BEAM

LV6

Level 6 - Bars	Level 7 - Bars	Level 8 - Bars	Level 6 - Beam	Level 7 - Beam	Level 8 - Beam	Level 6 - Floor	Level 7 - Floor	Level 8 - Floor
One Cast *min. Horizontal*	One Cast *45o from vertical*	One Bar Change *1-LB, 1-HB skill*	*One Acro Elem Group 5,6,7*	Acro Series (w/wo flt.) *+ 1 Acro Flight*	Acro Series *with 1 Acro Flight*	Acro Series (3 elem.) *w/wo hands*	Acro Series (3 elem.) *with Back Layout-2 ft.*	2 Salto Series *Direct or Indirect*
One Bar Change *1-LB, 1-HB skill*	360o Clear Circle *one "B" Circle*	"B" Element *Flight or Turn*	One Leap / Jump *180o Split*	One Leap / Jump *180o Split*	One Leap / Jump *180o Split*	1 Salto / Aerial *Single or 2nd Series*	Front Acro Series *2 Direct - 1 Aerial / Salto*	3 Different Saltos
360o Clear Circle *one Group 3,6,7*	360o Clear Circle *one Group 3,6,7*	"B" Circle *Group 3,6,7*	Full Turn *Single or Series*	Full Turn *Single or Series*	Full Turn *Single or Series*	Dance Passage *Gr.1, 180° Split Leap*	Dance Passage *Gr.1, 180° Split Leap*	Dance Passage *Gr.1, 180° Split Leap*
A - Element *Dismount*	A - Salto *Dismount*	A - Salto/Hecht *Dismount*	A - Dismount *w/wo hands*	A - Dismount *Aerial/Salto*	A - Dismount *Aerial/Salto*	Full Turn *Single or Series*	Full Turn *Single or Series*	A - Element *Last Salto*

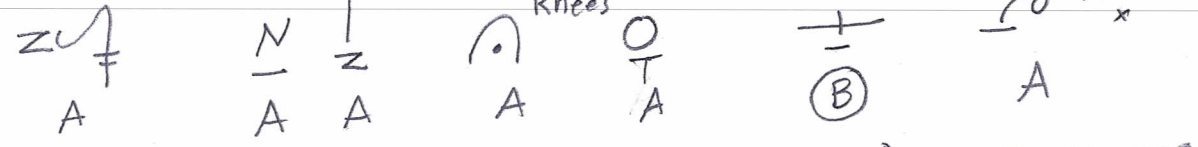
		L6	L7	L8
A = 0.1	A	5	5	4
B = 0.3	B	1	2	4
	SR	0.5	0.5	0.5

Restricted elements - 0.5 SV

Only	Clear Hip Hst.
1-UB	Stalder Hst.
"C"	Pike Toe Hst.
no	Flight HB->LB; LB->HB
ANY	C/D/E elements

LV6 - #10

.1 Hgt .1 legs .05 BP | .1 Pause .1 BP Knees | .1 control | .05 ft | .05 Hgt



Acro Gr.7 | TURN | 180° | DISMOUNT

6A 1B / 7VP

Time: | S.V. 10

S. V. 10.0 | Ded. - .70

VP - ✓ | J1 Score 9.10

SR - ✓ | J2 Score 9.50

RE - ✓ | Average 9.30

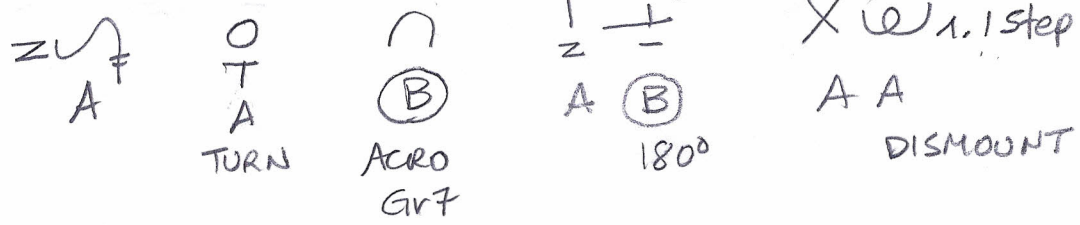
L8 Comp - X | Off Ave. -

Artistry - .05 | Score

Exec. - .65

LV6 - #3

.1 flg. .15 balance control | .1 Knees .1 BP | .05 Hgt .2 ft BP .05 ft | .2 balance .05 Knees | .1 Hgt .1 BP landing



