

Level 10 Beam

VP: 3A, 3B, 2C

SV = 9.5

| TIMING | | |
|--|---------------|---------------|
| Time Limit: 1:30 | Warning: 1:20 | Fall: 45 sec. |
| SPECIAL REQUIREMENTS | | |
| <p>ONE ACRO SERIES, MIN OF 2 FLIGHT ELEMENTS, ONE MUST BE A MIN OF "C," WITH OR WITHOUT HAND SUPPORT, OR AN "A," NON-FLIGHT ACRO ELEMENT FROM GROUP 7 DIRECTLY CONNECTED TO AN "E," ACRO FLIGHT ELEMENT</p> <ul style="list-style-type: none"> Both elements must start and finish on the beam. Flight elements that finish in a handstand (hold) position may be used only as the last element in the Acro series. Flight elements may also be chosen from Group 6 <p>ONE LEAP OR JUMP THAT REQUIRES A 180° CROSS OR SIDE SPLIT (ISOLATED/IN SERIES)</p> <ul style="list-style-type: none"> Must achieve minimum of 135° leg separation to fulfill SR <p>MINIMUM OF 360° TURN ON ONE FOOT (ISOLATED/IN SERIES)</p> <p>AERIAL OR SALTO DISMOUNT, MINIMUM OF "C" OR "B" DISMOUNT DIRECTLY CONNECTED TO:</p> <ul style="list-style-type: none"> acro series that includes a min of "C" acro element, OR a min of "C" acro flight or dance element | | |

NO DIFFICULTY RESTRICTIONS

BONUS - Max +0.50
Connection Value bonus
 Two acro flight elements
 + 0.10 B + C-salto (exclude mt. and dsmt)
 + 0.20 (B + D/E) or (C + C/D/E) or (D/E + D/E) (exclude dsmt)
 Three acro flight elements: apply to mt, dsmt and connection within exercise
 + 0.10 B + B + C
 + 0.20 (B + C + C) or (B + B + D/E) or (B + C + D/more)
 With the connection of three or more elements, the second element (and those following) may be used a second time.
Acro series bonus: Additional +0.10 awarded for any 3-element series with min. of "C" salto/aerial or "D/E" flight element with/without hand support (not dismount)
 Dance elements or dance/acro flight elements or reverse (excludes dismount) or dance turns on one foot (Min. A + C)
 + 0.10 A turn + C turn (or the reverse)
 + 0.10 (A + D) or (B + C)
 + 0.20 (C + C/D/more) or (B + D/E) (same or different)

Difficulty Value bonus
 + 0.10 "D" elements (same element eligible for DV only one time)
 + 0.20 "E" elements (same element eligible for DV only one time)

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SPECIFIC COMPOSITIONAL DEDUCTIONS

0.10 Failure to perform acrobatic elements in two different directions (backward and forward or sideways)
 • if only different direction is in dismount

0.05 More than two pivot turns (180° turns on two feet with straight legs) throughout the exercise

0.10 More than two elements with a wolf or tuck position with or without turn

0.10 More than two straddle jumps, with or without turn

0.10 Insufficient level changes throughout the exercise

0.10 Spatially (use of the entire length of the beam)

0.10 Failure to show movements/non-Value Parts/choreography in different directions (fwd/bkwd/sdwd)

0.10 Choice of Dismount not up to the competitive level

0.20 Choice of Acro elements not up to the competitive level

0.20 Choice of Dance elements not up to the competitive level

0.20 Lack of dance series (min. of 2 dance ele from Gps 1/2/3)

ADDITIONAL ROUTINE BONUS +0.10
 To be eligible, gymnast must have:

- 10.0 Start Value
- Total bonus of 0.60 or more
- Minimum of 1 "E" ACRO element
 - "E" element must be performed with no Fall or Spot

Level 10 Beam - Guidelines for Applying "Not up to the Level" Composition Deductions

