

2023-2024 OHSAA
GENERAL INFO BARS, BEAM AND
FLOOR

Bars SR (4 SR @.20 ea.)	Beam SR (4@ .20 ea.)	Floor SR (4@ .20 ea.)	Revised 09/23 OHSAA
<ul style="list-style-type: none"> ◦1 Bar Change ◦1 "B" Flight Or B turn (not mt. or dismount) ◦1 Min. B from 3/6/7 (Must be a 360 degree circling skill) ◦Min. A salto dismount 	<ul style="list-style-type: none"> ◦Acro Series 2 or more elements, one of which must have flight ◦One leap or jump w/180°split ◦Min. 1/1 turn or more one foot ◦Min. A dismount (salto or aerial) 	<ul style="list-style-type: none"> ◦Acro series w/2 saltos or 2 directly connected saltos ◦3 dif. Saltos within the routine ◦Dance Passage- one must be a leap (direct or indirect connection) ◦Min. "A" value part performed as last isolated salto or in last salto connection 	
<p>Composition</p> <ul style="list-style-type: none"> Level of dismount Λ .10 Uncharacteristic element ea. <u>.10</u> ¼ fwd. Giant circle (w/w/o grip change) ea. <u>.10</u> Choice of Elements (must perform 2 of 3) Min. B VP up to .20 <ul style="list-style-type: none"> • Flight Skill • Pirouette Skill • Group 3/6/7 skill Lack of elements that achieve or passthru vertical Λ.20 <p>Execution</p> <ul style="list-style-type: none"> Swing fwd or bwd. under horizontal ea. Λ .10 Under rotation of release/flight elements Λ .10 Precision of handstand positions throughout Λ .10 Insuff. Extension of glides/swing into kips Λ.10 Poor rhythm in elements/connections Λ.10 Hesitation in jump or swing to HS Λ.10 Touch, brush of foot/feet on apparatus/mat Λ.10 Landing too close to bars on dismount <u>.10</u> Insufficient dynamics Λ.20 <ul style="list-style-type: none"> - Insufficient swingful execution throughout - Energy maintained throughout exercise - Makes difficult look effortless Hit of foot/feet on apparatus <u>.20</u> Incorrect padding (heel/hip) CJ <u>.20</u> Insufficient height of salto dismount Λ.30 Insuff. Extension (open) of tuck/pike body pos. Λ.30 <ul style="list-style-type: none"> Prior to landing dismount Hit of foot/feet on mat <u>.30</u> Grasp of apparatus to avoid a fall <u>.30</u> Intermediate (extra) swing/cast (Max of .50 per element) <u>.30</u> Insuff. Amplitude of "B" Clear hip circles Λ.40 Full support on foot/feet on mat during routine <u>.50</u> <p>Range of Scores</p> <p>The Average Determines the Range</p> <ul style="list-style-type: none"> 9.50 – 10.00 .2 pt. 9.00 – 9.475 .3 pt. 8.00 – 8.975 .5 pt. Below 8.00 1.00 pt. <p>Courtesy Score 3.0</p>	<p>Composition</p> <ul style="list-style-type: none"> Missing acro bwd. & fwd / swd. <u>.10</u> *If only in dmt. <u>.05</u> Level of dismount Λ .10 Length and level changes Λ .10 Failure to show choreography bwd/fwd/swd (show 2) .05ea More than 1 straight leg pivot turns in exercise <u>.10</u> More than 2 dance elements of same shape (tuck/wolf) or straddle ea. type <u>.10</u> Choice of Acro Elements Λ.20 Choice of Dance Elements Λ.20 Lack of dance series (min. 2 ele. from group 1 /2/3) <u>.20</u> Failure to perform 2 acro skills in a row <u>.30</u> <p>Execution</p> <ul style="list-style-type: none"> Feet apart on side pos. landing of leap/. jumps ea. Λ.10 Hesitation in jump/press/swing to HS Λ.10 Incor. body pos./alignment in dance element ea. Λ.10 Lack