

NCAA Balance Beam

Value Parts	3A 3B 2C no VP = no SR
Special Reqmts	Acro series (2 ft w/ C w/wo hand support, must finish on beam...or A(gp 7) + E Acro) Dance series (one elem min C) L/J 180 deg (can be in series) 360 turn C dismt - or B dismt conn to D acro element
0.2 ea	
Additive Value SV	CV or DV max 0.4 +0.1 D +0.2 E 9.5 (+0.5)

Average 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

Overtime deduction 0.1
1:30 -- warning 1:20
from feet takeoff to land on floor

Range -- Average decides

9.5 - 10.0	0.2
9.0 - 9.475	0.3
8.0 - 8.975	0.5
below 8.0	1.0

APPARATUS DEDUCTIONS

relaxed body/leg posture, flexblty throughout	up to 0.3	B/L
relaxed/incorr footwork in nonVP	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	
• originality of choreography	up to 0.1	
• quality of movement	up to 0.1	
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/sw 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	
third run approach	0.5	
landing too close to beam on dismt	0.1	
direction of gainer dismount off end	up to 0.3	

GENERAL COMPOSITION

one-sided acro (F/S and B) (not dismt)	each 0.1	acro dir
choice of acro up to level of comp	0.1	UTL
Insuf distribution	0.05	db
Level changes	0.05	Lvl
Spatially (whole beam)	0.05	sp
Directionally (F/S/B movement)	0.05	dir
More than 1 L/H/J to prone	ea 0.1	

Up To Level: acro flight bonus (CV) series
-or- acro fit series w/o bonus AND a D acro or E dance
[Series skills must be ON BEAM; series may be broken but attempted; D may be mount or dismt]

NCAA differences:

Ψ = C $\underline{3}$ $\underline{2}$ = D
 $\sqrt{0} =$ $\sqrt{V} =$ = D
dismounts
 $\sqrt{0} =$ B $\sqrt{0} =$ C $\sqrt{0} =$ D $\sqrt{0} =$ E
 $\sqrt{0} =$ D $\sqrt{0} =$ D $\sqrt{0} =$ E $\sqrt{0} =$ E

max run for mt at 27 1/2 feet -0.1 if exceeds
Chalk applied to beam (except small marks on top) - 0.2 CJ

Connection Value (CV)	2 acro flight no dismt	3 acro flight no B dismt	dance/mixed (acro fit, no dismt)	turns
+ 0.1	[<u>no</u> B + C]	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	no CV for a B dismount

....counts like C in CV with handsprings only, but D for CV with other elements (still get DV for D)

$B+C = 0$ CV, +.1 DV
 $B + D = +.1$ CV, +.1 DV
 $B+B+C = .1$ CV +.1 DV and +.1 add'l 3 bonus

additional +0.1 for 3 elem acro fit series, min 1 C, no dismt