BALANCE BEAM – GENERAL INFORMATION page 1

I. APPARATUS SPECIFICATIONS – See Rules and Policies for dimensions

A. Padded Beam / Height... 100 – 125 cm ± 1 cm, all levels, all ages...……..…… wrong specifications... = 0.3 CJ
B. Base Mat…….. = on floor or stable surface.
C. Chalk Marks……. = allowed to place small marks on beam, no tape.
D. Skill Cushions……. = max. 9 inches on 9" landing mat……. unauthorized mats….. = 0.3 CJ
Mat Measurements……. = 9" = 24 cm, 8" = 20 cm, 4.5" = 12 cm, 4" = 10 cm, ¾ inch = 2 cm
E. Mats for Mounts……. = no plywood allowed under board (NCAA OK)…… unauthorized mats….. = 0.3 CJ
1. without board……... = 9" landing mats + "up to 8 inch" skill cushion; panel mat OK
2. with….. board…….. = 9" landing mats + sting or 4 inch throw mat (board/mat must be removed)

II. TIMING REGULATIONS

A. Touch Warm-Up:
1. 30 second period.... = does not include settings, warning – time exceeded…….(team/event)……. = 0.2 CJ
2. Prior to competing...= may touch board / bar briefly, may not perform an element…… = 0.2 CJ
B. Timing Exercise:
1. Level 8 / 9 / 10..... = 1:30, warning at 1:20
Level 7……. = 1:20, warning at 1:10
Level 6……. = 1:15, warning at 1:05
2. Start……. = take off from the board or floor.
Stop……. = each fall off or when dismount arrives on the floor.
3. Overtime……. = if landing after time signal, continue to judge, award elements (< 1:31 OK) ... = 0.1 CJ (notify)
4. Signal / Device…... = bell, whistle, gong, or audible verbal "warning" and 'time", CJ must review.
5. Short Exercise……. = < 30 seconds; missing VP, SR, if no dismount, (Ex: 10 SV Lv 6 = 0.5 CJ) … = 2.0 CJ
C. Timing Falls:
1. Remount……. = 45 second time period.
Start……. = when gymnast stands back up on her feet..
Stop……. = feet leaves the floor, short period to resume.
2. Fall time exceeded: = terminated.
3. Warnings……. = "20 seconds remaining" and "10 seconds remaining" and "Time"
4. Remount & Fall…... = prior to resuming the timing of the routine…… = 0.5 Fall
5. Warm-up after fall... = performs element on mat after a fall, no warning, additional warm-up……. = 0.2 CJ

III. SPOTTING REGULATIONS

A. Coach touches or assists with element:……. = 0.5 spot, 0.5 if fall after spot……. No VP / SR / Bonus, OK Dismount
B. Coach spots UPON landing dismount……... = 0.5 spot, no extra fall deduction… OK VP / SR - No Bonus.
C. Coach touches without assisting……. = 0.5 spot……. OK VP / SR - No Bonus.
D. Coach catches falling gymnast…… = 0.5 fall only.
E. Gymnast inadvertently touches the coach…. = no penalty.
F. Coach may stand next to beam (1 element).. = 0.1 CJ, if coach remains throughout routine.
G. Coach must use manufactured device…… = 0.3 CJ, does not remove spotting device (may not use chair).

