

# Balance Beam - Composition Guidelines

## CHOICE OF ACRO

<b>^0.20</b>	<b>LEVEL 8</b>	<b>LEVEL 9</b>	<b>LEVEL 10 With C in Acro Series</b>	<b>LEVEL 10 With D/E in Acro Series</b>
<b>No Ded.</b>	Series w 2 B flight <b>AND</b> 2 add'l acro (1 min B)	2 Flt Series w/ 1 C <b>AND</b> Add'l salto or aerial. <b>OR</b> D/E Acro Flt w hand support	2 Flt Series w/ C Salto <b>OR</b> 3 Flt Series w C w/w/o hands <b>AND</b> D/E Acro Flight <b>AND</b> Add'l C Salto <b>OR</b> D/E Acro w/w/o hand support	2 Flt Series w/ D/E Salto <b>AND</b> Add'l D/E Acro
<b>0.05</b>	Series w 2 B Flight <b>AND</b> 2 Add'l A Acro <b>OR</b> 1 Add'l B Acro	2 Flt Series w 1 C. <b>AND</b> 1 Add'l C Acro w/w/o hands	2 Flt Series w C Salto <b>AND</b> 1 D/E Acro Flt	Min 2 Flt Series w D/E <b>AND</b> Add'l C Salto
<b>0.10</b>	Series w 2 B Flight <b>AND</b> Add'l A Acro <b>OR</b> Series w 1 B Flt <b>AND</b> Add'l B Acro	2 Flt Series w 1 C. <b>AND</b> Add'l B Acro w/w/o hands	2 Flt Series w C Salto <b>AND</b> Add'l C Salto <b>OR</b> 2 Flt Series w/o C Salto <b>AND</b> 1 C Salto (isolated) <b>AND</b> 1 D Acro Flt	Min 2 Flt Series w D/E <b>AND</b> Add'l B/C Acro w hands
<b>0.15</b>	Series w B Flight <b>AND</b> Add'l A Acro	Series w 1 or 2 B Flt <b>AND</b> C Salto or Aerial	2 Flt Series w C Salto <b>OR</b> Series w/o C Salto <b>AND</b> 1 D/E Acro Flt	Min 2 Flt Series w D/E <b>AND</b> No Add'l Acro <b>OR</b> No Flt Series <b>AND</b> 1 D Acro Flt
<b>0.20</b>	Series w B Flt or less <b>OR</b> No Acro Flt Series No other Acro	Series w 1 or 2 B Flt <b>OR</b> No Acro Flt Series <b>AND</b> No Add'l B or more acro	No Acro Flt Series <b>OR</b> Acro Series w/o Salto /Aerial <b>AND</b> No Add'l C Salto/Aerial <b>OR</b> Only C Salto or less (isolated)	

## CHOICE OF DANCE

<b>^0.20</b>	<b>LEVEL 8</b>	<b>LEVEL 9</b>	<b>LEVEL 10</b>
<b>No Ded.</b>	2 B + 1 A	2 C <b>OR</b> 1 C + 1 D/E	3 C <b>OR</b> C + 1 D/E
<b>0.05</b>	B - B	C - B	C - C - B <b>OR</b> C - D/E
<b>0.10</b>	B - A - A	C	C - C <b>OR</b> B - D/E
<b>0.15</b>	B - A	B - B	C - B <b>OR</b> D/E
<b>0.20</b>	A	B	C <b>OR</b> B-B

## CHOICE OF DISMOUNT

<b>^0.10</b>	<b>LEVEL 8</b>	<b>LEVEL 9</b>	<b>LEVEL 10</b>
<b>No Ded.</b>	B Acro + A Dsmt <b>OR</b> B Dsmt	B Acro Flt/C Dance + B Dsmt <b>OR</b> C Dsmt.	B Acro Flt/C Dance + C Dsmt <b>OR</b> D/E Dsmt.
<b>0.05</b>	A Acro + A Dsmt	A Acro + B Dsmt <b>OR</b> B Dance + B Dsmt	A Acro + C Dsmt <b>OR</b> B Dance + C Dsmt <b>OR</b> C Acro Series + B Dsmt <b>OR</b> D/E Acro + B Dsmt
<b>0.10</b>	A or less (isolated)	B Dsmt (isolated) <b>OR</b> A Dsmt	C Dsmt (isolated) <b>OR</b> C Acro Flt/Dance + B or less Dsmt

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<b>BB — SPECIFIC COMPOSITIONAL DEDUCTIONS</b>	
•0.10	<b>Lack of Variety in Choice of Acro</b> <b>Fail to perform acro elements in 2-directions (BWD &amp; FWD/SWD)</b> 1. Must be from Gr. 1-Mounts, 6-Rolls, 7-Walkovers/wheels/ Handsprings, 8-Saltos,
•0.05	<b>Perform only in dismount</b> 1. Perform FWD/SWD or BWD
•0.10	<b>Lack of Variety in Choice of Dance</b> 1. Overuse-more than (2) same shape (tuck/wolf) w/w/o turn
•0.10	2. More than (2) straddle jumps w/w/o turn
•0.10	3. More than (2) ½ (180°) 2-foot pivot turns w/straight legs <i>NOTE: Each overused shape receives this deduction</i>
↑0.20	<b>Choice of Acro not up to Competitive Level</b> See Appendix 15—BB Acro
↑0.20	<b>Choice of Dance not up to Competitive Level</b> See Appendix 15—BB Dance
↑0.20	<b>Choice of Dismount not up to Competitive Level</b> See Appendix 15—BB Dismount
↑0.10	<b>Insufficient Use of Entire Beam</b> 1. Insufficient level changes a. Level changes in elements b. Movements high off beam, low, lying
↑0.10	2. Spacial Use - Entire length of beam
↑0.10	3. Directional Use - Choreography, movements, non VP not FWD/BWD/SWD
•0.20	<b>Lack of Series w/2-dance elements</b>
<b>Composition deductions NOT applied at L6   7</b>	