of precision in dance elements. ea. Λ.10 Turn elements not performed in high releve ea. Λ.10 Landing too close to beam on dismount <u>.10</u> Concentration pause (2 seconds) ea. <u>.10</u> Concentration pause (more than 2 sec.) ea. <u>.20</u> Rhythm of conn. – dance/mixed/acro (not bwd.) flight) ea. Λ.20 Insufficient split when required (dance/acro ele.) Λ.20 Insufficient split in walk over elements <u>Λ.20</u> Legs not parallel to beam in split or straddle pike Λ.20 Insufficient dynamics Λ.20 Insuff. Height of leaps/jumps/hops ea. Λ.20 Insuff. Height of acro flights, aerials & saltos ea. Λ.20 Insufficient sureness of performance – throughout Λ.20 Insuff. Variation in rhythm/tempo – throughout Λ.20 Relaxed/incorr. footwork in non-value parts throughout Λ.30 Support of 1 leg against side of BB <u>.20</u> Insuff. Height of salto dismount Λ.30 Additional movement to maintain balance on the beam Λ.30 Direction on gainer dsmt – off end of beam Λ.30 Insuff. Ext (open) of tuck/pike body pos. prior to landing acro Λ.30 <ul style="list-style-type: none"> Elem. & dismount. Relaxed/incorr/insuff body position/body posture Λ.30 <ul style="list-style-type: none"> In non-value parts throughout exercise Grasp of beam to avoid fall <u>.30</u> Artistry/Presentation Λ.30 <ul style="list-style-type: none"> • Choreography Λ .10 • Quality of movement reflects personal style Λ .10 • Quality of expression Λ .10 	<p>Composition</p> <ul style="list-style-type: none"> Level of dismount Λ.10 Space (use of entire floor area) & direction ea. Λ.10 Failure to perform saltos in 2 dif. directions (bwd. & fwd. or swd) <u>.10</u> More than 2 dance elements of same shape (tuck/wolf or straddle) ea. type <u>.10</u> Concentration pause (2 seconds or more) <u>.10</u> Choice of Dance Elements Λ.20 Choice of Acro Elements Λ.20 Lack of turn on 1 foot, minimum B <u>.20</u> Lack of minimum of B salto <u>.30</u> <p>Execution</p> <ul style="list-style-type: none"> Feet apart on landing of leap/jump/hops ea. Λ.10 Incorrect rhythm during exec. of direct conn. ea. Λ.10 Incorrect body pos./alignment on dance element ea. Λ.10 Lack of precision in dance elements ea. <u>.10</u> Turn VP's not performed in high releve ea. <u>.10</u> Concentration pause (more than 2 sec.) ea. <u>.10</u> Legs not parallel to floor in split or straddle pike Λ.20 Insuff. Height of leaps/jumps/hops ea. Λ.20 Insuff. Height of acro flights & aerials ea. Λ.20 Insuff. Split on VP elements (includes walkovers) Λ.20 Insuff. Dynamics Λ.20 Insuff. Variation in rhythm/tempo throughout Λ.20 Relaxed/incorr. footwork in non-value parts throughout Λ.20 Poor relationship of music/movement throughout Λ.30 Insuff. Height of saltos ea. Λ.30 Insuff ext. (open) of tuck/pike body pos. prior to Landing Acro elements Λ.30 Relaxed/incorr./insuff. Leg pos./body posture & Flexibility in non-value parts throughout Λ.30 Missing synchronization of movement & musical beat Λ.30 <ul style="list-style-type: none"> • Each time <u>.05</u> • Exercise not ended with mu <u>.10</u> Artistry/Presentation <u>Λ.30</u> <ul style="list-style-type: none"> • Choreography Λ.10 • Quality of movement reflects personal Λ.10 • Quality of expression Λ.10 Music with voice or no music (CJ) <u>1.00</u> 	