

# BEAM LEVEL 10 COMPOSITION

## ACRO elements not up to competitive level ↑0.2

	Flight Series	Additional Acro	Additional C Salto
Expected = NO Deduction	<b>BC</b> 1 C-salto	<b>D/E</b> Aerial/salto/hand	<b>C</b> or D/E Acro Flight
	<b>BBC</b> Salto or hand OK	<b>D/E</b> Aerial/salto/hand	<b>C</b> or D/E Acro Flight
	<b>CC</b> 2 C-saltos (also BCC)	<b>D/E</b> Aerial/salto/hand	
	<b>BD</b> "D" or "E" flight	<b>D/E</b> Aerial/salto/hand	
0.05	<b>BC</b> 1 C-salto	<b>D/E</b> Aerial/salto/hand	
	<b>BD</b> "D" or "E" flight		<b>C</b> Salto
0.10	<b>BC</b> 1 C-salto		<b>C</b> Salto
	<b>BC</b> Hands - NO salto	<b>D/E</b> Aerial/salto/hand	<b>C</b> Salto
	<b>BD</b> "D" or "E" flight	<b>B or C</b> Flight on Hands	
0.15	<b>BC</b> 1 C-salto		
	<b>BC</b> Hands - NO salto	<b>D/E</b> Aerial/salto/hand	
	<b>BD</b> "D" or "E" flight		
		<b>D/E</b> Aerial/salto/hand	
0.20	<b>NO Series</b>		<b>C</b> Salto
	<b>Broken Series</b>		<b>C</b> Salto
	<b>BC</b> Hands only or BB		

## DISMOUNT not up to competitive level ↑0.1

	Dismount	Acro Connect	Dance Connect
Expected 0.0 Deduct	<b>D/E</b>	<b>BC</b> B-Acro to C-Dmt	or <b>CC</b> C-Dance to C-Dmt
0.05		<b>AC</b> A-Acro to C-Dmt	or <b>BC</b> B-Dance to C-Dmt
		or <b>BCB</b> Acro series C to B-Dmt	
		or <b>DB</b> D-Acro flight to B-Dmt	
0.10	<b>C</b>	or <b>CB</b> C-Acro to B-Dmt	or <b>CB</b> C-Dance to B-Dmt

## DANCE elements not up to competitive level ↑0.20

Expected 0.0 Deduction	<b>CCC</b> 3 C-dance elements or greater		
0.05	<b>CCB</b>	or	<b>DC</b> or EC
0.10	<b>CC</b>	or	<b>DB</b> or EB
0.15	<b>CB</b>	or	<b>D</b> or E
0.20	<b>C</b>	or	<b>BB</b> or less

**0.10** Failure to perform Acros in 2 different directions  
Backward & Forward/Sideward

**0.05** Dismount is the only Fwd/ Swd or Bwd

**0.10** Overuse of Dance elements with same shape  
More than 2 ea: Wolf / Tuck or Straddle

**0.10** More than 2 pivot turns (2-feet & straight legs)

**0.20** Lack of a Dance Series (Min of 2 dance elements)

↑0.10 Insufficient level changes throughout exercise

↑0.10 Spatial use: Entire length of beam

↑0.10 Directional use: Movements/Non-VP/Choreo