5A 2B / 7VP

Time: | S.V. 10

S. V. 10.0 | Ded. - 1.4

VP - ✓ | J1 Score 8.4

SR - ✓ | J2 Score 8.8

RE - ✓ | Average 8.60

L8 Comp - X | Off Ave. -

Artistry - .05 | Score

Exec. - 1.35

LV6 - #8

∠135°

A / B / VP

Time: | S.V.

S. V. 10.0 | Ded. -

VP - | J1 Score

SR - | J2 Score

RE - | Average

L8 Comp - X | Off Ave. -

Artistry - | Score

Exec. -

BEAM

Lv7

Level 6 - Bars	Level 7 - Bars	Level 8 - Bars
One Cast *min. Horizontal*	One Cast *45o from vertical*	One Bar Change *1-LB, 1-HB skill*
One Bar Change *1-LB, 1-HB skill*	360o Clear Circle *one "B" Circle*	"B" Element *Flight or Turn*
360o Clear Circle *one Group 3,6,7*	360o Clear Circle *one Group 3,6,7*	"B" Circle *Group 3,6,7*
A - Element *Dismount*	A - Salto *Dismount*	A - Salto/Hecht *Dismount*

Level 6 - Beam	Level 7 - Beam	Level 8 - Beam
One Acro Elem Group 5,6,7	Acro Series (w/wo flt.) *+ 1 Acro Flight*	Acro Series *with 1 Acro Flight*
One Leap / Jump *180o Split*	One Leap / Jump *180o Split*	One Leap / Jump *180o Split*
Full Turn *Single or Series*	Full Turn *Single or Series*	Full Turn *Single or Series*
A - Dismount *w/wo hands*	A - Dismount *Aerial/Salto*	A - Dismount *Aerial/Salto*

Level 6 - Floor	Level 7 - Floor	Level 8 - Floor
Acro Series (3 elem.) *w/wo hands*	Acro Series (3 elem.) *with Back Layout-2 ft.*	2 Salto Series *Direct or Indirect*
1 Salto / Aerial *Single or 2nd Series*	Front Acro Series *2 Direct - 1 Aerial / Salto*	3 Different Saltos
Dance Passage *Gr.1, 180° Split Leap*	Dance Passage *Gr.1, 180° Split Leap*	Dance Passage *Gr.1, 180° Split Leap*
Full Turn *Single or Series*	Full Turn *Single or Series*	A - Element *Last Salto*

		L6	L7	L8
A = 0.1	A	5	5	4
B = 0.3	B	1	2	4
	SR	0.5	0.5	0.5

Restricted elements - 0.5 SV	
Any #	Cast Hst.1/2t.
UB	Clear Hip Hst. & 1/2t.
7	Stalder Hst. & 1/2t.
C's	Toe Hst. & 1/2t.
ONE	"C" Dance Element

LV7 - #16

.05 balance .1 ↺ — .1 balance .05 leg — BP .1 — 1.1 step

Ψ ≠ — Z — + — O — T — A — T — ∅ — (C) ok — (B) — 180° — (B) — (B) (B) A

ACRO SERIES DISMOUNT FLT. FLT.

2A 4B 1C ok = 7VP

Time: S.V. 10

S.V. 10.0 Ded. -.5

VP - ✓ J1 Score 9.4

SR - ✓ J2 Score 9.6

RE - ✓ Average 9.50

L8 Comp - X Off Ave. -

Artistry - 0 Score

Exec. - .5

LV7 - #15

.05 Knees .2 ↺ — .1 split — pause — .1 split — .1 balance — .1 BP — .1 balance — .1 Hgt.

