

FIG COP 2022-2024 (CYCLE 15) - BEAM (SECTION 12) - BG WTC July 2021

CONTENT OF THE EXERCISE Maximum 8 highest difficulties including dismount are counted for DV
 This consists of - **Minimum 3 Dance, Minimum 3 Acro, and 2 optional elements**
 If no dismount count only 7 elements for DV - **0.50 deduction D Panel from Final Score**

Short exercise D Panel deduction from Final Score

7 elements or more - 0.00 ded / 5-6 els - 4.00 ded / 3-4 els - 6.00 ded / 1-2 els - 8.00 ded / No els - 10.00 ded

Warm up time 30 seconds each gymnast

Duration of exercise may not exceed 90 seconds

Overtime deduction - 0.10 (taken at 91 seconds or more)

Intermediate fall time - 10 seconds

Exceed 10 second fall time - 0.30 neutral deduction is applied

Exceed 60 second fall time - exercise terminated

12.1 GENERAL – Mounts		
- If gymnast on 1 st attempt touches springboard or apparatus - she must then start exercise		1.00 from FS
- no value awarded for mount – deduction for “Mount without DV” will be applied by E Panel		0.10
- 2 nd attempt to mount (<i>with a penalty</i>) is permitted if NOT touched springboard or apparatus		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 or jump with 180° split (<i>cross or side</i>) or straddle position	award	0.50
2. Turn (Group 3) <u>or</u> Roll/Flairs*	award	0.50
3. One acro series, min of 2 flight elements**, 1 being a salto (<i>elements may be same</i>)	award	0.50
4. Acro elements in different directions (<i>fwd/swd and bwd</i>)	award	0.50
* 1.303/1.403/1.304/1.207/1.308/1.514/4.203/4.204/4.304/4.305/4.206/4.306/4.307/5.405/5.505 can fulfil CR 2		
** Flight elements with/without hand support		
CR 1, 2 (turn), 3 & 4 must be performed on the Beam		
Handstands and holds may NOT be used to fulfil CR. Rolls can only be used to fulfil CR 2		
12.4 CONNECTION VALUE (CV) - D PANEL Formulas for direct connections No CV will be awarded if the beam is grasped		
ACROBATIC		
0.10	0.20	
2 acro flight elements, including mount, excluding dismount All connections must be rebounding*		
C + C B + D (<i>bwd</i>) (<i>this order only</i>) B + E	C/D +D or more B + D (<i>both elements fwd</i>) B + F	
Series Bonus (SB) of + 0.10 P		
Will be awarded to dance/mixed and acro series (<i>*rebounding and non-rebounding</i>) of B + B + C in any order, including mount & dismount (<i>min C</i>), or more in addition to CV		
Example 1: B + B + C = + 0.10 series bonus D + B + C = + 0.10 series bonus		
Example 2: C + C + C CV+0.1 CV+0.1 + 0.10 series bonus Total CV + SB = 0.30		
To receive the SB		
<ul style="list-style-type: none"> • 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 and 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 flight element (with/without hand support) on 1 leg and placing free leg with an **immediate** rebound from both legs into 2nd element

DANCE & MIXED (<i>acro - flight elements only</i>) excluding dismount	
0.10	0.20
C + C or more (<i>dance</i>) A + C (<i>turns only</i>) B + D (<i>mixed</i>)	D + D or more

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

The following B acro elements with hand support and flight may be performed a 2nd time in the exercise to receive CV and SB but may not be performed a 2nd time to receive CR: flic to 1, flic to 2, gainer flic, round-off, handspring forward

7.4.3 Bonus of 0.20 awarded for DMT with D value and higher (must be performed without a fall)

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12.5 ARTISTRY AND COMPOSITION DEDUCTIONS - E PANEL			
Faults	0.10	0.30	0.50
Artistry of Performance			
<ul style="list-style-type: none"> • Insufficient artistry of performance throughout the exercise • Poor body posture (head, shoulders, trunk) • Insufficient amplitude (maximum elongation of the movements) • Insufficient amplitude of leg swings or kicks • Poor foot work <ul style="list-style-type: none"> ○ Feet not pointed/relaxed/turned in ○ Lack of work in relevé • Insufficient involvement of the body parts 	 X X X X X X		
<ul style="list-style-type: none"> - Rhythm and Tempo <ul style="list-style-type: none"> • Insufficient variation in rhythm & tempo in movements (<i>no DV</i>) • Performance of entire exercise as a series of disconnected elements & movements (<i>lack of fluency</i>) 	 X X		
Composition			
<ul style="list-style-type: none"> - Mount without DV (<i>All mounts without DV will be commonly recognised as "A" except lifting one leg over to sit, squat on, simple jump to sit or kneel or to land on 2 feet</i>) - Insufficient use of the entire apparatus: <ul style="list-style-type: none"> • Lack of complex movements sideways (<i>no DV</i>) • Missing combination of movements/elements close to Beam with a part of the torso (inc. thigh, knee or head) touching Beam (<i>element not necessary (a complex and creative movement is one that requires training time, co-ordination and previous preparation)</i>) - One-sided use of elements <ul style="list-style-type: none"> • More than one ½ turn on 2 feet with straight legs throughout exercise 	 X X X X		

12.6 SPECIFIC APPARATUS DEDUCTIONS - E PANEL			
Faults	0.10	0.30	0.50
<ul style="list-style-type: none"> - Poor rhythm in connection (<i>with DV</i>) 	X ea		
Excessive preparation			
<ul style="list-style-type: none"> - Adjustment (<i>steps without choreography & unnecessary movements</i>) - Excessive arm swing before dance elements - Pause (apply at 2 sec.) - Additional support of the leg against the side surface of the Beam - Grasp of Beam in order to avoid a fall - Additional movements to maintain balance 	 X ea X ea X ea X	 X X	 X X