

Balance Beam

Composition

Missing Acro bwd & fwd or swd	each .10
- If only in dismount	<u>.05</u>
Spatially - insuff. use of entire beam	<u>↑.10</u>
Insufficient distribution of elements	<u>↑.10</u>
Dmt. a single ele of minimal req. diff. for the Lev.	<u>.05</u>
Insufficient level changes	<u>↑.10</u>
Failure to show movement/choreography	
in diff. dir. (fwd/swd/bwd)	<u>↑.10</u>
More than 2 pivot (str. leg 1/2 turns) throughout exercise	<u>.10</u>
More than 2 dance elements of the same shape	
(tuck/wolf or straddle)	each type <u>.10</u>
More than 1 leap/jump to front support	each <u>.10</u>
Acro elements not up to competitive level	<u>↑.20</u>
Lack of balance between acro & dance elements	<u>↑.20</u>
Lack of dance series (min. 2 dance elements from Gr. 1, 2, 3)	<u>.20</u>
More than one element before mount	<u>.20</u>

Execution

Feet apart on side pos. landing of leap/jump	each <u>↑.10</u>
Hesitation in jump, press, swing to HS	<u>↑.10</u>
Incorrect body pos./alignment on dance elem.	each <u>↑.10</u>
Lack of precision in dance elements	each <u>↑.10</u>
Turn elements not performed in high relevé	each <u>↑.10</u>
Landing too close to beam on dismount	<u>.10</u>
Concentration pause (more than 2 sec.)	each <u>.10</u>
Rhythm of conn.- dance/mixed/acro (not bwd flight)	each <u>↑.20</u>
Insufficient split when required (dance/acro elements)	<u>↑.20</u>
Legs not parallel to beam in split or straddle pike	<u>↑.20</u>
Insufficient dynamics	<u>↑.20</u>
Insuff. height of leaps/jumps/hops	each <u>↑.20</u>
Insuff. height of acro flights, aerials & saltos	each <u>↑.20</u>
Insuff. sureness of performance - throughout	<u>↑.20</u>
Insuff. variation in rhythm/tempo - throughout	<u>↑.20</u>
Relaxed/incorr. footwork in non-VPs throughout	<u>↑.20</u>
Support of 1 leg against side of BB	<u>.20</u>
Insuff. height of salto dismount	<u>↑.30</u>
Add'l movements to maintain balance on the beam	<u>↑.30</u>
Direction on gainer dmt. off end of beam	<u>↑.30</u>
Insuff. Extension (open) of tuck/pike body pos.	
prior to landing acro elem. & dismount	<u>↑.30</u>
Relaxed/incorr./insuff. leg pos./body posture, &	
flexibility in non-VPs throughout	<u>↑.30</u>
Grasp of beam to avoid a fall	<u>.30</u>
Artistry/Presentation	<u>↑.30</u>
- Originality/creativity of choreography	<u>↑.10</u>
- Quality of movement reflects personal style	<u>↑.10</u>
- Quality of expression	<u>↑.10</u>