

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.
- 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.

- If the second attempt results in a successfully performed mount, Connection Value Bonus and/or “D/E” Bonus could be awarded, if applicable.

Example 1: #1.315 (Round-off) flic-flac mount + #2.202 Straddle Jump (in cross position)

$$\begin{array}{c} \text{C} \end{array} + \begin{array}{c} \text{B} \end{array} = +0.10$$

Example 2: #1.416 (Round-off) back salto stretched with step-out mount + #2.202 Straddle Jump (in cross position)

$$\begin{array}{c} \text{D} \end{array} + \begin{array}{c} \text{B} \end{array} = +0.20 \text{ CV and } +0.10 \text{ D/E}$$

B. DISMOUNTS

- All elements, including the dismount, performed after the final time signal will be evaluated.
- If a Level 7-10 gymnast performs a dismount element with hand support instead of a salto or aerial:
 - Deduct 0.50 for missing the dismount Special Requirement.
 - Do NOT deduct 0.30 for no dismount.
- If a gymnast performs a dismount element of no value (one that is not listed in the *Jr. Olympic Code of Points* or is a restricted element for the level of gymnast (Example, Level 7 gymnast performs a “C” dismount):
 - Deduct 0.50 for missing the dismount Special Requirement
 - No “C” dismount for Level 10
 - No “B” dismount for Level 9
 - No “A” dismount for Level 6, 7 or 8
 - Deduct 0.30 from the Start Value for no dismount.
 - Deduct 0.50 from the Start Value if the dismount performed is a restricted element for the Level (or if it is an additional restricted element above the one allowed at the Level).
- If the gymnast leaves the apparatus (terminates the exercise early, intentionally or due to a fall):
 - Deduct 0.50 for missing the dismount Special Requirement.
 - No “C” dismount for Level 10
 - No “B” dismount for Level 9
 - No “A” dismount for Level 6, 7 or 8
 - Deduct 0.30 from the Start Value for no dismount.
 - Deduct 0.50 for the fall, *with or without an actual fall onto the mat.*
 - If the exercise is under 30 seconds, the Chief Judge deducts 2.00 from the average.
- Falls on a salto dismount:
 - If the salto action was never initiated and the gymnast falls, without landing on the bottom of the feet first:
 - Value-Part credit is NOT awarded.
 - Deduct 0.50 for missing the Dismount Special Requirement:
 - No “C” dismount for Level 10
 - No “B” dismount for Level 9
 - No “A” dismount for Level 6, 7 or 8
 - Deduct 0.30 from Start Value for no dismount.
 - Deduct 0.50 for the fall.
 - Deduct for any other execution/amplitude errors.

C. In the following instances, the elements or series will be considered the SAME:

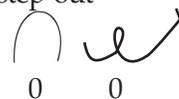
1. The deletion or addition of the same flic-flac as a pre-connection does not change the connection.

Examples:

- a. 1st series: Flic-flac step-out, Flic-flac step-out, Back Salto stretched with step-out



2nd series: Flic-flac step-out, Back Salto stretched with step-out



The connection into the Back Salto is considered the same in both series; therefore, the Back Salto stretched with step-out in the 2nd series would not receive Value-Part credit and would not be eligible for Connection Value Bonus. The flic-flac step-out in the 2nd series would not receive Value-Part credit either, because it was the third time a flic-flac step-out was performed.

- b. 1st series: Flic-flac step-out, Flic-flac step-out, Back Salto stretched with step-out



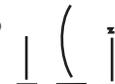
2nd series: Flic-flac step-out, Back Salto stretched with step-out, Flic-flac step-out



These are considered two different connections. The Back Salto stretched with step-out receives Value-Part credit both times; however, both flic-flacs in the 2nd series do not receive Value-Part credit (due to 3rd and 4th repetition.)

2. Elements with the same number but performed with different leg positions will be considered the same element.

Example: #2.108 Stretched jump with or without arch and stretched jump with change/beat of legs are considered the same "A" element.



