

Bronze - Balance Beam

Special Requirements (SR) .50 Ea.

1. Min. ½ Turn on 1 or 2 feet (must be 91°-180° for SR)
2. One Jump or Leap (no mount or dismount).
3. One Acro Skill non-flight.
4. Dismount (no Saltos or Aerials).

Value Parts:

- Any "A" VP listed in the JO Code of Points.
- Any Skills listed on the Xcel Bronze chart.
- Cross -Split jump = "A" VP
- Straddle jump = "A" VP

Difficulty Restrictions: Unallowable Skills -.50 Ded.

- No "B" or higher VP
- No Salto or Aerial Dismounts
- No walkovers

Clarifications:

All Acro Skills must start and finish on the beam. Handstands, regardless of the angle achieved, are considered the Same Skill.

Timing:

- **Warm-up:** 30 sec. **Time Limit:** :45 sec

Skills that can be used to fulfill "A" VP

Turns:

- Pivot turn (180°)
- ½ heel snap turn
- ½ turn on one foot
- Bwd OR Fwd swing turn

Leaps/Jumps:

- Stag or stride leap (no min degree)
- Split jump (no min degree)
- Cross straddle jump (no min degree)

Acro Skills:

- Partial handstand lead/back leg must reach min 45° from vertical
- Vertical cross/side handstand (no hold - legs any position)
- Headstand (any position no hold)
- From lying position, push up to bridge (hold 1 sec)
- From lying position, push up to bridge (on hands or head), kick over
- From lying position, push up/arch up to head-kick over
- Lever to touch beam

Dismounts:

- Cartwheel (or any entrance) to partial handstand (45° no hold req.), land facing the beam.
- Cartwheel to handstand (mark), ¼ turn dismount
- Any jump from feet, also with up to 360° turn.

SPECIFIC EXECUTION ERRORS ~ BALANCE BEAM

- A. Failure to perform turns in high relevé..... *each* ^0.10
 B. Lack of precision in dance skills or VP elements..... ^0.10
Examples: Lack of definite arm or leg position on turns/leaps; degree of turn not exact
 C. Failure to land with feet/legs together on jumps/leaps that land on 2 feet in SIDE position ^0.10
 D. Concentration pauses (more than 2 seconds prior to difficult elements or connections)..... *each* 0.10
 E. Relaxed/incorrect footwork on non-value parts throughout the exercise..... ^0.20
 F. Lack of tempo/poor rhythm between elements performed in a dance, mixed, or *acro series - applies to a continuous, but slow connection ^0.20
EXCEPTION: backward acro series of 1 or more flight elements is either connected or NOT, tempo deduction does not apply
 G. Support of one leg against side surface of the beam to maintain balance *each* 0.20
 H. Directional error on gainer salto dismount off the end of the beam ^0.30
 I. Relaxed/incorrect leg position/body posture & insufficient flexibility in non-value parts throughout the exercise ^0.30
 J. Grasp of the beam to avoid a fall 0.30
 K. Third run approach on mount 0.50

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This information is a compilation of Xcel Program Rules & Requirements and is NOT official.

Kim Joye

Silver - Balance Beam

Special Requirements (SR) .50 Ea.

1. Min. ½ Turn on one foot.
2. One Jump or Leap with 90° cross or side split.
3. One Acro Skill non-flight.
4. Dismount

Value Parts:

- Any "A" VP listed in the JO Code of Points.
- Any "B" Dance VP
- Any Skills listed on the Xcel Silver chart.

Difficulty Restrictions: Unallowable Skills -.50 Ded.

- No "B" Acro VP
- No "C" or higher VP

Clarifications:

All Acro Skills must start and finish on the beam. Handstands, regardless of the angle achieved, are considered the Same Skill.