135° — + — (B) — 180°

♀ — ≠ — ∅ — 2sec. A — A — A — O T A — A — X — A — x

−.5 SERIES FLT. TURN

7A 1B −.3B 0C = 8 VP

Time: S.V. 9.2

S.V. 10.0 Ded. -.9

VP - -.3 J1 Score 8.1

SR - -.5 J2 Score 8.5

RE - ✓ Average 8.30

L8 Comp - X Off Ave. -

Artistry - .05 Score

Exec. - .85

LV7 - #8

Time: S.V.

S.V. 10.0 Ded. -

VP - J1 Score

SR - J2 Score

RE - Average

L8 Comp - X Off Ave. -

Artistry - Score

Exec. -

BEAM

Lv8

Level 6 - Bars	Level 7 - Bars	Level 8 - Bars	Level 6 - Beam	Level 7 - Beam	Level 8 - Beam	Level 6 - Floor	Level 7 - Floor	Level 8 - Floor
One Cast *min. Horizontal*	One Cast *45o from vertical*	One Bar Change *1-LB, 1-HB skill*	*One Acro Elem Group 5,6,7*	Acro Series (w/wo flt.) *+ 1 Acro Flight*	Acro Series *with 1 Acro Flight*	Acro Series (3 elem.) *w/wo hands*	Acro Series (3 elem.) *with Back Layout-2 ft.*	2 Salto Series *Direct or Indirect*
One Bar Change *1-LB, 1-HB skill*	360o Clear Circle *one "B" Circle*	"B" Element *Flight or Turn*	One Leap / Jump *180o Split*	One Leap / Jump *180o Split*	One Leap / Jump *180o Split*	1 Salto / Aerial *Single or 2nd Series*	Front Acro Series *2 Direct - 1 Aerial / Salto*	3 Different Saltos
360o Clear Circle *one Group 3,6,7*	360o Clear Circle *one Group 3,6,7*	"B" Circle *Group 3,6,7*	Full Turn *Single or Series*	Full Turn *Single or Series*	Full Turn *Single or Series*	Dance Passage *Gr.1, 180° Split Leap*	Dance Passage *Gr.1, 180° Split Leap*	Dance Passage *Gr.1, 180° Split Leap*
A - Element *Dismount*	A - Salto *Dismount*	A - Salto/Hecht *Dismount*	A - Dismount *w/wo hands*	A - Dismount *Aerial/Salto*	A - Dismount *Aerial/Salto*	Full Turn *Single or Series*	Full Turn *Single or Series*	A - Element *Last Salto*

		L6	L7	L8
A = 0.1	A	5	5	4
B = 0.3	B	1	2	4
	SR	0.5	0.5	0.5

Restricted elements - 0.5 SV	
Lv 6	C/D/E and UB Flight
Lv 7	> 1-C Dance; UB Restricted
Lv 8	UB Restricted List
Lv 8	More than 1 Restricted C

LV8 - #5

.05 Knees .05 Knees .05 Hgt .1 ∡ .05 ft .1 ∡ .05 Control .05 ft .05 ∡ .1 BP .1 Hgt .1 step

A (B) ACRO (C) OK 180° .05 (B) A TURN A A (B) A F/S (B) DISMOUNT

4A 5B 1C ok 10VP

Time: S.V. 10

S. V. 10.0 Ded. -.9

VP - ✓ J1 Score 9.0

SR - ✓ J2 Score 9.2

RE - ✓ Average 9.1

L8 Comp - .05 Off Ave. -

Artistry - 0 Score

Exec. - .85

Pivot Turns ✓ Shapes ✓ Lv Acro .05 Variety Acro ✓ Dance ✓ Relaxed ✓ Rhythm ✓ Forw/Side ✓ Balance ✓ Distribution ✓ Sureness ✓

