

Level 7 Beam Clarification:

There have been some questions regarding the acro special requirement for Level 7 Beam.

Part of the acro requirement is a series with a minimum of 2 "A" or "B" elements with or without flight. One of the elements must pass through an inverted vertical position while in support on the hands (handstand).

It also states that roll elements may be included in the series provided that the other element passes through a handstand position.

The series in question is a kick up to handstand, then step back down to immediate backward roll (either stepping down onto one foot or onto two feet to initiate the roll). The confusion lies in the words "passes through a handstand position", as some people interpreted that to mean a kick-up to handstand and step-down would not fulfill a "passing through vertical" element.

I spoke with both Cheryl Hamilton and Tom Koll regarding this specific connection. We all agree that the original intent when we changed Level 7 to an optional level was to keep the difficulty requirements similar to what was expected in the old Level 7 compulsory routine. That was why we allowed them to continue to use a handstand in the series, whereas the other levels may not.

We will try to clarify this at the May committee meetings by changing "passes through vertical" to "achieves vertical" or something similar as the intent was to consider the handstand as an element that goes through (to) vertical. Therefore, provided that the connection from the step down from the handstand into the backward roll is continuous, this would be a legitimate connection for Level 7 gymnasts.

If this has been a problem in your state/regions, please distribute this information by posting on your web site or by direct e-mail to judges and coaches.
Thank you.

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