

USAG BALANCE BEAM

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				
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 s		
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	Cartwheel (off board) to front support	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				
Dance*								
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 ilusion Turn - one hand touch		
3.106		3.206	F/S. Tuckstand 1/1t.	3.306		F/S. Tuckstand 1-1/2t., 1-3/4t. (Ferguson)		
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 (L-Li)		
3.108		3.208	Flank Circle 1/1t. - legs together	3.308		One Leg Circle with Flair (Talavera)		
3.109		3.209		3.309		1-1t. Turn - holding leg upward 180o split thruout		
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. (Dive or 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.		
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	** All Variations = Different Elements	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		
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. (from 1ft. / 2ft.)	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)		

USAG BALANCE BEAM

D = 400		E = 500	
MOUNTS		MOUNTS	
1.401*	Switch Split Leap, 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	
1.409	Hecht - Hsp., Roundoff - 1/2t. F. Hsp.(Dunn), Pike Flyspring (McCool)	1.509	
1.411	Handstand 1/1t. to 2/1t. to Planche / Clear - 2 sec.	1.510	
1.412	One Arm Press Hst. (Rankin), to Clear (Rankin/Lowing)	1.512	
1.413	Side - Flight 1/2t. - Side Hst., Back - Flic Flac 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)	1.514	F.Tuck - Stand (end), F.Aerial (end), Hsp.F.Tuck (Kewitz)
1.414		1.514	Front Salto Pike (end), Front Salto Tuck 1/2t. (end)
1.415	Roundoff Flic Flac / 1-arm / Swing down	1.515	Roundoff Flic Flac 1/1t. (Luconi), Swing Down (Tsavdaridou)
1.415	Roundoff - Back Tuck Swing down (Milosovici)	1.515	Arabian Front Salto to Stand
1.416		1.516	Roundoff Back Salto Tuck / Pike / Stretch-step out, to cross/side stand
1.416		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 (Courville)
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. (Vituji)
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	F/S. Tuckstand 2/1t. = E (NCAA), 2-1/2t.(Humphrey), stand (Swartzentruber)	3.506	F/S. Tuckstand 3/1t. + (free leg - forward horizontal) (George)
3.407		3.507	
3.408		3.508	
3.409	1-1/2t. Turn - holding leg upward 180o split thruout	3.509	2/1t. Turn - holding leg upward 180o split thruout
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	
WALKOVERS		WALKOVERS	
7.401		7.501	Jump 1/2t. - F. Walkover (Onodi)
7.402	Front Aerial, Swing thru Front Aerial (George), Swing thru to Kneel/sit (Stevens)	7.502	Front Aerial - swing Scale 2 sec. (Luikin), to 2 ft. (Davidson)
7.402		7.503	** Butterfly, Aerial Cartwheel (side), Switch Leg Side Aerial (Baudhuin)
7.403	Side Aerial, Swing Aerial, 1/4t. (Perry), from kneeling (Clare),	7.503	** Side Aerial - Scale 2 sec. @ horizontal (Peko)
7.403	Side Aerial, Free Leg Held (Marinez)	7.503	** Aerial Roundoff, Gainer Aerial Roundoff (Burgess)
7.404	(side) Press Handstand - Front Walkover 2 ft. (Phillips)	7.503	** All elements = Different Elements
7.407		7.508	Flic-Flac 3/4 - 1/1t. before hand support (Kochetkova)
7.408		7.509	(side) Flic-flac 1/1t. - hip circle (Teza)
7.409	(side) Flic Flac (Tousek), (side) Flic Flac 1/2t. Handstand (Kolesnikova)	7.510	Flic-Flac 3/4t. - Side Hst. (Omelianchik), 1/4t.+1/1t. support (Fortunato)
7.410		7.511	Gainer Flic-Flac 3/4t. - 1/1t. before hand support (Khorkina)
7.411		7.512	Flic-Flac 1/1t. swing down (Rulfova)
7.412			
SALTOS		SALTOS	
8.401	F. Tuck Salto - off 1 ft. (Rowe), to knee & ft. (Hawthorne)	8.501	Front Tuck Salto (off 2 ft.)
8.402	Side Salto (Tuck / Pike) - side stand, Swing thru Side Salto (George)	8.501	Front Tuck (off 1 ft.) - swing Scale 2 sec., F. Pike, F. Tuck 1/2t. (Grigoros)
8.403	Back Tuck 1/4t. (cross-side) (Rosette)	8.502	Arabian Front Tuck Salto; off 1 ft. Front Pike 1/4t. to 2ft. (Oswalt)
8.404	Back Salto Stretch 2 ft. with pike down = D (NCAA)	8.503	Back Tuck (side-side)
8.404	Back Salto Stretched Stepout - Scale 2 sec. @ horizontal (Edlin)	8.504	Back Salto Stretch to 2 feet, 1/1t. Tuck (Schischova), 1/1t. Stretch
8.405	Gainer Back Salto Stretched Stepout	8.505	Gainer Stretched (leg change), Jump 1/2t. Back Salto Piked (Produnova)
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)