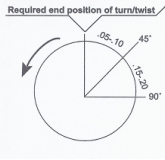
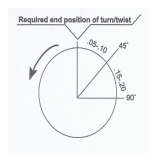



Balance Beam Execution Deductions 2018-2022

5/30/18

Additional Movements to Maintain Balance ON the Beam	^0.30
Additional Trunk Movmtns to Maintain Balance/Control upon Landing of Dsmt	^0.20
Arm Swings on Landing to Maintain Balance	^0.10
Bent Arms in Support - on any one element - (90° bend or greater - Max <u>0.30</u>)	^0.30
Bent Legs in Support - on any one element - (90° bend or greater - Max <u>0.30</u>)	^0.30
Brush / Touch Landing Surface with One (1) or Two (2) hands (<i>No Support</i>)	^0.30
Concentration pauses - <i>Prior to Difficult Elements or Connections</i> (> than 2 sec)	each <u>0.20</u>
Concentration pauses - <i>Prior to Difficult Elements or Connections</i> (2 sec)	each <u>0.10</u>
Dance: Incomplete Turn - Group 2 /3 elements (with 360° or more Turn) 1° - 44° missing 0.05 - 0.10 45° - 89° missing 0.15 - 0.20 90° or more missing lesser VP	
Deviation from Straight Direction on Landing	^0.10
Directional Error on Gainer Salto Dismounts off the End of beam	^0.30
Dismounts: Incomplete twist - Dismounts (with 360° or more Twist) 1° - 44° missing 0.05 - 0.10 45° - 89° missing 0.15 - 0.20 90° or more missing lesser VP	
Exercise shorter than 30 seconds (Complete or Incomplete) (Chief Judge)	<u>2.00</u>
Fall with Simultaneously Landing on Bottom of Feet + Hands / Knees	Yes VP / Yes SR / No Bonus + <u>0.50</u>
Fall / Failure to Land on the Bottom of Feet First (Aerials / Saltos / Dismts)	No VP / No SR / No Bonus + <u>0.50</u>
Failure to Land with Feet / Legs Together on Jumps / Leaps that land on Two (2) Feet in Side position.	each ^0.10
Failure to Maintain Stretched Body Position (Pikes Down Dismount)	^0.20
Failure to perform Group #3 Turns in High Releve'	each ^0.10
Fall onto Beam or off the Beam onto Mat	<u>0.50</u>
Fall on or against the Apparatus	<u>0.50</u>
Flexed / Sickled feet on Value Part Elements	each time <u>0.05</u>
Grasp of Beam to Avoid a Fall	<u>0.30</u>
Hesitation During Jump / Press / Swing to Handstand	each ^0.10
Incorrect Body Posture / Alignment during Dance Value Parts	^0.10
Incorrect Body Posture on Landing of Elements and Dismount	^0.20
Insufficient Dynamics - Consider: 1. Energy Maintained thruout the Exercise 2. Makes Difficult Look Effortless	^0.20
Insufficient Exactness of Stretched position Arch or Hip Angle (136°-179°)	^0.20
Insufficient Exactness of Tuck or Pike position in Value Part elements	^0.20
Insufficient Extension (Open) of Tuck / Pike body position prior to Landing Acro elements / Dismount	^0.30
Insufficient Height of Aerials / Saltos / Acro Flight w/ Hand Support	each ^0.20
Insufficient Height on Leaps / Jumps / Hops	each ^0.20
Insufficient Height of Salto Dismounts	^0.30

Specific Balance Beam Execution Deductions (continued)	
Insufficient Split position (Deviation from 180°) 1° - 20° missing 0.05 - 0.10 21° - 45° missing 0.15 - 0.20 46° or more missing lesser VP	 ^0.20
Insufficient Sureness of Performance throughout	^0.20
Insufficient Variation in Rhythm / Tempo throughout the Exercise	^0.20
Lack of precision in Dance Value Parts No Definite Arm/ Leg position on Turns / Leaps; Degree of Turn, not Exact	each ^0.10
Lack of Tempo / Poor Rhythm between Elements: (Dance/Mixed/Acro Series) Continuous but Slow Connection:	^0.20
Arms finish to Take-off immediately for 2nd element	No Deduction
Body moving but Arms Swing between Elements	0.05 - 0.10
Legs moving (Pumping) but do <u>not</u> completely straighten	0.05 - 0.10
Body position Alters / Arms Swing between Elements (Legs in Plie' / not Pumping)	0.15 - 0.20 Exception
Note: Backward Acro Series w/ one (1) or more Flight Element is Connected or <u>not</u> Connected; Tempo Deduction does <u>not</u> apply	
Land Dismount with Feet Hip-width apart or Closer but Never Join Heels	each time 0.05
Landing Too Close to Beam on Dismount	0.10
Large Execution Faults	0.30
Large Step / Jump on Landing (approximately 3 feet or more). Max 0.40	0.20
Leg or Knee Separations	each ^0.20
Legs Crossed during Salto Dismounts with Twist	^0.10
Legs Not Parallel to Beam in Split or Straddle Pike Leaps / Jumps	^0.20
Medium Execution Faults	0.20
Minimum Score awarded when Optional Routine Score is =/< One (1.00)	1.00
Relaxed / Incorrect Footwork in non-VPs throughout Exercise	^0.20
Relaxed/ Incorrect Leg position/ Body Posture, & Insufficient Flexibility in Non-Value Parts throughout the Exercise	^0.30
Slight Hop, or Small Adjustment of Feet or Staggered Feet (one Foot in Front) on landing Elements or Dismounts	^0.10
Small Execution Faults	0.05 - 0.10
Spotting Assistance during an element	No VP / No SR / No Bonus + 0.50
Spotting assistance upon Landing the Dismount	Yes VP / Yes SR / No Bonus + 0.50
Squat on landing (Hips even with or lower than Knees) Note: Gymnast lands acro element in a squat, then falls off the beam, deduct ^0.30 and 0.50 for the fall	^0.30
Steps on Landing Max 0.40	each 0.10
Support of One (1) leg against side surface of Beam to Maintain Balance	each 0.20
Support on Mat / Apparatus with One (1) or Two (2) Hands upon Landing	0.50
Third (3rd) Run approach	0.50
Use of Supplemental Support - Examples	0.30
1. Foot / Feet remain on Mat / Board as mount is completed. 2. Foot / Feet contact Mat in Cross Straddle Sit during Exercise. 3. Foot / Feet / Leg using base of the Beam for Support on Mount / on Beam	
Very Large Execution Faults	0.50