3. #2.101 *The stag leap and split leap are considered the same element. The stag and double-stag jump are considered different than the stag leap and split leap because of the two-foot take-off.* $\underline{\underline{a}} = \underline{\underline{a}} \rightarrow$ but different than $\parallel \underline{\underline{a}} \rightarrow = \parallel \underline{\underline{a}} \rightarrow$

D. DIFFICULTY RESTRICTIONS

1. Level 10 has no difficulty restrictions.

2. Level 9

- a. Only "A", "B" and "C" elements, and "D or E" dance elements are allowed.
- b. Level 9's are also allowed to perform a maximum of one restricted "D or E" element (Mount, Acro or dismount element).
- c. All allowable "D/E's":
 - 1) Will receive Value-Part credit of "C".
 - 2) May be used to fulfill Special Requirements.
 - 3) May serve as a "C" element in any applicable Connection Value Bonus. No Difficulty Bonus is possible.
- d. Restricted "D/E's" will be considered in chronological order. Whenever the gymnast performs more than one restricted "D" or "E" Acro element, only the first of these "D/E" elements in the exercise may be used for Value-Part credit (C) and, if applicable, Special Requirements and/or Connection Value Bonus.

- e. Each additional restricted "D" or "E" element performed (or attempted, even if the attempt is incomplete - for example, there is no contact with the feet on the top of the beam in a salto, or the dismount does not land on the bottoms of the feet first):
 - 1) Will not receive Value-Part credit.
 - 2) CANNOT fulfill Special Requirements.
 - 3) Will receive a 0.50 penalty reflected in the Start Value.
- f) All appropriate execution and amplitude deductions would be applied to all elements performed, regardless of whether or not they receive Value-Part credit.

3. Level 8

- a. Only "A" and "B" elements, plus "C" dance elements (for "B" credit) are allowed on Beam at Level 8.
- b. Level 8's are also allowed to perform a maximum of one restricted "C" element (Mount, Acro or dismount element.)
- c. All allowable "C" elements:
 - 1) Will receive Value-Part credit of "B".
 - 2) May be used to fulfill Special Requirements
- d. Restricted "C's" will be considered in chronological order. Whenever the gymnast performs more than one restricted "C" Acro element, only the first of these "C's" in the exercise may be used for Value-Part credit ("B") and, if applicable, Special Requirements.
- e. Each additional restricted "C" (or any "D/E") element that is performed:
 - 1) Will NOT receive Value-Part credit.
 - 2) CANNOT be used to fulfill Special Requirements.
 - 3) Will receive a 0.50 deduction which is reflected in the Start Value.
- f. All appropriate execution and amplitude deductions would be applied to all elements performed, regardless of whether or not they receive Value-Part credit.

4. Level 7

- a. *Only "A" and "B" elements, plus ONE "C" Dance element are allowed on Beam at Level 7.*
- b. *The one allowable Dance "C" element:*
 - 1) *Will receive Value-part credit of "B"*
 - 2) *May be used to fulfill Special Requirements*
- c. *Dance "C's" will be considered in chronological order Whenever the gymnast performs more than one restricted "C" dance element, only the first of these "C's" in the exercise may be used for Value-part credit (B) and, if applicable, Special Requirements.*
- d. *Any "C" (or more difficult) ACRO element or any additional restricted C or more difficult DANCE element performed (or attempted, even if the attempt is incomplete -for example there is no contact of the feet on the top of the beam on an acro element, or the dismount does not land on the bottom of the feet first):*
 - 1) *Will NOT receive Value-Part credit.*
 - 2) *CANNOT be used to fulfill Special Requirements.*
 - 3) *A 0.50 deduction is taken for each restricted element performed and is reflected in the Start Value.*
- e. *All appropriate execution and amplitude deductions would be applied to all elements performed, regardless of whether or not they receive Value-Part credit.*

5. Level 6

- a. *Only "A" and "B" elements are allowed on Beam at Level 6.*
- b. *Any "C" (or more difficult) element performed (or attempted, even if the attempt is incomplete -for example there is no contact of the feet on the top of the beam on an acro element, or the dismount does not land on the bottom of the feet first):*
 - 1) *Will NOT receive Value-Part credit.*
 - 2) *CANNOT be used to fulfill Special Requirements.*
 - 3) *A 0.50 deduction is taken for each restricted element performed and is reflected in the Start Value.*
- c. *All appropriate execution and amplitude deductions would be applied to all elements performed, regardless of whether or not they receive Value-Part credit.*

