

# BALANCE BEAM ~ Chapter 2 ~ General Information

## Required Technique for the Recognition of Value Parts (continued)

### 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 | Award VP credit                      |
| If missing 45° to 89° of the Turn  | Deduct 0.15 – 0.20 | Award VP credit                      |
| If missing 90° or more of the Turn |                    | Award the VP for the skill performed |

- 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 VP credit is awarded for the degree of turn completed prior to the heel drop.

### 2. Turns/Jumps/Leaps/Hops with less than 360° Turn

- Jumps, leaps and hops that have values based upon less than a 360° Turn (example, tuck jump  $\frac{3}{4}$ ), the gymnast must finish a minimum of 1° past the halfway mark between the two Value Parts.
- A  $\frac{1}{2}$  turn on one or two feet must finish a minimum of 1° past 90° to receive VP and SR credit.
  - Use deductions as listed in Chapter 3 for full turns.

#### EXAMPLE:

- Since there is a Value Part listed for the tuck jump  $\frac{1}{2}$ ,  $\frac{3}{4}$ , and 1/1 on Beam, the degree of Turn completion, upon landing determines the value awarded.
  - o If the Turn is completed to within 44° or less of the designated degree of Turn, it will be awarded the higher Value Part.
  - o Basically, in order to receive the higher value, the Turn must be finished closer to the higher degree of Turn.

Execution deductions for incomplete turn will be applied.

### 3. Holds

- If an element requiring a 2-second hold is not held for 2 seconds, it is awarded the value of the root skill.

EXAMPLE: #1.311 Press to Side Handstand – Lower to Planche.

If the Planche position is not held, award “B” VP credit for the Press Handstand.

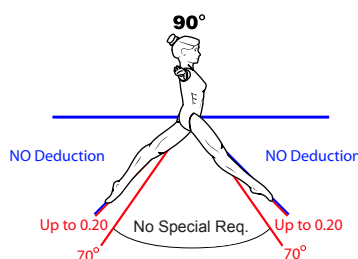
EXCEPTIONS: Handstands & Headstands do NOT require a hold for any Division.

### 4. Leaps and Jumps

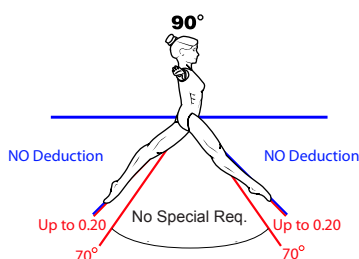
#### Bronze

No Angle Requirement

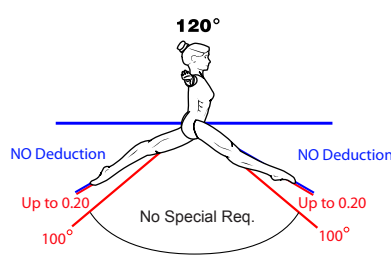
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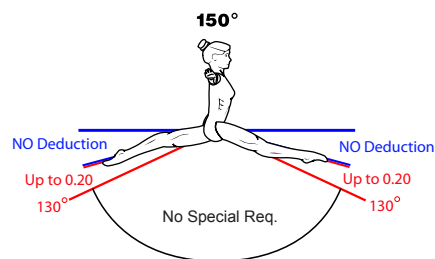
#### Gold



