

# **Level 10 Beam**

2018-2022

**FALLS AND BALKS**

# BB Mounts

- May have 2 attempts to mount beam without penalty = balks
  - Touching the board, stops = **a fall, deduct 0.5**
  - Running under Beam, stops = **a fall, deduct 0.5**
  - 3<sup>rd</sup> attempt at a mount, = **a fall, deduct 0.5**

**NO 4<sup>th</sup> attempts!**

# BB Falls

- 30 second fall time ends when feet leave the floor
- Judge says: “20 seconds”, “10 seconds”, and “Time”
- Coach may talk while gymnast is down, **but once she re-mounts, NO verbal assistance**
- Coach **MAY NOT** ask if Element received VP credit
- If falls while re-mounting = 2<sup>nd</sup> Fall, deduct 0.5
- If gymnast performs an element on mat prior to re-mounting, CJP deducts 0.20 for additional warm-up

# Falls with VP Credit

- Element is **complete** if bottom of foot/feet makes contact with the top of the beam and then falls
  - No bonus
  - SR may be awarded
  - If 2<sup>nd</sup> element in Acro series, then SR is awarded
  - Deduct 0.5 for the fall but not balance leading to fall
  - Deduct for Execution and Amplitude errors, including landing in a squat

# Falls – No VP Credit

- Element is **NOT Complete** if bottom of foot/feet **DOES NOT** make contact with top of the beam
  - No bonus
  - No SR
  - If 2<sup>nd</sup> element in Acro series, NO SR
  - Deduct 0.5 for the fall but not balance leading to fall
  - Deduct for Execution and Amplitude errors

# BB Dismount Falls

- **Never initiates salto**
  - NO VP
  - Missing Dismount SR, deduct 0.5 from SV
  - NO Dismount, deduct 0.3 from SV
  - Deduct 0.5 for the fall

# BB Dismount Falls

- **Initiates salto but falls not landing on bottom of feet 1<sup>st</sup>**
  - NO VP
  - Missing Dismount SR, deduct 0.5 from SV
  - ~~– NO Dismount, deduct 0.3 from SV~~
  - Deduct 0.5 for the fall



# **RECOGNITION OF VP**

# Recognition of VPs

- Elements listed in the JO CoP may receive VP credit 2 times provided they are performed in a different connection
- If an element **Does NOT** receive VP credit:
  - Can't be used for Special Requirements
  - Can't be used for Bonus
  - Can't be used for Composition
  - *But it does receive execution/amplitude deductions!*

# Recognition of VPs

- Elements under the same number are considered **DIFFERENT** if:
  - Saltos have different body positions
  - Different degrees of turn
    - *¼ turn does not make an element different unless listed*
  - Support on one or both arms
  - Mount performed as element during exercise
  - Leaps/Jumps/Hops take-off from 1 or 2 legs
  - Acro elements take-off from 1 or 2 legs

# Recognition of VPs

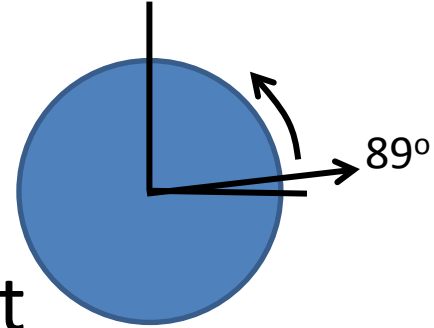
- Elements under the same number are considered the **SAME** if they:
  - Delete or add the same Flic-Flac **pre-connection**

$B + B + C = \emptyset + \emptyset \text{ No CV}$        $B + B + C \neq \emptyset + C + \emptyset \text{ No CV}$   
But different connection for C