E. Considerations for awarding Value-Part credit when a fall occurs:

- 1. When the gymnast completes an element by landing (making contact with the bottom of the feet/foot on the top of the beam) but then falls:

- a. Value-Part credit is awarded.
 - b. Bonus is NOT awarded, due to the fall.
 - c. Special Requirements WILL be fulfilled, if applicable.
 - d. If the fall occurs on the second element in an acro series, the Special Requirement is fulfilled.
 - e. Deduct for execution/amplitude errors in addition to the 0.50 deduction for the fall, but not the balance errors which resulted in the fall.
2. If the gymnast does not land/make contact with the bottom of the feet/foot on the top of the beam at all:
 - a. Value-Part credit is NOT awarded.
 - b. Bonus is NOT awarded.
 - c. Special Requirement credit is NOT awarded.
 - d. If the fall occurs on the second element in an acro series, the series Special Requirement is NOT fulfilled.
 - e. Deductions for execution and amplitude errors are taken in addition to the 0.50 deduction for the fall.
 3. If the gymnast fails to land on the bottom of her feet first on the dismount:
 - a. Value-Part credit is NOT awarded.
 - b. Bonus is NOT awarded.
 - c. Dismount Special Requirement credit is NOT awarded.
 - d. Do not deduct 0.30 for no dismount from the Start Value.
 - Exception for the performance of salto dismount: if no salto action was initiated, then the 0.30 for no dismount will be applied.
 - e. Deductions for execution and amplitude errors are taken in addition to the 0.50 deduction for the fall.

F. REQUIRED TECHNIQUE FOR THE RECOGNITION OF VALUE PARTS

Leg positions, posture/body position, and/or amplitude requirements as indicated in the *J.O. Code of Points* or *J.O. Updates* must be fulfilled in order to award the Value Part as listed. In some cases, appropriate execution and amplitude deductions would be taken rather than recognizing it as a different element.

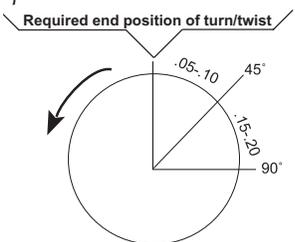
1. **URNS OF 360° OR MORE ON ONE FOOT AND LEAPS/JUMPS/HOPS WITH TURNS OF 360° OR MORE**

If missing 1° to 44° of the turn	deduct 0.05 - 0.10
If missing 45° to 89° of the turn	deduct 0.15 - 0.20
If missing 90° or more of the turn	award the Value Part for the element performed, as listed in the <i>J.O. Code of Points</i> or <i>J.O. Updates</i> .

Deductions for balance, execution and amplitude errors are also applied.

Clarification regarding completion of turns:

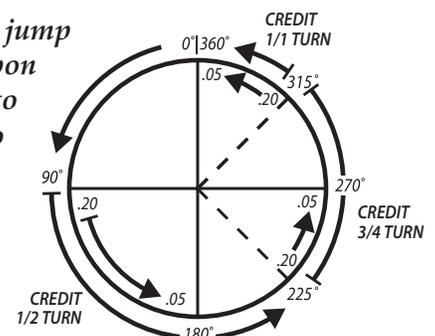
Once the heel drops onto the beam during a turn, it is considered complete. Appropriate Value-Part credit is awarded for the degree of turn completed prior to the heel drop.



2. **JUMPS/LEAPS/HOPS WITH LESS THAN 360° TURN**

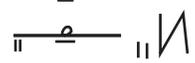
Jumps, leaps and hops that have values based upon less than a 360° turn (example, wolf jump 3/4), the gymnast must finish a minimum of 1° past the half-way mark between the two Value Parts.

