Updated October 2021

USAG BALANCE BEAM

Priscilla K. Hickey, Editor

	A = 100		B = 200		C = 300
	MOUNTS		**MOUNTS**		**MOUNTS**
1.101*	Free Leap / Jump - 1 or 2 ft. / Scale	1.201*	Free Jump 1/2t., Straddle Split Jump to Stand	1.301*	Switch Split Leap
1.102*	Scissors sit / **1/2t. Cross**, Side 1/2t. to support	1.202*	Thief vault - Free Leap over beam to rear sit	1.302	
1.103	Flank to rear, Straddle Cut Sit (Not Acro)	1.203	Flank over 1/2t. to rear support (Not Acro)	1.303	Two Flank Circles - Leg Flairs (**Baitova**) (Not Acro)
1.104*	Jump - Straddle / Free, Side / Cross Splits	1.204*	Jump 1/2t. Clear Straddle	1.304*	Roundoff Straddle Back - Hip Circle
1.105*	Leap / Switch - Cross Split Sit (one hand)	1.205		1.305*	Free Jump - Cross Split Sit or 1/2t. side / diagonal
1.106*	Jump - Tuck, Squat, Stoop - rear support	1.206*	Squat / Stoop thru - Clear Pike Support -2 sec.	1.306	
1.107	Forward Roll, Swing Forward Roll	1.207	Free Forward Roll at the end	1.307	Hecht Roll (extended hips)
1.108	Cheststand or Headstand	1.208	Jump - Neckst. 1/2t. Chest St., 1/2t. Neckst. (side)	1.308	Jump - Cheststand 1/1t. (**Silivas**), Rear Jump 1/2t.
1.109	From Side Stand - Back Pullover off 1 or 2 feet	1.209	Headspring	1.309	Piked Handspring step out
1.110		1.210	Jump, Press, Swing, Clear - Hst. or 1/2t.	1.310	Jump, Press, Swing - Hst. 1/1t. to 2/1t.
1.111		1.211	Jump - Side Planche above Horizontal (2 sec.)	1.311	Jump Planche @ Horiz.**(Schus)**, Hst. Planche/Clear Pike 2
1.112		1.212	Press Side - Hop 1/4t. - Cross Hst. **(Lori-Hop)**	1.312	Jump, Press Hst. - shift to 1-Arm 2 sec.
1.113		1.213	Hecht - Cartwheel, 1-arm, Handst., Roff. (end)	1.313	(side) 1/4t.-1/4t.Hst., Roff 1/2t. clear/circle **(Gurova)**
1.114	Front Walkover (off board) to Sit	1.214	Handspring or Front Aerial to sit or 1/4t. thigh	1.314	Front Tuck to Sit (end / diagonal) **(Poulin)**, Pike sit
1.115		1.215		1.315	Roundoff Flic Flac / 1-arm / Swing down
Dance*				1.315	Roundoff - Back Tuck Swing down **(Milosovici)**
	LEAPS, JUMPS, HOPS		**LEAPS, JUMPS, HOPS**		**LEAPS, JUMPS, HOPS**
2.101	Stag / **Stag-Split Leap**, Stag Leap 1/4t. (same)	2.201	(Cross) **Split Leap**, Split / **Stag-Split** Leap 1/4t.	2.301	Split 1/2t., (Side) Split Jump or Rear leg up **(Henrich)**
2.101	Double Stag Leap or Jump, 1/4t.	2.201	(Cross) Split Jump, Split Jump 1/4t.	2.301	(Cross) Split Jump 1/4t. Side, Beat Split Jump (Sweetin)
		2.201	(Side) 1/4t. Split Jump, Stag Leap / Jump 1/2t.	2.301	Leap with back leg grasp - Vertical Split Stand **(Dillman)**
2.102		2.202	(Cross) Strad Split Jump, 1/4t. Side, (Side) 1/4t.	2.302	(Side) Straddle Jump, 1/4t. Side-Cross, 1/4t. Cross-Side
2.103		2.202	Straddle 1/4t. (cross-side, side-cross) **= C (NCAA)**	2.303	Straddle Jump (side), 1/4t. Prone/Circle (cross/side)
2.104	Hop (leg above horizontal)	2.203	Straddle Jump to prone (cross)	2.304	Hop 1/2t. or Fouette Hop Scale (leg above horizontal)
2.105	Stag Switch Split Leap / Switch Wolf Leap	2.205		2.305	Switch Leap, Scale, 1/4t. Prone/Circle, Straddle **(Clauson)**
2.106		2.206	Pike Jump (cross) Hips < 90o	2.306	Pike Jump (side), 1/2t. (cross), Hips < 90o
