

Balance Beam: Specific Compositional Deductions - 8 / 9 / 10 2022-2026*Composition is NOT considered for Level 6 / 7*

^0.20	Choice of Acro Not Up To the Competitive Level See <i>COP Appendix 15 - pg 1</i>
^0.20	Choice of Dance Not Up To the Competitive Level See <i>COP Appendix 15 - pg 2</i>
^0.10	Choice of Dismount Not Up To the Competitive Level See <i>COP Appendix 15 - pg 2</i>
^0.10	Insufficient Use of Entire Beam Apparatus
ea 0.05	<i>Directional use: MUST show 2 of 3 directions (Fwd-Bkwd-Sidwd movements/non-1/2 & Churn)</i>
^0.10	<i>Insufficient level changes throughout exercise (Elem &/or Connec - High, semi-low, low)</i>
^0.10	<i>Spatial use: entire length of BB</i>
0.20	Lack of Dance Series with Minimum of 2 Dance Elements
	<i>Groups #1 (Mounts), #2 (Leaps / Hops / Jumps), #3 (Turns)</i>
^0.10	Lack of Variety in Choice of Acro Elements
0.10	<i>Failure to perform Acro elements in 2 different directions (Bkwd & Fwd or Sidwd MUST be from Grps #1 Mounts, #6 Rolls, #7 Walkovers / Cartwheels / Handsprings, #8 Saltos</i>
0.05	<i>If Dismount is only Forward / Sidward or only Backward element</i>
ea 0.10	Lack of Variety in Choice of Dance Elements
0.10	Overuse of Dance Elements with Same Shape
	<i>More than 2 Wolf or Tuck hops / jumps w/ or w/o turn - More than 2 Straddle Jumps, w/ or w/o turn</i>
0.10	More than one 180° turn on 2 feet (pivots) with straight legs (thruout exercise)
	<i>Allowable 180° Turns: Turn on 1 foot, Turn in Squat or Demi-Plie, 1/4 Turn-1/4 Turn</i>

Balance Beam: Chief Judge Deductions

Ended	Exceeds 45° second fall time
0.10	Coach Standing next to BB throughout entire exercise
2.00	Complete or Incomplete exercise less than 30 seconds <i>Except Level 6 ONLY - 0.50 deduction if competed routine with all required VP and 10.0 SV</i>
0.30	Failure to remove mounting apparatus / spotting block after mount
0.30	Lands dismount in solid / loose foam pit <i>No VP, SR, Bonus Awarded</i>
0.10	Overtime
0.20	Warming up on mat after a fall (no warning)

Balance Beam: Execution & Amplitude Deductions

^0.10	Arm Swings on Landing to Maintain Balance
^0.30	Bent Arms in Support - on any one element - (90° bend or greater - Max 0.30)
^0.30	Bent Legs in Support - on any one element - (90° bend or greater - Max 0.30)
^0.30	Brush / Touch Landing Surface with One (1) or Two (2) hands <i>(No Support)</i>
0.50 Fall	Coach catches a falling gymnast on element or dismount - No deduction for spot

Balance Beam: Execution & Amplitude Deductions *(continued)*

^0.20	Dance: Incomplete Turn - Group 2 /3 elements (with 360° or more Turn) 0.05 - 0.10.....1° - 44° missing 0.15 - 0.20.....45° - 89° missing Lesser VP.....90° or more missing
^0.10	Deviation from Straight DIRECTION on Landing
^0.30	Directional Error on Gainer Salto Dismounts off the End of beam
^0.20	Dismounts: Incomplete Twist - Dismounts (with 360° or more Twist) 0.05 - 0.10.....1° - 44° missing 0.15 - 0.20.....45° - 89° missing Lesser VP.....90° or more missing
^0.20	Failure to Maintain Stretched Body Position (Pikes Down Dismount)
<u>0.50</u>	Fall / Failure to Land on the Bottom of Feet First (<i>Aerials / Saltos / Dismts</i>) No VP / SR / Bonus
<u>0.50</u>	Fall after spot
<u>0.50</u>	Fall On or Against the Apparatus
<u>0.50</u>	Fall onto Beam or off the Beam onto Mat
<u>0.50</u>	Fall with Simultaneously Landing on Bottom of Feet + Hands / Knees <i>Award VP / SR No Bonus</i>
ea time <u>0.05</u>	Flexed / Sickled feet on Value Part Elements
ea ^0.10	Hesitation During Jump / Press / Swing to Handstand
^0.10	Incorrect Body Posture / Alignment during Dance Value Parts
^0.20	Incorrect Body Posture on Landing of Elements and Dismount
^0.30	Insufficient Artistry throughout exercise <i>0.05 - 0.10 Lack variety in choreography (poses phrases, connections) i.e. unnecessary adjustments &/or steps without choreography</i> <i>0.05 - 0.10 Quality of movement to reflect personal style</i> <i>0.05 - 0.10 Quality of expression (i.e. projection, focus)</i>
^0.20	Insufficient Dynamics - Consider: <i>Energy Maintained thruout the Exercise (Makes Difficult Look Effortless)</i>
^0.20	Insufficient Exactness of Stretched position <i>Arch or Hip Angle (136°-179°)</i>
^0.20	Insufficient Exactness of Tuck or Pike position in Value Part elements
^0.30	Insufficient Extension (Open) of Tuck / Pike body position prior to Landing Acro elements / Dismt
^0.20	Insufficient Height of Aerials / Saltos / Acro Flight w/ Hand Support
^0.30	Insufficient Height of Salto Dismounts
^0.20	Insufficient Height on Leaps / Jumps / Hops