- Have different leg positions
  - Stretch jump = beat jump = arch jump

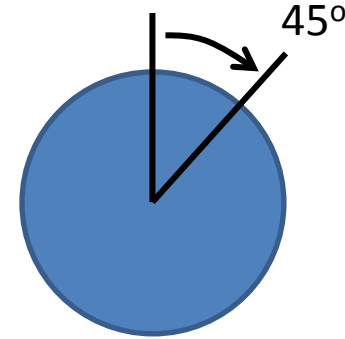
# Turns and Salto twists

- Turns on one foot / jumps/ salto twist with  $360^\circ$  or more may only be missing  $89^\circ$  or less to receive VP credit
  - 1-foot turns end when heel drops
  - Jumps and salto twists are determined by landing of the front foot
- Turns less than  $360^\circ$  may be missing a maximum of  $1^\circ$  less than the halfway mark.
  - Deduct  $\uparrow 0.20$



# Turns with leg at/above horizontal

- Must quickly lift leg to horizontal  
*(1/8 circle = 45°)*
- Leg may be bent or extended but must maintain horizontal throughout the rest of the turn for “C” credit
- Incorrect position for more than 45° or failure to maintain position throughout the remaining 7/8 (315°) of turn will be downgraded:
  - “B” if free leg is more than 45° above the beam
  - “A” if free leg is less than 45° above the beam





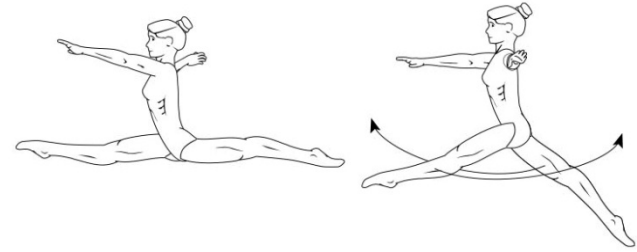
# 180° Split Leap “B”



- 180° Split leap **on BB** is now a “B”
  - MUST be a **Straight Leg** entry
  - If using developé entry, it will be an “A”
  - Must reach a minimum of 135° split
    - Up to 0.2 off for insufficient split

# Switch Leap “C”

- First leg swings forward to a minimum 45°

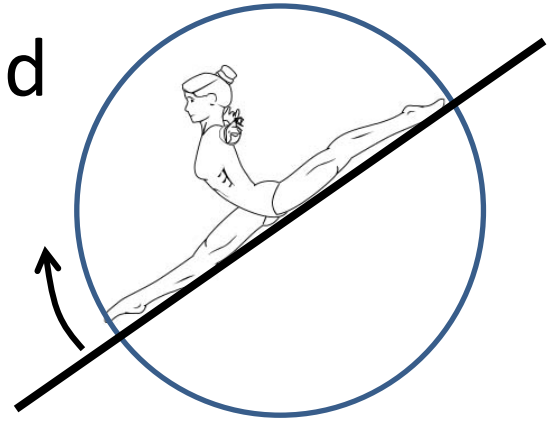


- Deduct  $\uparrow 0.1$  for insufficient height of leg but award “C”
  - If front leg is staged 90° and never straightens, award “A”
- 180° split after leg change
    - Deduct 0.2 for insufficient split
    - If less than 135° award “A” VP and do NOT award SR of a 180° leap/jump



# Front Leg Position for Sissone

- Sissone has a 2-foot take-off and a 1-foot landing
- Legs should be diagonal to the beam with a 180° split.
- The front leg should be a minimum of 45° above the beam
  - Deduct  $\uparrow 0.10$  for the front leg lacking amplitude



# Ring Shapes

- **Head release backward beyond vertical line**
  - Lower VP if no head release
- **Rear Foot to TOP of head**
  - Deduct  $\uparrow 0.10$  if foot is shoulder height
  - Lower VP if foot is hip height.
- **Deduct  $\uparrow 0.10$  for insufficient Arch**
- **If front leg is straight it should be  $45^\circ$  above the beam**
  - Ring leaps, first leg should brush near horizontal
  - Deduct  $\uparrow 0.10$  for insufficient amplitude of front leg
- **Expect  $180^\circ$  split for leaps & jumps, also on stag knee-knee**

Ring Leaps "C"  
Ring Jumps "C"  
Stag Ring "C"  
Sheep "D"  
Switch Ring "E"  
Yang-Bo "E"