#### Platinum

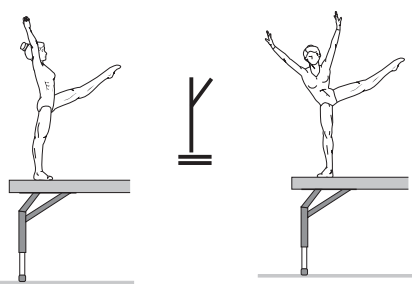
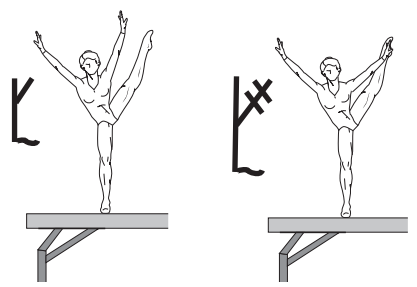
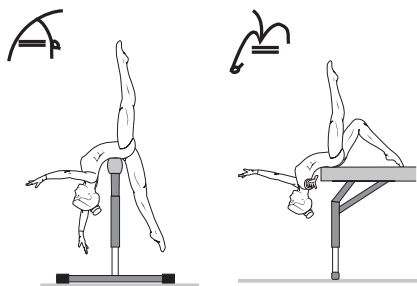
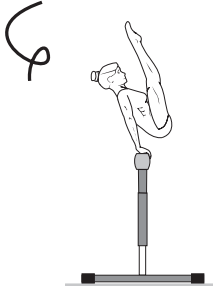
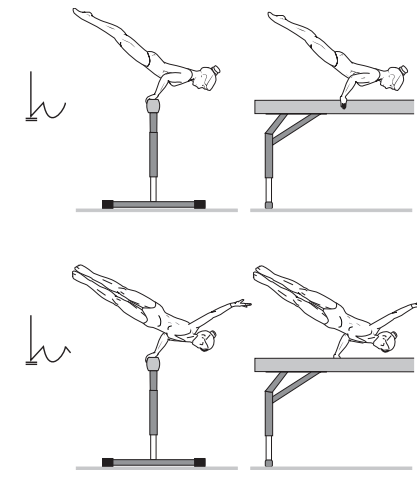
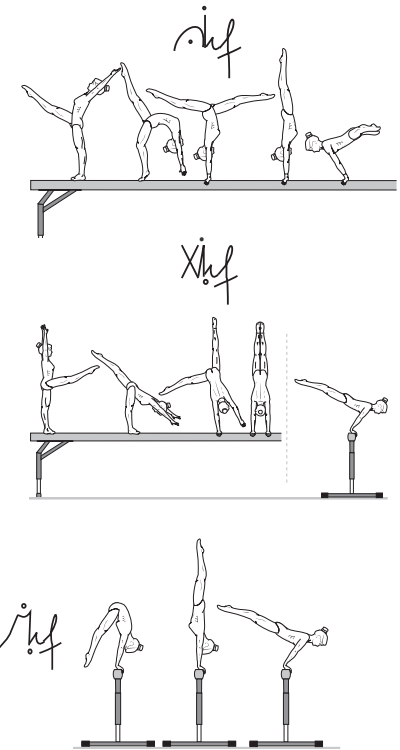


#### Diamond



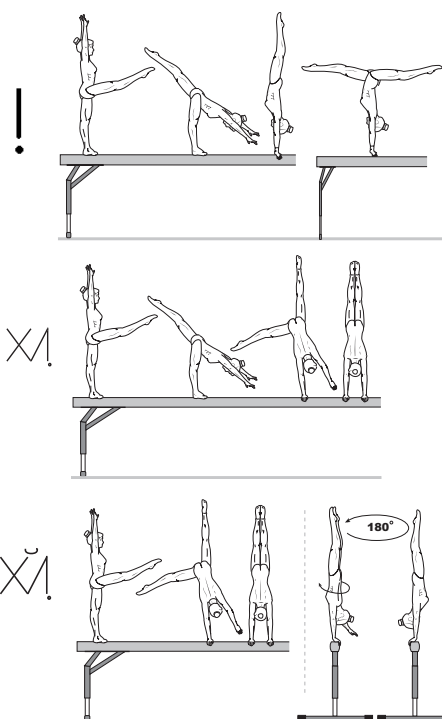
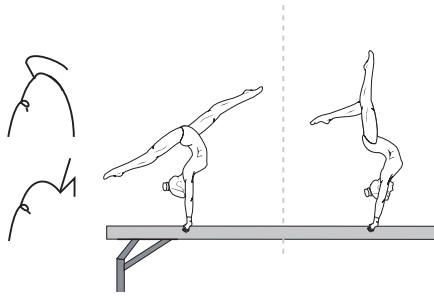
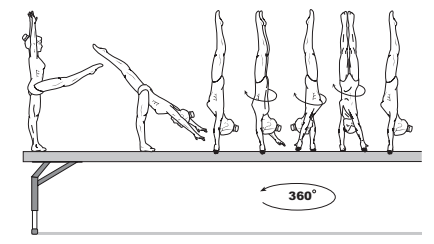
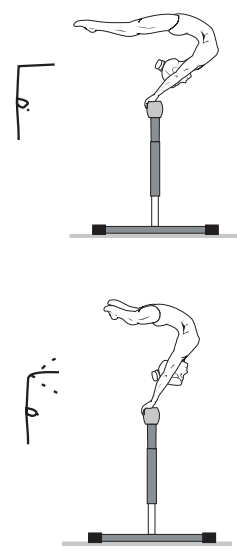
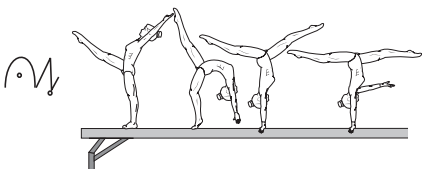
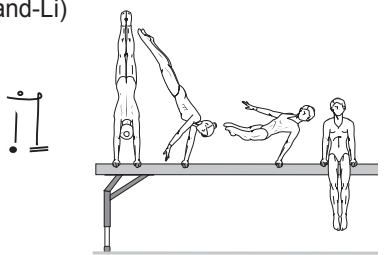
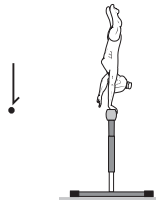
- At each Division there is a specific required degree of split for ALL leaps and jumps with cross or side split. This is the split angle specified in the dance SR (SR #2) for each Division.
- A deficiency of up to 20° from the Division-specific required split is allowed to still receive VP credit (and SR credit if applicable), but will receive an up to 0.20 amplitude deduction.
- Lower VP or NO VP credit (as applicable) would be given for the skill if the split is more than 20° from the required split angle in the division.