Specific Compositional Deductions - Levels 8 / 9 / 10	
Insufficient Artistry Throughout the Exercise	^0.10
Originality / Creativity of Choreography in Elements & Connections	0.05 - 0.10
Quality of Movement to Reflect Personal Style	0.05 - 0.10
Quality of Expression (i.e. Projection, Focus)	0.05 - 0.10
Lack of Dance Series w/ Minimum of Two (2) Dance Elements	<u>0.20</u>
<i>Groups #1 (Mounts), #2 (Leaps / Hops / Jumps), #3 (Turns)</i>	
Insufficient Use of Entire Beam Apparatus	^0.10
Insufficient Level Changes throughout Exercise (In Elements & / or Connections, Movements High-Off Beam, Semi-Low, & Low (Kneel, Squat, Sit, Lying))	^0.10
Insufficient Level Changes throughout Exercise <i>Level Changes in Elements & / or Connections, Movements High-Off Beam, Semi-Low, & Low (Kneel, Squat, Sit, Lying)</i>	^0.10
Spatial Use: <i>Entire Length of Beam</i>	^0.10
Directional Use: <i>Movements / Non-Value Parts / Choreography (Fwd / Bkwd / Sidewd)</i>	^0.10
Lack of Variety in Choice of Acro Elements	
Failure to perform Acrobatic Elements in Two (2) Different Directions <i>(Backward & Forward / Sideward), <u>MUST</u> be from Groups # 1 (Mounts), #6 (Rolls), #7 (Walkovers / Cartwheels / Handsprings), #8 (Salto)</i> <i>Forward / Sideward Elements must move through Forward / Sideward Plane</i> <i>Kick-Up to HS w/ or w/o Pirouette is NOT eligible (Group 5)</i> <i>May perform a Forward or Sideward Element but MUST perform a Backward Element</i> <i>Round-Off = Sideward; Arabian = Forward; Omelianchek = Backward;</i> <i>Silivas-Type Mounts = Sideward; Tic-Toc = Either</i>	<u>0.10</u>
Dismount - <u>Only</u> Forward / Sideward or <u>Only</u> Backward Element	<u>0.05</u>
Lack of Variety in Choice of Dance Elements	
Overuse of Dance Elements with Same Shape <i>1. More than Two (2) Wolf or Tuck elements, w/ or w/o Turn</i> <i>2. More than Two (2) Straddle Jumps, w/ or w/o Turn</i>	<u>0.10</u>
More than Two (2) 180° Turns on Two (2) Feet (Pivots) w/ Straight Legs thruout the Exercise. Allowable 180° Turns: <i>1. Turn on One (1) Foot; 2. Turn in Squat or Demi-Plie' position; 3. 1/4 Turn - 1/4 Turn</i>	<u>0.10</u>
Choice of Dance not up to the Competitive Level	^0.20
<i>Minimum of 3 "C" OR 2 "C" & 1 "D" or "E"</i>	No Deduction if all criteria met
<i>2 "C" & 1 "B" OR 1 "C" & 1 "D"/"E"</i>	0.05
<i>2 "C" OR 1 "B" & 1 "D"/"E"</i>	0.10
<i>1 "C" & 1 "B" OR 1 "D" or "E"</i>	0.15
<i>1 "C" OR 2 "B"</i>	0.20
Choice of Dismount not up to the Competitive Level	^0.10
<i>Minimum of "B" Acro Flight or "C" Dance directly connected to "C" Dismount</i> <i>OR Any "D" or "E" Dismount</i>	No Deduction
<i>"A" Acro connected to "C" Dismount</i> <i>OR "B" Dance connected to "C" Dismount</i> <i>OR Acro Series w/ "C" connected to "B" Dismount</i> <i>OR "D" or "E" Acro Flight connected to "B" Dismount</i>	0.05
<i>Isolated "C" (or less difficult) Dismount</i> <i>OR "C" Acro Flight or Dance connected to "B" Dismount, or less difficult</i>	0.10