LV8 - #15

.1 step .05 balance .05 balance lack 45° lead leg .05 ∡ .05 balance .1 ∡ .1 step

∅ A (C) ACRO A A (B) A TURN (B) A A F/S DISMOUNT

6A 2B -.3 1C ok VP

Time: S.V. 9.7

S. V. 10.0 Ded. -.7

VP - .3 J1 Score 8.8

SR - ✓ J2 Score 9.2

RE - ✓ Average 9.0

L8 Comp -.15 Off Ave. -

Artistry -.05 Score

Exec. - -.50

Pivot Turns ✓ Shapes ✓ Lv Acro .1 Variety Acro ✓ Dance ✓ Relaxed ✓ Rhythm ✓ Forw/Side ✓ Balance ✓ Distribution .05 Sureness ✓

LV8 - #7

2sec (5)

A B C VP

Time: S.V.

S. V. 10.0 Ded. -

VP - J1 Score

SR - J2 Score

RE - Average

L8 Comp - Off Ave. -

Artistry - Score

Exec. -

Pivot Turns Shapes Lv Acro Variety Acro Dance Relaxed Rhythm Forw/Side Balance Distribution Sureness

LV9

BEAM Composition Deductions	
More than 1 Element before Mount	0.2
More than 2 Straight Leg (Pivot 1/2t.) Turns	0.1
More than 2 Wolf / Tuck or 2 Straddles	each 0.1
More than 1 Leap / Jump to Front Support	each 0.1
Acro - Not up to Competitive Level	→0.2
Lack of Dance Series (min. 2; Gr. 1 ,2, 3)	0.2
Insufficient Spacial Use & Level Changes	ea →0.1
Fail to Show Different Directions (F/S/B)	→0.1
Lack of Variety in Choice of Acro Elements	→0.1
Lack of Acro Forward/Sideward & Back	each 0.1
If only in Dismount	0.05
Balance Between Acro & Dance VP	→0.2
Insufficient Distribution	→0.1

BEAM Execution Deductions	
Artistry: Original; Style; Expression (thruout)	→0.3
Insufficient Dynamics (thruout)	→0.2
Insufficient Variation - Rhythm/Tempo (thruout)	→0.2
Concentration Pause (more than 2 sec.)	each 0.1
Rhythm during Acro Connections	ea →0.2
Rhythm during Dance / Mixed Connections	ea →0.2
VP Turns not on High Releve	ea →0.1
Feet Apart on Side Landing of Leap/Jump	ea →0.1
Lack of Precision in Dance Elements	ea →0.1
Incorrect Posture / Alignment in Dance	ea →0.1
Hesitation in Jump, Swing, Press Handstand	ea →0.1
Insufficient Split - Required (Dance / Acro)	ea →0.2
Insufficient Ext. (Open) prior to Landing Acro	ea →0.3

BEAM Execution Deductions	
Insuff. Sureness of Performance (thruout)	→0.2
Relaxed / Incorr Footwork (thruout)	→0.2
Relax / Incorr Leg / Post, Insuff Flex (thruout)	→0.3
Insuff. Height of Leaps - Jumps - Hops	ea →0.2
Insuff. Height of Acro Flights-Aerials-Saltos	ea →0.2
Insuff. Height of Dismounts	→0.3
Landing Too Close to Beam on Dismount	0.1
Touch / Brush Foot on Apparatus or Mat	ea →0.1
Support of 1 leg against side of Beam	each 0.2
Trunk Movement - Control Dismount Landing	→0.2
Trunk Movement - Balance on Beam	ea →0.3
Grasp Beam to Avoid a Fall	each 0.3
Direction of Gainer Dismount of the End	→0.3

BEAM Connection Values	0.1	0.2
2 - Acro. Flight	B+C *	B+D
including Mounts	C = Salto *	C+C
* No Mount / Dismount	Lv 9 - Aerial	
3 - Acro. Flight	B+B+C	B+C+C
including Mounts		
including Dismounts		
2 Dance / * Mixed	A+D	B+D
* Acro Flight + Dance	B+C	
including Mounts		C+C
2 Turns	A+C	