# BALANCE BEAM ~ Skills Chart

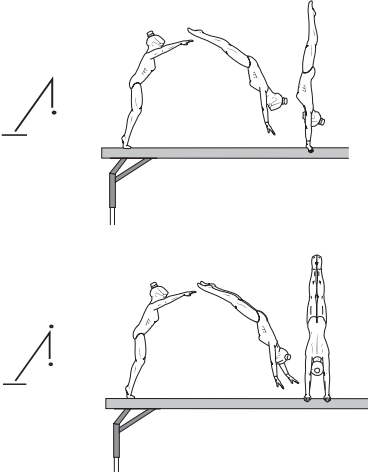
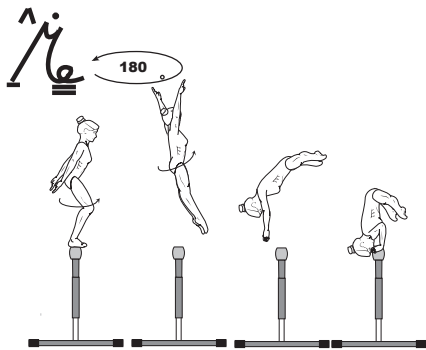
| Group 5 – Holds–Stands  |  |   |
|---|--|---|
| A   | B  | C   |
| <p><b>5.103</b><br/>Stand on one leg (whole foot) free leg in forward or sideward hold above (90°) (2 sec.)</p>  | <p><b>5.203</b><br/>Balance stand on one foot, free leg in sideward upward hold above 140° (2 sec.); also with hand holding free leg.</p>  | <p><b>5.303</b></p>   |
| <p>Balance stand indicates a stand on the ball of the foot in high relevé.</p>  |  |   |
| <p><b>5.104</b><br/>Free lying with large leg amplitude – torso position at end or side of beam (2 sec.)</p>    | <p><b>5.204</b><br/>Clear pike <i>or straddle</i> "V"- support (2 sec.)</p>    | <p><b>5.304</b></p>   |
| <p><b>5.105</b><br/>Planche with support on one or both arms (2 sec.)</p>                                      | <p><b>5.205</b></p>  | <p><b>5.305</b><br/>Jump, press or swing to cross or side handstand – or walkover backward or cartwheel to cross or side handstand – lower to cross or side planche</p>  |