| CHOICE OF BEAM ACRO ELEMENTS | |
|--|--|
| Routines with max. of "C" in Acro Flight Series | No ded. |
| 2-ele. acro flight series w/ a C-salto OR | 2-ele. acro flight series w/ a C-salto OR |
| 3-ele. acro flight series w/ a "C" (w/ or w/o hand support) and "D/E" acro flight (w/ or w/o hand support) | 3-ele. acro flight series w/ a "C" (w/ or w/o hand support) and 1 "D/E" acro flight (w/ or w/o hand support) |
| Min. of additional "C" salto or additional "D/E" acro flight (w/ or w/o hand support) | Min. of additional "C" salto or additional "D/E" acro flight (w/ or w/o hand support) |
| * If 2 "C" saltos in acro series, 1 may count for additional C-salto | |
| <u>0.05</u> 2-element acro series with C-salto, and 1 "D/E" acro flight (w/ or w/o hand support) | <u>0.05</u> 2-element acro series with C-salto, and 1 "D/E" acro flight (w/ or w/o hand support) |
| <u>0.10</u> 2-element acro series w/ C-salto and 1 additional C-salto OR Acro flight series w/out C-salto and 1 C-salto (not in acro series) and 1 "D/E" acro flight | <u>0.10</u> 2-element acro series w/ C-salto and 1 additional C-salto OR Acro flight series w/out C-salto and 1 C-salto (not in acro series) and 1 "D/E" acro flight |
| <u>0.15</u> 2-element acro series w/ C-salto OR Acro flight series w/out C-salto and Only 1 "D/E" acro flight | <u>0.15</u> 2-element acro series w/ C-salto OR Acro flight series w/out C-salto and Only 1 "D/E" acro flight |
| <u>0.20</u> No acro flight series/flight series w/o salto/aerial No additional min. C-salto/aerial OR performs only isolated C-salto or less | <u>0.20</u> No acro flight series/flight series w/o salto/aerial No additional min. C-salto/aerial OR performs only isolated C-salto or less |

| CHOICE OF BEAM ACRO ELEMENTS | |
|--|--|
| Routines with "D/E" in Acro Flight Series | No ded. |
| 2-ele. acro flight series w/ min. of 1 "D/E" flight and 1 "D/E" acro flight (w/ or w/o hand support) | 2-ele. acro flight series w/ min. of 1 "D/E" flight and 1 "D/E" acro flight (w/ or w/o hand support) |
| <u>0.05</u> Acro flight series with "D/E", and 1 additional C-salto | <u>0.05</u> Acro flight series with "D/E", and 1 additional C-salto |
| <u>0.10</u> Acro flight series w/ "D/E" and 1 additional "B" or "C" flight ele. w/ hand support | <u>0.10</u> Acro flight series w/ "D/E" and 1 additional "B" or "C" flight ele. w/ hand support |
| <u>0.15</u> Acro flight series w/ "D/E"-salto and No additional acro flight elements OR No acro flight series Only 1 "D/E" acro flight element | <u>0.15</u> Acro flight series w/ "D/E"-salto and No additional acro flight elements OR No acro flight series Only 1 "D/E" acro flight element |
| <u>0.20</u> No acro flight series/flight series w/o salto/aerial No additional min. C salto/aerial OR performs only isolated C-salto or less | <u>0.20</u> No acro flight series/flight series w/o salto/aerial No additional min. C salto/aerial OR performs only isolated C-salto or less |

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| CHOICE OF BEAM DANCE ELEMENTS | |
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| No ded. | Minimum of 3 "C's" OR 2 "D/E's" |
| <u>0.05</u> 2 "C" + 1 "B" OR 1 "C" + 1 "D/E" | <u>0.05</u> 2 "C" + 1 "B" OR 1 "C" + 1 "D/E" |
| <u>0.10</u> 2 "C" OR 1 "B" + 1 "D/E" | <u>0.10</u> 2 "C" OR 1 "B" + 1 "D/E" |
| <u>0.15</u> 1 "C" + 1 "B" OR 1 "D/E" | <u>0.15</u> 1 "C" + 1 "B" OR 1 "D/E" |
| <u>0.20</u> 1 "C" OR 2 "B" | <u>0.20</u> 1 "C" OR 2 "B" |
| CHOICE OF BEAM DISMOUNT | |
| No ded. | Minimum of "B" acro flight or "C" dance directly connected to "C" dismount OR Any "D/E" dismount |
| <u>0.05</u> "A" acro or "B" dance connected to "C" dismount, OR Acro series w/ "C" connected to "B" dismount, OR "D/E" acro flight connected to "B" dismount | <u>0.05</u> "A" acro or "B" dance connected to "C" dismount, OR Acro series w/ "C" connected to "B" dismount, OR "D/E" acro flight connected to "B" dismount |
| <u>0.10</u> Isolated "C" (or less difficult) dismount OR "C" acro flight or dance connected to "B" dismount (or less difficult) | <u>0.10</u> Isolated "C" (or less difficult) dismount OR "C" acro flight or dance connected to "B" dismount (or less difficult) |