

BEAM LEVEL 10 COMPOSITION

ACRO elements not up to competitive level ↑0.2

Includes acro mount & elements on the beam (not Dmt)

	Flight Series	Additional Acro	Additional C Salto
Expected = NO Deduction	BC <i>1 C-salto</i>	D <i>Aerial/salto/hand</i>	C <i>or D/E Acro flight</i>
	BBC <i>Salto or hand OK</i>	D <i>Aerial/salto/hand</i>	C <i>or D/E Acro flight</i>
	CC <i>2 C-saltos or BCC</i>	D <i>Aerial/salto/hand</i>	
	BD <i>Min of 1 D/E flight</i>	D <i>Aerial/salto/hand</i>	
0.05	BC <i>1 C-salto</i>	D <i>Aerial/salto/hand</i>	
	BD <i>D/E flight</i>		C <i>Salto</i>
0.10	BC <i>1 C-salto</i>		C <i>Salto</i>
	BC <i>Hands, NO salto</i>	D <i>Aerial/salto/hand</i>	C <i>Salto</i>
	BD <i>D/E flight</i>	B or C <i>Flight on Hands</i>	
0.15	BC <i>1 C-salto</i>		
	BC <i>Hands, NO salto</i>	D <i>Aerial/salto/hand</i>	
	BD <i>D/E flight</i>		
	No Series	D <i>Aerial/salto/hand</i>	
0.20	No Series or Broken Series		C <i>only 1 Salto</i>
	BC <i>Hands only or less</i>		

DANCE elements not up to competitive level ↑0.20

Expected	CCC	or	DD	or	ED
0.0	CCC	or	DD	or	ED
0.05	CCB	or	DC	or	EC
0.10	CC	or	DB	or	EB
0.15	CB	or	D	or	E
0.20	C	or	BB	or less	

DISMOUNT not up to competitive level ↑0.1

	Dismount	Acro Connect	Dance Connect
Expected	D	BC	CC
0.0	D	<i>B-Acro to C-Dmt</i>	<i>C-Dance to C-Dmt</i>
0.05		AC <i>A-Acro to C-Dmt</i>	BC <i>B-Dance to C-Dmt</i>
		CBB <i>C in Acro series to B-Dmt</i>	
		DB or EB <i>D/E-Acro flight to B-Dmt</i>	
0.10	C	CB <i>C-Acro to B-Dmt</i>	CB <i>C-Dance to B-Dmt</i>
<i>A non-VP acro used for 3rd time may be considered for dismount connection in composition.</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 each: Wolf / Tuck or Straddle

0.10 More than 1 pivot turn (*2-feet & straight legs*)

0.20 Lack of a Dance Series (*Min of 2 dance elements*)
Leaps / hops / jumps / turns

↑**0.10** Insufficient level changes throughout exercise

↑**0.10** Spatial use: Entire length of beam

0.05 ea Must show 2 of 3 Directions:
Fwd/Bwd/Swd Movements in Non-VP/Choreo