

# BALANCE BEAM – GENERAL INFORMATION

## I. APPARATUS SPECIFICATIONS / RULINGS

- A. **Rules & Policies Ch.11** 100 – 125 cm  $\pm$  1 cm, all levels, all ages..... wrong specifications... = 0.3 CJ
- B. Chalk Marks..... = allowed to place small marks on beam, no tape.
- C. **Supplemental Mats.....** = **Sting Mat, 4" Throw Mat, 8" Skill Cushion**...Additional or Unauthorized mats. = 0.3 CJ
- Mat Measurements..... = 9" = 24 cm, 8" = 20 cm, 4.5" = 12 cm, 4" = 10 cm, ¾ inch = 2 cm
- D. **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. **Warm-Up Time:**
  - 1. 30 second period.... = does not include settings, warning – time exceeded.....(team/event)..... = 0.2 CJ
  - 2. Prior to competing... = may touch board / BB briefly, **may perform element prior to CJ signal, (after)** = 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 **assists / spots** with element..... = 0.5 spot, 0.5 if fall after spot..... No VP / SR / Bonus, OK Dismount
- B. Coach touches without assisting..... = 0.5 spot..... OK VP / SR - No Bonus.
- C. Coach spots UPON landing dismount..... = 0.5 spot, no extra fall deduction... OK VP / SR - No Bonus.
- D. Coach catches falling gymnast..... = 0.5 fall only.
- E. Coach may stand next to beam (1 element).. = 0.1 CJ, if coach remains throughout routine.
- F. Coach must use **spotting block / folded mat** = 0.3 CJ, does not remove spotting device (may not use chair).

## IV. MOUNT AND DISMOUNT REGULATIONS

- A. **Mounts:**
  - 1. May stand on **board / trainer / panel mat** = 0.3 CJ if board **not** removed after mounting
  - 2. One element prior to mount allowed..... = 0.2 Each Judge – more than one element performed.
  - 3. **Mount Attempts:**
    - a. Attempt without mounting = Balk
    - b. 2 attempts allowed..... = did **not** touch board, beam or run under the beam.
    - c. Third attempt..... = 0.5 penalty, OK Bonus.
    - d. Fourth attempt..... = not permitted.
    - e. No mount ..... = 0.5 penalty – (Fall) touch board, beam or runs under the beam.
    - f. 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 6-10**) = Ok VP, 0.5 SR, **Ok** Dismount. (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)
  - = 2.0 CJ short exercise if < 30 sec.
  - = 0.5 CJ short exercise if < 30 sec. (**Level 6 only**)
  - 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, **Ok** Dismount 0.5 Fall. (roundoff → salto to knees)

## 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 Lv 9**)
- 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.
  - 1. With bottom of one or two of feet.... = 0.5 Fall, OK VP / NO Bonus / OK SR, fall on 2<sup>nd</sup> element of series = OK SR.
  - 2. **Without** bottom of feet on beam..... = 0.5 Fall, NO VP / NO Bonus / NO SR, fall on 2<sup>nd</sup> 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.

# BALANCE BEAM – TECHNIQUE

## E. REQUIRED TECHNIQUE FOR VP RECOGNITION - GENERAL ELEMENT TECHNIQUE

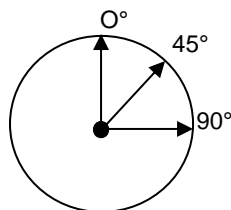
1. Required Positions..... = must be fulfilled to award VP
2. Execution / Amplitude..... = may be taken rather than recognize different element.
3. Turns / Hops 1/t + ..... = more than ½ way = Greater VP credit
4. Dance element with < 1/t. = 1° – 44° (0.05 – 0.1), 45° – 89° (0.15 – 0.2), 90°+ Lower VP
5. 2 Sec Holds ..... = Less than 2 second hold = Lower VP
6. Leaps and Jumps..... = 1° – 20° (0.05 – 0.1), 21° – 45° (0.15 – 0.2), 90°+ Lower VP, 180° Split
7. Flight Elements..... = Hands and Feet free of beam = Flight
8. 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.