Choice of Acro not up to the Competitive Level	^0.20
Routines w/ a maximum of "C" in Acro Flight Series	
<p>1a. 2 elem Acro Flight Series w/ a C Salto</p> <p>1b. 3 elem Acro Flight Series w/ a C w/ or w/o hand support</p> <p>2. "D/E" Acro Flight w/ or w/o hand support</p> <p>3. Min of additional "C" salto or additional "D/E" Acro Flight w/ or w/o hand support</p> <p>Note: If the Acro Flight Series includes 2 C-Saltos, 1 may count for the additional C Salto</p>	No Deduction if all criteria met
<p>1. 2 elem Acro Flight Series w/ a C Salto</p> <p>2a. One "D/E" Acro Flight (w/ or w/o hand support)</p>	0.05
<p>1a. 2 elem Acro Flight Series w/ a C Salto</p> <p>2a. One additional C Salto OR</p> <p>2b. One C Salto(not in Acro Series)</p> <p>3b. One "D/E" Acro Flight</p>	0.10
<p>1a. 2 elem Acro Flight Series w/ a C Salto OR</p> <p>1b. Acro Flight Series w/o C Salto</p> <p>2b. Only 1 "D" Acro Flight</p>	0.15
<p>1. No Acro Flight Series, OR Acro Flight Series w/o Salto or Aerial</p> <p>2a. No additional "C" or more difficult Salto/Aerial in exercise OR</p> <p>2b. Performs only a isolated C Salto or less difficult</p>	0.20 if all criteria apply
Routines w/ a "D" or "E" element in Acro Flight Series	
<p>1. 2 elem Acro Flight Series w/ min of 1 "D" or "E" Flight</p> <p>2. One additional "D"/"E" Acro Flight</p>	No Deduction if all criteria met
<p>1. Acro Flight Series w/ min of 1 "D" or "E" Flight</p> <p>2. Additional "C" Salto</p>	0.05
<p>1. Acro Flight Series w/ "D" or "E"</p> <p>2. Additional "B" / "C" w/ hand support</p>	0.10
<p>1a. Acro Flight Series w/ "D" or "E"</p> <p>2a. No additional Acro Flight OR</p> <p>1b. No Acro Flight Series</p> <p>2b. Only 1 "D" Acro Flight</p>	0.15
Routines w/ a "D" or "E" element in Acro Flight Series continued	
<p>1. No Acro Flight Series, OR Acro Flight Series w/o Salto or Aerial</p> <p>2a. No additional "C" or more difficult Salto/Aerial in exercise OR</p> <p>2b. Performs only a isolated C Salto or less difficult</p>	0.20 if all criteria apply

General Balance Beam Information - Level 10

Value Parts Required - 3 A, 3 B, 2 C - No Restrictions

Start Value - 9.50 w/ Max of 0.50 Bonus (Min +0.10 D/E & Min +0.10 CV)

Special Requirements - Deduct 0.50 each if Missing

1. Acro Series: Min of 2 flight elements, one a Min "C" w/ or w/o hand support (excludes Mount/Dismount) **OR** "E" Flight + "A" Non-Flight
2. One Leap/Jump requiring 180 cross or side split (isolated or in series)
3. Min 360° turn on one foot (isolated or in series) (Group 3)
4. Aerial or Salto Dismt, Min "C" **OR** Min "B" Dismt directly connected to: An Acro Series that includes: a "C" Acro **OR** a "C" Acro or Dance

Principles for Awarding Connection Value Bonus (CV)

1. Two (2) Acro Flight including 1 "C" Salto (excluding Mount & Dismount)
"B" + "C" (Salto) = + 0.10
2. Two Acro Flight Elements (excluding Dismount)
"B" + "D" = + 0.20
"C" + "C" = + 0.20
"B" + "E" = + 0.20
"C" + "D" or more difficult = + 0.20
"D" + "D" or more difficult = + 0.20
3. Connections - at least Three (3) Acro Elements (including Mount / Dismount / Element Connections)
"B" + "B" + "C" = + 0.10
"B" + "C" + "C" = + 0.20
"B" + "B" + "D/E" = + 0.20
"B" + "C" + "D" and more difficult = + 0.20
4. Connections - Two (2) Dance / Mixed / Turn Elements
"A" Turn + "C" Turn or Reversed = + 0.10
"A" + "D" = + 0.10
"B" + "C" = + 0.10
"B" + "D" = + 0.20
"C" + "C" (same or different) = + 0.20
"C" + "D" and more difficult (same or different) = + 0.20
5. Connections - Three (3) or More Elements - Second element (and following elements) may be used Twice - 1st as the last element of the 1st connection and 2nd as the first element beginning a new connection.

Extra Bonus of +0.10 available (**NOT in SV**) if exercise has: Min of 0.60 Bonus & "E" Element on Beam