IV. MOUNT AND DISMOUNT REGULATIONS

A. Mounts:
1. May stand on board…… = or 8 inch skill cushion without board.
2. Mats allowed for mounts…… = described in Apparatus Specifications (Beam I.E.).
3. Mounting apparatus must be removed... = 0.3 CJ – board not removed after mount / spotting.
4. One element prior to mount allowed…… = 0.2 Each Judge – more than one element performed.
5. Mount Attempts:
a. Balk (2 allowed)…….. = did NOT touch board, beam or run under the beam.
b. Third attempt…… = 0.5 penalty, OK Bonus.
c. Fourth attempt……. = not permitted.
d. No mount……. = 0.5 penalty – touch board, beam or runs under the beam.
e. Attempt Roundoff only…… = 0.5 penalty – may remount, OK Bonus.
B. Dismounts:
1. Dismount after "time" signal…….. = elements will be evaluated.
2. Dismount with Hand Support (Lv 7-10) = Ok VP, 0.5 SR. (handspring 1/1t.)
3. Dismount with No Value / Restricted….. = No VP, 0.5 SR, 0.3 No Dismount. 0.5 RE (jump straddle)
4. Fall, early termination..……..…… = No VP, 0.5 SR, 0.3 No Dismount, 0.5 Fall. (fall, does not remount)
5a. Fall, no Salto (not to soles of feet first)... = No VP, 0.5 SR, 0.3 No Dismount, 0.5 Fall. (roundoff → no salto)
5b. Fall, Salto (not to soles of feet first)..... = No VP, 0.5 SR…….. 0.5 Fall. (roundoff → salto to knees)

Elements with Fall:
1. With bottom of one or two of feet.... = 0.5 Fall, OK VP / NO Bonus / OK SR, fall on 2nd element of series = OK SR.
2. Without bottom of feet on beam….. = 0.5 Fall, NO VP / NO Bonus / NO SR, fall on 2nd element of series = NO SR.
3. Dismount landing not feet first..……. = 0.5 Fall, NO VP / NO Bonus / NO SR, if no salto action = 0.3 No Dismount.

V. RECOGNITION OF VALUE PARTS – (Root Skill Variation = VP)
A. Any VP may be used 2 times for VP…… = in different connection (preceded / followed by different element). (See note)
B. Elements DIFFERENT, if different…….. = #, body position, 1 or 2 arms, degree of turn, mount/routine, 1 or 2 legs.
C. Elements SAME, if same # AND..……. = delete or add flic-flac in connection, different leg positions.
D. VP Credit with a Fall …… = complete (contact top of BB), incomplete (no contact), no bottom of feet first.

E. REQUIRED TECHNIQUE FOR VP RECOGNITION - GENERAL ELEMENT TECHNIQUE

1. Turns/Jumps 1/1t +…… = more than ½ way = Greater VP credit
2. Turns/Jumps with < 1/1t….= 1° – 44° (0.05 – 0.1), 45° – 89° (0.15 – 0.2), 90°+ Lower VP
3. Holds (Scales)…….. = Less than 2 second hold = Lower VP
4. Leaps and Jumps……= 1° – 20° (0.05 – 0.1), 21° – 45° (0.15 – 0.2), 90°+ Lower VP, 180° Split
5. Flight Elements……= Hands and Feet free of beam = Flight
6. Salto with Twists…….. = 1° – 44° (0.05 – 0.1), 45° – 89° (0.15 – 0.2), 90°+ Lower VP (Hands & Feet = OK)

Dance Turns – Saltos with Twists

1° – 44° = 0.05 – 0.1

45° – 89° = 0.15 – 0.2

90° + …… = Lesser VP

- Turn is complete when heel drops.
- Twist is complete when feet land.
- Turns w/ less than 360° = 1° past ½ way