2.107	Sissone, (2 ft. take off) - OK Large Leap	2.207		2.307	Ring Leap / Jump - @ head **= D (NCAA)**
2.108	Stretch / Arch Jump, Jump 1/2t., Beat Jump	2.208	Stretch jump 3/4t.	2.308	Stretch Jump 1/1t., 1-1/4t.
2.109	Cat Leap / Hitchkick / Cabriole (F/B)	2.209	Cat Leap 1/2t.	2.309	Cat Leap 1/1t.
2.110	Tuck Jump or Hop	2.210	Tuck Jump or Hop 1/2t.	2.310	Tuck Jump or Hop 3/4t.
2.111	Wolf Jump or Hop (leg above horizontal)	2.211	Wolf Jump or Hop 1/2t. (cross/side), Prone	2.311	Wolf Hop or Jump 3/4t.(cross/side), prone
	TURNS		**TURNS**		**TURNS**
3.101	1/1 Turn	3.201	1-1/2 Turn	3.301	
3.102		3.202	1/1t. - (back leg) thigh @ 45o below horizontal	3.302	1/1t. - (back leg) thigh @ or above horizontal
3.103		3.203	1/1t. - (front leg) heel @ 45o below horizontal	3.303	1/1t. - (front leg) heel @ or above horizontal
3.104		3.204		3.304	Scale - 1/1t. - Scale (free leg at or above horizontal)
3.105		3.205		3.305	1/2 illusion Turn - one hand touch
3.106	Knee stand 1/1t. (alternate hand support)	3.206	F. Tuckstand 1/1t., Knee Scale 1-1/2t.	3.306	F. Tuckstand 1-1/2t., 1-3/4t. (**Ferguson**), Knee Scale 2/1t.
3.107	Prone 1/2t. (alternate hand support)	3.207	Prone 1/1t. to 1-1/2t. - alternate hands	3.307	Back Spin 1-1/4t. in kip position (**Li-Li**)
3.108		3.208	Flank Circle 1/1t. - legs together	3.308	One Leg Circle with Flair (**Talavera**)
3.109		3.209	1/1t. - (hold leg min. horizonal to 44°)	3.309	1/1t. - (hold leg min. 44° above horizontal)
	BODY WAVES		**BODY WAVES**		**BODY WAVES**
4.101	Forward Body Wave - 2 sec.	4.201	Forward Body Wave - Balance one leg - 2 sec.	4.301	
4.102	Backward Body Wave - 2 sec.	4.202	Backward Body Wave - Balance one leg - 2 sec.	4.302	Note: Balance Stand - ball of foot on High Releve
4.103	Sideward Body Wave - 2 sec.	4.203	Sideward Body Wave - Balance one leg - 2 sec.	4.303	
4.104		4.204	Kneeling - Toe Rise to stand (no required hold)	4.304	
	HOLDS		**HOLDS**		**HOLDS**
5.101	2 sec. Scale (above horizontal), leg held	5.201	2 sec. Scale (on toe - above horizontal), leg held	5.301	
5.102	2 sec. Needle Scale (hand support)	5.202		5.302	2 sec. Standing Split backward (on whole foot)
5.103	2 sec. Free Leg @ +90o - For/Side, Hold OK	5.203	2 sec. Free Leg @ +140o side on toe, Hold OK	5.303	
5.104	2 sec. Free Lying - large leg/torso (Not Acro)	5.204	2 sec. Clear Pike "V" or Straddle (Not Acro)	5.304	
5.105	2 sec. Planche with one/both arms (Not Acro)	5.205		5.305	2 sec. Element to Handstand - Planche
5.106	2 sec. Kick to Handstand, 1/2t. (not sideward)	5.206	2 sec. Hst. arch/pike bent knee, Cross Hst. 1/1t.	5.306	2 sec. Reverse Planche - legs horizontal .
5.107		5.207		5.307	2 sec. One-Arm Hst., Side Handstand. - flank to sit
5.108		5.208	2 sec. Jump to Handstand, Cheststand	5.308	(side) Jump 1/2t. Chest Stand legs straddled **(Kmieciak)**
	ROLLS		**ROLLS**		**ROLLS**
6.101	Forw. Roll / Swing Forw. Roll / Shoulder Roll	6.201	Dive Forward Roll, Stretch Shoulder Roll, hands	6.301	
6.102		6.202	Free Forward Roll	6.302	Free Shoulder Roll Forward Stretched (**Garrison**)
6.103		6.203	Kick, Press Handstand Forward Roll / Free Roll	6.303	
6.104	Backward Roll / Shoulder Roll	6.204	Backward Roll - Handstand	6.304	Free Back Shoulder Roll Stretched **(Kreifels)**
6.105		6.205	Side Roll T/S, Neckst.1/2t., Stretch Side Roll	6.305	Neck Roll Stretched 1/1t. or 1-1/2t.