Balance Beam: Execution & Amplitude Deductions *(continued)*

^0.20	Insufficient Split position (Deviation from 180°) 0.05 - 0.10.....1° - 20° missing 0.15 - 0.20.....20° - 45° missing Lesser VP.....46° or more missing
^0.20	Insufficient Sureness of Performance <i>throughout</i>
^0.20	Insufficient Variation in Rhythm / Tempo <i>throughout the Exercise</i> <i>Lack of fluid connection / series of disconnected elements or movements.</i>
<u>0.10</u>	Land with Feet apart - entire foot / feet slide or lift off floor to join - deduct small step
<u>0.10</u>	Land with Feet further than Hip-width / staggered & takes a step - deduct step only
<u>0.10</u>	Landing too close to beam on Dismount
<u>^0.30 + 0.50</u>	Lands acro element in a squat position, then falls
<u>0.05</u>	Lands with Feet Hip-width apart or Closer but Never Joins Feet (Heels)
^0.30	Large Execution Faults
<u>0.20</u>	Large Step / Jump on Landing (approximately 3 feet or more) <i>Max <u>0.40</u></i>
ea ^0.20	Leg or Knee Separations
^0.10	Legs Crossed during Salto Dismounts with Twist
^0.20	Legs Not Parallel to Beam in Split or Straddle Pike Leaps / Jumps
0.15 - 0.20	Medium Execution Faults
<u>1.00</u>	Minimum Score awarded when Optional Routine Score is equal to or less than 1.00
<u>0.30</u>	Never initiates Salto on Dismount
^0.10	Slight Hop, or Small Adjustment of Feet or Staggered Feet (one Foot in Front) on landing Elements or Dismounts
0.05 - 0.10	Small Execution Faults
<u>0.50</u>	Spotting Assistance during an element <i>No VP / SR / Bonus</i>
<u>0.50</u>	Spotting assistance upon Landing the Dismount <i>Award VP / SR but No Bonus</i>
^0.30	Squat on landing (Hips lower than Knees) <i>Note: Gymnast lands acro element in a squat, then falls off the beam, deduct ^0.30 and 0.50 for the fall</i>
ea <u>0.10 - 0.15</u>	Small or Medium Step(s) on Landing <i>Max <u>0.40</u></i>
<u>0.50</u>	Support on Mat / Apparatus with One (1) or Two (2) Hands upon Landing
<u>0.50</u>	Third (3rd) Run approach
^0.30	Use of Supplemental Support - Examples <i>Foot / Feet remain on Mat / Board as mount is completed</i> <i>Foot / Feet contact Mat in Cross Straddle sit during Exercise</i> <i>Foot / Feet / Leg using base of Beam for Support on Mount / on Beam</i>
0.35 - 0.50	Very Large Execution Faults

