

# CLHS Gymnastics Routine Worksheet BEAM

\_\_\_\_\_ Name

\_\_\_\_\_ Grade

\_\_\_\_\_ Season

### EVENT REQUIREMENTS

Worth 1.0 total (.2 ea.)

1	Acro series	0.2
2	Flight Skill	0.2
3	Dance Series	0.2
4	1/1 Turn	0.2
5	Superior Dismount	0.2

### ROUTINE--1 skill in each space    Dif.    Req.    Bonus

1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
<b>TOTALS</b>			
<b>ROUTINE START VALUE</b>			

### DIFFICULTY

Worth 3.0 total

High Superior (HS)	1	0.3
Superior (S)	1	0.5
	2	0.5
	3	0.5
Medium (M)	1	0.3
	2	0.3
	3	0.3
	4	0.3

### SUGGESTIONS    Dif.    Req.    Bonus

1			
2			
3			
4			
5			
6			
7			
8			

### BONUS 0.8

AHS	1	0.2
(Adv. High Superior)	2	0.2
	3	0.2
	4	0.2
HLBB	1	0.2
(HS+HS)	2	0.2
LLBB	1	0.1
(S+S, S+HS, S+AHS)	2	0.1