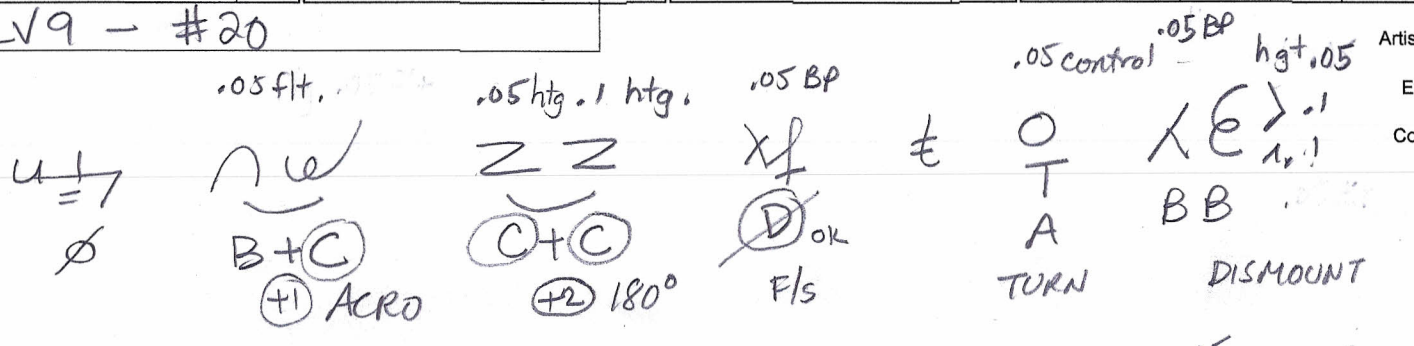
BEAM Special Requirements
1 Acro Flight Series
* Min 1-C Flight (L10)
* A (non flight) + E (L10)
1 - One Leap / Jump
* 180o split
* Cross or Side
1 - Full Turn
on one foot
B - Aerial/Salto Dmt. L9
C - Aerial/Salto Dmt. L10
C+B - Acro Series = OK
C+B - Dance/Acro = OK

VP	Level 9	Level 10
A = 0.1	3	3
B = 0.3	4	3
C = 0.5	1	2
SR	0.5	0.5
SV	**9.7**	**9.5**
Bonus	0.3	0.5
Bonus	OK without fall / spot	

Level 9 - Bonus
Maximum (1 **Restricted**) D/E
D/E = C
Other **Restricted** Element
No VP
0.5 off SV

LV9 – #20

.05 flt. .05 htg. .1 htg. .05 BP .05 control .05 BP hgt .05



Pivot Turns ✓ Shapes ✓ Lv Acro ✓ Var Acro ✓ Dance ✓ Relaxed ✓ Rhythm ✓ Forw/Side ✓ Balance ✓ Distribution .05 Sureness ✓

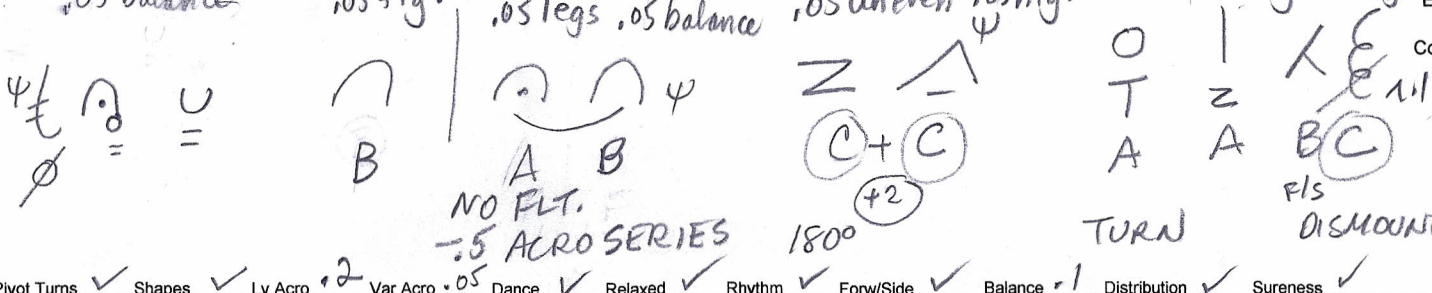
Artistry -.05 | Exec. -.60 | Comp. -.05 | A - 1 | B - 3 | C - 3 | D + 1ok | E + 0

