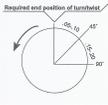
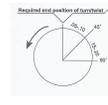


<b>Balance Beam Execution</b>		
3rd Run approach		<u>0.50</u>
Additional movements to maintain balance <b>on</b> Beam		<sup>^</sup> 0.30
Additional trunk movements to maintain balance/control upon <b>landing</b> of dismount <i>(applies to "stuck landings" but uses trunk movments to avoid steps)</i>		<sup>^</sup> 0.20
Bent arms in support or bent legs (90° bend or greater receives 0.30) <i>(Maximum of 0.30 for bent arms and 0.30 for bent legs on any one element)</i>		<sup>^</sup> 0.30
Brush/touch of landing surface with one or both hands (no support)		<sup>^</sup> 0.30
Concentration pauses (more than 2 seconds prior to difficult elements or connections)		each <u>0.10</u>
Dance: Incomplete turn - Gr 2 & 3 elements w/ 360° or more turn 1°- 44° missing           0.05 - 0.10 45°- 89° missing         0.15 - 0.20 90° or more missing     lesser VP		<sup>^</sup> 0.20
Deviation from straight direction on landing		<sup>^</sup> 0.10
Directional error on Gainer Salto dismounts off the end of the beam		<sup>^</sup> 0.30
Dismount landing too close to the beam		<u>0.10</u>
Dismounts: Incomplete twist on dismounts w/ 360° or more twist 1°- 44° missing           0.05 - 0.10 45°- 89° missing         0.15 - 0.20 90° or more missing     lesser VP		
Exercise shorter than 30 seconds (complete or incomplete) <b>(Chief Judge)</b>		<u>2.00</u>
Extra arm swings on landing		<sup>^</sup> 0.10
Extra steps on landing (maximum 4)		each <u>0.10</u>
Failure to land w/ feet/legs together on jumps/leaps that land on 2 feet in side position		each <sup>^</sup> 0.10
Failure to perform Group 3 Turns in high releve		each <sup>^</sup> 0.10
Fall onto Beam or off the Beam onto the mat		<u>0.50</u>
Fall/Failure to land on the bottom of the feet first on aerials/salto/dismounts <i>Note: If the gymnast lands on bottoms of feet and the hands or knees simultaneously, award VP credit and SR if appropriate, and deduct for a fall</i>		No VP/SR/Bonus & <u>0.50</u>
Flexed or Sickled feet during value parts		each time 0.05
Grasp of the beam to avoid a fall		<u>0.30</u>
Hesitation during jump, press, or swing to handstand		<sup>^</sup> 0.10
Incorrect body posture on landing of elements and dismount		<sup>^</sup> 0.20
Incorrect body posture/alignment during dance VP		<sup>^</sup> 0.10
Insufficient artistry throughout the exercise <i>(Max 0.1 in each category)</i> Originality/creativity of choreography in elements & connections   0.05 - 0.10 Quality of gymnast's movement to reflect her personal style       0.05 - 0.10 Quality of expression (i.e. projection, focus)                         0.05 - 0.10		<sup>^</sup> 0.30
Insufficient dynamics <b>throughout</b> - Consider: <i>wenergy maintained throughout the exercise       wmakes difficult look effortless</i>		<sup>^</sup> 0.20
Insufficient exactness of stretched position arch <sup>^</sup> 0.20                   hips angle (136°-179) <sup>^</sup> 0.20		<sup>^</sup> 0.20
Insufficient exactness of tuck or pike position in VP elements		<sup>^</sup> 0.20
Insufficient extension (open) of body prior to landing of Acro or Dismount elements		<sup>^</sup> 0.30
Insufficient height of Aerials, Saltos, & Acro flight elements with hand support		<sup>^</sup> 0.20
Insufficient height of dismounts		<sup>^</sup> 0.30
Insufficient height on leaps, jumps and hops		<sup>^</sup> 0.20

Insufficient split position (deviation from 180°)		
1° - 20° missing	0.05 - 0.10	^0.20
21° - 45° missing	0.15 - 0.20	
46° or more missing	lesser VP	
Insufficient sureness of performance <b>throughout</b> the exercise		^0.20
Insufficient variation in rhythm and tempo <b>throughout</b> the exercise		^0.20
Lack of precision in dance VP		each ^0.10
<i>Lack of definite arm or leg position on turns/leaps; degree of turn not exact</i>		
Lack of tempo/poor rhythm between elements performed in a dance, mixed, or *acro series ( <i>Applies to a continuous, but slow connection</i> ) *Exception: Backward acro series with one or more flight elements is either connected or not; tempo deduction does NOT apply		^0.20
Large step or jump on landing (approximately 3 feet or more)		<u>0.20</u>
Leg or knee separations		^0.20
Legs crossed during salto dismounts with twist		^0.10
Legs not parallel to beam in split or straddle pike leaps/jumps		^0.20
Relaxed/incorrect footwork on non-value parts <b>throughout</b> the exercise		^0.20
Relaxed/incorrect leg position/body posture & insufficient flexibility in non-value parts <b>throughout</b> the exercise		^0.30
Slight hop, or small adjustment of feet on landing of elements or dismounts		^0.10
Spotting assistance during an element:		No VP/No SR/Bonus & <u>0.50</u>
Spotting assistance upon landing of dismount element:		Award VP & SR/No Bonus & <u>0.5</u>
Squat on landing (hips even with or lower than the knees) <i>Note: If the gymnast lands an acro element in a squat position and then falls off the beam, deduct ^0.30</i>		^0.30
Support of one leg against side surface of the beam to maintain balance		each time <u>0.20</u>
Support on mat with 1 or 2 hands		<u>0.50</u>

<b>Composition</b>		
Choice of acro elements not up to the competitive level		^0.20
Insufficient distribution of the elements		^0.10
•Level of difficulty not maintained throughout the exercise		
•Most difficult elements placed in same section of exercise		
•Dismount is a single element of minimal required difficulty for the level		<u>0.05</u>
Insufficient use of entire beam apparatus		
•Insufficient level changes throughout exercise		^0.10
•Spatially (use of entire length of beam)		^0.10
•Directionally (movements/non-VP/choreography fwd/bkwd/sidwrd)		^0.10
Lack of a dance series with minimum of 2 dance elements from Grps 1, 2, or 3		<u>0.20</u>
Lack of variety in choice of elements		
•Fail to perform acro elements in 2 different directions backward & forward or sideward		each <u>0.10</u>
•Dismount is the only forward/sideward or the only backward element		<u>0.05</u>
•Lack of balance between acro and dance value part elements		^0.20
•Lack of variety in dance elements		
•More than 2 elements with a wolf or tuck position with or without turn		<u>0.10</u>
•More than 2 straddle jumps, with or without turn		<u>0.10</u>
•More than 1 leap/jump/hop element to front support		each <u>0.1</u>
•More than two 180° turns on 2 feet (pivots) with straight legs throughout the exercise		<u>0.10</u>
More than one element before the mount		<u>0.20</u>