Split Positions

1° – 20° = 0.05 – 0.1

21° – 45° = 0.15 – 0.2

46+°…….. = Lower VP

7. SPECIFIC ELEMENT TECHNIQUE CLARIFICATIONS
   a. ……Handstand Mounts…… = Vertical leg position, hips over shoulders, balanced, no hold req.
   b. # 2.110 (A) – Tuck Jump…….. = Knees at or above horizontal, Knee angle 90°.
   c. # 2.111 (A) – Wolf Hop / Jump…….. = Leg and Thigh above horizontal, knees together.
   d. # 2.102 (B) – Split Jump vs. # 2.107 Sissone = 2 ft. takeoff; 2 ft. vs. 1 or 2 ft. landing, 180°; parallel vs. diagonal
   e. # 2.202 (B) – Straddle / Side Split…… = Cross position = B; Side position = C
   f. # 2.206 (B) – Pike Jump – cross…… = 90° closure required.
   g. # 2.305 (C) – Switch Leg Leap…… = Deduct →0.1 < 45° lead leg, insufficient height of swing leg
   h. # 2.307 (C) – Ring Leap/Jump, Stag-Ring…. = Head release past vertical line, rear leg near top of head.
   i. # 2.405 (D) – Switch Side Leap…….. = Deduct →0.1 < 45°, stag lead leg = C side leap, <135° = A leap.
   j. # 2.407 (D) – Sheep Jump…… = Head release past vertical line, rear leg near top of head.
   k. # 3.303 (C) – Full Turn - Leg at Horizontal…. = 45° to lift leg and maintained at horizontal, no hand support.
   l. # 5.306 (C) – Reverse Planche…… = Legs in same plane, together or straddled, overarch = B.
   m. # 7.310 (C) – Flic ¼ t. Handstand…… = Flight to Handstand, no flight = lower VP.
      # 7.410 (D) – Flic ¾ t. Handstand…… = Flight to Handstand, no flight = lower VP.
   n. # 7.312 (C) – Tuck Chen Flic…… = 90° hip angle, 90° knee angle, open to swing down.
   o. # 7.505 (E) – Side Aerial to Scale…… = 2 second hold; minimum horizontal
   p. # 8.402 (D) – Side Salto…… = Lift ¼ t. before salto – side landing.
   q. # 8.504 (E) – Layout Salto to 2 feet…… = Good height, stretched past vertical, pike down → 0.2
   r. # 9.209 (B) – Gainer Back Salto (off the end) = facing outward, reverse dive salto, directional error → 0.3

Tuck Jump
- Insufficient tuck position…… → 0.2
- Hips greater than135°…… Straight Jump

Wolf Jump
- Leg below horizontal…… → 0.1 each
- Hips greater than135°……... Straight Jump

Side Split or Straddle Jump
- Insufficient Split……... → 0.2
- Legs not parallel to beam/floor…. → 0.2
- Straddle: Legs not at horizontal… → 0.1 each
- Less than 135°…… Different Element

Switch-Leg Leap
- Insufficient Split after leg change → 0.2
- Lead Leg less than 45°…….. Split Leap
- Less than 135°split …… Different Element

Sheep Jump
- Feet at shoulder / upper back…... → 0.1
- Insufficient Arch…….. → 0.1
- No head release……..“A” Jump

Pike Jump
- Insufficient pike position…… → 0.2
- Hips greater than135°…… Straight Jump

Cat Leap
- Failure to reach horizontal……. → 0.1 each leg
- Incorrect leg position (knee bend)…... → 0.2
- Lack of alternate leg lift…….. Tuck Jump

Sissone / Split Jump
- Insufficient split position…… → 0.2
- Legs not parallel to floor (split jump)… → 0.2
- Less than 135° split ……... Different Element
- Sissone - front leg less than 45°…. → 0.1

Ring Leap / Jump
- Rear foot at shoulder height……. → 0.1
- Rear foot at hip height…… Split Leap / Jump
- Front leg less than 45°……... → 0.1
- No Head Release…… Different Element
- Insufficient Arch…….. → 0.1

BALANCE BEAM – COMPOSITION – EXECUTION – BONUS page 3

I. CONTENT: Acrobatic with/without flight F/ S/ B; turns, leaps/jumps/hops, body waves; dynamic change in rhythm & levels.