Time: ____ | SV LV: 9.7 | VP - ✓ | SR - ✓ | RE - ____ | CV+ +.3 | DE+ X

S.V. 10 | Ded. -.7 | J1 Score 9.2 | J2 Score 9.4 | Average 9.3 | Off Ave. - ____ | Score ____

LV9 – #15

.05 balance .05 ftg. .05 legs .05 balance .05 legs .05 Knees .1 ft apart .05 balance .05 legs .05 uneven .05 htg. .05 htg .05 hgt



Pivot Turns ✓ Shapes ✓ Lv Acro .2 Var Acro .05 Dance ✓ Relaxed ✓ Rhythm ✓ Forw/Side ✓ Balance .1 Distribution ✓ Sureness ✓

Artistry -.05 | Exec. -.8 | Comp. -.35 | A - 4 | B - 3 | C - 3 | D + 0 | E + 0

Time: ____ | SV LV: 9.7 | VP - ✓ | SR -.5 | RE - ____ | CV+ +2 | DE+ X

S.V. 9.4 | Ded. -1.2 | J1 Score 8.0 | J2 Score 8.4 | Average 8.2 | Off Ave. - ____ | Score ____

LV9 – #6

Pivot Turns ____ Shapes ____ Lv Acro ____ Var Acro ____ Dance ____ Relaxed ____ Rhythm ____ Forw/Side ____ Balance ____ Distribution ____ Sureness ____

Artistry - ____ | Exec. - ____ | Comp. - ____ | A - ____ | B - ____ | C - ____ | D + ____ | E + ____

Time: ____ | SV LV: 9.7 | VP - ____ | SR - ____ | RE - ____ | CV+ ____ | DE+ X

S.V. ____ | Ded. - ____ | J1 Score ____ | J2 Score ____ | Average ____ | Off Ave. - ____ | Score ____

LV10

BEAM Composition Deductions	
More than 1 Element before Mount	0.2
More than 2 Straight Leg (Pivot 1/2t.) Turns	0.1
More than 2 Wolf / Tuck or 2 Straddles	each 0.1
More than 1 Leap / Jump to Front Support	each 0.1
Acro - Not up to Competitive Level	→0.2
Lack of Dance Series (min. 2; Gr. 1 ,2, 3)	0.2
Insufficient Spacial Use & Level Changes	ea →0.1
Fail to Show Different Directions (F/S/B)	→0.1
Lack of Variety in Choice of Acro Elements	→0.1
Lack of Acro Forward/Sideward & Back	each 0.1
If only in Dismount	0.05
Balance Between Acro & Dance VP	→0.2
Insufficient Distribution	→0.1

BEAM Execution Deductions	
Artistry: Original; Style; Expression (thruout)	→0.3
Insufficient Dynamics (thruout)	→0.2
Insufficient Variation - Rhythm/Tempo (thruout)	→0.2
Concentration Pause (more than 2 sec.)	each 0.1
Rhythm during Acro Connections	ea →0.2
Rhythm during Dance / Mixed Connections	ea →0.2
VP Turns not on High Releve	ea →0.1
Feet Apart on Side Landing of Leap/Jump	ea →0.1
Lack of Precision in Dance Elements	ea →0.1
Incorrect Posture / Alignment in Dance	ea →0.1
Hesitation in Jump, Swing, Press Handstand	ea →0.1
Insufficient Split - Required (Dance / Acro)	ea →0.2
Insufficient Ext. (Open) prior to Landing Acro	ea →0.3