Timing:

- **Warm-up:** 45 sec. **Time Limit:** :50 sec

Skills that can be used to fulfill "A" VP

Turns:

- ½ heel snap turn
- ½ turn on one foot
- Bwd OR Fwd swing turn

Leaps/Jumps:

- Stag or stride leap (90°)
- Split jump (90°)
- Cross straddle jump (90°)

Acro Skills:

- Partial handstand (feet must close together) min 45° from vertical
- Vertical cross or side hs (mark, legs any position)
- Headstand (any position no hold)
- From lying position, push up to bridge (hold 1 sec)
- From lying position, pushup to bridge (on hands or head), kick over.
- From lying position, push up/arch up to head- kick over

Dismounts:

- Cartwheel (or any entrance) to partial handstand (45° no hold req.) land facing the beam.
- Cartwheel to handstand (mark), ¼ turn dismount
- Any jump from feet, also with up to 360° turn.

SPECIFIC EXECUTION ERRORS ~ BALANCE BEAM

- A. Failure to perform turns in high relevé..... *each* ^0.10
 B. Lack of precision in dance skills or VP elements..... ^0.10
Examples: Lack of definite arm or leg position on turns/leaps; degree of turn not exact
 C. Failure to land with feet/legs together on jumps/leaps that land on 2 feet in SIDE position ^0.10
 D. Concentration pauses (more than 2 seconds prior to difficult elements or connections)..... *each* 0.10
 E. Relaxed/incorrect footwork on non-value parts throughout the exercise..... ^0.20
 F. Lack of tempo/poor rhythm between elements performed in a dance, mixed, or *acro series - applies to a continuous, but slow connection ^0.20
EXCEPTION: backward acro series of 1 or more flight elements is either connected or NOT, tempo deduction does not apply
 G. Support of one leg against side surface of the beam to maintain balance..... *each* 0.20
 H. Directional error on gainer salto dismount off the end of the beam ^0.30
 I. Relaxed/incorrect leg position/body posture & insufficient flexibility in non-value parts throughout the exercise ^0.30
 J. Grasp of the beam to avoid a fall 0.30
 K. Third run approach on mount 0.50

Gold - Balance Beam

Special Requirements (SR) .50 Ea.

1. Min. 1/1 Turn on one foot.
2. Dance Series – 2 skills (same or diff.) – AND one Jump or Leap with 90° cross or side split (can be included in the dance series).
3. Two Acro Skills – one must achieve or pass through vertical – with or without flight (isolated or in a series) A Series is not required.
4. Dismount

Value Parts:

- Any “A” or “B” VP listed in the JO Code of Points.
- Any Skills listed on the Xcel Gold chart.

Difficulty Restrictions: Unallowable Skills -.50 Ded.

- No “C” or higher VP.

Clarifications:

- All Acro Skills must start and finish on the beam.
- Handstands, regardless of the angle achieved, are considered the Same Skill.

Timing:

- Warm-up: 1:00 Time Limit: 1:00

Skills that can be used to fulfill “A” VP

Leaps/Jumps:

- Stag or stride leap (90°)
- Split jump (90°)
- Cross straddle jump (90°)

Acro Skills:

- Partial handstand (feet must close together) min 45° from vertical
- Vertical cross or side hs (mark, legs any position)
- Headstand (any position no hold)
- From lying position, pushup to bridge (on head or hands), kick over.
- From lying position, push up/arch up to head - kick over

Dismounts:

- Cartwheel (or any entrance) to handstand (mark), ¼ turn dismount

SPECIFIC EXECUTION ERRORS ~ BALANCE BEAM

- A. Failure to perform turns in high relevé.....each [^]0.10
- B. Lack of precision in dance skills or VP elements..... [^]0.10
Examples: Lack of definite arm or leg position on turns/leaps; degree of turn not exact
- C. Failure to land with feet/legs together on jumps/leaps that land on 2 feet in SIDE position [^]0.10
- D. Concentration pauses (more than 2 seconds prior to difficult elements or connections) each 0.10
- E. Relaxed/incorrect footwork on non-value parts throughout the exercise..... [^]0.20
- F. Lack of tempo/poor rhythm between elements performed in a dance, mixed, or *acro series - applies to a continuous, but slow connection [^]0.20
EXCEPTION: backward acro series of 1 or more flight elements is either connected or NOT, tempo deduction does not apply
- G. Support of one leg against side surface of the beam to maintain balance each 0.20
- H. Directional error on gainer salto dismount off the end of the beam [^]0.30
- I. Relaxed/incorrect leg position/body posture & insufficient flexibility in non-value parts throughout the exercise [^]0.30
- J. Grasp of the beam to avoid a fall 0.30
- K. Third run approach on mount 0.50

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Kim Joye

Platinum: 6 “A”s, 1 “B”

Special Requirements (SR) .50 Ea.

