

BEAM CYCLE 12

DURATION OF EXERCISE 1:30 [90 secs] OVERTIME DEDUCT 0.10

D PANEL EVALUATION For Difficulty Value the maximum 8 highest DV including the Dismount are awarded
 Maximum 5 x Acrobatic Elements Minimum 3 x Dance Elements

COMPOSITION REQUIREMENTS CR 0.50 each 2.50 maximum

1	1 x connection of at least 2 different dance elements – one being leap/jump/hop with 180° split [cross position only]			Must be performed ON Beam
2	Turn [Group 3]			
3	1 x Acrobatic series minimum 2 flight# elements with one being a salto [elements may be the same]			
4	Acrobatic elements in different directions [forward/sideways and backward – not rolls/handstands/holds]			
5	Dismount	No Dismount/A or B Dismount	Award 0.00 points	#Flight elements with or without hand support CR – may not use Rolls/handstands/holds
		C Dismount	Award 0.30 points	
		D or Higher Dismount	Award 0.50 points	

CONNECTION VALUE [CV] 0.10/0.20

0.10	0.20
ACROBATIC	
2 x acro flight elements excluding the dismount	
C/D + D [or more] C + C B + E	*C/D + D [or more] B + F
* Connections with rebounding effect develop speed in one direction <ul style="list-style-type: none"> Landing [on 2 feet] from 1st flight element with hand support followed by an immediate take off/rebound into the 2nd element Landing from 1st element on one leg and placing free leg with an immediate rebound from the take off leg into the 2nd element 	
3 x Acrobatic flight elements including Mount and Dismount [D min]	
B + B + D C + B + C	B + B + E C + C + C B + C + D
TURNS **	
A + C [or reverse]	
** May be performed on the same support leg or with step to 2 nd turn on opposite leg [brief demi-plie on one or both feet is permitted]	
MIXED	
C + C or more [excluding dismount]	
D salto to 1 foot + A scale In this order & no step is permitted into Scale [180° minimum]	

Falls Acro or Dance elements must return to Beam with foot or torso to be awarded DV

For CV an Acrobatic element can be performed only 2 times within the same series.

The following B Acrobatic elements with 2 handed support and flight can be performed a 2nd time in an exercise and/or dismount to receive CV

All Flics to feet/Round off/Handsprings

For CV, 'Hold' elements with flight may be used as the 2nd element in an Acro series

Flic-flac with ¼ twist and flic-flac with ¾ twist will be credited 1 DV lower if handstand is not held for 2 secs. If performed again and held – No DV awarded

Onodi & Arabian salto are forward elements
 Onodi can be used as 1st or 2nd element in series
 Onodi Tic Toc can only be used as last element and is same element as Onodi

1/1 Korbut flics – hands must land in cross position
 If not – 1 DV lower

If performed again and 1/1 completed – No DV awarded

Jumps with 1/1 or more performed in side position will be awarded 1 DV higher [except Straight Jump 1/1 & 1½]

ARTISTRY DEDUCTIONS

E PANEL EVALUATION

FAULTS	0.10	0.30	0.50
Insufficient variation in rhythm	x		
Sureness of performance	x	x	
Insufficient artistry of presentation throughout the exercise including <ul style="list-style-type: none"> Lack of creative choreography <i>originality of composition of elements and movements</i> 	x	x	
Inappropriate gesture or mimic not corresponding to the movements	x		

SPECIFIC APPARATUS DEDUCTIONS

E PANEL

FAULTS	0.10	0.30	0.50+
Third run approach or touch the springboard without mounting beam			1.00
Additional support of leg against the side surface of the beam		x	
Failure to meet the technical requirement of the element through use of additional support		x	
Grasp on beam in order to avoid a fall			0.50
Additional movements to maintain balance	x	x	0.50
Concentration pause [longer than 2 seconds]	x		
Excessive preparation into dance elements	x		
One sided use of element More than one ½ turn on 2 feet with straight legs [throughout exercise]	x		
Insufficient use of entire Beam apparatus <ul style="list-style-type: none"> Missing 1 x movement close to the beam with a part of torso [including thigh] and/or head touching beam [element not necessary] 	x		
Poor rhythm in connections	x		
Mount not from Table of Elements	x		
No attempt to dismount			0.50

SHORT EXERCISE

MAXIMUM EXECUTION

10.00 if 7 or more elements are performed
 6.00 if 5 - 6 elements 4.00 if 3 - 4 elements
 2.00 if 1 - 2 elements 0.00 if no elements