

5. Short Exercises: Beam routine less than 30 seconds, either completed or incomplete.
 - a. Deduct for any missing Value Parts from the Start Value.
 - b. Deduct for any missing Special Requirements from the Start Value.
 - c. Deduct 0.30 for no dismount from the Start Value, if applicable.
 - d. Chief Judge deducts 2.00 from the final average score.

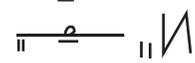
Exception: At Level 6 ONLY- a completed Beam routine that is less than 30 seconds but contains all required Value Parts and has a 10.0 Start Value receives a 0.50 deduction.
- C. Timing of Falls
1. The gymnast is allowed 30 seconds to re-mount the beam after a fall. The fall time must be timed separately; therefore, two watches are necessary.
 2. If the gymnast does not re-mount within 30 seconds, the exercise is terminated.
 - a. The fall time begins when the gymnast makes contact with the mat.
 - b. The 30-second fall period stops when the gymnast leaves the floor to re-mount in preparation to resume her routine.
 3. While the gymnast is off the apparatus following a fall:
 - a. The timer gives notification of "20 seconds" and "10 seconds remaining" in the fall time. "Time" is called at 30 seconds.
 - b. The coach may speak to the gymnast without a penalty. Once the gymnast re-mounts, the coach may not give verbal or visual assistance.
 - The coach is not allowed to ask the judge if the element received Value-part credit before the gymnast re-mounts the apparatus.
 - c. If the 30-second fall time is exceeded, the exercise is terminated.
 4. If after a fall off the beam, the gymnast attempts to re-mount the beam and falls again (prior to resuming the timing of the routine), the deduction will be another 0.50 for the second fall.
 5. Warm-up during a fall: If, after a fall, the gymnast performs an element on the mat prior to re-mounting, the Chief Judge takes a deduction of 0.20 from the average score for additional warm-up. No warning is required.

III. SPOTTING REGULATIONS

- A. If the coach touches and assists the gymnast during an element:
 1. Each judge deducts 0.50 for the "spot".
 2. If the gymnast falls after the "spot", an additional 0.50 deduction is taken for the fall.
 3. Value-Part credit, as well as Special Requirement and/or Bonus credit, if applicable, is NOT awarded.
 4. If the spot occurs on the dismount element, even though it receives no Value-Part credit, do not deduct 0.30 from the Start Value for no dismount.
- B. If the coach spots the gymnast upon **landing** of the dismount:
 1. Each judge deducts 0.50 for the "spot".
 2. If the gymnast falls after the spot, deduct only 0.50. Do not deduct for both the "spot" and the fall.
 3. Award Value-Part and Special Requirement credit. No Bonus is awarded.
- C. If the coach inadvertently touches the gymnast without assisting:
 1. Each judge deducts 0.50 for the "spot".
 2. Value-Part credit is awarded.
 3. Special Requirement credit is awarded, if applicable.
 4. Bonus is NOT awarded due to the spotting deduction.
- D. If the coach catches a falling gymnast, DO NOT deduct for the spot; deduct 0.50 for the fall ONLY.
- E. There is no penalty if the gymnast inadvertently touches the coach.
- F. The coach may approach the beam to spot a particular element, but may not remain there for the entire exercise.
 - The Chief Judge takes a 0.10 deduction from the average score if the coach remains next to the beam throughout the exercise.

C. LEVEL 6 SPECIAL REQUIREMENTS

1. ONE ACRO ELEMENT FROM GROUPS 5 (HANDSTANDS), 6 (ROLLS) OR 7 (WALKOVERS/WHEELS, HANDSPRINGS), EXCLUDING MOUNT & DISMOUNT
2. ONE LEAP OR JUMP THAT REQUIRES A 180° CROSS OR SIDE SPLIT
3. MINIMUM OF 360° TURN ON ONE FOOT
4. MINIMUM OF "A" DISMOUNT, WITH OR WITHOUT HAND SUPPORT