# Cross vs. Side Jumps

- Straddle / Split / Pike in **Cross** = **“B”**
- Straddle / Split / Pike in **Side** = **“C”**
- When performing a  $\frac{1}{4}$  turn the VP depends upon where the skill is shown
  - “B” if shown in Cross
  - “C” if shown in Side

Start in:	Show or $\frac{1}{4}$ Turn		VP
Cross	Show	$\frac{1}{4}$ Turn	<b>B</b>
Cross	$\frac{1}{4}$ Turn	Show	<b>C</b>
Side	Show	$\frac{1}{4}$ Turn	<b>C</b>
Side	$\frac{1}{4}$ Turn	Show	<b>B</b>

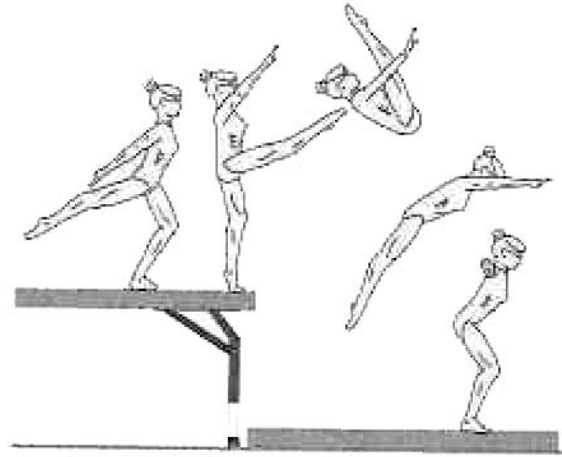
# Handstand Mounts

- **Jump, press, or swing to Handstand Mount**
  - Body must be vertical with hips over shoulders
  - Legs may be together or positioned:  
split, stag, straddle
  - If falls after achieving vertical, it receives VP credit
    - If near vertical, take insufficient amplitude or credit a different VP
  - A 2-second Hold is NOT required!

# Handstand within Exercise

- **Jump or Swing to Handstand**
  - A 2-second Hold is required!
  - MAY NOT be used as part of an Acro Series L8-10
- **PRESS Handstand**
  - NO Hold required!
  - May be used as 1<sup>st</sup> element in Level 8 Acro Series
- **FF ¼ turn to HS (“C”) or FF ¾ turn to HS (“D”)**
  - May be used as 2<sup>nd</sup> element in Acro Series

# Gainer Dismounts Off the End



- Take off from 1-foot facing outward
- Reverse dive salto that rotates back toward the end of the beam (*not to the side*)
- Deduct  $\uparrow 0.30$  for directional errors

# **EXECUTION AND AMPLITUDE**

# BB Throughout Exercise

↑ 0.30	<b>ARTISTRY</b> Insufficient artistry throughout the exercise ( <i>Each</i> ↑0.1) <ul style="list-style-type: none"><li>• Originality/creativity of <b>Choreography</b> in elements &amp; connections</li><li>• Quality of gymnast's movement to reflect her personal <b>Style</b></li><li>• Quality of <b>Expression</b></li></ul>
↑ 0.20	Insufficient <b>Dynamics</b>
↑ 0.20	Insufficient variation in <b>Rhythm &amp; Tempo</b> throughout
↑ 0.20	Relaxed/incorrect <b>Footwork</b> on non-value parts throughout
↑ 0.20	Insufficient <b>Sureness</b> of performance throughout
↑ 0.30	Relaxed/incorrect <b>Leg Position / Body Posture</b> & insufficient <b>Flexibility</b> in non-value parts throughout