BEAM Execution Deductions	
Insuff. Sureness of Performance (thruout)	→0.2
Relaxed / Incorr Footwork (thruout)	→0.2
Relax / Incorr Leg / Post, Insuff Flex (thruout)	→0.3
Insuff. Height of Leaps - Jumps - Hops	ea →0.2
Insuff. Height of Acro Flights-Aerials-Saltos	ea →0.2
Insuff. Height of Dismounts	→0.3
Landing Too Close to Beam on Dismount	0.1
Touch / Brush Foot on Apparatus or Mat	ea →0.1
Support of 1 leg against side of Beam	each 0.2
Trunk Movement - Control Dismount Landing	→0.2
Trunk Movement - Balance on Beam	ea →0.3
Grasp Beam to Avoid a Fall	each 0.3
Direction of Gainer Dismount of the End	→0.3

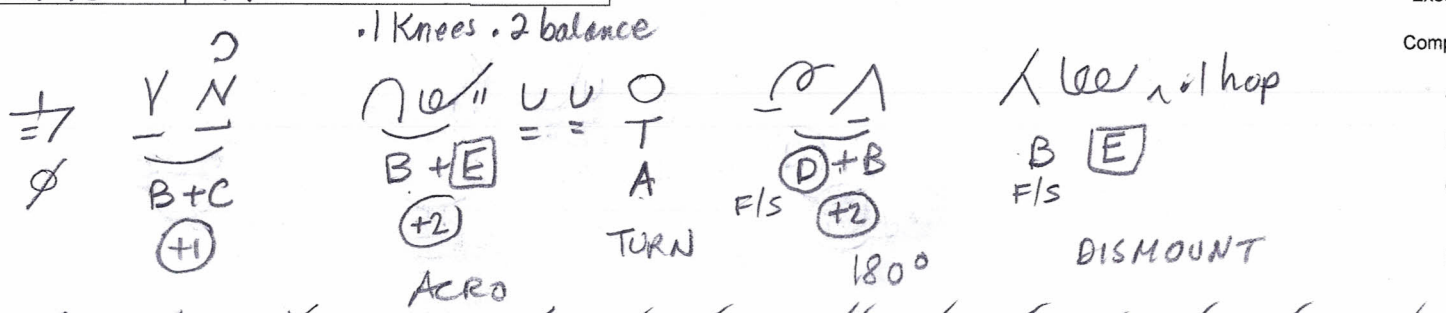
BEAM Connection Values	0.1	0.2
2 - Acro. Flight	B+C *	B+D
including Mounts	C = Salto *	C+C
* No Mount / Dismount	Lv 9 - Aerial	
3 - Acro. Flight	B+B+C	B+C+C
including Mounts		
including Dismounts		
2 Dance / * Mixed	A+D	B+D
* Acro Flight + Dance	B+C	
including Mounts		C+C
2 Turns	A+C	

BEAM Special Requirements
1 Acro Flight Series
* Min 1-C Flight (L10)
* A (non flight) + E (L10)
1 - One Leap / Jump
* 180o split
* Cross or Side
1 - Full Turn
on one foot
B - Aerial/Salto Dmt. L9
C - Aerial/Salto Dmt. L10
C+B - Acro Series = OK
C+B - Dance/Acro = OK

VP	Level 9	Level 10
A = 0.1	3	3
B = 0.3	4	3
C = 0.5	1	2
SR	0.5	0.5
SV	**9.7**	**9.5**
Bonus	0.3	0.5
Bonus	OK without fall / spot	

Level 9 - Bonus
Maximum (1 **Restricted**) D/E
D/E = C
Other **Restricted** Element
No VP
0.5 off SV

