

4. In the attempt to perform any element that is required to land on the feet first, the gymnast must land on any part of the bottom of the foot/feet first to receive Value-Part credit.
 - a. If the hands/bottom of the feet land simultaneously, award Value-Part credit and deduct 0.50 for the fall.
 - b. If the gymnast fails to land on the bottom of the feet first, Value-Part credit is not awarded and a 0.50 deduction is taken for the fall.
5. When performing a handstand element involving more than one position, such as a planche moving to a reverse planche, only one Value Part will be awarded, unless the gymnast returns to a sitting or standing support on the beam in between the different positions.

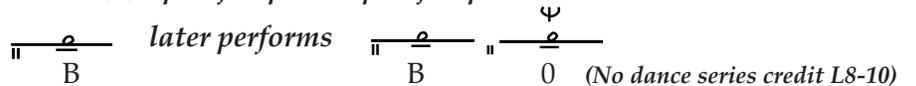
B. In the following instances, elements will be considered DIFFERENT for the counting of Value Parts:

1. If they have a different number in the *Jr. Olympic Code of Points* or *J.O. updates*.
2. If they have the same number in the *Jr. Olympic Code of Points* or *J.O. updates*, but meet the following criteria:
 - a. Saltos are performed with different body positions.
 - b. The support is performed on one or both arms.
 - c. There are different degrees of turn ($\frac{1}{2}$, $1/1$, $1\frac{1}{2}$).
 - The addition of a $\frac{1}{4}$ turn does not make an element different, unless specifically listed in the *Jr. Olympic Code of Points*.

EXAMPLE: #2.110 Tuck jump and Tuck jump with $\frac{1}{4}$ turn are considered the same element.



EXAMPLE: #2.210 (B) Split jump and split jump $\frac{1}{4}$ turn are considered the same element.



- d. Mount elements are performed as elements within the exercise.

EXAMPLE: Press handstand performed as a mount and later in the exercise. Both would receive "B" Value-Part credit.
- e. The take-off for a leap/jump/hop is from one or both legs.

EXAMPLE: #2.201 Split leap with $\frac{1}{4}$ turn and Split jump with $\frac{1}{4}$ turn will be considered different elements.



- f. The Acrobatic elements take-off or land on one or both legs.

EXAMPLES:

#8.401 All salto forward tucked variations are considered different elements; Two-leg take-off (punch), step into one leg take-off and swing-through from a stand on one leg.



#7.202 Front handspring step-out and front handspring to two feet are considered as different elements.



#7.403 Several aerial cartwheel variations and the aerial round-off are listed under the same number. All aerial cartwheel variations are considered the same "D" except for the swing-through aerial cartwheel. The aerial round-off is different from the aerial cartwheel variations because it lands on both legs.



- 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.

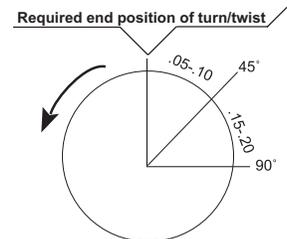
1. TURNS OF 360° OR MORE ON ONE FOOT AND LEAPS/JUMPS/HOPS WITH TURNS OF 360° OR MORE

- | | |
|------------------------------------|--|
| 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:

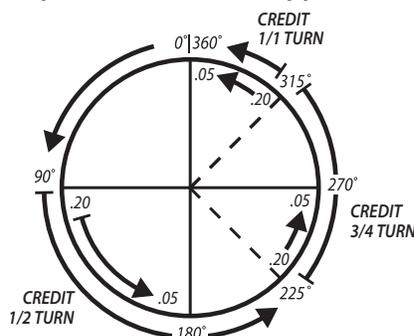
Once the heel drops onto the beam during a turn, it is considered complete. Appropriate Value-Part credit is awarded for the degree of turn completed prior to the heel drop.