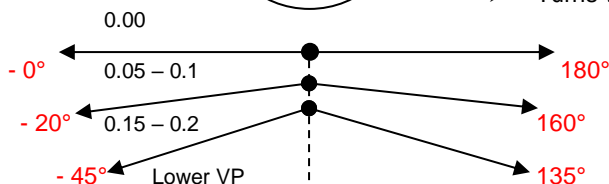
➤ Turns w/ less than 360° = 1° past ½ way

### Split Positions

1° – 20° = 0.05 – 0.1

21° – 45° = 0.15 – 0.2

46°+..... = Lower VP



## F. SPECIFIC ELEMENT TECHNIQUE CLARIFICATIONS

1. .... – Handstand Mounts..... = Vertical leg position, hips over shoulders, balanced, no hold req.
2. # 2.110 (A) – Tuck Jump..... = Knees at or above horizontal, Knee angle 90°.
3. # 2.111 (A) – Wolf Hop / Jump..... = Leg and Thigh above horizontal, knees together.
4. # 2.201 (B) – Split Jump vs. # 2.107 Sissone = 2 ft. takeoff; 2 ft. vs. 1 or 2 ft. landing, 180°; parallel vs. diagonal
5. # 2.202 (B) – Straddle / Side Split ..... = Cross position = B; Side position = C
6. # 2.206 (B) – Pike Jump – cross..... = 90° closure required.
7. # 2.305 (C) – Switch Leg Leap..... = Deduct → 0.1 < 45° lead leg, insufficient height of swing leg
8. # 2.307 (C) – Ring Leap/Jump, Stag-Ring.... = Head release past vertical line, rear leg near top of head.
9. # 2.405 (D) – Switch Side Leap..... = Deduct → 0.1 < 45°, stag lead leg = C side leap, <135° = A leap.
10. # 2.407 (D) – Sheep Jump..... = Head release past vertical line, rear leg near top of head.
11. # 3.303 (C) – Full Turn - Leg at Horizontal.... = 45° to lift leg and maintained at horizontal, no hand support.
12. # 3.206 (C) – Turns in Tuck stand..... = Completed with support foot, hips and free leg touch.
13. # 5.306 (C) – Reverse Planche..... = Legs in same plane, together or straddled, overarch = B.
14. # 7.310 (C) – Flic ¼ t. Handstand..... = Flight to Handstand, no flight = lower VP.
15. # 7.312 (C) – Tuck Chen Flic..... = 90° hip angle, 90° knee angle, open to swing down.
16. # 7.503 (E) – Side Aerial to Scale..... = 2 second hold; minimum horizontal
17. # 8.402 (D) – Side Salto..... = Lift ¼ t. before salto – side landing.
18. # 8.504 (E) – Layout Salto to 2 feet..... = Good height, stretched past vertical, pike down → 0.2
19. # 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 than 135°..... Straight Jump

### Wolf Jump

- Leg below horizontal..... → 0.1 each
- Hips greater than 135°..... 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 than 135°..... 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

- I. **CONTENT:** Acro with/without flight F/ S/ B; Dance: 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.....<br>without Flight<br>or (1) Acro Flight<br>(solo / series) | Acro Series.....<br>w or w/o Flight<br>+ (1) Acro Flight<br>(solo / series)<br><b>Must be min.135°</b> | Acro Series.....<br>(1) Flight<br><b>(excluding Mounts &amp; Dismounts)</b> | Acro Series.....<br>(2) Flight<br><b>(Group 7) A + E</b> | Acro Series.....<br>(2) Flight, (1) C<br><b>(Group 7) A + E</b> | Acro Series (Mt OK)<br>(2) Flight, (1) C<br>(Group 7) A + E<br><b>180° Leap/Jump</b> |
| 2..... | 180° Leap/Jump.....   | 180° Leap/Jump.....  | 180° Leap/Jump.....   | 180° Leap/Jump.....                                      | 180° Leap/Jump.....   | <b>Dance/Mixed Series</b><br><b>With (1) C-Dance</b>                                 |
| 3..... | Full Turn <b>(Group 3)</b>  | Full Turn <b>(Gr 3)</b>  | Full Turn <b>(Gr 3)</b>   | Full Turn <b>(Gr 3)</b>                                  | Full Turn <b>(Gr 3)</b>   | Full Turn  |
| 4..... | A – Dismount.....<br>Aerial / Salto   | A – Dismount.....<br>Aerial / Salto  | A – Dismount.....<br>Aerial / Salto   | B – Dismount.....<br>Aerial / Salto                      | C – Dismount.....<br>C Flt / C Dance → B<br>Flt series w/ C → B | C – Dismount<br>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 45°
- B. **Non-Connectable** Series: (Flic Flac step-out → Roundoff), step through allows series to be connected.
- C. **Repetition Failure Series:** 3<sup>rd</sup> 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 <b>One (1)</b> Straight Leg (Pivot 1/2t.) Turn | 0.1    |
| More than two (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  |
| (Forward) Choreography                                   | 0.05   |
| (Sideward) Choreography                                  | 0.05   |
| (Backward) Choreography                                  | 0.05   |
| <b>Must show 2 out to 3 Directions</b>                   |        |
| Lack of Dance Series (min. 2; Groups. 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

