

Balance Beam – Group 9 (Dismounts)

1. Handspring forward with $1\frac{1}{2}$ (540*) twist after hand support

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

2. Aerial round-off (not illustrated)

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

3. From a stand on one leg, swing free leg backward to salto forward tucked with $1/1$ (360*) twist off side or end of beam (Mabrey)

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

4. Cartwheel with $\frac{1}{4}$ (90*) turn on hands and replusion to salto backward tucked (Lawson) at the end of the beam

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

5. Salto forward tucked with $1/1$ (360*) twist, take-off only from both legs

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

6. From a stand on one leg, swing free leg through backward to salto forward stretched with $\frac{1}{2}$ (180*) twist off the side of the beam (not illustrated)

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

7. Arabian salto picked (jump backward, $\frac{1}{2}$ (180*) twist, salto forward)

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

8. Salto backward tucked with $2/1$ (720) twist

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

9. Double salto backward tucked

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

10. Gainer salto stretched with $1/1$ (360*) twist to side of beam

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

11. Gainer salto piked, at end of beam

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

12. Stretched jump forward with $\frac{1}{2}$ twist and salto backward tucked

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

13. Stretched jump forward with $\frac{1}{2}$ (180*) twist and salto backward stretched-take-off from both legs

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

14. Gainer salto stretched with legs together at end of beam

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

15. Gainer salto tucked with $\frac{1}{1}$ (360*) twist to side of beam

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

16. From stand on one leg, swing free leg through to gainer salto stretched to side of beam

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

17. Salto backward stretched with $\frac{2}{1/2}$ (900*) twist

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

18. Salto backward stretched with $\frac{1}{2}$ (180*) twist

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

19. Arabian salto tucked (jump backward, $\frac{1}{2}$ (180*) twist, salto forward

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

20. Salto forward piked from 1 foot (and swing-through) or from 2 feet with $\frac{1}{2}$ (180*) turn

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

21. Salto forward stretched with $\frac{2}{1}$ (720*) twist, take-off only from both legs (Araujo)

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

22. Double salto forward tucked

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

23. Aerial walkover forward with $1\frac{1}{2}$ (540*) twist off the end

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

24. Aerial walkover forward with $2/1$ (720*) twist off the side or end (Muhr)

A Value Part

D Value Part

B Value Part

E Value Part

C Value Part

25. Stag jump in place with $\frac{1}{2}$ turn

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 9 (Dismounts)

#	Correct Value Part	Element #	Page #	Symbol
1	C Value Part	9.301	88	
2	A Value Part	9.101	88	
3	B Value Part	9.201	88	
4	C Value Part	9.303	89	
5	C Value Part	9.304	90	
6	B Value Part	9.204	90	
7	B Value Part	9.205	91	
8	C Value Part	9.306	92	
9	E Value Part	9.507	93	
10	C Value Part	9.308	94	
11	C Value Part	9.309	95	
12	B Value Part	9.210	95	
13	C Value Part	9.310	95	
14	D Value Part	9.409	95	
15	B Value Part	9.208	94	
16	A Value Part	9.108	94	
17	E Value Part	9.506	92	
18	B Value Part	9.206	92	
19	B Value Part	9.205	91	
20	A Value Part	9.104	90	
21	D Value Part	9.404	90	
22	E Value Part	9.504	90	
23	C Value Part	9.302	88	
24	D Value Part	9.402	88	
25	B Value Part	9.204	90	