EXAMPLE: *Since there is a Value Part listed for the Wolf jump 1/2, 3/4 and 1/1 on Beam, the degree of turn completion upon landing determines the value awarded. Basically, in order to receive the higher value, the turn must be finished closer to the higher degree of turn (a minimum of 1° past the halfway mark between the two values.) Execution deductions for incomplete turn will be applied.*



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).**
 - If the leap/jump has less than 135° leg separation, it receives no value and cannot be used to fulfill the Special Requirement.
 - 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.**
 - If the cross position is used, it must have the forward leg extended.
 - If the forward leg finishes in a stag position, it will not fulfill the Special Requirement.
 - 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 Flight Series

A 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:

- a. 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 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.
- b. A cautious, slow moving attempt to connect one or more **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

- a. 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.
- b. 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. A stop between the elements.
- b. Loss of balance, causing a stop between elements.
- c. Repositioning of a support leg *or pivoting on support leg*.
- d. Extra step, hop/jump between the elements
- e. 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 pliés 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 SIDWARD)** 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 $\frac{1}{2}$ (180°) twist to walkover or salto forward (Arabian walkover or salto) is considered a forward element.
- e. A Flic-flac $\frac{1}{4}$ or $\frac{3}{4}$ 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 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; $\frac{1}{4}$ turn - $\frac{1}{4}$ turn

3. **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.

**SECTION IV
BALANCE BEAM
CHAPTER 3
EXECUTION AND ARTISTRY**

A minimum score of 1.00 is awarded when a Compulsory or Optional routine score would be equal to or less than one point (1.00).

I. EXECUTION

A. SLIGHT/SMALL FAULTS

0.05 - 0.10 pt.

- | | |
|--------------------------------------------------------------------------------|-----------------------|
| 1. Flexed/sickled feet during Value Parts | each time <u>0.05</u> |
| 2. Slight hop, or small adjustment of feet on landing of elements or dismounts | Up to 0.10 |
| 3. Deviation from straight direction on landing | Up to 0.10 |
| 4. Extra arm swings on landing | Up to 0.10 |
| 5. Hesitation during jump, press or swing to handstand | Up to 0.10 |
| 6. Incorrect body posture/alignment during dance Value Parts | Up to 0.10 |
| 7. Legs crossed during salto dismounts with twist | Up to 0.10 |
| 8. Dismount landing too close to the beam | <u>0.10</u> |
| 9. Extra steps on landing (maximum 4) | each <u>0.10</u> |
| 10. <i>Landing dismount with feet staggered (one in front of other)</i> | <i>Up to 0.10</i> |
| 11. <i>Landing dismount with feet wider than hip-width apart</i> | <i><u>0.10</u></i> |

B. MEDIUM FAULTS

UP TO 0.20 pt.

- | | |
|-------------------------------------------------------------------------------------|-------------|
| 1. Leg or knee separations | Up to 0.20 |
| 2. Additional trunk movements to maintain balance/control upon landing of dismount | Up to 0.20 |
| 3. Insufficient height on leaps, jumps and hops | Up to 0.20 |
| 4. Insufficient height of Aerials, Saltos, & Acro flight elements with hand support | Up to 0.20 |
| 5. Insufficient split position (deviation from 180°) | Up to 0.20 |
| 1° - 20° missing = 0.05 - 0.10 | |
| 21° - 45° missing = 0.15 - 0.20 | |
| 46° or more missing = lesser Value Part | |
| 6. Legs not parallel to beam in split or straddle pike leaps/jumps | Up to 0.20 |
| 7. Insufficient exactness of tuck or pike position in Value Part elements | Up to 0.20 |
| 8. Insufficient exactness of stretched position | |
| • arch | Up to 0.20 |
| • hips angle (136° - 179°) | Up to 0.20 |
| 9. Dance: Incomplete turn - Gr. 2 & 3 elements with 360° or more turn | Up to 0.20 |
| 1° - 44° missing = 0.05 - 0.10 | |
| 45° - 89° missing = 0.15 - 0.20 | |
| 90° or more missing = lesser Value Part | |
| 10. Dismounts: Incomplete twist on dismounts with 360° or more twist | Up to 0.20 |
| 1° - 44° missing = 0.05 - 0.10 | |
| 45° - 89° missing = 0.15 - 0.20 | |
| 90° or more missing = lesser Value Part | |
| 11. Insufficient variation in rhythm and tempo throughout the exercise | Up to 0.20 |
| 12. Incorrect body posture on landing of elements and dismount | Up to 0.20 |
| 13. Insufficient dynamics - Consider: | Up to 0.20 |
| • energy maintained throughout exercise | |
| • makes difficult look effortless | |
| 14. Insufficient sureness of performance throughout the exercise | Up to 0.20 |
| 15. Large step or jump on landing (approximately 3 feet or more) | <u>0.20</u> |