|  |       |
|--|-------|
| Lack of Tempo / Poor Rhythm between elements         | → 0.2 |
| (ex) Legs extend/bend or Torso Deviation in line     |       |
| Relaxed/Incorrect Footwork (non-VP thruout)          | → 0.3 |
| Incorrect Body/Position/Posture (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 |
| Additional Movements to maintain balance on BB       | → 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. SPECIFIC EXECUTION DEDUCTIONS

|  |         |
|--|---------|
| 3 <sup>rd</sup> Run to approach mount (each judge)               | 0.5     |
| Insufficient Dynamics (thruout)                                  | → 0.2   |
| Artistry: <b>Lack of Variety in Choreography</b>                 | → 0.1   |
| Artistry: <b>Quality of Movement</b> – Personal Style            | → 0.1   |
| Artistry: <b>Quality of Expression</b> – <b>Projection/Focus</b> | → 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. **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) = 0.1..... | B + D = 0.2 |
| Lvl 9 (Aerial)           | 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 |
|                  | B + D = 0.2 |

### TWO TURNS

|                  |             |
|------------------|-------------|
| A + C = 0.1..... | B + D = 0.2 |
|------------------|-------------|

### 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-Acro → 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 9 = 1 D/E /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, not in SV.

- V. **BONUS RESTRICTIONS:** Fall / Spot, Repeated, Same Connection, Level 9 (1-D/E Acro +CV), Level 6/7/8 no Bonus.

## BALANCE BEAM – DIFFICULTY ALLOWABLE and RESTRICTED

|                 | ("C") Value Part   | ("D/E") Value Part  |
|-----------------|--|---|
| <b>LEVEL 10</b> | No Restrictions  | No Restrictions   |
| <b>LEVEL 9</b>  | No Restrictions  | <ul style="list-style-type: none"> <li>Any ("D/E") Dance Elements</li> <li><b>One Acro</b> ("D/E") Element (includes Mount / Dismount)</li> <li>Count as ("C") Value Parts</li> </ul> |
| <b>LEVEL 8</b>  | <ul style="list-style-type: none"> <li>Any ("C") Dance Elements</li> <li>One Acro ("C") Element (includes Mount / Dismount)</li> <li>Count as ("B") Value Parts</li> </ul> | Restricted Elements   |
| <b>LEVEL 7</b>  | <ul style="list-style-type: none"> <li>One ("C") Dance Element (unlimited)</li> <li>Count as ("B") Value Part</li> </ul>   | Restricted Elements   |
| <b>LEVEL 6</b>  | <ul style="list-style-type: none"> <li><b>One ("C") Dance Element</b></li> <li><b>Count as ("B") Value Part</b></li> </ul>   | Restricted Elements   |

### Guidelines for LEVEL Difficulty Allowable and 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:
    - a) ("C") value part element in (CV) Bonus.
    - b) **ONLY first ("D/E") Acro element performed or attempted = +0.1 D/E Bonus**
- c. Only the first Restricted Element may be used:
  - 1) Value-Part credit awarded.
  - 2) Special Requirements awarded.
  - 3) Connection Value Bonus awarded.
  - 4) **ONLY first ("D/E") Acro element performed or attempted = +0.1 D/E Bonus**
- 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.