6.106		6.206		6.306	
	WALKOVERS		**WALKOVERS**		**WALKOVERS**
7.101	Front Walkover to Bridge 1/1t. Sit	7.201	Front Walkover / Tinsica / One Arm	7.301	(side) Front Walkover
7.102		7.202	Front Handspring / Tinsica Spring	7.302	Front Handspring - Switch Leg Landing, One Arm Hsp.
7.103	Cartwheel / 1-Arm / Forearm-cheststand	7.203	Dive Cartwheel / Pop Cartwheel / Roundoff	7.303	
7.104	B.Walkover / 1-Arm / Sw.down / Bridge 1/1t.Sit	7.204	Scale 1/2t. Back Walkover	7.304	(side) Back Walkover
7.105	Tic-Toc, Walkover Forward-Backward	7.205	Back Walkover clear support	7.305	Back Walkover stoop thru 1 leg --> splits
7.106	Back Lying - Bridge (head/hands) Kickover	7.206	Valdez, One Arm, 1/2t.	7.306	Valdez 1/2t.-1/2t., One Arm Horizontal Valdez **(Garrison)**
7.107	Back Walkover, 1/2t.	7.207	Walkover 1/2t. - Walkover (F/B); **Forward Roll**	7.307	Element 1/1t - 2/1t. in Handstand
7.108		7.208	Flic-flac Step-out	7.308	One Arm Flic Flac, Flic Flac 1/2t. after hand support
7.109		7.209		7.309	(side) Flic-flac to support / hip circle
7.110		7.210	Flic-flac (2 feet)	7.310	One Arm Flic-flac (2ft), Flic-flac 1/4t.Side Handstand
7.111		7.211	Gainer Flic-flac	7.311	Gainer One Arm Flic-flac
7.112		7.212	Flic-flac or Gainer swing down (**Korbut**)	7.312	Tuck **(Chen)**, Pike **(Rueda)**, Gainer Pike Swing Down
	SALTOS		**SALTOS**		**SALTOS**
8.101		8.201		8.301	Front Salto Sit **(Puolin)**, Free **(Portocarrero) = D (NCAA)**
8.102		8.202		8.301	Swing Front Salto to Straddle sit **(Kivisto)**
8.103		8.203		8.303	Back Salto Tuck / Scale - 2 sec., Step-out 1/4t. **(DeVries)**
8.104		8.204		8.304	B. Pike, Swing down **(Pearce),** Stretch Stepout **= D (NCAA)**
8.105		8.205		8.305	Gainer Back Salto T/P
8.106		8.206		8.306	
	DISMOUNTS		**DISMOUNTS**		**DISMOUNTS**
9.101	Handspring or Handspring 1/2t.	9.201	Handspring 1/1t.	9.301	Handspring 1-1/2t.
9.102	Front Aerial Walkover or 1/2t., Aerial Roff.	9.202	**(end)** Front Aerial 1/1t. or Gainer Front Aerial 1/1t	9.302	Front Aerial 1-1/2t., Gainer F.1-1/2t. Tuck **(Jawarowicz)**
		9.202	Gainer **Tuck** 1/1t. (Mabrey)	9.302	**(side)** Front Aerial 1/1t. or Gainer Front Aerial 1/1t.
9.103	Cartwheel 1/4t. (Roundoff), Cartwheel 3/4t.	9.203	Cartwheel 1-1/4t. or 1-3/4t.	9.303	Cartwheel 1/4t. (Tsuk.) - Back Tuck **(Lawson)** Pike **(Keck)**
9.104	Front Salto Tuck / Pike or 1/2t.	9.204	Front Salto Stretch or 1/2t., (side) Swing F. 1/2t.	9.304	F. Salto 1/1t., 1-1/2t. Tuck / Stretched **= D (NCAA)**
9.105		9.205	Arabian Salto T/P - Jump 1/2t. Front Salto	9.305	
9.106	Back Salto Tuck / Pike / Stretch	9.206	Back Salto T/P/S 1/2t. - 1/1t., 1ft. or 2 ft.	9.306	Back Salto Tuck / Pike / Stretched 1-1/2t., 2/1t.
