

## BALANCE BEAM

### COMPOSITION (up to 0.6)

- **up to 0.2 - variety of acro and dance**
  - acro flight w/wo hand support / non-flight acro / jumps w/wo twists / leaps / turns
- **up to 0.1 - balance of acro vs. dance**
  - balance in quantity of acro vs dance
  - balance in level of acro vs dance
- **up to 0.1 - lack of acro in 2 directions**
  - one must be forward or sideward
  - one must be backward
  - may include mount
  - handstands are not considered
  - have both **on** the beam - no deduction
  - missing one or both - deduct .1
  - have both but one is dsmt - deduct .05
- **up to 0.1 - level changes and distribution**
  - level changes - high, low, and on the beam
  - level of difficulty not maintained
  - difficult elements not spaced
- **up to 0.1 - artistry and choreography**
  - quality of expression (projection, emotion, focus) and movement to reflect personal style; originality/creativity

### RECOGNITION OF VALUE PARTS

- Elements can receive VP credit twice
- Elements are **different** if:
  - different # in the rulebook
  - saltos have different body position
  - different degree of turn (1/4 not different unless listed in rulebook)
  - takeoff is from 1 or 2 legs on lps/jps/hps
  - support on 1 or 2 arms
  - acros takeoff or land on 1 or 2 legs
  - mount elements are within routine
- AHS leap and jump elements with a 1/2 or 3/4 may be considered different if an add'l 1/4 is added
- Other AHS's with a 1/1, 1 1/2, or 2/1 must add a 1/2 to be considered different.

### DIFFICULTY EXCEPTIONS

- series of cartwheels = S
- series of back walkovers = S
- series of one cartwheel and one back walkover = S

### TIMING

**Not longer than 1:30 -**

(warning at 1:20; overtime -0.1 CJ)

**Less than :30 (short routine) = -2.0 (CJ)**

- Timing begins with takeoff from floor/board
- Time is stopped when gymnast arrives on floor (If in air when final time is called - overtime)
- Evaluate whole routine even if overtime
- **Fall timing** - (:45 fall time w/warning at :30)
- Following a fall, time starts when gymnast is on feet and medical assessment is complete
- Stop when feet leave floor to remount
- Resume routine watch w/first movement
- 2nd fall before official time begins - 0.5 fall

### EVENT REQUIREMENTS (ER) (1.0)

- Deduct 0.2 for each missing requirement
- 1 element may fulfill more than 1 ER
  - Exception: series may not overlap
- Elements **not** awarded VP credit may **not** fulfill ER
- **min. 360° turn on 1 foot**
- **acro flight element** - must start and finish **on** BB
- **acro series** - must start and finish **on** BB
- **dance series or mixed series (acro and dance)**
  - may **not** include mount or dismount
  - may **not** include dance balances or body waves
- **superior dismount**

### BONUS (0.8)

- **Advanced High Superiors (0.2 each, max. 0.4)**
  - Second AHS must be different
  - No credit if fall or spot has occurred
- **High Level BBS (0.2)**
  - HS+HS, HS+AHS, AHS+AHS
  - AHS acro directly connected (before or after) to S acro
- **Max. 0.2 may be earned in one of the following ways:**
  - a) Low level BBS - same or different(0.1 ea, max. 0.2)
    - S+S, S+HS, S+AHS
  - b) 2nd high level BBS - same or different (0.2)
  - c) 3rd different Advanced High Superior (0.2)
    - No credit if fall or spot has occurred

**NOTE:** If there is a fall following the second element in a series, BBS credit may be given provided both elements are complete and receive VP credit.

