

BALANCE BEAM ~ Chapter 3 ~ Execution & Artistry

EXECUTION AND ARTISTRY FAULTS - Composition deductions are not applied in the Xcel Program.

- Execution deductions may not exceed 4.00 (including falls) but does not include Artistry or Spotting deductions.
- Courtesy score of 4.00 may be awarded for an extremely Short Routine due to injury or unusual circumstances.
- No routine will be awarded less than 4.00. Common sense should prevail.

Slight / Small Faults (Up to 0.10)	each time <u>0.05</u>	FLEXED / SICKLED FEET during elements / Value Parts
	<u>0.05</u>	* Lands dismount with FEET HIP-WIDTH APART OR CLOSER, but NEVER JOINS HEELS
	up to 0.10	SLIGHT HOP, or SMALL ADJUSTMENT OF FEET or *STAGGERED FEET on landing of elements or Dismounts
	up to 0.10	DEVIATION FROM A STRAIGHT DIRECTION on landing
	up to 0.10	EXTRA ARM SWINGS on landing to maintain balance
	up to 0.10	HESITATION during jump, swing, or press to handstand
	up to 0.10	INCORRECT BODY POSTURE / ALIGNMENT during Dance element / VP
	up to 0.10	LEGS CROSSED during Salto Dismounts with a twist
	up to 0.10	ENTIRE FOOT / FEET SLIDE or lift off floor to join on controlled extension of Dismount landing, when feet are a maximum of hip-width apart (small step)
	each <u>0.10</u> Max. 0.40	EXTRA STEP(S) ON LANDING
	<u>0.10</u>	* Lands dismount with FEET FURTHER THAN HIP-WIDTH APART
	<u>0.10</u>	LANDS TOO CLOSE TO THE BEAM on Dismount (when applicable)
Medium Faults (Up to 0.20)	each up to 0.20	LEG or KNEE SEPARATIONS
	up to 0.20	INSUFFICIENT HEIGHT on leaps, jumps and hops
	up to 0.20	INSUFFICIENT HEIGHT of Aerials, Saltos, & Acro flight with hand support
	up to 0.20 Award lesser or no VP	INSUFFICIENT SPLIT POSITION (see page 10) Deviation from split degree required for the Division <ul style="list-style-type: none"> • 1° – 20° missing • 21° or more missing
	each up to 0.20	LEGS UNEVEN NOT PARALLEL TO BEAM IN SPLIT or STRADDLE PIKE LEAP / JUMP
	each up to 0.20	INSUFFICIENT EXACTNESS OF TUCK or PIKE POSITION in ELEMENT / VP
	up to 0.20 up to 0.20	INSUFFICIENT EXACTNESS OF STRETCHED POSITION <ul style="list-style-type: none"> • ARCH • HIPS ANGLE (136° – 179°)
	0.05 – 0.10 0.15 – 0.20 Award lesser VP	DANCE: INCOMPLETE TURN – Group 2 and 3 elements with 360° or more turn <ul style="list-style-type: none"> • 1° – 44° missing • 45° – 89° missing • 90° or more missing
	0.05 – 0.10 0.15 – 0.20 Award lesser or no VP	DISMOUNTS: INCOMPLETE TWIST ON DISMOUNTS with 360° or more twist <ul style="list-style-type: none"> • 1° – 44° missing • 45° – 89° missing • 90° or more missing
	up to 0.20	INSUFFICIENT VARIATION IN RHYTHM AND TEMPO throughout the exercise
	up to 0.20	INCORRECT BODY POSTURE on landing of elements and Dismount
	up to 0.20	ADDITIONAL TRUNK MOVEMENTS to maintain balance / control upon landing Dismount
	up to 0.20	INSUFFICIENT DYNAMICS – Consider: <ul style="list-style-type: none"> • Energy maintained throughout exercise • Makes difficult look effortless
	<u>0.20</u> Max. 0.40	LARGE STEP or JUMP ON LANDING (approximately 3 feet or more)
	up to 0.20	INSUFFICIENT SURENESS OF PERFORMANCE throughout the exercise

* Clarification on Landings:

***If upon landing with the feet apart / staggered the gymnast takes a step(s), deduct only for the step(s).**

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Large Faults (Up to 0.30)	up to 0.30 up to 0.30	1. BENT ARMS IN SUPPORT – on any one element 2. BENT LEGS—on any one element (90° or more arm or leg bend = max. 0.30)
	up to 0.30	ADDITIONAL MOVEMENTS TO MAINTAIN BALANCE on the Beam
	up to 0.30	SQUAT ON LANDING (hips even with or lower than the knees). <u>Note:</u> if gymnast lands an Acro element in a squat position; then falls off, deduct up to 0.30 for the squat and <u>0.50</u> for the fall
	up to 0.30	INSUFFICIENT HEIGHT (amplitude) OF SALTO DISMOUNTS
	up to 0.30	BRUSH / TOUCH THE LANDING SURFACE with 1 or 2 hands (no support)
	up to 0.30	INSUFFICIENT EXTENSION (OPEN) OF THE BODY prior to landing of Acro or Dismount elements
	<u>0.30</u>	USE OF SUPPLEMENTAL SUPPORT ~ <u>Examples:</u> <ul style="list-style-type: none"> • Foot / Feet remain on mat or board as mount is completed; • Foot / Feet contact the mat in cross straddle sit during exercise • Foot / feet using Base of Beam for support on Mount
Very Large Faults (0.50)	<u>0.50</u>	FALL Onto or Off the Beam, or upon landing dismount, FALL Against the beam/ or Onto Mat to Knee(s) or Hips
	<u>0.50</u>	SUPPORT ON MAT / APPARATUS with 1 or 2 hands upon landing dismount
	<u>0.50</u> No VP No SR	FALL / FAILURE TO LAND ON THE BOTTOM OF THE FEET FIRST on Aerials, Saltos or Dismounts. <u>Note:</u> if the gymnast lands on the bottoms of feet and hands or knees simultaneously, award VP credit and SR credit, if appropriate.
	<u>0.30</u>	Never initiates Salto on dismount – considered No Dismount
	<u>0.50</u>	SPOTTING ASSISTANCE <u>during</u> an element or Dismount – No VP, No SR
	<u>0.50</u>	SPOTTING ASSISTANCE <u>upon</u> landing an element or Dismount. Award VP credit and SR credit.
	<u>0.50</u>	FALL after Spotting Assistance on element or dismount landing
Artistry	*0.05 – 0.10 *0.05 – 0.10 *0.05 – 0.10	INSUFFICIENT ARTISTRY throughout the exercise. <u>Consider:</u> <ul style="list-style-type: none"> • Originality / Creativity of choreography in elements & connections • Quality of gymnast's movements to reflect her Personal Style • Quality of Expression (i.e. projection, focus) * 0.10 is the <u>maximum</u> that can be taken in each category
Specific Execution Errors	each up to 0.10	LACK OF PRECISION IN DANCE ELEMENTS or VP ELEMENTS <u>Examples:</u> Lack of definite arm or leg position on turns / leaps Degree of turn <u>not</u> exact
	each up to 0.10	FAILURE TO LAND WITH FEET / LEGS TOGETHER on jumps / leaps that land on 2 feet in SIDE position
	each up to 0.10	Failure to perform turns in high relevé
	each <u>0.10</u> each <u>0.20</u>	CONCENTRATION PAUSES 1. Two (2) seconds 2. More than 2 seconds
	up to 0.20	RELAXED/INCORRECT FOOTWORK on non-value parts throughout exercise
	0.05 – 0.10	LACK OF TEMPO / POOR RHYTHM between elements: - Body continues moving in line with the beam, but arms swing between Elements, AND/OR Legs slightly extend but do <u>not</u> completely straighten, and slightly bend again to initiate take-off
	0.15 – 0.20	- Torso/trunk deviation in line with the beam with/without arm swing between Elements
	EXCEPTION	Backward Acro Series OR Sideward to Backward Acro series with one (1) or more Flight Elements is either connected or <u>not</u> connected: tempo deduction does <u>not</u> apply.
	each <u>0.20</u>	SUPPORT OF ONE LEG AGAINST SIDE SURFACE OF THE BEAM to maintain balance
	up to 0.30	DIRECTIONAL ERROR on Gainer Salto Dismount off the end of the Beam
up to 0.30	RELAXED / INCORRECT LEG POSITION / BODY POSTURE & INSUFFICIENT FLEXIBILITY in non-value parts throughout the exercise	
<u>0.30</u>	GRASP OF THE BEAM TO AVOID A FALL	
<u>0.50</u>	THIRD RUN APPROACH ON MOUNT	