LV10 - #14



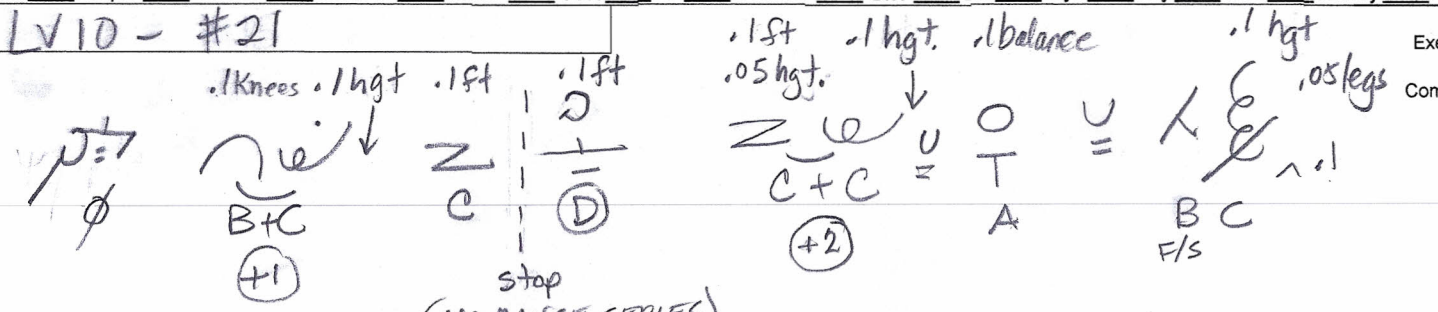
Pivot ✓ Shapes ✓ Acro Lv ✓ Var Acro ✓ Dance ✓ Foot ✓ BP ✓ For/Side ✓✓ Dist ✓ Bal ✓ Dyn ✓ Rhy ✓ Sure ✓ Artistry ✓

Exec. - .4
Comp. - 0
A - 1
B - 4
C - 1
D + 1
E + 2

Time: ____
SV LV: 9.5
VP - ✓
SR - ✓
RE - X
CV+ +.5
DE+ +.5

S.V. 10
Ded. - -.4
J1 Score 9.5
J2 Score 9.7
Average 9.60
Off Ave. - ____
Score ____

LV10 - #21



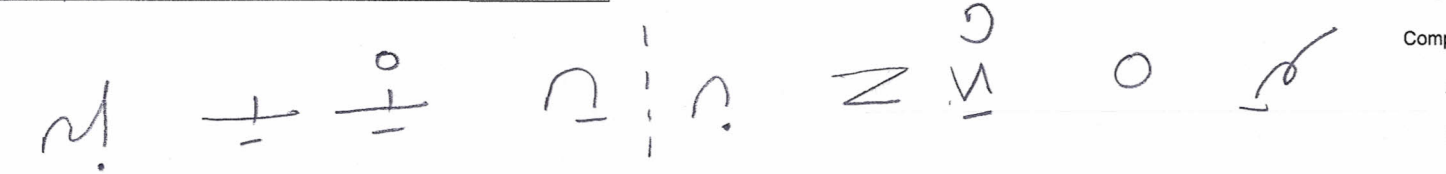
Pivot ✓ Shapes ✓ Acro Lv .1 Var Acro .05 Dance -.2 Foot ✓ BP ✓ For/Side ✓ Dist .05 Bal ✓ Dyn .05 Rhy .05 Sure ✓ Artistry .1

Exec. -1.0
Comp. -.5
A - 1
B - 2
C - 5
D + 1
E + 0

Time: ____
SV LV: 9.5
VP - ✓
SR - ✓
RE - X
CV+ +.3
DE+ +.1

S.V. 9.9
Ded. -1.5
J1 Score 8.3
J2 Score 8.5
Average 8.40
Off Ave. - ____
Score ____

LV10 - #15



Pivot ____ Shapes ____ Acro Lv ____ Var Acro ____ Dance ____ Foot ____ BP ____ For/Side ____ Dist ____ Bal ____ Dyn ____ Rhy ____ Sure ____ Artistry ____

Exec. - ____
Comp. - ____
A - ____
B - ____
C - ____
D + ____
E + ____

Time: ____
SV LV: 9.5
VP - ____
SR - ____
RE - ____
CV+ ____
DE+ ____

S.V. ____
Ded. - ____
J1 Score ____
J2 Score ____
Average ____
Off Ave. - ____
Score ____