

Xcel Balance Beam- Region 1

	Bronze	Silver	Gold	Platinum	Diamond
General Information	Any skill listed in levels 1- 6 Compulsory routines or JO Code of Points can be used to fulfill Special Requirement or Bonus.				
	2.0 in special requirements- special requirement only given if performed without assistance of spotter				
	Max time 1.00 (-.1 OT)	Max time 1.10 (-.1 OT)	Max time 1.10 (-.1 OT)	Max time 1.10 (-.1 OT)	Max time 1.10 (-.1 OT)
	Start Value 10.0	Start Value 9.6	Start value 9.4	Start Value 9.2	Start Value 9.0
	No opportunity for Bonus	Up to .4 in bonus (.2 each bonus)	Up to .6 in bonus (.2 each bonus)	Up to .8 in bonus (.2 each bonus)	Up to 1.0 in bonus (.2 each bonus)
Special Requirements- .5 each 2.0 in special requirements- special requirement only given if performed without assistance of spotter	1. 1 acro skill (non-flight) must start and finish on beam 2. leap or split jump - minimum of 60 degrees 3. 1/2 turn on 1 foot or 2 feet 4. 1 dance series (min 2 elements) (split leap/jump may be included in	1. 1 acro skill (non-flight) must start and finish on beam 2. leap or split jump - minimum of 60 degrees 3. 1/2 turn on 1 foot (min) 4. 1 dance series (min 2 elements) (split leap/jump may be included in	1. acro skill (non flight) at or through vertical (must start and finish on BB) 2. 1 dance series, minimum of 2 elements- must include jump or leap with minimum of 90 degree split. 3. 1/1 turn on 1 foot min. 4. Dismount- must be level 3 or higher or in j.o. code as an element	1. 2 acro skill or 1 acro element with flight - if 2 acro connected they can be same skill or diff, if not connected need to be different skills- all must start and finish on beam 2. 1 dance series, minimum of 2 elements- must include jump or leap with minimum of 120 degree split. 3. 1/1 turn on 1 foot min. 4. Dismount- must be level 4 or higher or in j.o. code as an element	1. acro series with or without flight and 1 acro with flight (can be included in series) must start and finish on beam 2. 1 dance series, minimum of 2 elements- must include jump or leap with minimum of 150 degree split. 3. 1/1 turn on 1 foot min. 4. Dismount- salto or aerial dismount
Bonus .5 EACH		Acro skill at or through vertical (must start & finish on BB)	Any B dance or acro without flight	Any B or C dance	Any C dance

<p>Bonus- .2 EACH</p> <p>Bonus only given if made without a fall or spot, can get bonus for the same skills/connections two times, but not more than twice</p>	<p>No opportunity for Bonus</p>	<p>any connected acro series</p> <p>Any B dance skill</p> <p>Full Turn</p> <p>Salto Dismount</p>	<p>Salto dismount</p> <p>any connected acro series- starting and finishing on beam</p>	<p>Any B arco (B acro with flight will receive additional .2 bonus- ie- performance of a back handspring will receive .2 bonus for the "B" acro and additional .2 bonus for being a flight element)</p> <p>any B+C or C+B or higher connection</p>	<p>Any B or C Acro</p> <p>any B+C or C+B or higher connection</p> <p>any connected acro series of 2 or more elements (1 must</p>
<p>Difficulty Restrictions</p> <p>Performance of unallowable element= 1.0 deduction each time</p>	<p>No salto dismounts</p> <p>No walkovers</p> <p>No elements with flight</p>	<p>No B or higher acro with flight</p> <p>No elements C or higher</p>	<p>No B or higher acro with flight</p> <p>No elements C or higher</p>	<p>No C or higher acro allowed</p> <p>No D elements allowed</p>	<p>No D elements allowed</p>
<p>Judging Guidelines</p>	<p>Use <u>only</u> Level 7-10 Execution and artistry deductions (no compositional or specific execution deductions apply).</p>				
	<p>Apply regular level 7-10 insufficient split deductions before taking whole special requirement.</p>				
	<p>Apply regular level 7-10 dance- under-rotated turn deductions before taking whole special requirement.</p>				
	<p>DO apply artistry deductions.</p>				