**NOTE:** In a **direct** connection of 3 or more elements, the second and following elements may be used twice when awarding BBS's

### FALLS

- Contact bottom of 1 or 2 feet on top of BB, then fall -
  - give VP, ER, BBS
  - if AHS - no AHS Bonus but may fulfill difficulty
- No touch (bottom) on BB - no VP, no ER, no Bonus
- Deduct for ex/amp errors in addition to fall
- Do not deduct for balance errors/steps leading to fall  
\*\*\* (if hands/soles of feet land simultaneously - do not void, 0.5 fall is applied)

### BALKS (incomplete attempt w/o touch of mount

- apparatus or beam and w/o running underneath beam)
- If touch or run underneath (-0.5 - judged as a fall)
- No deduction for first balk
- After 2 balks, 3rd attempt allowed with 0.5 deduction
  - Balk-Balk-Mount (-0.5 )
- No 4th attempt allowed

### DISMOUNTS

- Terminates intentionally and does not continue
  - .5 fall w/wo actual fall onto mat
  - .2 no superior dismount
- Dismount of no value (not in rulebook)
  - .2 no superior dismount
- Falls w/o initiating dismount and does not continue
  - .5 fall, -.2 no superior dismount
- Dismount that does not land on the feet first
  - .5 fall, -.2 no superior dismount

## BALANCE BEAM

Medium	Superior	High Superior	Advanced High Superior
2.101 tuck jump	2.201 tuck jump 1/2	2.301 tuck jump 3/4	2.401 tuck jump 1/1
2.102 cat leap	2.202 cat leap 1/2	2.302 cat leap 1/1	2.402 cat leap 1 1/2
2.103 hopw/free leg above horiz	2.203 wolf jump/hop/switch	2.303 wolf jump/hop 1/2	2.403 wolf jump/hop 3/4
2.104	2.204 pike jump 90°	2.304 a. pike jump 90° w/ 1/2 b. pike jump 90° (from side landing in side) c. pike jump 45°	2.404 a. pike jump 90° w/ 3/4 b. pike jump 90° w/ 1/2 (from side landing in side) c. pike jump 45° w/ 1/2
2.105 a. stretched jp w/wo arch; also with beat/change of legs (changement) b. stretched jump 1/2	2.205 stretched jump 3/4	2.305 stretched jump 1/1	2.405 stretched jump 1 1/2
2.106 split/stag split lp/jp 135°w/wo 1/4 	2.206 a. split/stag split lp/jp 180° (from cross landing in cross) b. split/stag split lp/jp 180° followed by 1/4 (from cross landing in side)	2.306 a. split/stag split lp/jp 180° w/1/2 b. split jp 180° (from side landing in side) c. jump with 1/4 to split 180° (from cross landing in side) d. split jp 180° followed by 1/4 (from side landing in cross)	2.406 a. split jump 180° w/ 3/4 b. split jump 180° w/ 1/2 (from side landing in side)
2.107	2.207 side split jp 135°w/wo 1/4 	2.307 a. side split jp 180° (from cross landing in cross) b. side split jp 180° followed by 1/4 (from cross landing in side)	2.407 a. side split jump 180° w/ 1/2 b. side split jp 180° (from side landing in side) c. jump with 1/4 to side split 180° (from cross landing in side) d. side split jp 180° followed by 1/4 (from side landing in cross)
2.108	2.208	2.308 a. straddle pike jp (from cross landing in cross) b. straddle pike jp followed by 1/4 (from cross landing in side)	2.408 a. straddle pike jump w/ 1/2 b. straddle pike jp (from side landing in side) c. jump with 1/4 to straddle pike (from cross landing in side) d. straddle pike jp followed by 1/4 (from side landing in cross)
2.109  <b>NOTE:</b> deduct up to 0.2 if stag into any switch leg leap	2.209 switch leg lp/jp 135° w/wo 1/4 	2.309 a. switch leg lp/jp 180° b. split jp 180° w/change of legs (min. 30° leg separation) prior to split (Sweetin)	2.409 a. switch lp/jp 180° w/ 1/4 to side split b. switch lp/jp 180° w/ 1/4 to straddle pike c. switch lp/jp to ring at head height d. switch lp/jp 180° w/ 1/2
2.110 hitchkick, cabriole	2.210	2.310	2.410
2.111 a. sissone 135° b. stag/double stag lp/jp 	2.211 a. sissone 180° b. stag/double stag lp/jp w/ 1/2 	2.311 tour jeté 135°	2.411 a. tour jeté 180° b. tour jeté to ring at head height c. tour jeté 135° w/ 1/4 or 1/2
2.112	2.212 ring/stag ring lp/jp at waist height	2.312	2.412 ring/stag ring lp/jp at head height
2.113	2.213 sheep jump at waist height	2.313	2.413 sheep jump at head height