1. **ACROBATIC REQUIREMENT: ONE ACROBATIC ELEMENT FROM GROUPS 5, 6 OR 7**
 - a. **Handstands, rolls, walkovers/wheels, handsprings, etc.**
 - b. **The Acro element used to fulfill the Acro Special Requirement must be started and finished on the beam.**
 - c. **An Acro mount or dismount element CANNOT fulfill the Acro Special Requirement.**
 - d. **The Acro element must achieve or pass through an inverted vertical position while in support on the hands (handstand).**
 - *If a kick-up to handstand is used, it must be held 2 seconds to receive "A" value and fulfill the Special Requirement.*
2. **ONE LEAP OR JUMP THAT REQUIRES A 180° CROSS OR SIDE SPLIT**
 - a. **Must be listed in the Jr. Olympic Code of Points or JO Updates as a minimum of "A" value (therefore, must achieve a minimum of 135° leg separation).**
 - 1) If the leap/jump has less than 135° leg separation, it receives no value and cannot be used to fulfill the Special Requirement.
 - 2) If the leg separation achieved is between 135° and 179°, deduct "up to 0.20" for insufficient split.
 - b. **Must start and finish on the beam.**
 - c. **May be performed in a series or as an isolated element**
 EXAMPLES: Sissonne  Split leap forward 
 Straddle Pike Jump  Split jump + tuck jump 
 - d. **The 180° split position may be in cross (front-to-back) or in side (straddle) position.**
 - 1) If the cross position is used, it must have the forward leg extended.
 - 2) If the forward leg finishes in a stag position, it will not fulfill the Special Requirement.
 - 3) If the rear leg is in a stag position, it WILL fulfill the Special Requirement.
 - e. **The stride leap forward with change of legs to wolf position (#2.105) does NOT require a split position; therefore, will NOT fulfill this Special Requirement.**
3. **MINIMUM OF 360° TURN ON ONE FOOT (GROUP 3)**
 - a. May be included in a series or as an isolated element.
 - b. If 90° or more of the turn is missing, no Value-Part credit is given, and the Special Requirement is not fulfilled.
4. **MINIMUM OF "A" DISMOUNT, WITH OR WITHOUT HAND SUPPORT**
 - a. **May be performed as an isolated element or in a connection.**
 - b. **If a dismount of no value (or a restricted element for Level 6) is performed:**
 - 1) Deduct 0.50 for missing the dismount Special Requirement.
 - 2) Deduct 0.30 for no dismount.
 - c. **Examples of dismount elements for Level 6:**
 - 1) Cartwheel with ¼ (90°) turn after hand support to cross stand at end of beam
 - 2) Front salto tucked
 - 3) Free (Aerial) round-off (Barani)

III. CLARIFICATIONS REGARDING SERIES

- A. In an Acrobatic or a Dance series, the connection between the elements must be continuous. The landing leg or the free leg of the first element must be the take-off leg for the next element. If both feet land at the same time, the next element must take off from two feet.
- 1. Backward Acro *and Sideward to Backward Acro* Flight Series**

A backward acro *or sideward to backward acro* flight series is considered broken whenever there is a delay in the IMMEDIATE take-off of the second element (deduct 0.50 for missing the Special Requirement, if applicable). This delay could be caused by:

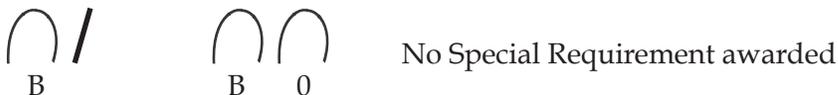
 - Arms moving as low as the thighs or further back after the landing of the first element in the connection.
 - If the second element in the connection of backward acro *or sideward to backward acro flight* elements is a gainer flic-flac or gainer back layout, the arms are allowed to continue circling forward-upward and backward-downward without automatically breaking the connection. The circling action is an inherent arm pattern for the gainer type elements.
 - A cautious, slow moving attempt to connect one or more backward flight *or sideward to backward flight* elements. In this case, the Acro series would be considered broken. A rhythm deduction is not applied.
 - 2. Non-flight acro series (any direction), acro flight series with forward or sideward elements, and counter acro flight series.**
 - If there is a lack of tempo/poor rhythm between the elements performed in a series, apply the specific execution deduction of lack of tempo between elements (up to 0.20). This refers to continuous, but slow connection.
 - 3. Dance or mixed series**
 - Lack of tempo/poor rhythm between the elements performed in a dance or mixed series; apply the specific execution deduction (up to 0.20). This refers to continuous, but slow connection.
 - If the body continues its movement, an arm circle does not necessarily break the connection.
 - 4. All series are considered broken if the following occurs:**
 - A stop between the elements.
 - Loss of balance, causing a stop between elements.
 - Repositioning of leg(s) or pivoting.
 - Extra step, hop/jump between the elements
 - When evaluating an acro, dance or mixed connection, if the gymnast lands the first element in plié on two feet, then totally straightens her legs, and plies again to initiate the jump into the next element, the straightening of the legs will break the series.