Balance Beam: Specific Execution Deductions

^0.30	Additional Movements to Maintain Balance <i>ON</i> the Beam
ea 0.10	Concentration pauses 2 seconds
ea 0.20	Concentration pauses More than 2 seconds
ea ^0.10	Fail to Land with Feet / Legs Together on Jumps / Leaps landing on Two (2) Feet in Side Position
ea ^0.10	Failure to Perform Group #3 Turns in High Releve'
0.30	Grasp of Beam to Avoid a Fall (<i>Grasp under BB to facilitate candestick / roll elements is NOT deducted</i>)
^0.30	Incorrect Body Alignment, Position, or Posture in non-VPs throughout exercise
^0.30	Insufficient Artistry throughout exercise
<i>0.05 - 0.10</i>	<i>Lack variety in choreography (poses phrases, connections) i.e. unnecessary adjustments &/or steps without choreography</i>
<i>0.05 - 0.10</i>	<i>Quality of movement to reflect personal style</i>
<i>0.05 - 0.10</i>	<i>Quality of expression (i.e. projection, focus)</i>
ea ^0.10	Lack of Precision in Dance Value Parts <i>No Definite Arm/ Leg position on Turns / Leaps; Degree of Turn, not Exact</i>
ea ^0.20	<p>Lack of Tempo / Poor Rhythm between Elements: (<i>Dance/Mixed/Acro Series</i>)</p> <p>No Deduct <i>Slow, continuous connection: Arms finish to take off immediately for 2nd element (legs in plie / NOT pumping)</i></p> <p>0.05 - 0.10 <i>Body continues moving inline with BB, but arms swing between elements, &/or legs slightly extend but do NOT completely straighten & slightly bend again to initiate take-off</i></p> <p>0.15 - 0.20 <i>Torso / Trunk deviation in line with BB w/ or w/o arm swing between elements - EXCEPTION: Backward Acro series or Sideward to Backward Acro series with one or more flight elements is connected or NOT connected. Tempo deduction does NOT apply.</i></p>
^0.30	Relaxed / Incorrect Footwork on non-VPs <i>throughout</i> Exercise
ea 0.20	Support of One (1) leg against side surface of Beam to Maintain Balance
0.50	Third (3rd) Run approach to mount / touch springboard without mounting apparatus

Balance Beam: Connection Value Bonus Levels 9 / 10

Two (2) Acro Flight including 1 "C" Salto excluding Dismount (Mount OK)

Level 9 : "C" element (or allowable "D/E" element awarded "C" may be Salto / Aerial)

$$\text{"B"} + \text{"C"} (\text{Salto}) = +0.10$$

Two (2) Acro Flight excluding Dismount (Mount OK)

$$\text{"B"} + \text{"D"} = +0.20 \quad \text{"C"} + \text{"C"} = +0.20 \quad \text{"B"} + \text{"E"} = +0.20$$

$$\text{"C"} + \text{"D"} \text{ or more difficult} = +0.20 \quad \text{"D"} + \text{"D"} \text{ or more difficult} = +0.20$$

Three (3) Acro Flight including Mount, Dismount, Element Connections

Additional +0.10 CV awarded for any 3-element Acro Flight series w/ min "C" Salto/Aerial or "D/E" flight element w/ or w/o hand supprt (excluding Dismounts)

$$\text{"B"} + \text{"B"} + \text{"C"} = +0.10 \quad \text{"B"} + \text{"C"} + \text{"C"} = +0.20$$

$$\text{"B"} + \text{"B"} + \text{"D/E"} = +0.20 \quad \text{"B"} + \text{"C"} = \text{"D/E"} \text{ or more difficult} = +0.20$$

Two Dance / Mixed / Turn Elements

$$\text{"A"} \text{ Turn} + \text{"C"} \text{ Turn} = +0.10 \quad \text{"A"} + \text{"D/E"} = +0.10 \quad \text{"B"} + \text{"C"} = +0.10$$

$$\text{"B"} + \text{"D/E"} = +0.20 \quad \text{"C"} + \text{"C"} \text{ same or different} = 0.20$$

$$\text{"C"} + \text{"D"} \text{ and more difficult - same or different} = +0.20$$

Three or more elements

Second and following elements may be used twice - First as the last element of the 1st connection and 2nd as the first element of the new connection.

"D/E" Bonus - Level 9

Max +0.10 awarded for "D/E" Bonus

ONLY the 1st "D/E" allowable or restricted "D/E" element RECEIVING VP CREDIT is eligible for "D/E" Bonus. The 1st restricted "D/E" & any allowable "D/E" elements will be awarded "C" VP credit and are eligible to fulfill CV Bonus principle (if applicable).

"D/E" Bonus - Level 10

Max +0.40 awarded for "D/E" Bonus: "D" = +0.10 "E" = +0.20

Same "D" or "E" ekugubke for "D/E" Bonus one time ONLY unless credit was not awarded the first time.

Level 10 Extra Bonus of +0.10 available (**NOT in SV**) if exercise has:
10.00 Start Value; Min of 0.60 Bonus & "E" ACRO Element on Beam