choreography (poses, phrases, connections) <i>Ex: unnecessary adjustments/steps</i>		.05— <u>.10</u>
- Quality of Movement to Reflect Personal Style		.05— <u>.10</u>
- Quality of Expression (i.e. Projection, Focus)		.05— <u>.10</u>
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	<u>.20</u>
Grasp BB to avoid fall		<u>.30</u>
Lack of precision in dance VP	each	[^] .10
Relax/incorrect footwork non VP throughout		[^] .30
Incorrect body align., position, or posture in non-VPs throughout exercise		[^] .30
Failure to perform Gr. 3 turns in high releve	each	[^] .10
Failure to land feet/legs together on jumps/leaps to two feet		[^] .10
Deviation from straight direction on dismount landing		up to .10
Directional error on Gainer salto dismount-end of beam		[^] .30
3rd run to approach mount	each judge	<u>.50</u>

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