Note: In any type of series in which the two elements are exactly the same and the connection is broken, the second element will not receive Value-Part credit.
- B. Some elements are inherently “non-connectable”. The following is an example of an acro series that is considered non-connectable, regardless of how quickly the elements are connected:
- Back Walkover (or Flic-flac step-out) to a lunge, then Round-off (or cartwheel)
- In this example, the first element lands in a lunge on two feet. It cannot be connected to a 2nd element for acro series credit.
- Note: The only way these two elements could connect legitimately is by landing the first element on one leg and stepping through into the Round-off (or cartwheel). During the step, the leg swing forward must be no higher than 45°; otherwise, it is considered to be a broken series.
- Performing a kick leading into the second element will break the series.

C. Repetition of a failed series

EXAMPLES:

1. Gymnast performs a Flic-flac step-out and stops (or falls), then does a series of two connected flic-flacs. The Acro Series Special Requirement is NOT met because the third flic-flac receives no Value-Part credit.



2. At Level 7: Gymnast attempts a series of two Back Walkovers, but the second Back Walkover never lands on the beam (no Value-Part credit awarded) (A + 0).

If she then kicks up to a handstand and holds it for 2 seconds, then steps down to a Back Walkover (A + A), one part of the Acro Special Requirement has been met.

- If the Handstand is NOT held for 2 seconds, it will not receive "A" Value-Part credit and cannot be used to fulfill a Special Requirement.

IV. SPECIFIC COMPOSITIONAL DEDUCTIONS (FOR LEVELS 8, 9 & 10)

Note: Composition is not considered for Level 6 or 7.

A. LACK OF VARIETY IN CHOICE OF ELEMENTS

1. FAILURE TO PERFORM ACROBATIC ELEMENTS IN TWO DIFFERENT DIRECTIONS (BACKWARD AND FORWARD OR SIDEWARD) each 0.10

- a. Must be from the following Groups: 1-Mounts, 6-Rolls, 7-Walkovers/Cartwheels/Handsprings, and 8-Saltos
 - 1) If the dismount is the only forward/sideward or the only backward element deduct 0.05
 - 2) To be considered forward or sideward, the element must move through a forward or sideward plane. A kick-up to handstand, with or without pirouette, to step-down is NOT eligible as it is from Group 5.
- b. May perform either a forward or sideward element, but must perform a backward element.
- c. The Round-off is considered a sideward element.
- d. A jump backward (Flic-flac take-off) with ½ (180°) twist to walkover or salto forward (Arabian walkover or salto) is considered a forward element.
- e. A Flic-flac ¼ or ¾ twist to handstand is considered a backward element.
- f. A tic-toc can be considered either a forward or backward element, to the advantage of the gymnast.
- g. Silivas-type mounts (#1.208 & 1/308) are considered "sideward".

2. LACK OF VARIETY IN CHOICE OF ACRO ELEMENTS

- *All Acro "high points" are the same element or variation of same element* Up to 0.10

3. LACK OF VARIETY IN DANCE ELEMENTS

- a. Overuse of dance elements with the same shape
 - 1) More than two elements with a wolf or tuck position with or without turn 0.10
 - 2) More than two straddle jumps, with or without turn 0.10
- b. More than one leap/jump/hop element to front support each 0.10
- c. More than two (2) 180° turns on two feet (pivots) with straight legs throughout the exercise 0.10
 Examples of allowable 180° turns: turn on one foot; turn in squat or demi-plié position; ¼ turn - ¼ turn

4. LACK OF BALANCE BETWEEN ACRO AND DANCE VALUE PART ELEMENTS Up to 0.20

Consider:

- a. The quality (element difficulty value) and the quantity of the two categories.
- b. For Level 9 and 10, the lack of a dance connection for CV Bonus is not necessarily a compositional deduction.
- c. The following elements are considered as "Dance" elements:
 - 1) Group 1 Mounts: 1.101, 1.201, 1.301, 1.401, 1.102 (1st & 3rd descriptions), 1.202, 1.104, 1.105 1.305, 1.405.
 - 2) Group 4: All Wave elements
 - 3) Holds/Stands: 5.101, 5.201, 5.102, 5.302, 5.402, 5.103, 5.203

