

Balance Beam – Group 8 (Saltos)

1. From a one for take-off, talto forward tucked to an extended tuck sit with hand support

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

2. From a two-foot (Puolin) take-off, salto forward tucked to and extended tuck sit with hand support

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

3. Salto forward tucked, take-off from one leg to stand

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

4. Salto forward tucked, take-off from one leg to stand on one leg, passing free leg backward to finish in a scale (leg horizontal or above)(2 sec.)

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

5. Salto sideward piked, take off sideward from one leg to stand

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

6. Salto backward tucked to stand

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

7. Salto backward tucked to scale forward (2 sec.)

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

8. Salto backward tucked with step-out and $\frac{1}{4}$ (90*) turn to land in side stand (DeVries)

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

9. From a stand on two feet, salto backward stretched with step-out to finish in a scale (leg held at horizontal or above for 2 seconds (Edlin)

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

10. Gainer salto backward stretched with step-out

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

11. Salto backward stretched with legs together

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

12. Salto backward stretched with 1/1 (360*) twist to stand

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

13. From a cross stand, salto backward tucked with ¼ (90*) turn to land sideways on beam (Rosette)

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

14. Salto backward tucked in side position (across the beam)

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

15 Arabian salto tucked (take-off backward with ½ (180) twist, salto forward tucked)

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

16. Salto forward piked, take-off from one leg, with ¼ (90*) turn to land in side stand on two feet (Oswalt)

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

17. From stand on one leg, swing free leg through to salto sideward tucked

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

18. From a two-foot take-off, salto forward piked to cross stand

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

19. From a one foot take-off, salto forward piked to a cross stand

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

20. From a two-foot take off, salto forward tucked to cross stand

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

21. From a straddle-sit, cast and whip to front salto in straddle position to land on the hands in a cross straddle sit (Kivisto)

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

22. Salto backward piked

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

23. Back salto stretched to swing down to cross
straddle sit (Pearce)

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

24. Gainer salto backward tucked

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

25. Gainer salto backward piked

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 8 (Saltos)

#	Correct Value Part	Element #	Page #	Symbol
1	C Value Part	8.301	85	
2	C Value Part	8.301	85	
3	D Value Part	8.401	85	
4	E Value Part	8.501	85	
5	D Value Part	8.402	86	
6	C Value Part	8.303	86	
7	C Value Part	8.303	86	
8	C Value Part	8.303	86	
9	D Value Part	8.404	87	
10	D Value Part	8.405	87	
11	E Value Part	8.504	87	
12	E Value Part	8.504	87	
13	D Value Part	8.403	86	
14	E Value Part	8.503	86	
15	E Value Part	8.502	86	
16	E Value Part	8.502	86	
17	D Value Part	8.402	86	
18	E Value Part	8.501	85	
19	E Value Part	8.501	85	
20	E Value Part	8.501	85	
21	C Value Part	8.301	85	
22	C Value Part	8.304	87	
23	C Value Part	8.304	87	
24	C Value Part	8.305	87	
25	C Value Part	8.305	87	