

Level 1 OFSAA Beam	Level 2 OFSAA Beam	Level 3 OFSAA Beam	OFSAA Beam <span style="float: right;">January 2017 Arsenault-Howick L. Smiley.</span>
Start Value 10.00	Start Value 10.00	Start Value 10.00	
Counting DV = Min 4 A elements (dsmt + ↑3 elements) A @ 0.10	Counting DV = Min 4 A elements (dsmt + ↑3 elements) A @ 0.10	Counting DV = Min 5 A elements (dsmt + ↑4 elements) A @ 0.10	<b>OFSAA A Elements</b>
No B, C, D, E, F, G No walkovers or tic tocs, tinsica, valdez No flight or aerial tumbling <u>on beam</u> No salto dismounts, or series or B dismounts (Penalty- <u>0.50</u> & No DV or SR)	No B, C, D, E, F, G No walkovers or tic tocs, tinsica, valdez No flight or aerial tumbling <u>on beam</u> No salto dismounts, or series or B dismounts (Penalty- <u>0.50</u> & No DV or SR)	No B, C, D, E, F, G No flight or aerial tumbling <u>on the beam</u> No series or B dismounts (Penalty- <u>0.50</u> & No DV or SR)	<ul style="list-style-type: none"> <li>Handstand without hold (within 30°) Level 1&amp;2</li> <li>Handstand without hold (within 10°) L 1 – 5</li> <li>Back Shoulder Roll (Level 1 – 5 Only)</li> <li>180° Turn on 1 foot relevé (Level 1 – 4 Only)</li> <li>Forward Roll to Sit (torso vertical) L 1 &amp; 2 only</li> </ul>
_____ 1 Acro element (excl. dismount) _____ 2 <u>consecutive</u> . & diff. leaps/jumps/hops _____ Turn on 1 Foot (1/2 turn or greater) _____ A Dismount	_____ 1 Acro element (excl. dismount) _____ 2 <u>consecutive</u> . & diff. leaps/jumps/hops _____ Turn on 1 Foot (1/2 turn or greater) _____ A Dismount	_____ 2 Different Acro element (excl dismount) _____ Dance <u>connection</u> min 2 dif.leaps/jumps/hops _____ Turn on 1 Foot (1/2 turn or greater) _____ A Dismount	<b>For additional A Elements refer to Beam Chart</b> <u>Consecutive</u> means 2 or more different lps/jps/hps performed one after the other. A stop, pause or small foot adjustment is OK unless 0.30↑ deductions occur between elements. <u>Connection</u> means 2 or more different lps/jps/hps are performed without any stops, hesitation, extra steps or loss of balance between elements. An arm swing is acceptable in prep for take off of 2 <sup>nd</sup> element.

Specific Execution Deductions		Specific Execution Deductions		Extra Mats
<u>0.20 ea</u> Additional support of 1 leg against side of beam	<u>0.10</u> Missing one movement close to beam w/ torso or head touching	<u>0.30 ea</u> Grasp on beam to avoid fall	<u>0.30SV</u> No attempt to dismount = .30 from Start Value	Up to 20 cm of additional mats for landing are allowed
<u>0.30</u> Additional movements to maintain balance		<u>0.10 ea</u> Double Bounce on Board		<b>Equipment</b>
<u>0.50</u> 3 <sup>rd</sup> Run Approach/Touch Board w/o Mounting		<u>0.10 ea</u> Concentration pauses (>2s)		<b>BEAM HEIGHT:</b> Levels 1 – 3 110 cm OR FIG 125 cm
<u>0.10 ea</u> Lack of Precision of Dance (arm, leg positions – <u>Turns not in high releve</u> )				MATS: 20 cm MOUNT 8 m & 2 m one side, DISMOUNT: 4 m
<u>0.20</u> Insufficient variation in rhythm & tempo in connections or throughout				Balance beam will be lowered by 10cm if 12 cm mats are used under the beam
<u>0.20</u> Lack of Sureness of performance				Use of 10 cm supplementary landing mat is mandatory.
<u>0.10</u> Dismount Landing too close to Beam		<u>0.50</u> Falls		
Specific Artistry Deductions		Additional Deductions (D-Panel)		<b>OFSAA BEAM Level 1 – 3</b>
<u>0.10</u> Lack of Creative Choreography	<u>0.10</u> Overtime	<u>0.10</u> Lack of Personal Style in Quality of Movement	Non Removal of Beat Board after the Mount (Final Score)	
<u>0.10</u> Lacks Quality of Expression		<u>0.20</u> Poor Dynamics		

No: _____ Name: _____ EXEC: _____ SP. EX: _____ DYN: _____ ART: _____ TOTAL: _____	A	_____x.1		DV
				SR
				D=
	AVG E=			E=
	Neut - _____ =			FS =
No: _____ Name: _____ EXEC: _____ SP. EX: _____ DYN: _____ ART: _____ TOTAL: _____	A	_____x.1		DV
				SR
				D=
	AVG E=			E=
	Neut.- _____ =			FS =
No: _____ Name: _____ EXEC: _____ SP. EX: _____ DYN: _____ ART: _____ TOTAL: _____	A	_____x.1		DV
				SR
				D=
	AVG E=			E=
	Neut _____ =			FS =