

Balance Beam – Group 3 & Group 4 (Turns, Waves, Holds)

1. 2/1 (720*) turn on one leg

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

2. 2/1 - 2 ½ (720*-900*) turn in tuck stand on one leg, free leg in forward or sideward horizontal (Humphrey), arising to finish turn in stand (Swartzentruher) not illustrated.

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

3. Body wave backward to balance stand (2 sec.) on one leg

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

4. Scale backward in balance stand (2 sec.)

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

5. Free lying with large leg amplitude - torso position at end or side of beam (2 sec.)

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

6. Jump, press or swing to cross or side handstand - walkover backward or cartwheel to cross or side handstand - lower to cross or side planche (2 sec.)

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

7. Cross or side handstand with horizontal leg hold - reverse plance in different variations (2 sec)

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

8. 1 ½ (540) turn with heel of free leg forward, at or above horizontal throughout the turn, forward leg extended or bent, without hand holding leg

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

9. Planche with support on one or both arms (2 sec.)

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

10. 1/1 turn (360*) with hand(s) holding leg upward in 180* split position throughout the turn

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

11. Body wave sideward to balance stand (2 sec.) on one leg

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

12. 1/1 (360*) turn in arabesque, free leg at or above horizontal throughout the turn

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

13. Shoulder roll forward with hand support and extension of body through vertical to arrive in a tuck stand or stand (Garrison roll with hand support)

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

14. 1 ¾ (630*) turn in tuck stand on one leg, free leg in forward or sideward horizontal, to finish in tuck/kneeling position (Ferguson)

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

15. 1 ½ (54) turn on one leg

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

16. ½ (180*) Illusion turn through standing split without touching beam with free leg (brief touching of beam with one hand permitted)

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

17. Standing split forward with hand support (on top, side or under beam) in front of leg (separation <180*) - Needle scale (2 sec.)

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

18. One leg circle with “flair” (legs separated) (Talavera)

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

19. Kick to side handstand (2sec.) with various leg positions: also with ½ urn (180*) (no hold required on turning handstands)

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

20. Standing split backward, in stand on whole foot (2 sec.)

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

21. Scale forward in balance stand, support leg extended or bent and free leg above horizontal (2 sec.)

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

22. Kick to cross handstand with various leg positions with 1/1 turn (360*) (No hold required on turning handstands), ending position optional

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

23. Stand on one leg (whole foot), free leg in forward or sideward hold above 90* (2 sec.); also with hand holding free leg.

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

24. Back walkover in cross position to handstand on one arm (2 sec.)

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

25. Cross or side handstand on one arm (2 sec.)

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.

ANSWER KEY – Group 3 & Group 4 (Turns, Waves, Holds)

#	Correct Value Part	Element #	Page #	Symbol
1	D Value Part	3.401	62	
2	D Value Part	3.406	64	
3	B Value Part	4.202	66	
4	D Value Part	5.402	68	
5	A Value Part	5.104	69	
6	C Value Part	5.305	70	
7	C Value Part	5.306	71	
8	D Value Part	3.403	63	
9	A Value Part	5.105	70	
10	C Value Part	3.309	65	
11	B Value Part	4.203	67	
12	C Value Part	3.304	63	
13	B Value Part	6.201	73	
14	C Value Part	3.306	64	
15	B Value Part	3.201	62	
16	C Value Part	3.305	64	
17	A Value Part	5.102	68	
18	C Value Part	3.308	65	
19	A Value Part	5.106	71	
20	C Value Part	5.302	68	
21	B Value Part	5.201	68	
22	B Value Part	5.206	71	
23	A Value Part	5.103	69	
24	C Value Part	5.307	72	
25	C Value Part	5.307	72	