

## BALANCE BEAM

### COMPOSITION (0.8)

#### Variety / Choice (up to 0.3)

##### Consider:

- up to .1 - variety of acro
- up to .1 - variety of dance
- up to .1 - balance of acro and dance
- up to .1 - level of acro vs. level of dance
- 0.1 - > 2 of same dance shape
- 0.1 - same value part used twice
- up to .1 - higher level VP's - isolated
- up to .1 - variety of connections

#### Spacing / Direction (up to 0.2)

- up to 0.1 - space and levels
- 0.1 - acro in 2 directions
  - one must be forward or sideward
  - one must be backward
  - handstands are not considered
  - may not be the dismount

#### Originality / Artistry (up to 0.2)

- up to 0.1 - originality/creativity of elements/connections
- up to 0.1 - quality of expression and movement to reflect personal style

#### Distribution (up to 0.1)

- level not maintained
- value parts not spaced

### EVENT REQUIREMENTS (1.2)

- 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** - may include mount or dismount
- **dance series** - may **not** include mount or dismount
  - may **not** include dance balances or body waves
- **mixed series** - 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 BHS must be different
  - No credit if fall or spot has occurred
- **High Level BBS (0.2)**
  - HS+HS, HS+AHS, AHS+AHS
- **Max. 0.2 may be earned in any of the following ways:**
  - a) Low level BBS (0.1 each, max. 0.2)
    - S+S, S+HS, S+AHS
    - Series of 3 receives only one BBS
  - b) 2nd high level BBS (0.2)
  - c) 3rd different Advanced High Superior (0.2)
    - No credit if fall or spot has occurred

### 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 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

### TIMING

#### Not longer than 1:30 -

(warning at 1:20; overtime -0.1 C.J)

- 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 - (:30 fall time w/warning at :20)

- Start with contact on floor, stop when feet leave floor
- Resume routine watch w/first movement
- 2nd fall before official time begins - 0.5 fall

### FALLS

- Contact 1 or 2 feet (soles) on top of BB, then fall -
  - give VP and ER
- No touch (soles) of 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)





















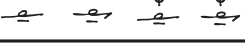
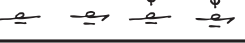
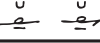


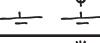

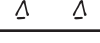

















### BALKS (approach w/o touch of board/beam)

- If touch (-0.5 judged as a fall)
- No deduction for first balk
- After 2 balks, 3rd approach allowed with 0.5 deduction
  - Balk-Balk-Mount (-0.5)

### DIFFICULTY EXCEPTIONS

- 2 medium acro elements may receive 1 superior if:
  - both pass thru inverted vertical position
  - must be directly connected
  - must both start and finish **on** the beam
- Round-off = HS if directly connected to S acro
- Flic-flac = HS if directly connected to S acro

# 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	2.203 wolf jump 	2.303 wolf jump 1/2 	2.403 wolf jump 3/4 
2.104	2.204 pike jump 90° 	2.304 a. pike jump 90° w/ 1/2  b. pike jump 45° 	2.404 a. pike jump 90° w/ 3/4  b. pike jump 45° w/ 1/2 
2.105 stretched jp w/wo 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 split/stag split lp/jp 180° w/wo 1/4 	2.306 split/stag split lp/jp 180° w/ 1/2 	2.406 split jump 180° w/ 3/4 
2.107	2.207 side split jp 135°w/wo 1/4 	2.307 side split jp 180° w/wo 1/4 	2.407 side split jump 180° w/ 1/2 
2.108	2.208	2.308 straddle pike jp w/wo 1/4 	2.408 straddle pike jump w/ 1/2 
2.109  <b>NOTE: deduct up to 0.2 if stag on any switch leg leap</b>	2.209 switch leg lp/jp 135° w/wo 1/4 	2.309 switch leg lp/jp 180° 	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 
2.110 hitchkick, cabriole, changement $\leq \frac{1}{4}$ 	2.210	2.310	2.410
2.111 sissone 135° 	2.211 sissone 180° 	2.311 tour jete 135° 	2.411 a. tour jete 180°  b. tour jete to ring at head height  c. tour jete 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 jp at head height 

**NOTE:** Jump/leaps to prone/back hip circle shall be evaluated consistent with the root jump/leap.

## HIGH SUPERIORS / ADVANCED HIGH SUPERIORS

### 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**
- 1.304 Free switch leg leap to arrive in split sit
- 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**
- 1.308 Chest stand 1/1 over shoulder
- 1.309 Round-off, flic-flac to stand/swing down
- 1.409 Round-off, back salto**

### LEAPS / JUMPS

- 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 1/2
- 2.403 Wolf jump 3/4**
- 2.304a Pike jump 90° w/ 1/2
- 2.304b Pike jump 45°
- 2.404a Pike jump 90° w/ 3/4**
- 2.404b Pike jump 45° w/ 1/2**
- 2.305 Stretched jump 1/1
- 2.405 Stretched jump 1 1/2**
- 2.306 Split/stag split 180° w/ 1/2
- 2.406 Split jump 180° w/ 3/4**
- 2.307 Side split jump 180° w/wo 1/4
- 2.407 Side split jump 180° w/ 1/2**
- 2.308 Straddle pike jump w/wo 1/4
- 2.408 Straddle pike jump w/ 1/2**
- 2.309 Switch leg leap/jump 180°

### LEAPS / JUMPS - cont.

- 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 high)**
- 2.311 Tour jete 135°
- 2.411a Tour jete 180°**
- 2.411b Tour jete to ring (head high)**
- 2.411c Tour jete 135° w/ 1/4 or 1/2**
- 2.412 Ring/stag ring leap/jump (head high)**
- 2.413 Sheep jump (head high)**

### TURNS

- 3.401 2/1 turn**
- 3.302a 1/1 turn holding leg at 45° above horiz
- 3.302b 1/1 turn w/leg at horizontal
- 3.402 1 1/2 turn w/leg at horizontal**
- 3.303 1/2 illusion
- 3.403 1/1 illusion**

### HOLDS - DANCE (2 sec.)

- 5.301 Stand w/free leg in 180° split

### 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**
- 8.306 Roundoff to a superior acro element

### HANDSPRINGS

- 9.301a Handspring forward
- 9.301b Handspring forward on one arm
- 9.302a Flic-flac to a superior acro element
- 9.302b Gainer flic-flac, also on one arm
- 9.302c 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)**

### DISMOUNTS

- 11.301 Cartwheel 1 3/4
- 11.302 Handspring 1 1/2
- 11.303a Aerial walkover 1/1
- 11.303b Aerial roundoff 1/2
- 11.403a Aerial walkover 1 1/2**
- 11.403b Aerial roundoff 1/1**
- 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)**

**Bold = AHS's**

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