

FIG WTC COP 2017 – 2020 BEAM (SECTION 12) December 2016 Read in conjunction with NL40

CONTENT OF THE EXERCISE - Maximum 8 highest difficulties including dismount are counted for DV
 Minimum 3 Dance & 3 Acro + 2 optional elements

No dismount count only 7 elements for DV - 0.50 deduction (D Panel) (FS)

Short exercise - 7 els or more - 0.00 / 5-6 els - 4.00 / 3-4 els - 6.00 / 1 to 2 els - 8.00 / No els - 10.00 (D Panel) (FS)

Warm up time - 30 seconds each gymnast

Intermediate fall time - 10 seconds Exceed 10 seconds fall time – 0.30 deduction (D Panel) (FS)
 Exceed 60 seconds fall time – exercise terminated

Duration of exercise may not exceed 90 seconds. Overtime - 0.10 deduction (D Panel) (FS)

12.1 GENERAL – Mounts	
- If gymnast on 1 st attempt touches board or Beam She must then start exercise No value awarded for Mount – Deduction 0.10 for “Mount without DV” will be applied	1.00 from FS
- 2 nd attempt to mount (<i>with a penalty</i>) is permitted if NOT touched board or Beam	1.00 from FS
- 3 rd attempt NOT permitted	

12.3 COMPOSITION REQUIREMENTS (CR) - D PANEL	
1. One connection of at least 2 different dance elements, 1 being a leap/jump with 180° split (cross or side) or straddle position	award 0.50
2. Turn (Group 3)	award 0.50
3. One acro Series, min of 2 flight elements, 1 being salto (elements may be same)	award 0.50
4. Acro elements in different directions (fwd/swd and bwd)	award 0.50
CRs 1-4 must be performed on the beam. Rolls, handstands and holds cannot be used for CRs	

12.4 CONNECTION VALUE (CV) - D PANEL Formulas for direct connections	
ACROBATIC	
0.10	0.20
2 acro flight elements, including the mount & dismount (minimum F) All connections must be rebounding*	
C + C B + E	C/D +D (or more) B + D (both elements fwd) B + F

Series Bonus (SB) of + 0.10

Will be awarded to dance/mixed and acro series (*rebounding and non-rebounding) of B + B + C in any order, including mount & dismount (min C), or more in addition to CV

Example # 1 B + B + C = + 0.10 series bonus
 D + B + C = + 0.10 series bonus

Example # 2 $\underbrace{C + C + C}_{CV+0.1 \quad CV+0.1} + 0.10$ series bonus Total CV + SB = 0.30

To receive the SB

- Non-flight acro elements Min B (except “Holds”) may be used
- The same (flight or non-flight) acro element may be repeated within connection

- * Connections with rebounding effect utilise the elasticity of the apparatus to develop speed in one direction
- Landing (on 2 feet) from 1st flight element with hand support followed by an immediate take-off/rebound into 2nd element, or
 - Landing from 1st element (with / without hand support) on 1 leg and placing free leg with an immediate rebound from both legs into 2nd element

DANCE & MIXED (acro - flight elements only), excluding dismount	
0.10	0.20
C + C or more (dance) A + C (turns only) B + D (mixed) D + A (Salto to 1 foot scale) (This order & no step is permitted)	D + D or more

Note: Turns may be performed on same support leg (brief demi-plié is permitted) or with step into turn on opposite leg (brief demi-plié on one or both feet is NOT permitted)

12.5 ARTISTRY AND COMPOSITION DEDUCTIONS - E PANEL			
Faults	0.10	0.30	0.50
Artistry of Performance			
- Insufficient artistry of performance throughout the entire exercise including:			
• Confidence	X		
• Personal Style	X		
- Rhythm and Tempo			
• Insufficient variation in rhythm & tempo in movements (<i>No DV</i>)	X		
• Performance of the entire exercise as a series of disconnected elements & movements (<i>lack of fluency</i>)	X		
Composition and Choreography			
- Mount without DV (<i>All mounts without DV will be commonly recognised as "A" except straddle over to sit or squat on</i>)	X		
- Insufficient use of the entire apparatus:			
• Insufficient use of entire length of beam	X		
• Lack of side movements (<i>No DV</i>)	X		
• Missing combination of movements/elements close to the beam with a part of the torso (including thigh, knee or head) touching the beam (<i>element not necessary</i>)	X		
- Insufficient complexity or creativity in the movements (<i>a complex and creative movement is one that requires training time, co-ordination and previous preparation</i>)	X		
- One-sided use of elements			
• More than one ½ turn on 2 feet with straight legs throughout exercise	X		

12.6 SPECIFIC APPARATUS DEDUCTIONS - E PANEL			
Faults	0.10	0.30	0.50
- Poor rhythm in connections (<i>with DV</i>)	ea X		
Excessive preparation			
- Adjustment (<i>unnecessary steps and movements</i>)	ea X		
- Excessive arm swing before dance elements	ea X		
- Pause (apply at 2 sec.)	ea X		
Poor body posture/Amplitude throughout (<i>maximum elongation of the body movements</i>)			
- Head, trunk, shoulder and arm positions	X		
- Feet not pointed/relaxed/turned in	X		
- Lack of work in relevé	X		
- Insufficient amplitude of leg swings/kicks	X		
- 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			X
- Additional movements to maintain balance	X	X	X