

## 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	Split Jump - Beat - Split off 1 or 2 feet (Whipple)			
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	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 illusion 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 (Li-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 (Kech)			
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.** = D (NCAA)			
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)			
9.110		9.210	Jump 1/2t. Back Salto T/P	9.310	Jump 1/2t. Back Salto Stretched			

## 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. = E (NCAA)	2.505	Switch 1/2t., Switch 1/2t. Scale (Blum/Dean), Switch 3/4t. (Salcedo)
2.405	Switch Side Leap or 1/4t. (Johnson) = E (NCAA) (Side) 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. (Vitu)
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	
7.402	Front Aerial, Swing thru Front Aerial (George), Swing thru to Kneel/sit (Stevens)	7.502	Jump 1/2t. - F. Walkover (Onodi)
7.402		7.502	Front Aerial - swing Scale 2 sec. (Luikin), to 2 ft. (Davidson)
7.403	Side Aerial, Swing Aerial, 1/4t. (Perry), from kneeling (Clare),	7.503	** Butterfly, Aerial Cartwheel (side), Switch Leg Side Aerial (Baudhuin)
7.403	Side Aerial, Free Leg Held (Marinez)	7.503	** Side Aerial - Scale 2 sec. @ horizontal (Peko)
7.404	(side) Press Handstand - Front Walkover 2 ft. (Phillips)	7.503	** Aerial Roundoff, Gainer Aerial Roundoff (Burgess)
7.407		7.503	** All elements = Different Elements
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		7.510	Flic-Flac 3/4t. - Side Hst. (Omelianchik), 1/4t.+1/1t. support (Fortunato)
7.411		7.511	Gainer Flic-Flac 3/4t. - 1/1t. before hand support (Khorkina)
7.412		7.512	Flic-Flac 1/1t. swing down (Rulfova)
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)
9.410		9.510	