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.*



- j. **#2.407 - Sheep Jump (D)**
 A release of the head backward past the vertical line must be shown in order to be considered a "Sheep" position. The expected amplitude of the legs is that the feet be at head height.
- 1) If the feet are shoulder or upper back height, deduct "up to 0.10".
 - 2) Insufficient arch, deduct "up to 0.10".
 - 3) If the feet are hip height or if there is no backward head release (regardless of the height of the legs), it is considered a jump with bent legs and awarded an "A" Value Part (Stretch jump with bent legs).
- k. **#3.303 1/1 (360°) Turn with heel of free leg forward at or above horizontal throughout the turn (C)**
 The gymnast must have time (up to 45° - 1/8th of the turn) to quickly lift the leg into position without deduction. The free leg may be bent or extended, but the entire leg must be at a minimum of horizontal to receive "C" Value-Part credit.
 Once the minimum of horizontal position of the free leg is established, it must be maintained throughout the turn in order to receive Value-Part credit as listed. The free leg may not be supported with the hand in order to maintain the minimum of horizontal position. See elements #3.209 and #3.309 for a variation of the full turn holding the leg with the hand.
- If the correct leg position is missing for more than 45° of the turn or is not maintained throughout the remaining 7/8^{ths} (315°) of the turn, recognize it as another element, dependent upon the height of the leg (3.203-B or 3.101-A)
- l. **#5.306 Reverse planche (C)**
 Legs must be in the same plane, either together or straddled.
- A handstand with a split position used for counterbalance or any other handstand with overarch and legs separated receives "B" Value-Part credit (#5.206)
- m. **#7.310 Flic-flac with ¼ (90°) turn to side handstand (C) or #7.410 Flic-flac with ¾ turn to side handstand (D)**
 Must show flight to the handstand position, with the body stretched in vertical, leg position optional. A two (2) second hold is NOT required.
- If there is insufficient flight, recognize the element as a back walkover with turn and award appropriate Value-Part credit.
- n. **#7.312 Tucked Chen flic (C)**
 Must show a 90° angle in both the hips and the knees; then open the legs and body to a stretched position prior to the swing down.
- o. **#7.503 Free (aerial) cartwheel to scale (Peko)**
 After landing on one leg, a slight lowering of the free leg is acceptable, provided that the leg immediately lifts back up to a minimum of horizontal and is held for two seconds.
- p. **#8.402 Side Salto tucked or piked, take-off forward or sideward from one leg to a side stand (D)**
 When a forward take-off is used, the ¼ (90°) turn should occur as the body lifts on take-off, so that the body and shoulders are facing sideward throughout the entire salto and the landing phase.
- If a forward take-off is used and a ¼ (90°) turn occurs after the body passes through vertical, and the body lands in a side position, it will be considered as #7.403 (D) - Free (aerial) cartwheel, landing in side position.

q. **#8.504 Salto backward stretched with legs together (E)**

In order to receive "E" Value-Part credit, this element must display good height and maintain a stretched body position past the vertical. If the body remains stretched past the vertical but then pikes down, deduct "up to 0.20" for insufficient stretch.

r. **Beam dismounts #9.209, 9.309, 9.409, 9.509 - Gainer back saltos off the end of the beam**

The required technique is a take-off from one foot, facing outward, with the salto performed similar to a reverse dive. The salto rotates backward toward the end of the beam (not along the side of the beam).

- If there is a directional error, an "up to 0.30" deduction is applied.

- 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:
- Acro difficulty level as seen at the culminating championships for the level of gymnast.
 - 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.
- 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

- 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
 - *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

Refer to General Faults and Penalties for additional deductions.

**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/ <i>sickled</i> 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> |

B. MEDIUM FAULTS

UP TO 0.20 pt.

- | | | | |
|-----|--|--|-------------------|
| 1. | Leg or knee separations | | Up to 0.20 |
| 2. | <i>Additional trunk movements to maintain balance/control upon landing of dismount</i> | | <i>Up to 0.20</i> |
| 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> |

C. LARGE FAULTS	<u>UP TO 0.30 pt.</u>
1. Bent arms in support or bent knees	Up to 0.30
• 90° or more bend = maximum deduction of 0.30	
• Maximum on any one element = 0.30 bent arms & 0.30 bent legs	
2. Additional movements to maintain balance <i>on the beam</i>	Up to 0.30
3. Squat on landing (hips even with or lower than the knees)	Up to 0.30
<i>Note: If the gymnast lands an acro element in a squat position and then falls off the beam, deduct up to 0.30 and 0.50 for the fall.</i>	
4. <i>Insufficient height of dismounts</i>	Up to 0.30
5. Brush/touch of landing surface with one or both hands (no support)	Up to 0.30
6. <i>Insufficient extension (open) of tuck/pike body position prior to landing of Acro and dismount elements</i>	<i>Up to 0.30</i>

D. VERY LARGE FAULTS	<u>0.50 pt</u>
1. Support on mat with 1 or 2 hands	<u>0.50</u>
2. Fall onto Beam or off the Beam onto the mat	<u>0.50</u>
3. Fall/Failure to land on the bottom of the feet first on aerials/saltos/dismounts	
No Value-Part/No Special Requirement /No Bonus credit and deduct for a fall	<u>0.50</u>
<i>Note: If the gymnast lands on bottoms of feet and the hands or knees simultaneously, award Value-Part credit and Special Requirement, if appropriate, and deduct for a fall.</i>	
4. Spotting assistance <u>upon landing</u> of dismount element	<u>0.50</u>
• award Value Part & Special Requirement-No Bonus possible	
5. Spotting assistance during an element	
No Value Part/ No Special Requirement/No Bonus credit and deduct for a spot	<u>0.50</u>
6. Exercise shorter than 30 seconds (complete or incomplete) (<i>Chief Judge</i>)	<u>2.00</u>

II. ARTISTRY

Insufficient artistry throughout the exercise

Consider:

- | | |
|--|--------------|
| • Originality/creativity of choreography in elements & connections | *0.05 – 0.10 |
| • Quality of gymnast's movement to reflect her personal style | *0.05 – 0.10 |
| • Quality of expression (i.e. projection, focus) | *0.05 – 0.10 |

* 0.10 is the maximum taken in each category