# BB Deductions

<u>0.10</u>	Concentration Pauses <i>2 seconds</i>
<u>0.20</u>	Concentration Pauses <i>3 seconds or more</i>
<u>0.20</u>	<b>Support of one Leg</b> against side surface of the beam to maintain balance
<u>0.30</u>	<b>Grasp of the Beam</b> to avoid a fall
<u>0.30</u>	Use of <b>Supplemental Support</b> ★
↑ 0.10	<b>Hesitation</b> during jump, press or swing to Handstand
↑ 0.20	Lack of Tempo/ <b>Poor Rhythm</b> between elements in a Dance, Mixed or Acro Series ★
↑ 0.30	Additional movements to maintain <b>Balance on the Beam</b>



## BB Squat on Landing ↑0.3

- Lands Acro element with hips even with or lower than the knees
- If the gymnast then falls, deduct ↑0.3 for the deep squat in addition to the 0.5 for the fall


# ★ BB Supplemental Support 0.3

- Foot/Feet remain on the Mat/Board as Mount is completed
- Foot/Feet contact Mat in a cross Straddle Sit during the exercise
- Foot/Feet/Leg using Base of the Beam for support on Mount or during exercise

Clarifications for Acro, Dance and Mixed Series

# **TEMPO/RHYTHM ON CONNECTIONS**

# BB Lack of Tempo/Rhythm ↑0.2

- Applies to Dance, Mixed and certain Acro Series:
  - **Non-Flight Acro Series** (*Fwd or Bwd*)
  - **Forward or Sideward Acro Flight Series**
  - **Counter Acro Flight series**
- Continuous but slow connection
- **Does NOT** apply to Backward Acro Flight Series with 1 or more flight elements = *broken or not* 
- **Does NOT** apply to Sideward to Backward Acro Flight Series = *broken or not*

# Fwd/Swd/Counter/ Non-Flt Acro Series

- **Expected connection, no deduction if**
  - Arms in position to immediately take-off
  - Legs in pli  but are not pumping
- **Continuous but slow            0.05 – 0.10**
  - Body moving, but arm swing between elements
  - Legs pumping, but do not fully straighten
- **Continuous but slow            0.15 – 0.20**
  - Body position alters
  - Arm swing between elements

# Backward Flight Series Connection

- Acro series with 1 or more Backward Flight elements or a sideward element to a backwards element
- Broken if delay in IMMEDIATE take-off of 2<sup>nd</sup> skill
  - Cautious, slow-moving attempt = broken
  - NO rhythm deduction can be taken
- Arms moving low as thighs (*or more*) = broken
  - EXCEPT Gainer Layout: arms may continue to circle as to inherent technique of the skill

# Dance / Mixed Series

- Arm circle does not necessarily break the series if body continues to move.
- Mixed series of cat leap to aerial cartwheel:
  - Free leg drops and then lifts again = Broken
  - Body trunk stops forward movement = Broken



# ALL series are Broken if

- Stop between elements
- Loss of balance causing a stop
- Repositioning foot/feet or pivoting
- Extra step / hop / jump between elements
- Legs straightens between elements
  - Lands in plié, totally straightens legs, pliés again
- Kicks /Swings leg above  $45^{\circ}$  into 2<sup>nd</sup> element
- If a series is broken that has 2 of the same element, then no VP awarded for the 2<sup>nd</sup> one

# Non-Connectable Elements

- NOT connected if first Element lands in a **Lunge on 2 feet**
  - Back Walkover to lunge → Cartwheel or Round-off
  - Flic-Flac step-out to lunge → Cartwheel or Round-off
- Only connected if lands on one leg and swings the other leg through to take off

# **SPECIAL REQUIREMENTS**


# BB Special Requirements

- 1. Acro Flight Series** *(Excludes Mount and Dismount)*
  - *Min of 2 flight elements, one a “C” (w/wo hands)*
  - *Non-Flight “A” connected to Acro Flight “E”*
- 2. Leap or Jump with 180° Cross or Side Split**
- 3. Minimum of a 360° Turn on one foot** *(Group 3)*
- 4. “C” Dismount - Aerial / Salto, or  
“B” Dismount connected to:**
  - **Acro or Dance “C” element** *or*
  - **Acro series containing a “C”**

