

Balance Beam – Group 2 (Leaps, Jumps, Hops)

1. Split jump in side position with both legs straight or the rear leg bent upward, backward (Heinrich)

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

2. Stretch jump forward with 1 ½ turn, from side position

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

3. Tuck hop or jump with ¾(270°) turn

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

4. Split leap forward with change of legs (180° separation after leg change) with ½ turn to scale (Blum/Dean)

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

5. Split leap forward with change of legs with ¾ (270°) (Salcedo) or more turn

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

6. From a side stand, straddle jump to land in side front support , or with a a hip circle backward (Furnon)

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

7. Straddle-pike jump with ¾ turn from a cross or side position (180°) leg separation

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

8. From side position, Split jump with ½ (180°) to finish in side position

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

9. From cross position-jump with ¼ (90° turn to Split jump in side position

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

10. Tour jete with an additional ¼ (90°) turn (leg separation 180°) to land on both feet Fouette hop

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

11. From cross position, Jump with change of legs (minimum of 30° leg separation) and $\frac{1}{4}$ (90°) turn to side-split in side position (180° leg separation) with additional $\frac{1}{4}$ (90°) turn to finish in cross position (Radar)

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

12. Straddle pike-jump in cross position (180°) leg separation,, with a $\frac{1}{4}$ (90°) turn to finish in side position

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

13. Straddle jump to hand support with swing down to cross straddle sit

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

14. Pike jump (Sekerova) from cross position (hip<90°) with $\frac{1}{2}$ (180°) turn

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

15 Cabriole (back)

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

16. Tuck jump with arch (Sheep jump), feet at head height

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

17. Cat leap with 1 $\frac{1}{2}$ (540°) turn

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

18. Wolf jump in cross position with $\frac{3}{4}$ (270°) turn landing in front support

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

19. Split leap forward with change of legs (180° separation after leg chane) to scale forward (2 sec)

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

20. Stag-ring jump (rear leg at head height)

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

21. Stretched jump forward with $\frac{3}{4}$ 270°) turn, from cross or side position

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

22. Hop with $\frac{1}{2}$ (180°) turn, free leg extended above horizontal

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

23. Pike jump from side position (hip < 90°) with $\frac{3}{4}$ (270°) turn

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

24. Split jump from cross or side position with 1/1 (360°) turn-take-off from both feet

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

25. Stag jump in place (take-off from both legs in cross position) with $\frac{1}{2}$ (180*) turn

A Value Part

D Value Part

B Value Part

E. No Value Part

C Value Part

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

ANSWER KEY – GROUP 2 (Leaps, Jumps, Hops)

#	Correct Value Part	Element #	Page #	Symbol
1	C Value Part	2.301	53	
2	D Value Part	2.408	59	
3	C Value Part	2.310	60	
4	E Value Part	2.505	57	
5	E Value Part	2.505	57	
6	C Value Part	2.303	55	
7	D Value Part	2.402	54	Missing on the short hand appendix
8	D Value Part	2.401	53	
9	C Value Part	2.301	53	
10	D Value Part	2.404	56	
11	E Value Part	2.501	53	
12	B Value Part	2.202	54	
13	B Value Part	2.203	55	
14	C Value Part	1.113	58	
15	A Value Part	2.109	60	
16	D Value Part	2.407	58	
17	D Value Part	2.409	60	
18	C Value Part	2.311	61	
19	C Value Part	2.305	57	
20	C Value Part	2.307	58	
21	B Value Part	2.208	59	
22	C Value Part	2.304	56	
23	D Value Part	2.406	58	
24	E Value Part	2.501	53	
25	B Value Part	2.201	53	