

Balance Beam – Group 1 (Mounts)

1. Free leap or jump to stand on one or both legs at middle, end or diagonal to beam-take -off from one or both legs.

A Value Part	D Value Part
B Value Part	E Value Part
C Value Part	

2. From side stand- squat or stoop through to clear pike support (hold 2 seconds)

A Value Part	D Value Part
B Value Part	E Value Part
C Value Part	

3. Split leap forward with leg change (180* separation) at end of beam

A Value Part	D Value Part
B Value Part	E Value Part
C Value Part	

4. Jump, press or swing to side or cross handstand- lower to end position touching beam, clear straddle support, also to front walkover exit. (Not illustrated)

A Value Part	D Value Part
B Value Part	E Value Part
C Value Part	

5. Jump, press or swing to cross or side handstand with 1/1 turn - 2/1 (360* - 720*) turn in handstand - lower to planche or clear pike support (2 sec.)

A Value Part	D Value Part
B Value Part	E Value Part
C Value Part	

6. Free forward roll at end of beam

A Value Part	D Value Part
B Value Part	E Value Part
C Value Part	

7. Hecht roll (extended hip angle in flight phase)- approach at end of diagonal to beam

A Value Part	D Value Part
B Value Part	E Value Part
C Value Part	

8. Free jump with 1/1 (360*) turn in flight phase to a tuck or straight stand-take-off from both legs-approach at end or diagonal to beam

A Value Part	D Value Part
B Value Part	E Value Part
C Value Part	

9. Jump to side planche (Schuschunova), also jump, press or swing to cross or side handstand- lower to planche (clear front support at horizontal) or clear pike support (2 sec.)

A Value Part	D Value Part
B Value Part	E Value Part
C Value Part	

10. Jump or press to handstand, shift weight to one-arm handstand (2 sec.), lower to optional end position

A Value Part	D Value Part
B Value Part	E. E Value Part
C Value Part	

11. From rear stand (back towards beam) flic-flac over beam to candle position, ending in front support with or without bwd hip circle

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

12. Jump to chest stand, $\frac{1}{2}$ turn over shoulder to shoulder stand

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

13. Free jump with $\frac{1}{2}$ turn (180*) turn to cross split sit from two foot take-off - diagonal approach to beam

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

14. Cartwheel with hands on spring-board to finish in a front support on beam

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

15. Round-off at end of beam- salto backward tucked, piked

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

16. Round-off, flic-flac through handstand -support on one or both arms - swing down to cross straddle sit

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

17. From rear stand (back toward beam), jump to clear straddle flight over beam to land in front support

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

18. Split leap forward with leg change (180*) to cross split sit (no hands support)- diagonal approach to beam (Whitney)

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

19. Front walkover with hands on springboard to rear support (sit) on beam(not illustrated)

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

20. Jump with hecht phase to round-off approach at end of beam

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

21. Salto forward tucked with take-off from both legs to cross sit R or L=or laning on one leg extended-tuck cross sit with support of hands behind hip (Poulin) - approach at end or diagonal to beam

A Value Part	D Value Part
B Value Part	E Value Part
C Value Part	

EXTRA CREDIT:
Submit the Code of
Points page #,
Element Number and
short-hand symbol
for each skill.

22. Round-off at end of beam-flic-flac with $\frac{1}{2}$ turn and walkover forward (Dunn)

A Value Part	D Value Part
B Value Part	E Value Part
C Value Part	

23. Jump, press or swing to side or cross handstand with 1/1- 2/1 (360* - 720*) turn - lower to end position touching beam or clear straddle support

A Value Part	D Value Part
B Value Part	E Value Part
C Value Part	

24. Handspring forward with hand repulsion from springboard to rear support - or with $\frac{1}{4}$ (90*) turn to cross sit R or L thigh - 90* approach to beam

A Value Part	D Value Part
B Value Part	E Value Part
C Value Part	

25. Jump with hand support, $\frac{3}{4}$ turn (270°) in support to cross sit on thigh

A Value Part	D Value Part
B Value Part	No Value Part
C Value Part	

ANSWER KEY – GROUP 1 (MOUNTS)

#	Correct Value Part	Element #	Page #	Symbol
1	A Value Part	1.101	43	
2	B Value Part	1.206	45	
3	D Value Part	1.401	43	
4	B Value Part	1.210	47	
5	D Value Part	1.411	48	
6	B Value Part	1.207	46	
7	C Value Part	1.307	46	
8	D Value Part	1.401	43	
9	C Value Part	1.311	48	
10	C Value Part	1.312	49	
11	D Value Part	1.408	46	
12	B Value Part	1.208	46	
13	C Value Part	1.305	45	
14	A Value Part	1.113	50	
15	E Value Part	1.516	52	
16	D Value Part	1.415	52	
17	B Value Part	1.204	44	
18	D Value Part	1.405	45	
19	A Value Part	1.114	51	
20	B Value Part	1.213	50	
21	C Value Part	1.314	51	
22	D Value Part	1.409	47	
23	C Value Part	1.310	47	
24	B Value Part	1.214	51	
25	No Value Part	Fig Skill		Not a value part in the developmental program. Mounts do not have any provisions for modifications to root skill like dance or acro.