

Level 3 Beam Judging



Warm-up 45 sec. / Routine: 55 sec. Warning 45 sec - Fall 45 sec.

Attempts Dismount Falls & does not repeat

↑.60 ↑.30 Not attain vertical
 +.20 Not perform 1/4 (90°) turn
 =.50 Incomplete element
 +.50 Fall
 = 1.00 Total Deduction

.10 Simultaneous hands
 ↑.30 Not attain vertical
 .20 Not perform 1/4 (90°) turn
 ↑.10 1/4 turn inc. or over 90°
 ↑.10 Not maintain hand contact until horizontal with beam

↑.10 Not extend in support
 ↑.10 Continuity to stand
 .30 Doing a knee scale



.20

Front Support
Fish Pose

.10 Not close legs
 .10 Staggered hands
 ↑.30 Not attain vertical



.60

Cross Handstand

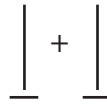
.10 Incorrect leg position
 .05 Not lowering heel @ completion of turn
 .30 Not using heel snap turn TQ



.40

1/2 (180°)
Forward Passé
Heel Snap Turn

∅ Insuff. continuity between jumps
 .05 Connection broken
 .10 Not land feet same time (Each)
 ↑.10 Must land feet closed (Each)



.40 each

Stretch
Jumps

↑.20 Leg not min. 45°
 ↑.10 Not held 1 sec.



.40

Arabesque (45°)

↑.10 Bending front leg
 ↑.20 Uneven split
 .05 No pause in arabesque



.60

Straight Leg
Leap (90°)

↑.10 No sharpness (Each)



.20 each

Two - 1/2 (180°)
Pivot Turns



.60

Cartwheel to
Side Handstand
1/4 (90°) Turn
Dismount

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SCORE

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SCORE

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SCORE

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SCORE