

# BEAM LEVEL 10 COMPOSITION

## ACRO elements not up to competitive level ↑0.2

	Flight Series	Additional Acro	Additional C Salto
Expected = NO Deduction	<b>BC</b> <i>1 C-salto</i>	<b>D/E</b> <i>Aerial/salto/hand</i>	<b>C</b> <i>or D/E Acro Flight</i>
	<b>BBC</b> <i>Salto or hand OK</i>	<b>D/E</b> <i>Aerial/salto/hand</i>	<b>C</b> <i>or D/E Acro Flight</i>
	<b>CC</b> <i>2 C-saltos (also BCC)</i>	<b>D/E</b> <i>Aerial/salto/hand</i>	
	<b>BD</b> <i>"D" or "E" flight</i>	<b>D/E</b> <i>Aerial/salto/hand</i>	
0.05	<b>BC</b> <i>1 C-salto</i>	<b>D/E</b> <i>Aerial/salto/hand</i>	
	<b>BD</b> <i>"D" or "E" flight</i>		<b>C</b> <i>Salto</i>
0.10	<b>BC</b> <i>1 C-salto</i>		<b>C</b> <i>Salto</i>
	<b>BC</b> <i>Hands - NO salto</i>	<b>D/E</b> <i>Aerial/salto/hand</i>	<b>C</b> <i>Salto</i>
	<b>BD</b> <i>"D" or "E" flight</i>	<b>B or C</b> <i>Flight on Hands</i>	
0.15	<b>BC</b> <i>1 C-salto</i>		
	<b>BC</b> <i>Hands - NO salto</i>	<b>D/E</b> <i>Aerial/salto/hand</i>	
	<b>BD</b> <i>"D" or "E" flight</i>		
		<b>D/E</b> <i>Aerial/salto/hand</i>	
0.20	<i>NO Series</i>		<b>C</b> <i>Salto</i>
	<i>Broken Series</i>		<b>C</b> <i>Salto</i>
	<b>BC</b> <i>Hands only or BB</i>		

## DANCE elements not up to competitive level ↑0.20

Expected 0.0 Deduct	<b>CCC</b> <i>3 C-dance elements or greater</i>	
<b>0.05</b>	<b>CCB</b> or <b>DC</b>	<i>or EC</i>
<b>0.10</b>	<b>CC</b> or <b>DB</b>	<i>or EB</i>
<b>0.15</b>	<b>CB</b> or <b>D</b>	<i>or E</i>
<b>0.20</b>	<b>C</b> or <b>BB</b>	<i>or less</i>

## DISMOUNT not up to competitive level ↑0.1

	Dismount	Acro Connect	Dance Connect
Expected 0.0 Deduct	<b>D/E</b>	<b>BC</b> <i>B-Acro to C-Dmt</i>	or <b>CC</b> <i>C-Dance to C-Dmt</i>
0.05		<b>AC</b> <i>A-Acro to C-Dmt</i>	or <b>BC</b> <i>B-Dance to C-Dmt</i>
		or <b>CB</b> <i>Acro series C to B-Dmt</i>	
		or <b>DB</b> <i>D-Acro flight to B-Dmt</i>	
<b>0.10</b>	<b>C</b> or <b>CB</b>	<i>C-Acro to B-Dmt</i>	or <b>CB</b> <i>C-Dance to B-Dmt</i>

**0.10** Failure to perform Acros in 2 different directions  
Backward & Forward/Sideward

**0.05** Dismount is the only Fwd/ Swd or Bwd

**0.10** Overuse of Dance elements with same shape  
*More than 2 ea: Wolf / Tuck or Straddle*

**0.10** More than 2 pivot turns (*2-feet & straight legs*)

**0.20** Lack of a Dance Series (*Min of 2 dance elements*)

↑0.10 Insufficient level changes throughout exercise

↑0.10 Spatial use: Entire length of beam

↑0.10 Directional use F/B/S: Movements/Non-VP/Choreo