9.107		9.207		9.307	
9.108	(side) Gainer Back Salto T/P/S	9.208	(side) Gainer Back Tuck 1/1t., Stretch 1/2t.	9.308	(side) Gainer Back 1/1t.,Tuck or Stretch 1-1/2t. **= D (NCAA)**
9.109		9.209	(end) Gainer Back Tuck Salto	9.309	(end) Gainer Back Salto Tuck or Pike 1/1t. **= D (NCAA)**

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	D = 400		E = 500
	MOUNTS		**MOUNTS**
1.401*	Free Jump 1/1t. (diagonal or end)	1.501	
1.402		1.502	
1.403	3 Flying Flairs **(Homma)** (Not Acro)	1.503	
1.404		1.504	
1.405*	Switch Leap - Free (no hands) Cross Split Sit **(Whitney)**	1.505	
1.406		1.506	
1.407		1.507	
1.408		1.508	
1.409	Hecht - Hsp., Roundoff - 1/2t. F. Hsp.**(Dunn)**, Pike Flyspring **(McCool)**	1.509	
1.410		1.510	
1.411	Handstand 1/1t. to 2/1t. to Planche / Clear - 2 sec.	1.511	
1.412	One Arm Press Hst. **(Rankin)**, to Clear **(Rankin/Lowing)**	1.512	
1.413	Side - Flight 1/2t. - Side Hst., **Back - Flic Flic to F. Support (w/wo circle)**	1.513	(side) Roundoff - Flic Flac 1/1t. Hip circle **(Zamolodchikova)**
1.414	F.Tuck - T/P free-sit (side), Stand (end), F.Aerial (end), Hsp.F.Tuck **(Kewitz)**	1.514	Front Salto Pike (end), Front Salto Tuck 1/2t. (end)
1.415	Roundoff Flic Flac 1/1t. **(Luconi)**, Swing Down **(Tsavdaridou)**	1.515	Arabian Front Salto to Stand
1.416	Roundoff Back Salto Tuck / Pike / Stretch-step out, to cross/side stand	1.516	Roundoff Back Salto Stretch, Stretch 1/1t. **(Garrison)**
	LEAPS, JUMPS, HOPS		**LEAPS, JUMPS, HOPS**
2.401	Split Jump 3/4t. (cross/side)	2.501	Over-Split Jump - Arch, Side **(Teza)**, Split Jump 1/1t., Cross **(Yang Bo)**
2.401	(Side) Split Jump 1/2t. (Side)		
		2.502	Straddle Pike Jump 1/1t.(cross/side)
2.402	Straddle Pike Jump 1/2t. or 3/4t.(cross/side)	2.503	Straddle Jump 1/1t. Prone / Circle (cross/side)
2.403	Straddle Jump 1/2. or 3/4t. Prone / Circle (cross/side)	2.504	Tour Jete + 1/2t.
2.404	Tour Jete, Tour Jete 1/4t.	2.505	Switch 1/2t., Switch 1/2t. Scale **(Blum/Dean),** Switch 3/4t. **(Salcedo)**
2.405	Switch Side Leap or 1/4t. **(Johnson),** (Side) Switch Split 1 or 2 ft. **(Concannon)**	2.505	Switch Side 1/2t., 3/4t. (**Ikoma**), Switch Bo (**Courvill**e)
2.406	Pike Jump 1/2t. (side), 3/4t. (cross/side)	2.506	Pike Jump 1/1t. (cross/side) **(Cox)**
2.407	Sheep Jump w/arch @ head; Switch Stag-Ring Leap / Jump - @ head	2.507	Switch Split - Ring Leap, (side) Switch Double Stag-Ring **(Concannon)**
2.408	Stretch Jump 1-1/2t.	2.508	
2.409	Cat Leap 1-1/2t.	2.509	
2.410	Tuck Jump or Hop 1/1t., 1-1/4t.	2.510	Tuck Jump or Hop 1-1/2t. **(Barclay, Rosette)**
2.411	Wolf Hop or Jump 1/1t. (cross/side)	2.511	Wolf Jump or Hop 1-1/2t. **(Vituj)**
	TURNS		**TURNS**
3.401	Double Turn 2/1t. **= E (NCAA)**	3.501	Triple Turn 3/1t. **(Okino)**
3.402	1-1/2t. - (back leg) thigh @ or above horizontal	3.502	
3.403	1-1/2t. - (front leg) heel @ or above horizontal	3.503	
3.404	Scale - 1-1/2t. - Scale (free leg at or above horizontal)	3.504	
3.405		3.505	1/1 illusion Turn - one hand touch, to Scale **(Jarred / Medvitz)**
3.406	Tuckstand 2/1t. **= E (NCAA)**, 2-1/2t. **(Humphrey),** to stand **(Swartzentruber)**	3.506	Tuckstand 3/1t. (free leg - forward horizontal) **(George)**