II. SPECIAL REQUIREMENTS (SR) (0.5 each, off start value), one element may fulfill more than one SR.

SR	Level 6	Level 7	Level 8	Level 9	Level 10	NCAA
1……	Acro Series…….. without Flight or (1) Acro Flight (solo / series)	Acro Series…….. w or w/o Flight + (1) Acro Flight (solo / series)	Acro Series…….. (1) Flight	Acro Series……. (2) Flight	Acro Series……. (2) Flight, (1) C (Group 7) A + E	Acro Series (Mt OK) (2) Flight, (1) C (Group 7) A + E 180° Leap/Jump
2……	180° Leap/Jump…..	180° Leap/Jump.. Must be min.135°	180° Leap/Jump..	180° Leap/Jump..	180° Leap/Jump….	Dance/Mixed Series With (1) C-Dance
3……	Full Turn……	Full Turn……	Full Turn……	Full Turn……	Full Turn……	Full Turn
4……	A – Dismount…….. Aerial / Salto	A – Dismount…... Aerial / Salto	A – Dismount…... Aerial / Salto	B – Dismount…... Aerial / Salto	C – Dismount…….. C Flt / C Dance→ B Flt series w/ C→ B	C – Dismount D → B

III. CLARIFICATIONS REGARDING SERIES – plie / straighten / plie between elements / = breaks dance series

A. Direct Connection
1) Back / Side to Back Acro Series – slow, no immediate takeoff, arms at thigh or lower after landing.
2) → 0.2 Non Flight Acro, F/S Flight, Counter-flight Series – continuous but slow
3) → 0.2 Dance or Mixed Series – free leg drops/lifts or truck stops forward movement = broken
4) Broken: stop, delay, balance, extra step / hop / jump, reposition leg(s), pivot, acro free leg above 45º

B. Non-Connectable Series: (Flic Flac step-out → Roundoff), step through allows series to be connected.

C. Repetition Failure Series: 3rd performance of VP = No VP, No series; if VP = 0 may be repeated for VP credit.

IV. SPECIFIC COMPOSITIONAL DEDUCTIONS (Lv 8 / 9 /10)

More than 2 Straight Leg (Pivot 1/2t.) Turns	*0.1*
More than 2 Wolf / Tuck or 2 Strad. Shapes	*ea 0.1*
Dance – Not up to Competitive Level	*→ 0.2*
Acro – Not up to Competitive Level	*→ 0.2*
Dismount – Not up to Competition Level	*→ 0.1*
Insufficient Level Changes	*→ 0.1*
Insufficient Use Entire Beam (Space)	*→ 0.1*
Choreography in Different Directions (F/S/B)	*→ 0.1*
Lack of Dance Series (min. 2; Gr. 1 ,2, 3)	*0.2*
Acro 2 Directions – Back & Forward/Sideward	*0.1*
(Groups: 1, 6, 7, 8) If only in Dismount	*0.05*

I. SPECIFIC EXECUTION DEDUCTIONS

3rd Run to approach mount (each judge)	*0.5*
Insufficient Dynamics (thruout)	*→ 0.2*
Artistry: Original Choreography	*→ 0.1*
Artistry: Movement Reflects Personal Style	*→ 0.1*
Artistry: Quality of Expression	*→ 0.1*
Failure to perform VP Turns on High Relevé	*→ 0.1*
Concentration Pause (2 seconds)	*ea. 0.1*
Concentration Pause (more than 2 sec.)	*ea. 0.2*
Hesitation in Jump, Swing, Press Handstand	*→ 0.1*

I. SPECIFIC EXECUTION DEDUCTIONS

Insufficient Variation Rhythm/Tempo (thruout)	*→ 0.2*
Rhythm in Acro / Dance / Mixed Connections	*→ 0.2*
Relaxed/Incorrect Footwork (non-VP thruout)	*→ 0.2*
Relax/Incorrect Leg/Post./Flex.(non-VP thruout)	*→ 0.3*
Insufficient Sureness of Performance	*→ 0.2*
Insufficient Split - Required (Dance / Acro)	*→ 0.2*
Insufficient Height of Leaps - Jumps - Hops	*→ 0.2*
Insufficient Height of Acro Flights, Aerials, Saltos	*→ 0.2*
Insufficient Height of Salto Dismounts	*→ 0.3*
Insufficient Ext (Open) prior to Acro/Dismount	*→ 0.3*
Dance - Lack of Precision in Dance VP	*→ 0.1*
Dance - failure to land 2 feet together (side)	*→ 0.1*
Dance - Incorrect Body Posture	*→ 0.1*
Dance - Legs not Parallel- Split/Straddle Pike	*→ 0.2*
Landing Too Close to Beam on Dismount	*0.1*
Support of 1 leg against side of Beam	*0.2*
Touch / Brush Landing Surface (1 or 2 hands)	*→ 0.3*
Incorrect Body Posture on Landings	*→ 0.2*
Trunk Movement to Control Dismount Landing	*→ 0.2*
Trunk Movement to Balance Elements on Beam	*→ 0.3*
Grasp Beam to Avoid a Fall	*0.3*
Squat on Landing + fall	*→ 0.3*
Direction of Gainer Dismount of the End	*→ 0.3*
Supplemental Support - contact Mat or Board	*0.3*
Land dismount in foam pit (No VP, SR)	*0.3*

