

Level 4 OFSAA Beam	Level 5 OFSAA Beam	Level 6 OFSAA Beam	OFSAA BEAM January 2017 L. Smiley J. Arseneault-Howick
Start Value 10.00	Start Value 10.00	Start Value 10.00	
Counting DV = Min 5 elements (dsmt + ↑4 elements) A @ 0.1 <u>Dance B's Allowed</u>	Counting DV = Min 6 elements (dsmt + ↑5 elements) A @ 0.10 <u>Dance B's Allowed</u>	Counting DV = 7 (dsmt + ↑6 elements) 6A 1B A @ 0.10, B @ 0.30, <u>C's Allowed but not Required</u>	A ELEMENTS For additional A & B Elements refer to Beam Chart
<u>OFSAA A ELEMENTS (Level 1 – 5 Only)</u> • Handstand without hold (within 10°) L1-5 • Back Shoulder Roll L 1-5	• 180° turn on one foot relevé (Level 1-4 only) • ½ Turn on 1 foot to Pivot Turn on 2 feet (L1-5)		Allowed Acro Bs (L4-6) Free Forward Roll (Mt or in routine) Jump, press or swing to handstand (Mt or in routine) Front Walkover, Valdez
No B (Acro), C, D, E, F, G Exception: Refer to Allowed B's (Penalty–0.50 & No DV or SR)	No B (Acro), C, D, E, F, G Exception: Refer to Allowed B's (Penalty–0.50 & No DV or SR)	No D, E, F, G (Penalty–0.50 & No DV or SR)	<u>Leap/Jp/Hop with 180° split (Cross position only)</u> may be an <u>isolated element</u> or in a <u>dance connection</u>
____ 2 Different Acro* elements (excludes dsmt) one of the two acro elements must <u>go to</u> or pass <u>through</u> <u>handstand. Includes mount</u> ____ Dance conn. min. 2 dif. leaps/jumps/hops ____ Min Releve ½ Turn or greater on 1 foot ____ A Dismount	____ 2 diff Acro* 2 dir. (bwd & fwd or side) (ex dsmt) one of the two acro elements must <u>go to</u> or pass <u>through</u> <u>handstand. Includes mount</u> • 2 <u>Consecutive</u> Acro elements (same or diff) ____ Dance conn. min. 2 different lps/jps/hps ____ Min ½ Turn on 1 foot to Pivot turn on 2 ft OR 360° Turn on 1 foot ____ A Dismount	____ 3diff Acro in 2diff.dir.(b&f or side) (ex dsmt) • <u>Acro series(no flight required)</u> • <u>1 element must pass thru handstand</u> ____ Dance conn. min. 2 dif. l/j/h (1 w/ 180°) ____ 360° Turn on 1 foot ____ <u>A+ Salto/Aerial Dismount</u>	Consecutive Acro Elements: means 2 or more elements performed one after the other on the beam. A stop, pause or small foot adjustment OK unless 0.30 + deduction occurs between the elements. Dance Connection: means 2 or more lps/jps/hps performed without stops, hesitations, extra steps or loss of balance between elements. An arm swing is OK in prep for take off of 2nd element.

Specific Execution Deductions		Specific Execution Deductions		Extra Mats	
0.20 ea 0.30 ea 0.30 0.50 0.10 ea 0.20 0.20 0.10	Additional support of 1 leg against side of beam Grasp on beam to avoid fall 0.00 Double Bounce on Board Additional movements to maintain balance .10 ea Concentration pauses (>2s) 3 rd Run Approach/Touch Board w/o Mounting Lack of Precision of Dance (arm, leg positions – <u>Turns not in high releve</u>) Insufficient variation in rhythm & tempo in connections or throughout Lack of Sureness of performance 0.20 Poor Dynamics Dismount Landing too close to Beam 0.50 Falls	0.10 0.30 SV	Missing one movement close to beam w/ torso or head touching No Attempt to Dismount = - 0.30 from Start Value	Up to 20 cm of additional mats for landing are allowed	
Specific Artistry Deductions		Additional Deductions (D-Panel)		Equipment	
0.10 0.10	.Lack of Creative Choreography 0.10 Lacks Quality of Expression Lack of Personal Style in Quality of Movement	0.10 0.50	Overtime Non Removal of Beat Board after mount.	BEAM HEIGHT: Levels (L 4 – 6) FIG 125 cm Only MATS: 20 cm MOUNT: 8 m & 2 m one side, DISMOUNT: 4 m Balance beam will be lowered by 10cm if 12 cm mats are used under the beam Use of 10 cm supplementary landing mat is mandatory.	
				OFSAA BEAM Level 4 – 6	

No: _____ Name: _____ EXEC: _____ SP. EX: _____ DYN: _____ ART: _____ TOTAL: _____	C		DV
	B	__ x.3	SR
	A	__ x.1	D=
	AVG E=		E=
	Neut - ____ =		FS =
No: _____ Name: _____ EXEC: _____ SP. EX: _____ DYN: _____ ART: _____ TOTAL: _____	C		DV
	B	__ x.3	SR
	A	__ x.1	D=
	AVG E=		E=
	Neut. ____ =		FS =
No: _____ Name: _____ EXEC: _____ SP. EX: _____ DYN: _____ ART: _____ TOTAL: _____	C		DV
	B	__ x.3	SR
	A	__ x.1	D=
	AVG E=		E=
	Neut.- ____ =		FS =