3.407		3.507	
3.408		3.508	
3.409		3.509	
	BODY WAVES		**BODY WAVES**
4.401		4.501	
4.402		4.502	
4.403		4.503	
4.404		4.504	
	HOLDS		**HOLDS**
5.401		5.501	
5.402	2 sec. Scale backward (on toe)	5.502	
5.403		5.503	
5.404		5.504	
5.405		5.505	
5.406		5.506	
5.407	2 sec. (side) Back Walkover Hst. - One Arm, with Planche **(Shaposhnikova)**	5.507	
5.408		5.508	
	ROLLS		**ROLLS**
6.401		6.501	
6.402		6.502	
6.403		6.503	
6.404		6.504	
6.405		6.505	
6.406		6.506	
	WALKOVERS		**WALKOVERS**
7.401		7.501	
7.402	Front Aerial, Swing thru Front Aerial **(George),** Swing thru to Kneel/sit **(Stevens**	7.502	Jump 1/2t. - F. Walkover (**Onodi**), F. Aerial - swing Scale 2 sec. **(Luikin)**
7.403	Side Aerial, Swing Aerial, 1/4t. **(Perry),** from kneeling (**Clore**), Aerial Roundoff	7.502	Front Aerial - 2ft. **(Davidson)**
	Side Aerial, Free Leg Held **(Marinez),** Gainer Aerial Roundoff **(Burgess)**	7.503	Butterfly, Aerial Cartwheel (side), Switch Leg Side Aerial **(Baudhuin)**
7.404	(side) Press Handstand - Front Walkover 2 ft. **(Phillips)**		Side Aerial - Scale 2 sec. @ horizontal **(Peko)**
7.406		7.506	
7.407		7.507	
7.408		7.508	Flic-Flac 3/4 - 1/1t. before hand support **(Kochetkova)**
7.409	(side) Flic Flac **(Tousek)**, (side) Flic Flac 1/2t. Handstand **(Kolesnikova)**	7.509	(side) Flic-flac 1/1t. - hip circle **(Teza)**
7.410	Flic-Flac 3/4t. - Side Hst. **(Omelianchik**), 1/4t.+1/1t. support **(Fortunato)**	7.510	
7.411		7.511	Gainer Flic-Flac 3/4t. - 1/1t. before hand support **(Khorkina**)
7.412	Flic-Flac 1/1t. swing down **(Rulfova**) **= E (NCAA)**	7.512	
	SALTOS		**SALTOS**
8.401	F. Tuck Salto (2-2 ft.) **= E (NCAA)**, off 1 ft. (**Rowe**), to knee & ft. **(Hawthorne)**	8.501	Front Tuck (off 1 ft.) - swing Scale 2 sec., F. Pike, F. Tuck 1/2t. **(Grigoras**)
8.402	Side Salto (Tuck / Pike) - side stand, Swing thru Side Salto **(George)**	8.502	Arabian Front Tuck Salto; off 1 ft. Front Pike 1/4t. to 2ft. **(Oswalt)**
8.403	Back Tuck (side-side) or Back Tuck 1/4t. (cross-side) (**Rosette**)	8.503	
8.404	Back Salto Stretch 2 ft. with pike down **= D (NCAA)**	8.504	Back Salto Stretch to 2 feet, 1/1t. Tuck **(Schischova)**, 1/1t. Stretch
8.404	Back Salto Stretched Stepout - Scale 2 sec. @ horizontal (**Edlin**)	8.504	Jump 1/2t. Back Salto Piked **(Produnova**)
8.405	Gainer Back Salto Stretched Stepout	8.506	
	DISMOUNTS		**DISMOUNTS**
9.401		9.501	
9.402	Front Aerial 2/1t. **(Muhr)**	9.502	
9.403		9.503	
9.404	Front Salto Stretched 2/1t. (**Araujo**) **= E (NCAA)**	9.504	Double Front Salto
9.405	Jump 1/1t. Front Salto Tuck / Pike / Stretched	9.505	Arabian Double Front Salto **(Patterson)**
9.406		9.506	Back Salto Stretched **2-1/2t.** and 3/1t. (triple full)
9.407		9.507	Double Back Salto Tuck / Pike, Tuck 1/1t.
9.408	(side) Gainer Back Salto Stretched 2/1t., 2-1/2t. **(Khorkina) = E (NCAA)**	9.508	(side) Gainer Stretched 3/1t. **(Plante)**
9.409	(end) Gainer Back Salto Stretched, Gainer Pike 1/1t. **(Rinaldo)***	9.509	(end) Gainer Back Salto Stretched 1/1t., 2/1t. **(Wolf)**