

FIG WTC COP 2013 – 2016 BEAM (SECTION 12) WTC March 2015 (read with NL 34, 35 & 36)

CONTENT OF THE EXERCISE Maximum 8 highest difficulties including dismount are counted for DV

This consists of - Maximum 5 Acro Minimum 3 Dance

If no dismount count only 7 elements for DV and no CR

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)

Warm up time 30 seconds each gymnast

Duration of exercise may not exceed 90 seconds Overtime deduction 0.10

Intermediate fall time 10 seconds Exceed fall time - exercise terminated

12.1 GENERAL – Mounts	
- If gymnast on 1 st attempt touches board or Beam she must then start exercise - no value awarded for Mount	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 2 different dance elements, 1 being a leap/jump/hop 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
5. Dismount <ul style="list-style-type: none"> • No dismount, A or B dismount • C dismount • D or higher 	award 0.00 award 0.30 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, excluding the dismount All connections must be rebounding* except where stated	
C/D + D (or more, non rebounding fwd only) C + C B + E	C/D +D (or more) fwd or bwd B + D (fwd only) B + F
Connections of **3 or more acro elements (rebounding and non-rebounding), including mount & dismount (min C) will be rewarded with a "Series Bonus" of 0.10 <ul style="list-style-type: none"> • Starting from B + B + C (any order) • In addition to CVs for the formulas above • Gymnast may repeat same (flight or non flight) element in the same connection to receive SB 	
Example # 1	B + B + C = + 0.10 series bonus D + B + C = + 0.10 series bonus
Example # 2	$\begin{matrix} C + C + C \\ \text{CV}+0.1 \quad \text{CV}+0.1 \end{matrix}$ = CV = 0.20 + 0.10 series bonus = 0.30

* Connections with rebounding effect 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 or without hand support) on 1 leg and placing free leg with an immediate rebound from both legs into 2nd element

** In connections of more than 2 elements, non-flight acro elements Min B (except "Holds") may be used to receive SB

DANCE & MIXED (acro flight elements only), excluding dismount	
0.10	0.20
C + C or more A + C (Turns only) D (salto) + A (dance) D (salto to 1 foot) + A scale (this order & no step is permitted)	D + D or more

Note: Turns may be performed on same support leg, or with step into turn on opposite leg (brief demi-plié on one or both feet is permitted)

Split or switch leap + gainer salto : to receive CV there should be no free leg swing backward

12.5 ARTISTRY AND CHOREOGRAPHY DEDUCTIONS - E PANEL			
Faults	0.10	0.30	0.50
Artistry of Performance			
- Insufficient artistry of performance throughout the entire exercise including: <ul style="list-style-type: none"> • Confidence • Personal Style 	X		
- Rhythm and Tempo <ul style="list-style-type: none"> • Insufficient variation in rhythm & tempo in movements/dance (the parts with no difficulty - No DV) • Performance of the entire exercise as a series of disconnected elements & movements 	X		
Composition and Choreography			
- Lack of variety and/or creativity of movements and transitions	X		
- Lack of sideways movements (No DV, ie. dance) *	X		
- Insufficient use of entire apparatus: <ul style="list-style-type: none"> • Insufficient use of entire length of beam • Missing combination of movements/elements close to the beam with a part of the torso (including thigh, and /or the head) touching the beam (element not necessary) 	X		
- Mount not from the table of elements	X		
- 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 (with DV)	X		
- Pause (more than 1 sec) / excessive preparation before elements	X ea		
- Excessive arm swing before dance elements	X ea		
- Poor body posture throughout: <ul style="list-style-type: none"> • Body posture, head position • Feet not pointed/relaxed, turned in 	X		
- Amplitude (maximum elongation of body movements)	X		
- Additional support of the leg against the side of the beam		X	
- Failure to meet the technical requirement of the element through use of additional support (eg. bending an arm to place forearm on Beam in Korbut flic)		X	
- Grasp of the beam in order to avoid a fall			X
- Additional movements to maintain balance	X	X	X
- No attempt to dismount			X

* lack of sideways movement (no DV). As part of the combination of movements there should be at least one transitional movement (eg. one in the same place with a movement of the arms and the other a moving transition in a space)

Technical regulation - Stretched back salto. Failure to meet the technical requirements (such as clear elevation of the centre of gravity maintaining a stretched position) will lead to devaluation; E to D No body alignment deduction will be applied. Failure to maintain stretched body position may be applied

NL 36. 9.2 Underturning also applies to dance elements. When a jump/hop, or leap with turn directly connected to another element from the COP and in the first element the turn is not completed exactly (but the gymnast is able to continue into the next element) the first element will NOT be devalued or recognised as another DV from the COP.