**BALANCE BEAM**

**COMPOSITION (0.7)**

**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
- up to .1 - higher level VP's - isolated
- up to .1 - variety of connections
- .1 -> 2 of same dance shape
- .1 - same VP used twice to fulfill difficulty

**Spacing / Direction** (up to 0.2)
- up to 0.1 - space and levels
- up to 0.1 - acro in 2 directions
  - one must be forward or sideward
  - one must be backward
  - may include mount
  - handstands are not considered
  - .05 if dsmt is the only fwd/swd or bwd
  - have both on the beam - no deduction
  - missing one or both - deduct .1
  - have both but one is dsmt - deduct .05

**Artistry** (up to 0.1)
- up to 0.1 - artistry
- quality of expression (projection, emotion, focus) and movement to reflect personal style; originality/creativity

**Distribution** (up to 0.1)
- level not maintained
- value parts not spaced

---

**RECOGNITION OF VALUE PARTS**
- Elements can receive VP credit twice
- Elements are different if:
  - different # in the rulebook
  - salto has 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

---

**EVENT REQUIREMENTS (1.0)**
- Deduct -0.2 for each missing requirement
- 1 element may fulfill more than 1 ER
- 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 - 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 + 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
      - Series of 3 receives only one BBS
    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.

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**FALLS**
- Contact bottom of 1 or 2 feet on top of BB, then fall -
  - give VP, ER, BBS
  - if AHS - no Bonus but may fulfill difficulty
- No touch (bottom) 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)

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**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 )

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

---

**NO DISMOUNT**
- Terminates intentionally and does not continue
  - .3 no dismount, -.2 no superior dismount
- Dismount of no value (not in rulebook)
  - .3 no dismount, -.2 no superior dismount
- Falls and does not continue
  - .5 fall, -.3 no dismount, -.2 no superior dismount
- Dismount that does not land on the feet first
  - .5 fall, -.2 no superior dismount, do not deduct for no dismount

---

**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** - (-.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

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**2016-2018**
<table>
<thead>
<tr>
<th>Medium</th>
<th>Superior</th>
<th>High Superior</th>
<th>Advanced High Superior</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.101</td>
<td>tuck jump</td>
<td>2.201 tuck jump 1/2</td>
<td>2.301 tuck jump 3/4</td>
</tr>
<tr>
<td>2.102</td>
<td>cat leap</td>
<td>2.202 cat leap 1/2</td>
<td>2.302 cat leap 1/1</td>
</tr>
<tr>
<td>2.103</td>
<td>wolf jump/hop/switch</td>
<td>2.303 wolf jump/hop/switch</td>
<td>2.403 wolf jump/hop 3/4</td>
</tr>
<tr>
<td>2.104</td>
<td>wolf jump/hop/switch</td>
<td>2.408 wolf jump/hop/switch</td>
<td></td>
</tr>
<tr>
<td>2.105</td>
<td>stretched jump 1 1/2</td>
<td>2.410 stretched jump 1/1</td>
<td></td>
</tr>
<tr>
<td>2.106</td>
<td>split/stag split 1 1/2</td>
<td>2.411 stretched jump 1/1</td>
<td></td>
</tr>
<tr>
<td>2.107</td>
<td>side split jump 1 1/2</td>
<td>2.412 side split jump 1/1</td>
<td></td>
</tr>
<tr>
<td>2.108</td>
<td>straddle pike jump w/ 1/2</td>
<td>2.413 side split jump 1/1</td>
<td></td>
</tr>
<tr>
<td>2.109</td>
<td>switch leg jump 1/1</td>
<td>2.414 side split jump 1/1</td>
<td></td>
</tr>
<tr>
<td>2.110</td>
<td>switch leg jump 1/1</td>
<td>2.415 side split jump 1/1</td>
<td></td>
</tr>
<tr>
<td>2.111</td>
<td>wolf jump/hop/switch</td>
<td>2.416 side split jump 1/1</td>
<td></td>
</tr>
<tr>
<td>2.112</td>
<td>wolf jump/hop/switch</td>
<td>2.417 side split jump 1/1</td>
<td></td>
</tr>
<tr>
<td>2.113</td>
<td>wolf jump/hop/switch</td>
<td>2.418 side split jump 1/1</td>
<td></td>
</tr>
</tbody>
</table>

**NOTES:**
- Deduct up to 0.2 if stag on any switch leg leap.
-CONSISTANT WITH THE ROOT JUMP/LEAP.

## MOUNTS

1.302a Free jump w/ 1/2 to stand
1.302b Free jump to cross split sit
1.402 Free jump w/ 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 handstand 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 - cont.

2.409a Switch jump w/ 1/4 to side split
2.409b Switch jump wp/ 1/4 to straddle pike
2.409c Switch jump wp/ to ring (head high)
2.409d Switch leap 180° w/ 1/2
2.411 Tour jeté 135°
2.411a Tour jeté 180°
2.411b Tour jeté to ring (head high)
2.411c Tour jeté 135° w/ 1/2 or 3/4
2.411d Ring stant ring leap/jump (head high)
2.412 Sheep jump (head high)

## TOURS

3.401 2/1 turn
3.302a 1/1 turn holding leg at 45° above horiz
3.302b 1/1 turn wheel at horizontal
3.303 1 1/2 turn wheel at horizontal
3.304 1 1/2 turn
3.404 2/1 turn in tuck on one leg

## 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)
6.303 Handstand 1/1

## ROLLS

7.303 Backward roll to handstand

## WALKOVERS / CARTWHIRES

8.301 Walkover forward in side position
8.401 Aerial walkover forward
8.302 Walkover forward on 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
9.302c Flic-flac w/ 1/1 to cross sit
9.303a Flic-flac wp/ 1/4 to handstand
9.303b Flic-flac wp/ 1/2 twist
9.303c Flic-flac wp/ 3/4 to cross sit

## SALTS

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
11.402 1/4 on back salto off (Tsuk dsmt)
11.303a Aerial walkover 1 1/2
11.303b Aerial roundoff 1 1/2
11.403a Aerial walkover 1 1/2
11.403b Aerial roundoff 1 1/2
11.403c Aerial roundoff 1 1/2
11.404 Salto forward (stretched) wp/ 1/2
11.404a Salto forward 1/1 or more
11.405 Arabian salto
11.406 Double salto (fwd/arabian)
11.406a Salto backward 1/1 or more
11.407 Gainer back salto 1/1 at side
11.408 Gainer back salto 1/1 or more
11.409a Gainer back salto 1/1 or more
11.409b Double salto (bwd)

**Bold = AHS's 2016-2018**