# BALANCE BEAM ~ Skills Chart

## Group 5 – Holds–Stands

| A   | B   | C   |
|---|---|---|
| <p><b>5.106</b><br/>Kick to cross or side handstand with various leg positions; also with 1/2 turn (180°) (No hold required on turning handstands)</p>  | <p><b>5.206</b><br/>Handstand in cross position with large arch span, also piked with one leg vertical, other leg bent</p>  <p>Kick to cross handstand with various leg positions with 1/1 turn (360°) (No hold required on turning handstands), ending position optional</p>  | <p><b>5.306</b><br/>Cross or side handstand with horizontal leg hold – reverse planche in different variations</p>   |
| <p><b>5.107</b></p>   | <p><b>5.207</b></p>   | <p><b>5.307</b><br/>Back walkover in cross position to handstand on one arm</p>  <p>Side handstand (2 sec.) – release one hand with swing down sideward (flank) to side sit back lying or other end position (Hand-Li)</p>  <p>Cross or side handstand on one arm</p>  |

# BALANCE BEAM ~ Skills Chart

| Group 5 – Holds–Stands |  |  |
|------------------------|--|--|
| A                      | B  | C  |
| 5.108                  | <p>5.208<br/>Jump to cross or side handstand</p>  | <p>5.308<br/>From a side stand, jump with 1/2 (180°) turn to arrive in a chest stand (with legs straddled) in side position (Kmieciak)</p>  |

# FLOOR EXERCISE ~ Chapter 1 ~ Requirements

## II. SPECIAL REQUIREMENT CLARIFICATIONS

### A. General

1. Apply to All Divisions
  - a. SR credit will be awarded for Cross and Side split leaps or jumps that are within 20° for insufficient split will be applied.
  - b. A dive roll does not fulfill a flight requirement since it ultimately has support on the shoulders and back.
  - c. Unallowable skills receive a deduction of 0.50 each and do not receive VP or SR credit.
2. Apply to Bronze Division
  - a. Round-off rebound – backward roll is an acro connection.
  - b. Maximum of 2 acro flight skills in the routine.
3. Apply to Silver Division
  - a. Round-off rebound – backward roll is an acro connection.
  - b. Maximum of one salto or aerial in the routine.

B. Examples: These are a few examples of elements that do and do NOT fulfill Special Requirement.

### EXAMPLES FOR BRONZE FLOOR

| Fulfills SR #1 & #2 1. Min. 2 directly connected acro skills with or without flight & 2. A 2 <sup>nd</sup> pass with one acro skill with or without flight                              | Does NOT fulfill SR #1 & #2  |
|---|--|
| 1 <sup>st</sup> Pass - Round-off, rebound, backward roll<br>2 <sup>nd</sup> Pass - Round-off  | 1 <sup>st</sup> Pass - Round-off, flic-flac<br>2 <sup>nd</sup> Pass - Front handspring<br><i>Only 2 flight skills in a routine-fhs does not count for VP or SR and receives 0.50 ded. for unallowable element.</i> |
| 1 <sup>st</sup> Pass - Handstand forward roll step out, cartwheel<br>2 <sup>nd</sup> Pass - Cartwheel   | 1 <sup>st</sup> Pass - Cartwheel, pivot turn, cartwheel<br>2 <sup>nd</sup> Pass - Round-off<br><i>A pivot turn or repositioning of feet will break series</i>  |
| 1 <sup>st</sup> Pass - Round-off, flic-flac<br>2 <sup>nd</sup> Pass - Dive roll<br><i>Even though the dive roll does not count as a flight element it will count as a acro VP.</i>      | 1 <sup>st</sup> Pass - Front walkover, moves foot after initial placement on floor, cartwheel<br>2 <sup>nd</sup> Pass - Handstand forward roll, split jump<br><i>Repositioning foot will break acro series</i>     |
| Fulfills SR #3 Dance passage with a min. of 2 different Group 1 VP or Xcel Bronze chart skills (directly or indirectly connected) one of which is a Leap with a 60° cross or side split | Does NOT fulfill SR #3   |
| Split leap (60°), run, leg swing hop, with free leg to horizontal   | Chassé, split leap<br>Missing 2nd Group 1 skill. <i>Chassé is not an element</i>   |
| Cat leap, skips, split leap   | Split leap, run, split leap<br><i>Skills must be different</i>   |
| Split leap (60°), hitch kick  | Split jump, tuck jump<br><i>One skill must be a leap (one foot take-off) with a split</i>  |
| Fulfills SR #4 Min. 1/2 Turn on one foot  | Does NOT fulfill SR #4   |
| Backward swing turn   | Pivot turn<br><i>Must be on one foot</i>   |
| Full turn   | Fouetté turn<br><i>Is a hop</i>  |
| ½ Heel snap turn  |  |