

Level 5 Beam Judging



Warm-up 1min. / Routine: 1min. 10 sec. Warning 1min. - Fall 45 sec.

<p>.10 Staggered hands ↑.20 Insuff. split 150° .60 Front Walkover 150°</p> <p>↑.20 Min. 3/4 handstand .60 Backward roll Back Roll 3/4 Handstand</p> <p>↑.10 Not extend in support ↑.10 Continuity to stand .30 Doing a knee scale</p> <p>.60 Flic Flac Step Out or 2 Feet</p> <p>↑.10 No continuous leg lift ↑.10 Staggered hands ↑.20 Insuff. split 150°</p> <p>.20</p> <p>Front Support Fish Pose</p>	<p>See general penalties</p> <p>OR</p> <p>↑.10 Incorrect leg position .30 Heel snap turn TQ</p> <p>.40</p> <p>1/1 (360°) Turn in Forward Passé</p>	<p>↑.20 Uneven split ↑.10 Not land feet same time ↑.10 Must land feet closed</p> <p>.40</p> <p>Split Jump 150°</p>	<p>↑.10 Front leg less 45° ↑.10 Back leg less Hor. .05 No pause in arabesque</p> <p>.20</p> <p>Sissonne</p>	<p>↑.20 Not above Hor. ↑.10 Not held 1 sec.</p> <p>.40</p> <p>Scale Above Horizontal</p>	<p>↑.10 Bending front leg ↑.20 Uneven split</p> <p>.60</p> <p>Straight leg Leap 150°</p>	<p>↑.10 Not land feet same time ↑.10 Must land feet closed</p> <p>.20</p> <p>Stretch Jump</p>	<p>∅ Insuff. continuity between .05 Connection broken</p> <p>↑.10 Simultaneous hands ↑.30 Failure to pass thru vertical .20 Closing foot in front</p> <p>↑.10 Not land feet same time ↑.10 Must land feet closed</p> <p>.60</p> <p>Cartwheel</p>	<p>↑.30 Height ↑.20 Tuck shape ↑.20 Posture landing</p> <p>.60</p> <p>Back Tuck Dismount</p>
--	--	---	---	---	---	--	---	---

#

SCORE

#

SCORE

#

SCORE

#

SCORE