

# FIG COP 2025-2028 (CYCLE 16) - BEAM (SECTION 12) - BG WTC July 2024

**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 Jury** from Final Score

**Short exercise** D **Jury** 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

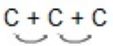
<b>12.1 GENERAL – Mounts</b>	
- If gymnast on 1 <sup>st</sup> attempt touches springboard or apparatus - she must then start exercise, no value awarded for mount, deduction for “Mount without DV” will be applied by E <b>Jury</b>	1.00 E <b>Jury</b>
- 2 <sup>nd</sup> attempt to mount ( <i>with a penalty</i> ) is permitted if <b>NOT</b> touched springboard or apparatus D <b>Jury</b>	0.10
- 3 <sup>rd</sup> attempt <b>NOT</b> permitted	1.00 from FS
<b>12.3 COMPOSITION REQUIREMENTS (CR) - D JURY 2.00</b>	
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) or Roll/Flairs* ( <i>read description of performance of rolls</i> )	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
* 1.303/1.403/1.304/1.207/1.308/1.514/4.203/4.204/4.304/4.105/4.305/4.206/4.306/4.307/5.405/5.505 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 <u>not</u> be used to fulfil CR. Rolls can be used <u>only</u> to fulfil CR 2	
<b>12.4 CONNECTION VALUE (CV), SERIES BONUS (SB) and DMT BONUS - D JURY</b>	
Formulas for direct connections. No CV will be awarded if the Beam is grasped	
<b>ACROBATIC</b>	
<b>0.10</b>	<b>0.20</b>
<b>2 acro flight elements, including mount, excluding dismount</b>	
All connections must be rebounding*	
<b>C + C</b> <b>B + D (<i>travelling bwd</i>) (this order only)</b> <b>B + E</b>	<b>C/D +D or more</b> <b>B + D (both elements fwd)</b> <b>B + F</b>

\* Connections with rebounding effect utilise the elasticity of the apparatus and develop speed in one direction:

- Landing (on 2 feet) from 1<sup>st</sup> flight element with hand support followed by an **immediate** take-off/rebound into 2<sup>nd</sup> element, or
- Landing from 1<sup>st</sup> flight element (with/without hand support) on 1 leg and placing free leg with an **immediate** rebound from both legs into 2<sup>nd</sup> element

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

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

<b>SERIES BONUS (SB)</b>	
<b>0.10</b>	
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 (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:	 CV+0.1 CV+0.1 + 0.10 series bonus <b>Total CV + SB = 0.30</b>
<b>To receive the SB</b>	
<ul style="list-style-type: none"> <li>• Non-flight acro elements min B (except “Holds”) may be used</li> <li>• The same (flight or non-flight) acro element may be repeated within connection</li> </ul>	

The following **B acro elements** with hand support and flight may be performed a 2<sup>nd</sup> time in the exercise to receive CV and SB, but may not be performed a 2<sup>nd</sup> 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), added to D Score**

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<b>12.5 ARTISTRY AND COMPOSITION DEDUCTIONS - E JURY</b>		
<b>Faults</b>	<b>0.10</b>	<b>0.20</b>
<b>Artistry of Performance</b>		
- Insufficient artistry of performance throughout the exercise		
• Poor body posture (head, shoulders, trunk)	X	X
• Insufficient amplitude of the movements	X	
• Insufficient involvements of body parts	X	
• Insufficient amplitude of leg swings or kicks	X	
• Poor foot work		
○ Feet not pointed/relaxed/turned in	X	
○ Poor work in relevé	X	
- Rhythm and Tempo		
• Insufficient variation in rhythm & tempo, disconnected elements & movements ( <i>lack of fluency</i> )	X	X
<b>Composition</b>		
- Mount without DV	X	
<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 1 or 2 feet)</i>		
- Insufficient use of the entire apparatus:		
• Lack of movements sideways ( <i>no DV</i> )	X	
• 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</i> )	X	
- One-sided use of elements		
• More than one ½ turn on 2 feet with straight legs throughout exercise	X	

<b>12.6 SPECIFIC APPARATUS DEDUCTIONS - E JURY</b>			
<b>Faults</b>	<b>0.10</b>	<b>0.30</b>	<b>0.50</b>
- Poor rhythm in connection ( <i>with DV</i> )	X ea		
<b>Excessive preparation</b>			
- Adjustment ( <i>steps without choreography &amp; unnecessary movements</i> )	X ea		
- Excessive arm swing before dance elements	X ea		
- Pause (apply at 2 sec.)	X ea		
- Additional support of the leg against the side surface of the Beam		X	
- Grasp of Beam in order to avoid a fall			X
- Additional movements to maintain balance	X	X	X