

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 & 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 (<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 (<i>incl. mt/dismt</i>)	BBC	BCC BBD
2 DANCE/MIXED (<i>no dismt</i>)	AD BC	BD CC (<i>same or different</i>) CD
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 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 <i>Aerial/Salto/hand</i>	C <i>or D/E Acro Flight</i>
	BBC <i>Salto or hand OK</i>	D/E <i>Aerial/Salto/hand</i>	C <i>or D/E Acro Flight</i>
	CC 2 C Saltos (<i>also BCC</i>)	D/E <i>Aerial/Salto/hand</i>	
	BD <i>"D" or "E" Flight</i>	D/E <i>Aerial/Salto/hand</i>	
0.05	BC 1 C-Salto	D/E <i>Aerial/Salto/hand</i>	
	BD <i>"D" or "E" Flight</i>		C <i>Salto</i>
0.1	BC 1 C-Salto		C <i>Salto</i>
	BC <i>Hands - NO Salto</i>	D/E <i>Aerial/Salto/hand</i>	C <i>Salto</i>
	BD <i>"D" or "E" Flight</i>	B or C <i>Flight on Hands</i>	
0.15	BC 1 C-Salto		
	BC <i>Hands - NO Salto</i>	D/E <i>Aerial/Salto/hand</i>	
	BD <i>"D" or "E" Flight</i>		
	NO Series	D/E <i>Aerial/Salto/hand</i>	
0.2	NO Series		C <i>Salto</i>
	Broken Series		C <i>Salto</i>
	BC <i>Hands only or BB</i>		

CHOICE OF DANCE ELEMENTS

No Ded.	C-C-C (<i>or</i>) D-D
0.05	C-C-B (<i>or</i>) D-C
0.1	C-C (<i>or</i>) D-B
0.15	C-B (<i>or</i>) D
0.2	C (<i>or</i>) B-B or less

CHOICE OF DISMOUNT

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

Dance Series (0.20)

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

Dismount only FWD/SWD or BWD (0.05)

See Composition & Execution pg. for complete list of deductions

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 Max time 1:30

- 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 mt/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, incl. mts; (excl. dismts), 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	C	If acro series has a Salto or Aerial, the add'l acro can be a C w/hand support
	2 flight	Salto or Aerial	
	BC	D/E	
	2 flight	hand support	
0.05	BC	C	
	2 flight	hand support	
0.1	BC	B	
	2 flight	or more B flight	
0.15	BB	C	
	1-2 B flights	Salto or Aerial	
0.2	BB	No other B Acros	
	1-2 B flights		
	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	CB
		Acro connect	Dance connect
0.05		AB	BB
		Acro connect	Dance connect
0.1	B	A	
	Isolated	Any A dismount	

Dance Series (0.20)

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

Dismount only FWD/SWD or BWD (0.05)

See Composition & Execution pg. for complete list of deductions

More Than One 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

***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 '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

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

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

CHOICE OF DANCE ELEMENTS

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

CHOICE OF DISMOUNT

No Ded.	B	BA <i>Acro connect</i>
0.05		AA <i>Acro connect</i>
0.1	A <i>Isolated</i>	

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 in 2 different directions (BWD & FWD/SWD)-Gr.1,6,7,8</u>	.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
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.

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

***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

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 incl.)</i>	<u>.20</u>
- <u>Dance elements</u> not up to the competitive level* <i>(mount incl.)</i>	<u>.20</u>
- <u>Dismount</u> not up to the competitive level*	<u>.10</u>
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: group 5)</i>	<u>.05</u>
Lack of Dance Series (min. 2 elem from grps 1,2,3)	.20
More than 2 pivot (straight leg 1/2 turns)	<u>.10</u>
More than 2 dance elem. of same shape: <u>tuck/wolf</u> or <u>straddle</u> , with or w/out turn	each type <u>.10</u>
Spatial Use: entire length of beam	<u>.10</u>
Insufficient level changes throughout exercise	<u>.10</u>
Directional Use: Movements/non-VP/Choreography fwd/swd/bwd	<u>.10</u>
<i>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.</i>	

EXECUTION

Concentration pauses:	Two seconds each .10	More than 2 seconds	each .20
Insufficient Sureness of Performance throughout the exercise			<u>.20</u>
Insufficient Variation in <u>Rhythm & Tempo</u> throughout exercise			<u>.20</u>
Insufficient Dynamics: energy maintained throughout & makes difficult look effortless			<u>.20</u>
Artistry:			
- Originality/creativity of Choreography in Elements & Connections			<u>.05—</u> .10
- Quality of Movement to Reflect Personal Style			<u>.05—</u> .10
- Quality of Expression (i.e. Projection, Focus)			<u>.05—</u> .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 <u>.20</u>
Grasp BB to avoid fall			<u>.30</u>
Lack of precision in dance VP			each <u>.10</u>
Relax/incorrect footwork non VP throughout			<u>.20</u>
Failure to perform Gr. 3 turns in high releve			each <u>.10</u>
Failure to land feet/legs together (jumps/leaps landing in side position)			<u>.10</u>
Directional error on Gainer salto dismount-end of beam			<u>.30</u>
3rd run to approach mount			each judge .50

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

Coach standing next to Beam throughout entire exercise	0.10
Exceeds 30 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 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 (after warning). <i>Stud earrings allowed</i>	<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) <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>

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

***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 ONE "C" dance element (receives "B" VP credit)

SPECIAL REQUIREMENTS .50 ea

Max time 1:20

- Acro Series with or 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

Max time 1:15

- Acro Series with or 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'

Composition deduction DO NOT apply at levels 6 and 7!

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
Insufficient Dynamics: 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 in side position)		^.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