# BB Acro Flight Series


## 1. Acro Flight Series *(Excludes Mount and Dismount)*

- **Min of 2 flight elements, one a “C”** *(w/wo hands)*

✓ Flic + Layout Step-out *(receives 0.1 CV)* 

✓ Flic + 1-arm Flic *(no CV)* 

- **Non-Flight “A” connected to an Acro Flight “E”**

✓ *Back Walkover + Onodi* 

# BB 180° Split Leap/Jump

## 2. Leap or Jump with 180° Cross or Side Split

- Isolated or in a series OK
  - ✓ Sissone “A”
  - ✓ Split leap or jump “B”
  - ✓ Straddle jump in cross/side “B/C”
  - ✓ Switch leap “C”
  - ✓ Switch side “D”
- A stagged forward leg will NOT fulfill the SR,  
*but it is OK for the back leg to be bent*

If Split is less than 135° it will not fulfill this requirement

# BB Dismount

## 4. Aerial / Salto Dismount, "C" minimum or "B" Dismount connected to:

- "C" Acro Element

- ✓ 1-arm Flic "C" + Back Full Dismount "B"

- ✓ Aerial Cartwheel "D" + Gainer 1/1Twist Tucked Dismount "B"

- "C" Dance Element

- ✓ Switch Leap "C" + Gainer Tucked Off-the-End "B"

- Acro Series containing a "C"

- ✓ Aerial Cartwheel "D" + Flic "B" + Back Full Dismount "B"

**BONUS**



# CV Bonus

<u>BEAM</u>	0.1	0.2	0.1	0.2
<b>10</b>	2 Acro Flight <i>NO Mt/Dmt</i> <b>BC*</b> ←(C* = Salto)			
	2 Acro Flight <i>NO Dmt</i>	<b>CC BD</b>	2 Dance / Mix <i>NO Dmt</i> <b>BC AD</b>	<b>CC BD</b>
	3 Acro Flight <b>BBC</b>	<b>BCC BBD</b>	Turns <b>CA AC</b>	

*All Acro must have flight for CV*

ONLY Acro Elements with Flight may be used for CV

# CV for 2-Acro Flight

	0.1	0.2
2 Acro Flight <i>NO Mt/Dmt</i>	BC* ← (C* = Salto)	
2 Acro Flight <i>NO Dmt</i>		CC BD
3 Acro Flight	BBC	BCC BBD

*All Acro must have flight for CV*

## 2-Acro Flight Elements

### B + C Salto

- NOT in Mount or Dismount
- *L10 only a Salto / L9 Aerial OK*



**+0.1**

### C + C

- NOT in Dismount (*MT OK*)
- 1-arm Flic + 1-arm Flic



**+0.2**

### B + D or B + E

- NOT in Dismount (*MT OK*)
- Aerial + Flic



**+0.2**

# CV for 2-Acro Flight

	0.1	0.2
2 Acro Flight <i>NO Mt/Dmt</i>	BC* ←(C* = Salto)	
2 Acro Flight <i>NO Dmt</i>		CC BD
3 Acro Flight	BBC	BCC BBD

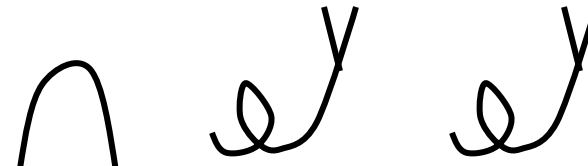
*All Acro must have flight for CV*

- **2-Acro Flight CV**

- An element may receive CV twice, the 1<sup>st</sup> time as the **last** element in a connection and 2<sup>nd</sup> time as the **first** element in a different connection.

- Example:

CV bonus: B+C = 0.1
<u>C+C = 0.2</u>
Total CV = 0.3



“B” +0.1 “C” +0.2 “C”

Flic + **Layout step-out** + Layout step-out

# CV for 3-Acro Flight

	0.1	0.2	
2 Acro Flight <i>NO Mt/Dmt</i>	BC*	←(C* = Salto)	
2 Acro Flight <i>NO Dmt</i>		CC	BD
3 Acro Flight	BBC	BCC	BBD



*All Acro must have flight for CV*

## 3-Acro Flight Elements

This concept fills in the gaps for bonus for difficult connections that do not meet the criteria to be awarded bonus under the 2-Acro Flight concept.

