

Xcel Balance Beam

| | Bronze | Silver | Gold | Platinum | Diamond |
|--|--|---|--|--|--|
| Value Parts | As | As | As & Bs | 6A 1B | 5A 2B |
| Special Reqmts 0.5 each | 180° turn, 1 or 2 ft Leap/jump, any angle split | 180° turn, 1 foot Leap/jump, 90° split Acro skill, non-flight Dismount | 360° turn, 1 foot 2 diff Gp 2 elem, one w/ 120° split 2 acro elem, w/w/o flight, one thru vertical Dismount | 360° turn, 1 foot Dance series min 2 elem Gp 1/2/3 (same/diff), --AND-- 1 Leap/jump w/120° split (in series or iso) Acro elem w/ flight --OR-- acro series w/w/o flight Dismount | 360° turn, 1 foot Dance series min 2 elem Gp 1/2/3 (same/diff) --AND-- Leap/jump 150° split (in series or iso) Acro Series w/w/o flight --AND-- 1 acro flight elem Dismount Salto or Aerial |
| No VP = no SR | Acro skill, non-flight Dismount | | | | |
| Acro= not mt/dsmt | | | | | |
| Restricted -.5 SV, no VP, no SR (-.5), take exec | No Bs + no salto/aerial dismount No walkovers | B dance allowed No Bs + acro No Cs + No flight acro | No Cs + | C dance allowed No C acro No D | 1 D allowed No Es No bonus |
| notes | | | | XP,XD: Gp3 elem allowed in Dance series = turns on 1 foot | XP,XD: Mount elem allowed for Dance series: leap/jump free onto beam (1.101,1.201,1.301,1.401) |
| Split angle | None | 90 | 120 | 120 | 150 |
| Warm up Routine - | 30 sec 45 sec | 45 sec 50 sec | 1:00 1:00 | 1:30 1:15 | 2:00 1:15 |

CLARIFICATIONS

Leap/Jump Split angle for SR = as listed per division within 20° ; split angle for a B/C element VP = min 135, no angle ded when split reaches division reqm't
unallowable skill (below reqmts) – no VP, no SR (-.5). If restricted (above reqmts), take add'l .5 SV, and if restricted dismount, also take 0.3 for no dismt of value
Partial handstands and vertical handstands are considered the same element
Handstands do NOT require a hold; can be used as 1st or 2nd element in a series
All mounts = A (unless listed B+ in code)
No composition; max 4.0 execution; courtesy score 4.0

Range (avg decides)

| | |
|-------------|-----|
| 9.5 - 10.0 | 0.2 |
| 9.0 - 9.475 | 0.5 |
| 8.0 - 8.975 | 0.7 |
| below 8.0 | 1.0 |

Averages trick
if **both w/.05** - drop .05 from high, add to low score...then avg the score

if **one w/.05** - drop .05 out, avg score...then add .025 to average

CJ Deductions

Overtime 0.1
fail to remove mount device/spotting device 0.3
Exceed warm up 0.2 (if during fall, no warning)
Coach instructs gymnast verbally during routine = 0.2 (no warning)
Coach remains by beam during whole routine = NO PENALTY in Xcel
lands dismount on solid/loose foam pit – no VP and deduct 0.3

APPARATUS DEDUCTIONS

| | | |
|--|------------------|-------------|
| relaxed body/leg posture, flexibility throughout | up to 0.3 | B/L |
| relaxed/incorr footwork in non-VP | up to 0.2 | ft |
| variation of rhythm and tempo throughout | up to 0.2 | R |
| insuff sureness of performance throughout | up to 0.2 | sure |
| dynamic performance (energy, effortless) | up to 0.2 | dy |
| artistry of presentation | | art |
| • quality of expression | up to 0.1 | ex |
| • originality of choreography | up to 0.1 | ch |
| • quality of movement | up to 0.1 | mv |
| rhythm during acro conn.(counter, fwd/side) | up to 0.2 | |
| rhythm during dance/mix conn. | up to 0.2 | |
| height of acro/dance/saltos | ea up to 0.2 | |
| salto dismount | up to 0.3 | |
| Insufficient leg split in L/J (per SR, VP reqmts) | up to 0.2 | |
| legs not even in split/strad L/J | ea up to 0.2 | |
| failure to land feet together in L/J (land side) | ea up to 0.1 | |
| Turns not in high relevé | ea up to 0.1 | |
| incomplete turn/twist | ea up to 0.2 | |
| lack of precision in VP dance | ea up to 0.1 | |
| incorrect body position in VP dance | ea up to 0.1 | |
| insuf exactness of tuck/pike/stretch position | up to 0.2 | |
| hesitation in jump/press/swing to hdst | up to 0.1 | |
| concentration pause – 2 sec = .1 more than 2 sec = | ea 0.2 | |
| support of leg against beam, hit | ea 0.2 | |
| balance ----- up to 0.3 grasp to prevent fall-----0.3 | | |
| use supplement support (feet on floor or base) | 0.3 | |
| landing too close to beam on dismt | 0.1 | |
| Insuf extension of body (open) prior to land | up to 0.3 | |
| body position landing elements/dismounts | up to 0.2 | |
| direction of gainer dismount off end | up to 0.3 | |
| no dismount of value (from SV) | 0.3 | |
| third run approach | 0.5 | |