J.O. Optional Balance Beam

	6	7	8	9	10
Value Parts	**5A 1B** any C = -0.5, no VP	**5A 2B** one dance C = B Rst C= -0.5, no VP	**4A 4B** dance C = B one allowed Rst C = B Rst C= -0.5, no VP	**3A 4B 1C** Dance D/E = C one Rst D/E = C Rst D/E = -0.5, no VP	**3A 3B 2 C**
Special Reqmts 0.5 each No VP = no SR	Acro elem (Gp 5,6,7) Leap/jump180° split 360° turn A dismount	Acro Series w/wo flight *AND* Acro Flight element Leap/jump 180° split 360° turn A salto/aerial dismount	Acro series, 1 flt elem Leap/jump 180° split 360° turn A salto/aerial dismount	Acro Series, 2 flt Leap/jump 180° split 360° turn B salto/aerial dismount	**Acro Series**, 2 flt with one min C (or E flt and A non-flt) **Leap/jump 180° split 360° turn** **C dismount** (or a B dismt dir conn to a C acro series or elem)
Bonus	none no composition	none no composition	none	Max 0.3 CV Allowed D/E = C	Max 0.4 CV/DV +0.1 D +0.2 E
SV Deduct=>	10.0 C, VP, SR, no dismt	10.0 C , VP, SR, no dismt	10.0 Rst C, VP, SR, no dismt	9.7 (+0.3 bonus) Rst D/E, VP, SR, no dismt	9.5 (+0.5 bonus) VP, SR, no dismt

Connection Value (CV)	2 acro flight no dismt	3 acro flight (try 2-acro bonus)	dance/mixed (acro flt, no dismt)	turns
+ 0.1	B + C (salto) no mount	B + B + C	A + D B + C	A + C
+ 0.2	C + C B/C + D B + E D + D	B + C + C B + B + D B + C + D	C + C B + D C + D	

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

GENERAL COMPOSITION (L8-10)

Lack of dance series	**0.2**	dser
more than 2 dance of same shape ∧ W ∨ ea 0.1		shp
more than 2 pivot (1/2) turns in exercise	0.1	↻
bal between acro/dance	up to 0.2	bal
one-sided acro (F/S and B) (if in dismt -.05)	up to 0.1	acro dir
choice of acro up to level of competition	up to 0.2	UTL
lack of variety in choice of acro	up to 0.1	var
Insuf distribution	up to 0.1	db
Level changes	up to 0.1	Lvl
Spatially (whole beam)	up to 0.1	
Directionally (F/S/B choreg, movement)	up to 0.1	mvt dir

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

height of acro/dance/saltos	ea up to 0.2	
dismount	up to 0.3	
incorrect body position in VP dance	ea up to 0.1	
legs not parallel to beam in split/strad L/J	ea up to 0.2	
lack of precision in VP dance	ea up to 0.1	
failure to perform turns in high relevé	ea up to 0.1	
incomplete turn/twist	ea up to 0.2	
failure to land feet together in L/J (land side)	ea up to 0.1	
rhythm during dance/mix conn.	up to 0.2	
rhythm during acro conn.(counter, fwd/side)	up to 0.2	
hesitation in jump/press/swing to hdst	up to 0.1	
3 concentration pause (+2 sec)	ea 0.1	
support of leg against beam, hit	ea 0.2	
balance ----- up to 0.3 grasp to prevent fall-------0.3		
add'l trunk movements on dismt landing	up to 0.2	
more than one element before mount	0.2	
use supplement support on mount (feet still on floor)	0.3	
third run approach	0.5	
more than 1 L/H/J to prone	ea 0.1	
landing too close to beam on dismt	0.1	
direction of gainer dismount off end	up to 0.3	
no dismount of value (from SV)	0.3	

UTL L10: Acro Ser w/ C: 2 elem C=Salto **– or-** 3 elem C= acro flt
     and additional flight D/E
     and C salto (can be in the series, a second salto)
     and B flt + C dismt **-or-** D/E flt + B dsmt **–or–** D/E dismt
     Acro Ser w/ D/E: 2 elem w/ D/E acro flight
     and additional flight D/E
     and B flt + C dismt **-or-** D/E flt + B dsmt **–or–** D/E dismt
UTL L 9: Acro Ser w/ C (D/E = C)
     and salto/aerial/ D/E flight w/ hand sup (if C was salto, then second C flight w or w/o hand support)
     and B flight + B dismt **–or–** C dismt

Overtime deduction 0.1 CJ

L 8-10 - 1:30 -- warning 1:20

L7 - **1:20** -- warning 1:10

L6 – 1:15 – warning 1:05   **shorter than 30 sec = - 2.0 CJ**