I. CONNECTION VALUE: Dance and Arco Flight VP elements directly connected, placed in any order.

II. CONNECTION VALUE (CV) PRINCIPLES

TWO - ACRO FLIGHT ELEMENTS – Including mounts

B + C Salto / Lv 9 Aerial (no mount / dismount)
B + D = 0.2
B + E = 0.2
C + C = 0.2

THREE - ACRO FLIGHT ELEMENTS – Including mounts & dismounts

B + B + C = 0.1……
B + B + D = 0.2
B + C + C = 0.2
B + C + D = 0.2 +0.1 CV (3 Acro with Salto/Aerial or D/E element) NO Dismount

TWO DANCE OR DANCE/ACRO FLIGHT ELEMENTS – Including Mounts

A + D = 0.1…… B + D = 0.2
B + C = 0.1…… C + D = 0.2
C + C = 0.2

TWO TURNS A + C = 0.1

NCAA No B + C Salto connection
Flic, Flic 2 ft., Gainer or Swing Down
0.0 = Flic, Layout Step-out or Front Aerial
0.1 = Flic, Layout to 2 feet, Pike Down
0.1 = Flic, Flic, Layout Step-out combos
0.1 = B-Arco → C-Dismount
0.1 = D-Dance → C-Dismount

0.2 = Dance ("B") + Layout Step-out
0.1 = Dance ("A") + Layout Step-out

III. D/E BONUS (Level 10 only): may replace VP, no fall/spot, maximum +0.4, same ("D") or ("E') one (D/E) Bonus.

IV. ADDITIONAL BONUS + 0.1 (Level 10 only): Total Bonus = + 0.6 or more and minimum one ("E") element.

V. BONUS RESTRICTIONS: Fall / Spot, Repeated, Same Connection, Level 9 (CV) only, Level 6/7/8 no Bonus.

	("C") Value Part	**("D/E") Value Part**
LEVEL 10	No Restrictions	No Restrictions
LEVEL 9	No Restrictions	• Any ("D/E") Dance Elements • One Acro ("D/E") Element (includes Mount / Dismount) • Count as ("C") Value Parts
LEVEL 8	• Any ("C") Dance Elements • One Acro ("C") Element (includes Mount / Dismount) • Count as ("B") Value Parts	Restricted Elements
LEVEL 7	• One ("C") Dance Element • Count as ("B") Value Part	Restricted Elements
LEVEL 6	Restricted Elements	Restricted Elements

Guidelines for LEVEL Restrictions:

a. LEVELS allowing One (1) Restricted Element (refer to chart)
May use an Acro, Mount or Dismount element.

b. Allowable Elements:
1) Value Part credit awarded.
2) Special Requirements awarded
3) LEVEL 9 only: ("C") element in (CV) Bonus.
4) No (D/E) Bonus is possible.

c. Only the first Restricted Element may be used:
1) Value-Part credit awarded.
2) Special Requirements awarded.
3) Connection Value Bonus awarded.

d. Any Other Restricted Element that is performed or attempted
1) No Value-Part credit.
2) No Special Requirements credit.
3) Deduct 0.50 from SV for Restricted element.

e. All appropriate Execution and Amplitude deductions applied to all elements performed, whether Value-Part credit is awarded or not.