# CV Bonus Acro Flight

	0.1	0.2
2 Acro Flight <i>NO Mt/Dmt</i>	BC* ← (C* = Salto)	
2 Acro Flight <i>NO Dmt</i>		CC BD
3 Acro Flight	BBC	BCC BBD



All Acro must have flight for CV

## 3-Acro Flight Elements

*Mount & Dismounts OK! Used when 2-acro doesn't apply*

<p><b>B + B + C</b></p> <ul style="list-style-type: none"> <li>• Mount RO FF on + Flic + Flic</li> <li>• Flic + Flic <i>2 feet</i> + Double Full Dmt</li> </ul>		<b>+0.1</b>
<p><b>B + C + C</b></p> <ul style="list-style-type: none"> <li>• Flic + 1-arm Flic + 1½ Dismount</li> </ul>		<b>+0.2</b>
<p><b>B + B + D or B + B + E</b></p> <ul style="list-style-type: none"> <li>• RO + Flic + Double Tuck Dmt</li> </ul>		<b>+0.2</b>

# CV Bonus Dance/Mix

	0.1	0.2
2 Dance / Mix <i>NO Dmt</i>	BC AD	CC BD
Turns	CA AC	

## 2-Dance or 2-Mixed Elements

### 1. Dance Series: Dance + Dance

- May be the same or different

### 2. Mixed Series:

- *NOT IN DISMOUNT!*
- Dance + Acro Flight
- Acro Flight + Dance




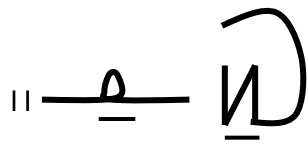
### 3. Turn Series: Turn + Turn

- On one foot, Minimum A + C

# CV Bonus Dance/Mix

	0.1	0.2
2 Dance / Mix <i>NO Dmt</i>	BC AD	CC BD
Turns	CA AC	


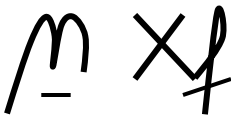

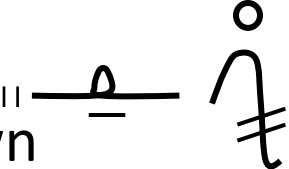
## 2-Dance Elements

<p><b>B + C</b></p> <ul style="list-style-type: none"> <li>• Switch Leap + Straddle Jump (<i>cross</i>)</li> </ul>		<b>+0.1</b>
<p><b>A + D</b></p> <ul style="list-style-type: none"> <li>• Beat Jump + Tuck Jump Full Turn</li> </ul>		<b>+0.1</b>
<p><b>C + C</b></p> <ul style="list-style-type: none"> <li>• Switch Leap + Switch Leap</li> </ul>		<b>+0.2</b>
<p><b>B + D</b>     <i>or more difficult</i></p> <ul style="list-style-type: none"> <li>• Split Jump + Sheep Jump</li> </ul>		<b>+0.2</b>

# CV Bonus Dance/Mix

	0.1		0.2	
2 Dance / Mix <i>NO Dmt</i>	BC	AD	CC	BD
Turns	CA	AC		

## 2-Mixed Elements

<p><b>B + C</b></p> <ul style="list-style-type: none"> <li>• Straddle Jump (<i>cross</i>) + Back Pike</li> </ul>		<p><b>+0.1</b></p>
<p><b>A + D</b></p> <ul style="list-style-type: none"> <li>• Cat Leap + Aerial Cartwheel</li> </ul>		<p><b>+0.1</b></p>
<p><b>C + C</b></p> <ul style="list-style-type: none"> <li>• Back Tuck + Stag Ring Jump</li> </ul>		<p><b>+0.2</b></p>
<p><b>B + D</b> <i>or more difficult</i></p> <ul style="list-style-type: none"> <li>• Split Jump + Flic Full Swingdown</li> </ul>		<p><b>+0.2</b></p>