- B. INSUFFICIENT DISTRIBUTION OF THE ELEMENTS** Up to 0.10
 Consider:
 1. Level of difficulty not maintained throughout the exercise
 2. Most difficult elements placed in same section of exercise
 3. Dismount is a single element of minimal required difficulty for the Level 0.05
- C. INSUFFICIENT USE OF ENTIRE BEAM APPARATUS**
 1. Insufficient level changes throughout the exercise Up to 0.10
 a. Level changes by the performance of elements and/or connections
 b. Look for movements that are high off the beam, semi-low, and low (kneel, squat, sit, lying)
 2. Spatially (use of the entire length of the beam) Up to 0.10
 3. Directionally (movements/non-value parts/choreography forward, backward, & sideward) Up to 0.10
- D. CHOICE OF ACRO ELEMENTS NOT UP TO THE COMPETITIVE LEVEL** Up to 0.20
 Consider:
 1. Acro difficulty level as seen at the culminating championships for the level of gymnast.
 2. Difficulty required to achieve a 10.0 Start Value. All levels should be expected to attain a 10.0 Start Value.
 Example: A 10.0 Start Value at Level 10 requires at least 0.10 bonus for "D" or "E" Difficulty Value and 0.40 bonus for Connection Value. While this bonus can be earned by dance and/or acro elements, if all bonus is earned from dance, it may indicate that the acro elements are not up to the competition level.
Examples for application of deductions for Level 8:
For No deduction (if all are met): 1. Acro series with 2 "B" flight skills 2. Additional Acro element on beam 3. Acro connection to "A" dismount element OR an isolated "B" dismount
For Maximum deduction of 0.20 (if all apply): 1. Acro flight series with only one "B" (or less) or no acro flight series 2. No other acro elements 3. Isolated "A" dismount
- E. LACK OF A DANCE SERIES WITH A MINIMUM OF TWO DANCE ELEMENTS FROM GROUPS 1 (MOUNTS), 2 (LEAPS/HOPS/JUMPS) OR 3 (TURNS)** 0.20
- F. MORE THAN ONE ELEMENT BEFORE THE MOUNT (TAKE-OFF FROM SPRINGBOARD)** 0.20

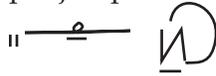
V. SPECIFIC EXECUTION DEDUCTIONS (Refer to General Faults and Penalties for additional deductions.)

- A. FAILURE TO PERFORM GROUP 3 TURNS IN HIGH RELEVÉ** EACH UP TO 0.10
- B. LACK OF PRECISION IN DANCE VALUE PARTS** EACH UP TO 0.10
 Examples: Lack of definite arm or leg position on turns/leaps; degree of turn not exact
- C. FAILURE TO LAND WITH FEET/LEGS TOGETHER ON JUMPS/LEAPS THAT LAND ON 2 FEET IN SIDE POSITION** EACH UP TO 0.10
- D. CONCENTRATION PAUSES** EACH 0.10
 (Pauses of more than 2 seconds taken for concentration prior to difficult elements or connections)
- E. RELAXED/INCORRECT FOOTWORK ON NON-VALUE PARTS THROUGHOUT EXERCISE** UP TO 0.20
- F. LACK OF TEMPO/POOR RHYTHM BETWEEN ELEMENTS PERFORMED IN A DANCE, MIXED OR *ACRO SERIES** UP TO 0.20
 • Applies to a continuous, but slow connection
0.15 - 0.20 *Body position alters/arms swing between elements*
0.05-0.10 *Body still moving but arms swing between elements/legs moving (pumping) but not completely straightening*
No deduction *After first element, arms finish in position to take off immediately for 2nd element (legs in plié/not pumping)*
- *Exception: Backward acro series with one or more flight elements is either connected or not; tempo deduction does not apply.
- G. SUPPORT OF ONE LEG AGAINST SIDE SURFACE OF THE BEAM TO MAINTAIN BALANCE** EACH 0.20
- H. DIRECTIONAL ERROR ON GAINER SALTO DISMOUNTS OFF THE END OF THE BEAM** UP TO 0.30
- I. RELAXED/INCORRECT LEG POSITION/BODY POSTURE & INSUFFICIENT FLEXIBILITY IN NON-VALUE PARTS THROUGHOUT THE EXERCISE** UP TO 0.30
- J. GRASP OF THE BEAM TO AVOID A FALL** 0.30
- K. THIRD RUN APPROACH** 0.50