**NOTES:**

- 1: Jump/leaps to prone shall be evaluated consistent w/ root jump/leap.
- 2: For dance criteria/technique, see Appendix B.
- 3: AHS's that exceed required twist receive AHS credit.
- 4: Cross position faces the end of the beam; side position faces out

## BALANCE BEAM

### NOTES

- Plywood is **not** permitted under the board
- Trampoline-like and inflatable rebound type devices may not be used for mounting
- Mounting devices may not be stacked on each other
- Spotting - spotting block/folded panel mat allowed
- Less than :30 (short routine) = -2.0 (CJ)

## HIGH SUPERIORS / ADVANCED HIGH SUPERIORS

Bold = AHS's

### MOUNTS

- 1.302a Free jump w/ 1/2 to stand
- 1.302b Free jump to cross split sit
- 1.402 Free jump w/ 1/1 to stand**
- 1.303 Straddle jump (180°) onto end
- 1.304 Free switch leg leap to arrive in split sit
- 1.404 Split leap with leg change (180°) at end of beam**
- 1.305a Press handstand from jump or clear support
- 1.305b Jump w/ hecht phase to cartwheel or handstand
- 1.306 Jump to handstand (pike), to handspring fwd
- 1.406 Hecht to handstand to handspring fwd**
- 1.307 Head kip
- 1.407 Front salto to stand or sit, also w/ 1/2**
- 1.309 Chest stand 1/1 over shoulder
- 1.409 Rear stand - flic-flac to candle to front support/hip circle**
- 1.310 Round-off, flic-flac to stand/swing down
- 1.410 Round-off, back salto**

### LEAPS / JUMPS / HOPS

- 2.301 Tuck jump 3/4
- 2.401 Tuck jump 1/1**
- 2.302 Cat leap 1/1
- 2.402 Cat leap 1 1/2**
- 2.303 Wolf jump/hop 1/2
- 2.403 Wolf jump/hop 3/4**
- 2.304a Pike jump 90° w/ 1/2
- 2.304b Pike jump 90° (from side landing in side)
- 2.304c Pike jump 45°
- 2.404a Pike jump 90° w/ 3/4**
- 2.404b Pike jump 90° w/ 1/2 (from side landing in side)**
- 2.404c Pike jump 45° w/ 1/2**
- 2.305 Stretched jump 1/1
- 2.405 Stretched jump 1 1/2**
- 2.306a Split/stag split 180° w/ 1/2
- 2.306b Split jump 180° (from side landing in side)
- 2.306c Jump w/ 1/4 to split 180° (from cross landing in side)
- 2.306d Split jump 180° followed by 1/4 (from side landing in cross)
- 2.406a Split jump 180° w/ 3/4**
- 2.406b Split jump 180° w/ 1/2 (from side landing in side)**
- 2.307a Side split jump 180° (from cross landing in cross)
- 2.307b Side split jump 180° followed by 1/4 (from cross landing in side)
- 2.407a Side split jump 180° w/ 1/2**
- 2.407b Side split jump 180° (from side landing in side)**
- 2.407c Jump w/ 1/4 to side split 180° (from cross landing in side)**
- 2.407d Side split jump followed by 1/4 (from side landing in cross)**
- 2.308a Straddle pike jump (from cross landing in cross)
- 2.308b Straddle pike jump followed by 1/4 (from cross landing in side)
- 2.408a Straddle pike jump w/ 1/2**
- 2.408b Straddle pike jump (from side landing in side)**
- 2.408c Jump w/ 1/4 to straddle pike (from cross landing in side)**
- 2.408d Straddle pike jump followed by 1/4 (from side landing in cross)**
- 2.309a Switch leg leap/jump 180°
- 2.309b Split jp 180° w/leg change (Sweetin)
- 2.409a Switch lp/jp 180° w/ 1/4 to side split**
- 2.409b Switch lp/jp 180° w/ 1/4 to straddle pike**
- 2.409c Switch lp/jp to ring (head height)**
- 2.409d Switch leap 180° w/ 1/2**
- 2.311 Tour jeté 135°
- 2.411a Tour jeté 180°**
- 2.411b Tour jeté to ring (head height)**
- 2.411c Tour jeté 135° w/ 1/4 or 1/2**
- 2.412 Ring/stag ring leap/jump (head height)**
- 2.413 Sheep jump (head height)**