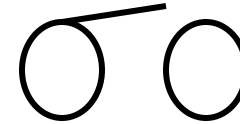


# CV Bonus Turns

	0.1	0.2
2 Dance / Mix <i>NO Dmt</i>	BC AD	CC BD
Turns	CA AC	

**2 Turns A+C +0.1**

Turns may be performed:



- On the Same support Leg
- With a step into turn on opposite leg
- Brief Demi-plié on one or both legs OK

# Level 10 General Info



## **NEW +0.1 Bonus**

- Exercise must have a 10.0 SV
- Must be 0.6 or more in bonus
- Must have a “E” element
  - BB/FX: Must be an “E” **ACRO** element
- Not in SV *(just add +0.1 to your score)*

New “Up to the Level”

# COMPOSITION

# “Flat” Composition Deductions

- **Failure to perform Acro Elements in 2 different directions** 0.1
  - If only in Dismount 0.05
  - Bwd **AND** Fwd/Swd
  - Mounts / Rolls / Walkovers / Cartwheels / Handsprings / Saltos (*Groups 1/6/7/8*)
  - **Bwd Acro Series + RO/cartwheel** into Bwd dismount fulfills Acro in 2 different directions
- Handstands (*w/wo pirouette*) are NOT eligible
  - *Group 5*

# “Flat” Composition Deductions

- **Overuse of Dance Elements with the same shape** 0.1
  - More than 2 Wolf or Tucks elements
  - More than 2 Straddle Jumps
- **More than two 180° Pivot turns on straight legs** 0.1

# “Flat” Composition Deductions

- **Lack of a Dance Series** 0.2
  - 2 Dance elements directly connected
  - May be from Groups 1/2/3
    - Mounts
    - Leaps / Jumps / Hops
    - Turns

# Composition Deductions

- **Insufficient Level Changes** ↑0.1
  - Elements and/or connections
  - High / Semi-low / Low (*Kneel / Squat / Sit / Lying*)
- **Spatial use: Entire length of beam** ↑0.1
- **Directional use:**
- ★ **Movements / Non-VP / Choreography** ↑0.1
  - Forward AND Backward AND Sideward
  - Choreographed arm movements, not just walking steps
  - Sideward: Shoulders and hips must be facing sideways

# “Up to the Level” Acro ↑0.2

	Flight Series	+ Acro	+ C Salto	Deduct
BEST	<b>BC / BBC</b>	D/E	C	<b>0.0</b>
	<i>Flic-Lay</i> <i>Flic-Flic-1 arm Flic</i>	<i>Aerial cartwheel</i>	<i>Back tuck</i> <i>(or Front tuck “D”)</i>	
	<b>CC / BD</b>	D/E		
	<i>Flic-Lay-Lay</i> <i>Aerial cartwheel-Flic</i>	<i>Onodi</i>		
				<b>★ Expect 2 C-Saltos &amp; 1 D/E</b>
LEAST	<b>BC</b>			<b>0.2</b>
	<i>Hands only or a Broken series</i>		Or only a C salto	





# UTL Composition Deductions

- Beam Mounts may count for **Arco** or **Dance** UTL
- Dance Elements UTL Formula:
  - Expect 3 C elements
  - Subtract from **0.30** the value of top 3 elements:  
**D = 0.15**      **C = 0.10**      **B = 0.05**

# “Up to the Level” Dance ↑0.2

	Dance Elements		Deduct
BEST	C C C		0.0
	<i>Switch Leap / Tuck Jump <math>\frac{3}{4}</math> / <math>1\frac{1}{2}</math> Tuckstand Turn</i>		
LEAST	C	B B	0.2
	<i>Stag Ring Jump (other dance = As)</i>	<i>Split Jump / Split Jump <math>\frac{1}{4}</math></i>	