1. Min. 1/1 Turn on one foot.
2. Dance Series – 2 skills (same or diff.) – AND one Jump or Leap with 120° cross or side split (can be included in the dance series).
3. One Acro Skill with flight OR an Acro series – with or without flight
4. Dismount

Value Parts: 6 “A”, 1 “B” VP

- Any “A” or “B” VP listed in the JO Code of Points.
- Any “C” Dance VP.

Difficulty Restrictions: Unallowable Skills -.50 Ded

- No “C” Acro VP.
- No “D” or higher VP.

Clarifications:

- All Acro Skills must start and finish on the beam.
- Handstands, regardless of the angle achieved, are considered the Same Skill.

Timing:

- Warm-up: 1:30 Time Limit: 1:15

Diamond: 5 “A”s, 2 “B”s

Special Requirements (SR) .50 Ea.

1. Min. 1/1 Turn on one foot.
2. Dance Series – 2 skills (same or diff.) – AND one Jump or Leap with 150° cross or side split (can be included in the dance series).
3. Acro Series – with or without flight; excluding mount or dismount AND one acro flight element
4. Dismount- Salto or Aerial.

Value Parts: 5 “A”, 2 “B” VP

- Any “A”, “B”, “C” VP listed in the JO Code of Points.

Difficulty Restrictions: Unallowable Skills -.50 Ded

- Max. 1 “D” without penalty—no bonus awarded
- No “E”

Clarifications:

- All Acro Skills must start and finish on the beam.
- Handstands, regardless of the angle achieved, are considered the Same Skill.

Timing:

- Warm-up: 1:30 Time Limit: 1:15

SPECIFIC EXECUTION ERRORS ~ BALANCE BEAM

- A. Failure to perform turns in high relevé.....each [^]0.10
- B. Lack of precision in dance skills or VP elements..... [^]0.10
Examples: Lack of definite arm or leg position on turns/leaps; degree of turn not exact
- C. Failure to land with feet/legs together on jumps/leaps that land on 2 feet in SIDE position [^]0.10
- D. Concentration pauses (more than 2 seconds prior to difficult elements or connections)..... each 0.10
- E. Relaxed/incorrect footwork on non-value parts throughout the exercise..... [^]0.20
- F. Lack of tempo/poor rhythm between elements performed in a dance, mixed, or *acro series - applies to a continuous, but slow connection [^]0.20
EXCEPTION: backward acro series of 1 or more flight elements is either connected or NOT, tempo deduction does not apply
- G. Support of one leg against side surface of the beam to maintain balance each 0.20
- H. Directional error on gainer salto dismount off the end of the beam [^]0.30
- I. Relaxed/incorrect leg position/body posture & insufficient flexibility in non-value parts throughout the exercise [^]0.30
- J. Grasp of the beam to avoid a fall 0.30
- K. Third run approach on mount 0.50



BALANCE BEAM — EXECUTION & AMPLITUDE DEDUCTIONS (GENERAL)

Execution and Amplitude Faults

- Execution Deductions CANNOT exceed 4.0. This includes falls but does not include artistry or spotting deductions.
- Courtesy Score of 4.0 may be awarded for an extremely short routine due to injury or unusual circumstances.
- No routine will be awarded less than 4.0. Common sense should prevail.

