

FIG WTC COP 2017 – 2020 BEAM (SECTION 12) WTC July 2017 Read with NL 40

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

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 board or Beam - she must then start exercise - no value awarded for Mount – deduction for “Mount without DV” will be applied	1.00 from FS 0.10
- 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 or jump with 180° split (<i>cross or side</i>) or straddle position	award 0.50
2. Turn (Group 3)	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
*Flight elements with/without hand support CRs 1-4 must be performed on the Beam Rolls, handstands and holds can <u>not</u> 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 mount and minimum F dismount 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 P 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 $\begin{matrix} C + C + C \\ \underbrace{\quad} \quad \underbrace{\quad} \\ CV+0.1 \quad CV+0.1 \end{matrix}$ = + 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 utilize the elasticity of the apparatus and develop speed in one direction: <ul style="list-style-type: none"> • Landing (on 2 feet) from 1st flight el with hand support followed by an immediate take-off/rebound into 2nd el, 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 (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) <i>(This order & no step is permitted)</i>	D + D or more

Note: Turns may be performed on same support leg (brief demi-plié on one or both feet 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: <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 (<i>no DV</i>) • 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: <ul style="list-style-type: none"> • Insufficient use of entire length of Beam • Lack of side movements (<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</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 <ul style="list-style-type: none"> • 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>)	X ea		
Excessive preparation			
- Adjustment (<i>unnecessary steps and movements</i>)	X ea		
- Excessive arm swing before dance elements	X ea		
- Pause (<i>apply at 2 sec.</i>)	X ea		
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 the leg against the side of the Beam		X	
- Failure to meet the technical requirement of the element <ul style="list-style-type: none"> • through use of additional support 		X	
- Grasp of the beam in order to avoid a fall			X
- Additional movements to maintain balance	X	X	X