

# J.O. Optional Balance Beam

	6	7	8	9	10
Value Parts	<b>5A 1B</b> any C = -0.5, no VP	<b>5A 2B</b> one dance C = B Rst C = -0.5, no VP	<b>4A 4B</b> dance C = B one acro C = B Rst C = -0.5, no VP	<b>3A 4B 1C</b> Dance D/E = C one acro D/E = C Rst D/E = -0.5, no VP	<b>3A 3B 2C</b>
Special Reqmts 0.5 each	acro series w/o flt <b>OR</b> one acro flt elem (iso or in series)	acro series w/wo flt <b>AND</b> acro flight element	Acro series, 1 flt elem	Acro Series, 2 flt	<b>Acro Series</b> , 2 flt with one min C (or E flt and A non-flt)
No VP = no SR	Leap/jump 180 split 360° turn A salto/aerial dismt	Leap/jump 180 split 360° turn A salto/aerial dismt	Leap/jump 180 split  360° turn A salto/aerial dismt	Leap/jump 180° split  360° turn B salto/aerial dismt	<b>Leap/jump 180° split</b> <b>360° turn</b> <b>C dismount</b> (or a B dismt dir conn to a C acro flight/dance elem or C acro series)
Bonus	none no composition	none no composition	none	Max 0.3 CV Allowed D/E = C	Max 0.4 CV/DV +0.1 D +0.2 E
SV Deduct=>	10.0 C, VP, SR, no dismt	10.0 C, VP, SR, no dismt	10.0 Rst C, VP, SR, no dismt	9.7 (+0.3 bonus) Rst D/E, VP, SR, no dismt	9.5 (+0.5 bonus) VP, SR, no dismt

Connection Value (CV)	2 acro flight no dismt	3 acro flight (try 2-acro bonus)	dance/mixed (acro flt, no dismt)	turns
+ 0.1	B + C (salto) no mount	B + B + C	A + D B + C	A + C
+ 0.2	C + C B + D/E C + D/E D + D	B + C + C B + B + D B + C + D	C + C B + D C + D	

Range (avg decides)	
9.5 - 10.0	0.2
9.0 - 9.475	0.5
8.0 - 8.975	0.7
below 8.0	1.0

**Averages trick if both w/.05** - drop .05 from high, add to low score...then avg the score

**if one w/.05** - drop .05 out, avg score...then add .025 to average

**ADDITIONAL BONUS: +0.1** must have 10 SV, 0.6+ bonus, 1 E elem (no fall/spot). Not in SV-add to score and visibly indicate

### GENERAL COMPOSITION (8-10)

<b>Lack of dance series</b>	<b>0.2</b>	dser
more than 2 dance of same shape  ea	0.1	shp
more than 2 pivot (1/2) turns in exercise	0.1	Ⓣ
Fail to perform acro in 2 diff dir (Fw/Sw and Bw) if only Fw/Sw or Bw in dismt	0.1	acro dir
choice of acro up to level of competition	up to 0.2	UTL
choice of dance up to level of comp	up to 0.2	UTLd
choice of dismount up to level of comp	up to 0.1	UTL→
Level changes	up to 0.1	Lvl
Spatially (whole beam)	up to 0.1	
Directionally (F/S/B choreg, movement)	up to 0.1	mvt dir

### APPARATUS DEDUCTIONS

relaxed body/leg posture, flexibility throughout	up to 0.3	B/L
relaxed/incorr footwork in non-VP	up to 0.2	ft
<b>variation of rhythm and tempo throughout</b>	<b>up to 0.2</b>	<b>R</b>
<b>insuff sureness of performance throughout</b>	<b>up to 0.2</b>	<b>sure</b>
<b>dynamic performance</b> (energy, effortless)	<b>up to 0.2</b>	<b>dy</b>
<b>artistry of presentation</b>		<b>art</b>
• quality of expression	up to 0.1	ex
• originality of choreography	up to 0.1	ch
• quality of movement	up to 0.1	mv
height of acro/dance/saltos	ea up to 0.2	
salto dismount	up to 0.3	
incorrect body position in VP dance	ea up to 0.1	
legs not parallel to beam in split/strad L/J	ea up to 0.2	
lack of precision in VP dance	ea up to 0.1	
failure to perform turns in high relevé	ea up to 0.1	
incomplete turn/twist	ea up to 0.2	
failure to land feet together in L/J (land side)	ea up to 0.1	
rhythm during dance/mix conn.	up to 0.2	
rhythm during acro conn.(counter, fwd/side)	up to 0.2	
hesitation in jump/press/swing to hdst	up to 0.1	
concentration pause – 2 sec = .1 more than 2 sec =	ea 0.2	
support of leg against beam, hit	ea 0.2	
balance ----- up to 0.3 grasp to prevent fall-----0.3		
add'l trunk movements on dismt landing	up to 0.2	
use supplement support (feet on floor or base)	0.3	
third run approach	0.5	
landing too close to beam on dismt	0.1	
direction of gainer dismount off end	up to 0.3	
no dismount of value (from SV)	0.3	
lands dismount on solid/loose foam pit – no VP and	0.3	

### Overtime deduction 0.1 CJ

- L 8-10 - 1:30** -- warning 1:20 **shorter than 30 sec = - 2.0 CJ**
- L 7 - 1:20** -- warning 1:10
- L 6 - 1:15** -- warning 1:05 → *shorter than 30 sec, 10 SV = -0.5 CJ*