I. Slight/Small Faults (0.05 - 0.10)

- A. Flexed/sickled feet during skills/value parts (each)..... 0.05
- B. Slight hop, or small adjustment of feet on landing of elements or dismounts..... 0.10
- C. Deviation from a straight direction on landing..... 0.10
- D. Extra arm swings on landing..... 0.10
- E. Hesitation during jump, swing, or press to handstand..... 0.10
- F. Incorrect body posture/alignment during dance skills/value parts 0.10
- G. Legs crossed during salto dismounts with a twist..... 0.10
- H. Dismount landing too close to the beam (when applicable)..... 0.10
- I. Extra steps on landing (maximum 4) 0.10
- J. Uncharacteristic elements..... 0.10

II. Medium Faults (up to 0.20)

- A. Leg or knee separations (each)..... 0.20
- B. Insufficient height on leaps, jumps and hops 0.20
- C. Insufficient height of Aerials, Saltos, & Acro flight elements with hand support..... 0.20
- D. Insufficient split position (deviation from amount of split degree required for the division) 0.20
 - 1° - 20° missing 0.20
 - 21° or more missing Award lesser VP
- E. Legs not even in split or straddle pike leap/ump (each) 0.20
- F. Insufficient exactness of tuck or pike position in skill/Value Parts. 0.20
- G. Insufficient exactness of stretched position
 - Arch 0.20
 - Hips angle (136°-179°)..... 0.20
- H. Dance: Incomplete turn – Gr. 2 & 3 ele. w/ 360° or more turn 0.20
 - 1° - 44° missing 0.05 – 0.10
 - 45° - 89° missing 0.15 – 0.20
 - 90° or more missing = lesser Value Part
- I. Dismounts: Incomplete twist on dismounts w/ 360° or more twist. 0.20
 - 1° - 44° missing 0.05 – 0.10
 - 45° - 89° missing 0.15 – 0.20
 - 90° or more missing = Award lesser VP
- J. Ins. variation in rhythm and tempo throughout the exercise..... 0.20
- K. Incorrect body posture on landing of elements and dismount..... 0.20
- L. Add. trunk movements to maintain balance/control upon landing dismount..... 0.20
- M. Insufficient dynamics 0.20
 - Energy maintained throughout exercise
 - Makes difficult look effortless
- N. Large step or jump on landing (approx. 3 ft or more)..... 0.20
- O. Insufficient sureness of performance throughout the exercise 0.20

III. Large Faults (up to 0.40)

- A. Bent arms in support or bent legs..... 0.30
 - 90° or more bend = 0.30 maximum deduction
 - *Maximum on any one element = 0.30 bent arms & 0.30 bent legs*
 - B. Additional movements to maintain balance on the beam..... 0.30
 - C. Squat on landing (hips even with or lower than the knees) 0.30
- Note: if the gymnast lands an acro element in a squat position and then falls off the beam,
- deduct up to 0.30 for the squat
 - deduct 0.50 for the fall
- D. Insufficient height (amplitude) of salto dismount..... 0.30
 - E. Brush/touch the landing surface with one or both hands (no support) 0.30
 - F. Insufficient extension (open) of the body prior to landing of Acro or dismount elements..... 0.30
 - G. Use of supplemental support 0.30

IV. Very Large Faults (0.50)

- A. Fall onto Beam or off the Beam onto the mat..... 0.50
 - B. Support on mat with 1 or 2 hands 0.50
 - C. Fall/Failure to land on the bottom of the feet first on aerials/saltos/ dismounts—No VP/No SR and deduct for a fall 0.50
- Note: *If the gymnast lands on the bottoms of feet and hands or knees simultaneously, award VP/SR, if appropriate, and deduct for a fall.*
- D. Spotting assistance upon landing a dismount – award VP & SR, but deduct 0.50
 - E. Spotting assistance during an element—Do Not Award VP or SR and deduct..... 0.50

Artistry:

- Insufficient artistry throughout the exercise 0.30
- Consider:
- Originality/creativity in elements & connections 0.05 - 0.10
 - Quality of gymnast's movements to reflect her personal style 0.05 - 0.10
 - Quality of expression (i.e. projection, focus)..... 0.05 - 0.10
- 0.10 is the maximum that can be taken in each category*