**BALANCE BEAM**

**COMPOSITION (up to 1.0)**
- up to .1 - variety of acro
- up to .1 - variety of dance
- up to .1 - balance of acro vs. dance
- up to .1 - level of acro vs. level of dance
- up to .1 - higher level VP's - isolated
- 0.1 - same VP used twice to fulfill difficulty
- up to .1 - variety of connections
- 0.1 ea -> 2 of same dance shape
- up to 0.1 - use of all levels
- up to 0.1 - use of entire beam
- up to 0.1 - use of direction changes
- 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 beam - no deduction
- missing one or both - deduct .1
- have both but one is dsmt - deduct .05
- up to 0.1 - artistry
  - quality of expression (projection, emotion, focus) and movement to reflect personal style; originality/creativity
- up to 0.1 - level not maintained; difficult elements not spaced

**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.

**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

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

**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)

**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

**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

**2018-2020**
## LEAPS / JUMPS / HOPS

<table>
<thead>
<tr>
<th>Medium</th>
<th>Superior</th>
<th>High Superior</th>
<th>Advanced High Superior</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.301</td>
<td>Tucker jump</td>
<td>2.201</td>
<td>tucker jump 1/2</td>
</tr>
<tr>
<td>2.302</td>
<td>Cat leap</td>
<td>2.202</td>
<td>cat leap 1/2</td>
</tr>
<tr>
<td>2.303</td>
<td>Split/jump free leg above horizon</td>
<td>2.203</td>
<td>wolf jump/hop</td>
</tr>
<tr>
<td>2.304</td>
<td>Pike jump 90°</td>
<td>2.204</td>
<td>pike jump 90°</td>
</tr>
<tr>
<td>2.305</td>
<td>Switch leg leap/jump 180°</td>
<td>2.205</td>
<td>stretched jump 3/4</td>
</tr>
<tr>
<td>2.306</td>
<td>Split/stag split jump 180° w/wo 1/4</td>
<td>2.206</td>
<td>split/stag split jump 180°</td>
</tr>
<tr>
<td>2.307</td>
<td>Side split jump 180° w/wo 1/4</td>
<td>2.207</td>
<td>side split jump 180°</td>
</tr>
<tr>
<td>2.308</td>
<td>Straddle pike jump w/wo 1/4</td>
<td>2.208</td>
<td>straddle pike jump</td>
</tr>
<tr>
<td>2.309</td>
<td>Switch leg jump 180°</td>
<td>2.209</td>
<td>switch leg 180° w/wo 1/4</td>
</tr>
<tr>
<td>2.310</td>
<td>Side split jump 180° w/ 1/2</td>
<td>2.210</td>
<td>side split jump 135° w/ 1/2</td>
</tr>
<tr>
<td>2.311</td>
<td>Tour jeté 135°</td>
<td>2.211</td>
<td>tour jeté 135°</td>
</tr>
<tr>
<td>2.312</td>
<td>Ring/stag ring jump 1/1</td>
<td>2.212</td>
<td>ring/stag ring jump 1/1</td>
</tr>
<tr>
<td>2.313</td>
<td>Sheep jump 1/1</td>
<td>2.213</td>
<td>sheep jump at waist height</td>
</tr>
</tbody>
</table>

### NOTES 1:
- Jump/leaps to prone shall be evaluated consistent with root jump/leap.
- For dance criteria/technique, see Appendix B. 3. AHS’s that exceed required twist receive AHS credit.

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**HANDSPRINGS**

<table>
<thead>
<tr>
<th>Medium</th>
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<th>High Superior</th>
<th>Advanced High Superior</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.301a</td>
<td>Handspring forward</td>
<td>9.401</td>
<td>Chen flic-flac - w/tuck-stretch to cross sit</td>
</tr>
<tr>
<td>9.301b</td>
<td>Handspring forward on one arm</td>
<td>9.402</td>
<td>Aerial cartwheel</td>
</tr>
<tr>
<td>9.302a</td>
<td>Gainer flic-flac, also on one arm</td>
<td>9.403a</td>
<td>Aerial handstand</td>
</tr>
<tr>
<td>9.302b</td>
<td>Flic-flac on one arm</td>
<td>9.403b</td>
<td>Aerial handstand 1/1</td>
</tr>
<tr>
<td>9.303a</td>
<td>Flic-flac w/ 3/4 - 1/1 to stand</td>
<td>9.404a</td>
<td>Aerial handstand 1/2</td>
</tr>
<tr>
<td>9.303b</td>
<td>Flic-flac w/ 1/2 to head height</td>
<td>9.404b</td>
<td>Aerial handstand 1/3</td>
</tr>
<tr>
<td>9.304a</td>
<td>Aerial cartwheel</td>
<td>9.405a</td>
<td>Aerial cartwheel</td>
</tr>
<tr>
<td>9.305a</td>
<td>Aerial cartwheel</td>
<td>9.405b</td>
<td>Aerial cartwheel</td>
</tr>
</tbody>
</table>

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**SALTOS**

<table>
<thead>
<tr>
<th>Medium</th>
<th>Superior</th>
<th>High Superior</th>
<th>Advanced High Superior</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.301</td>
<td>Front aerial/salto to sit</td>
<td>10.401</td>
<td>Salto (fwd/bwd/swd) w/wo twist</td>
</tr>
<tr>
<td>10.302</td>
<td>Front aerial/salto to sit</td>
<td>10.402</td>
<td>Salto (fwd/bwd/swd) w/wo twist</td>
</tr>
<tr>
<td>10.303</td>
<td>Front aerial/salto to sit</td>
<td>10.403</td>
<td>Salto (fwd/bwd/swd) w/wo twist</td>
</tr>
</tbody>
</table>

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**COMMENTS**

- Bold = AHS’s

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**2018-2020**