

# BEAM LEVEL 9 COMPOSITION

## L9 ACRO not up to competitive level ↑0.2

Includes acro mount & elements on beam (not Dmt)

	Flight Series	Additional Acro
Expected 0.0	<b>B C</b> 2 flight	<b>C</b> Salto or Aerial
	<b>B C</b> 2 flight	<b>D</b> hand support
	Acro series with <b>salto or aerial</b>	<b>C</b> hand support
0.05	<b>B C</b> 2 flight	<b>C</b> hand support
0.10	<b>B C</b> 2 flight	<b>B</b> or more B flight
0.15	<b>B B</b> 1-2 B flights	<b>C</b> Salto or Aerial
0.20	<b>B B</b> 1-2 B flights	No other <b>B</b> Acros
	Broken series No series	No other <b>B</b> Acros

## L9 DANCE not up to competitive level ↑0.20

Expected 0.0	<b>C C</b>
0.05	<b>C B</b>
0.10	<b>C</b>
0.15	<b>B B</b>
0.20	<b>B</b>

## L9 DISMOUNT not up to competitive level ↑0.1

	Dismount	Acro Connect	Dance Connect
Expected 0.0	<b>C</b>	<b>B B</b> Acro connect	<b>C B</b> Dance connect
0.05		<b>A B</b> Acro connect	<b>B B</b> Dance connect
0.10	<b>B</b> Isolated	<b>A</b> Any A dmt	
A non-VP acro used for 3rd time may be considered for dismount connection in composition.			

**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)

↑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