B + D**+0.20**

EXAMPLES:

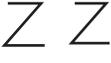
1. Dance series: Split jump-take-off from two feet (B) + Sheep jump (D)



2. Dance/Acro series: Tuck jump 1/2 turn (B) + Flic-flac 1/1 twist to swing down (D)

**C + C (SAME OR DIFFERENT)****USING SAME TWO "C" ELEMENTS****+0.20**

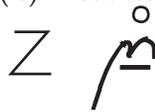
EXAMPLE:

- Switch-leg leap (C) + Switch-leg leap (C) 

C + C**USING DIFFERENT "C" DANCE ELEMENTS OR DANCE/ACRO ELEMENTS****+0.20**

EXAMPLES:

1. Dance series: Switch-leg leap (C) + Cat leap 1/1 (360°) turn (C)



2. Dance/Acro series: Salto backward tucked (C) + Ring jump (C)

**C + D AND MORE DIFFICULT (SAME OR DIFFERENT)****+0.20**

EXAMPLES:

1. Switch-leg leap (C) + Switch-side leap (D) 

2. Switch-leg leap (C) + Gainer back layout step-out (D) 

3. Straddle Jump 1/2 (D) + Straddle Jump 1/2 (D) 

E. CONNECTIONS OF 3 OR MORE ELEMENTS

With the connection of three or more elements, the second element (and those following) may be used a second time, the first time as the last element of the first Connection, and the second time as the first element beginning a new Connection. This is applied only if all elements receive Value-Part credit.

EXAMPLES:

1. Flic-flac step-out (B) + Salto backward stretched with step-out (C) + Flic-flac step-out (B)



Award B + C-salto (+0.10) and C-salto + B (0.10) for a total of +0.20 CV

2. Flic-flac step-out (B) + Back salto stretched with step-out (C) + Back salto stretched with step-out (C)



Award B + C-salto (+0.10) and C + C (+0.20) for a total of +0.30 CV

3. Flic-flac step-out (B) + Salto backward piked (C) + Salto backward stretched to 2 feet (E)



Award B + C-salto (+0.10) and C + E (+0.20) for a total of +0.30 CV plus 0.20 DV

4. Switch-leg leap (C) + Switch-leg leap (C) + Stretched Jump with 1½ (540°) turn (D)



Award C + C (+0.20) and C + D (+0.20) for a total of +0.40 CV plus 0.10 DV

5. Round-off, Flic-flac mount (C) + Back salto stretched with step-out (C) + Back salto stretched with step-out (C)



Award C Mount + C (+0.20) and C + C (+0.20) for a total of +0.40

6. Front Handspring step-out (B) + Front Aerial (D) + Flic-flac (B)



Award B + D (+0.20) and D + B (+0.20) for a total of +0.40 plus 0.10 DV

7. **2 Flic-flac step-outs (B + B) + Back salto stretched with step-out (C) + Back salto stretched with 1/1 twist dismount (B)**



Award only B + B + C-salto (+0.10). Connection of C-salto + B dismount -no CV. Back Layout step-out is last element of 1st connecton & 1st element of 2nd connection. Connections of two acro flight elements excludes the dismount; therefore, no CV is awarded for the C + B dismnt connection.

8. **Flic-flac step-out (B) + Back salto stretched with step-out (C) + Flic-flac step-out (B) + Back salto stretched with 1/1 twist dismount (B)**



Award B + C-salto (+0.10) and +0.10 for three-element connection C+B+B. Total of +0.20

III. "D/E" BONUS (APPLIES TO LEVEL 10 ONLY)

- "D" or "E" elements may replace a required Value Part of "A", "B", "C" and still earn "D/E" Bonus.
- "D/E" Bonus may be awarded for "D" or "E" elements performed successfully; that is, without a fall or spotting deduction.
- A maximum of 0.40 may be awarded for "D/E" Bonus.
 - "D" elements each receive +0.10 Bonus.
 - "E" elements each receive +0.20 Bonus.
- The same "D" or "E" element is eligible for "D/E" Bonus one time only.
 - If the same "D" or "E" element is performed two times in different connections but the first time it is not performed successfully, the second and successful performance of the element would receive Value-Part credit and "D/E" Bonus.
- "D" or "E" elements performed at Level 9 are not eligible for "D/E" Bonus.