

LEVEL 10 BALANCE BEAM QUICK REFERENCE GUIDE - USE THIS ORDER for SV

START VALUE (SV)

- **Base Start Value: 9.20 SV**
- **Value Parts: 2C 3B 3A**

SPECIAL REQUIREMENTS (SR) *Deduct 0.50 from the SV for each missing requirement.*

1. Minimum of two directly connected flight elements with at least one "C" (with or without hand support) OR an "A" Non-flight Acro element directly connected to an "E" Acro flight element.
2. One Leap or Jump that requires a 180° cross or side-split.
3. Minimum of a 360° turn on one foot.
4. Aerial/salto dismount minimum "C", OR a "B" dismount directly connected to an Acro series (with min. "C" Acro element) or to a min. "C" Acro flight/Dance element.

BONUS: CONNECTION VALUE (CV)

Acro		Dance/Mixed/Turns	
0.1	0.2	0.1	0.2
B + C Salto	B/C + D/E	A turn + C turn	B + D/E
	C + C	A + D/E	C + C
B + B + C <i>Includes dismount</i>	B + C + C <i>Includes dismount</i>	B + C	C + D/E
	B + B + D/E <i>Includes dismount</i>		
Series Bonus <i>Three element ACRO flight connections with a minimum of a C salto/aerial or D/E flight</i>			

COMPOSITION CREDIT (CC) PRINCIPLES

- **Maximum CC: +0.30.**
- All awarded CC is added directly to the Start Value.
- Elements receiving Value Part (VP) credit may be used to fulfill CC, even if awarded with a fall or a spot on dismount landing. (Any element performed a 3rd time (No VP) used in direct connection to the dismount may be used for Dismount CC)

Acro Difficulty +0.2	2 different D/E Acro flight elements <i>Excluding dismount</i>	
OR		
Acro Difficulty +0.1	1 D/E Acro flight element <i>Excluding dismount</i>	
Dismount +0.1	D/E Salto/Aerial dismount	B Flight or C Dance directly connected to a C dismount

ADDITIONAL +0.1 BONUS ELIGIBILITY - Must have 10.0 SV

- An extra **+0.10 Bonus** (not included in the base SV) is awarded if routine meets **all** these criteria:
 - Meets all Difficulty (VP), Special Requirements (SR), and Composition Credit (CC).
 - Achieves a minimum of 0.60 Total Bonus (TB).
 - Includes an "E" Acro Element. (Includes Dismount)

LEVEL 10 SPECIFIC ARTISTIC PERFORMANCE DEDUCTIONS

Up to 0.40	CHOREOGRAPHY
Up to 0.20	Lack of Purposeful Choreography - <i>excessive prep/adjustments</i>
Up to 0.10	Choreography in ALL DIRECTIONS - <i>sideways and backwards</i>
Up to 0.10	Lack of Variety of Focus Changes, Poses, Phrases/Connections
Up to 0.20	RHYTHM AND TEMPO
Up to 0.10	Insufficient variation in non-VPs
Up to 0.10	Appears fragmented or lacks continuity
Up to 0.20	SURENESS <i>performs cautiously/tentatively</i>
Up to 0.30	BODY POSTURE <i>head/shoulders/trunk</i>
Up to 0.30	FOOTWORK <i>feet not pointed/relaxed/turned in</i>
Up to 0.20	DYNAMICS
Up to 0.10	Insufficient Amplitude of Choreographed Movements
Up to 0.10	Energy Maintained throughout Routine

SPECIFIC COMPOSITIONAL DEDUCTIONS

0.10	ACRO ELEMENTS IN TWO DIFFERENT DIRECTIONS
	<i>Backward and Forward/Sideways</i>
0.05	If Dismount is the only forward/sideways or backwards element
0.10	OVERUSE OF DANCE ELEMENTS WITH SAME SHAPE
	<i>More than 2 Wolfe or Tuck jumps/hops</i>
	<i>More than 2 straddle jumps</i>
0.10	MORE THAN ONE PIVOT TURN ON TWO FEET
0.20	LACK OF DANCE SERIES

DIFFICULTY VALUE CHANGES

Element	New Value	Old Value
2.201 - Split jump w 1/4 turn from cross to side	B	C
2.202 - Straddle Jump w 1/4 turn from cross to side	B	C
2.202 - Straddle Jump w 1/4 turn from side to cross	B	C
2.302 - Cross Straddle Jump w 1/2 turn	C	D
2.207 - Sissone	B	A
9.306 - Double Full Dismount	D	C