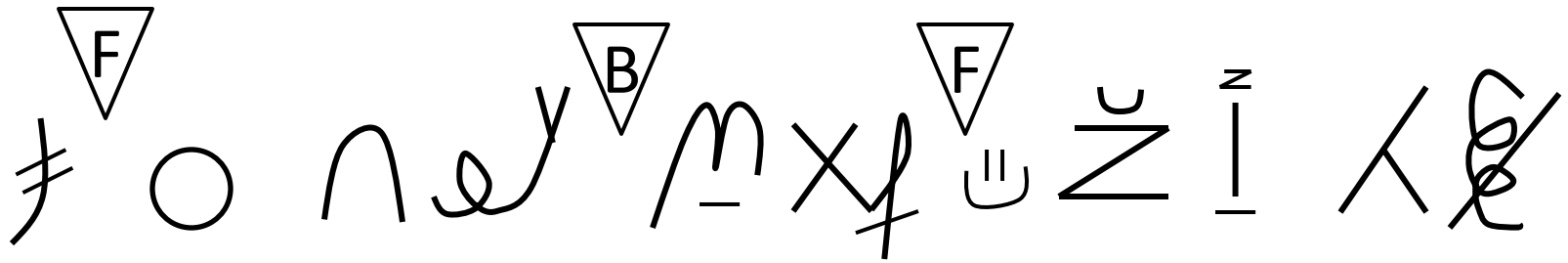
# “Up to the Level” Dismount ↑0.1

	Single	Acro Connect	Dance Connect	Deduct
BEST	D/E	<b>B C</b>	C C	<b>0.0</b>
	<i>Double Tuck</i>	<i>RO-Back 1½ twist</i>	<i>Switch Leap – Gainer layout full</i>	
LEAST	C	C B	C B	<b>0.1</b>
	<i>Front Full</i>	<i>Flic-Lay – Full 1-arm flic – Full</i>	<i>Switch Leap – Gainer off the end tuck</i>	

Quiz

**FIND THE SV AND COMPOSITION**

What are the SV and Compositional deductions for the routine below?

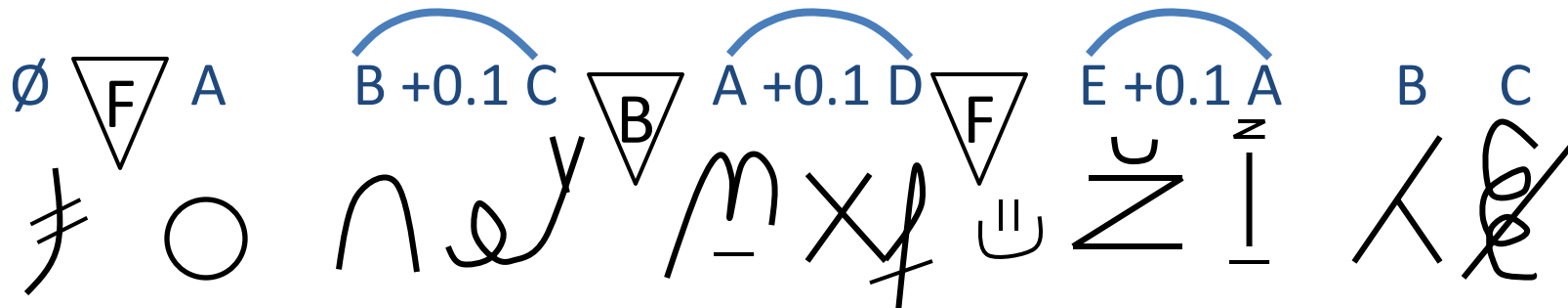


VP = 3A, 2B, 2C, 1 D, 1E

CV = 0.3

D/E = 0.3

SV = 10.0



Dance series: Yes

Bwd & Fwd/Swd Acros: Yes

Movement: No Swd = 0.05

Acro ≠CL: BC & D = 0.05

Dance ≠CL: E AAA = 0.15

Dismount ≠CL: BC = 0.0

**NO +0.1 BONUS**