### URNS

- 3.401 2/1 turn or more**
- 3.302 1/1 turn holding leg at min. 45° above horiz
- 3.303 1/1 turn w/leg at or above horizontal
- 3.403 1 1/2 turn or more w/leg at or above horiz**
- 3.304 1/2 illusion
- 3.404 1/1 illusion or more**
- 3.305 1 1/2 turn in tuckstand on one leg
- 3.405 2/1 turn or more in tuckstand on one leg**

### HOLDS - DANCE (2 sec.)

- 5.301 Stand w/free leg in 180° split (w/o use of hand)

### HOLDS - STANDS

- 6.301 Handstand, stoop thru to splits/clear "V"
- 6.302a One-arm handstand (2 sec)
- 6.302b Planche (2 sec)
- 6.302c Handstand 1/1

### ROLLS

- 7.303 Backward roll to handstand

### WALKOVERS / CARTWHEELS

- 8.301 Walkover forward in side position
- 8.401 Aerial walkover forward**
- 8.302 Walkover forward on one arm
- 8.402 Onodi - flic-flac 1/2 to fwd walkover**
- 8.304a Valdez on one arm
- 8.304b Valdez 1/1
- 8.405 Aerial cartwheel**

### HANDSPRINGS

- 9.301a Handspring forward
- 9.301b Handspring forward on one arm
- 9.302a Gainer flic-flac, also on one arm
- 9.302b Flic-flac on one arm
- 9.402 Chen flic - w/tuck-stretch to cross sit**
- 9.303a Flic-flac w/ 1/4 to handstand
- 9.303b Flic-flac w/ 1/2 twist
- 9.403a Flic-flac w/ 3/4 - 1/1 to stand**
- 9.403b Flic-flac w/ 1/1 to cross sit**

### SALTOS

- 10.301 Front aerial/salto to sit
- 10.401 Salto (fwd/bwd/swd) w/wo twist**

### DISMOUNTS

- 11.301 Cartwheel 1 3/4
- 11.302 Handspring 1 1/2
- 11.402 1/4 on back salto off (Tsuk dsmt)**
- 11.303a Aerial walkover 1/1
- 11.303b Aerial roundoff 1/2
- 11.403a Aerial walkover 1 1/2 or more**
- 11.403b Aerial roundoff 1/1 or more**
- 11.304 Salto forward (stretched) w/wo 1/2
- 11.404 Salto forward 1/1 or more**
- 11.305 Arabian salto
- 11.405 Double salto (fwd/arabian)**
- 11.306 Salto backward 1/2
- 11.406 Salto backward 1/1 or more**
- 11.307 Gainer back salto 1/2 at side
- 11.407 Gainer back salto 1/1 or more**
- 11.308 Gainer salto at end (tuck)
- 11.408 Gainer salto at end (pike/stretched)**
- 11.409 Double salto (bwd)**