

**PLEASE NOTE:**

- The [videos are guidelines](#). When in doubt, follow the written word of the text.
- The evaluation emphasis will be on technique, form, execution, and body shape throughout the major elements.
- When elements are listed as “**a. b. c.**” etc. it means the gymnast has a choice of which element to perform.
- General deductions and judging guidelines are listed at the end of this document.
- Arm positions are to be executed to allow the gymnast to show the best posture to suit her level of flexibility and body composition. There is no deduction for specificity of arm positions as long as good posture is shown and the guidelines below are followed.
  - If an arm position or pathway is not specifically noted in the text, it is optional.
  - Whenever **high position arms** are indicated, arms may be:
    - Curved overhead (crown) or slightly back with the shoulders pressed down.
    - Straight overhead or pressed back behind the head with the rib cage flat and pressed down.
    - Straight with the arms pressed back and out sideward in diagonal line with the rib cage flat and pressed down.
  - Whenever **side-middle position arms** are indicated, arms may be:
    - Directly side of the shoulders with the shoulders down with the rib cage flat and pressed down.
    - Slightly above or below and pressed back behind the shoulders with the rib cage flat and pressed down.
  - Whenever **sideward-diagonally-upward position arms** are indicated, arms may be:
    - Directly side of the shoulders with the shoulders down with the rib cage flat and pressed down.
    - Arms pressed back behind the shoulders with the rib cage flat and pressed down.
- Whenever the text states to “step,” the proper dance technique is to step through the foot (toe, ball, heel) with the feet turned out slightly.
- The sequences may be reversed in its entirety; however, **no single element may be reversed, unless indicated by an asterisk (\*)**.
- If, after the completion of the last event, an athlete’s AA score is a maximum of 0.10 less than the qualifying score to Hopes Classic, American Classic, and US Classic (NOT applicable to Hopes Championships or US Championships), the coach may submit an inquiry for the gymnast’s lowest scoring event in order that the athlete be considered for qualification purposes. Any change of score is official and is included in the final results.

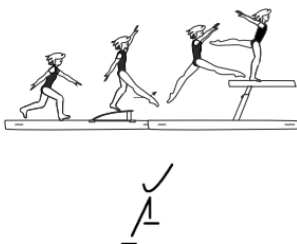
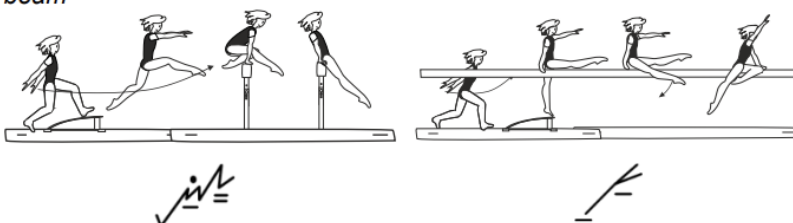
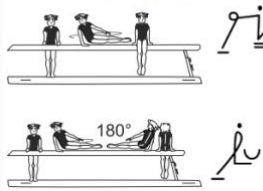
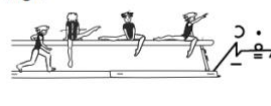
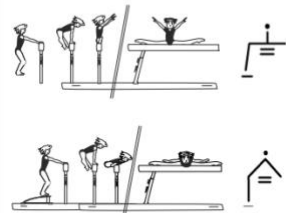

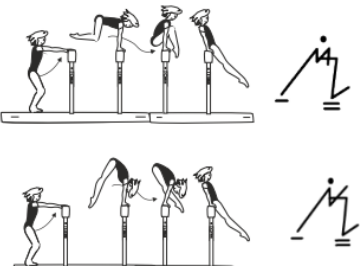
**2025 - 2028 ELITE COMPULSORY: BALANCE BEAM**

**Starting Position:** The gymnast mounts the beam in the middle of the beam.

*If reversing the **LEG KICKS**, begin with the Left foot in front and step forward Left.*

**1. "A" VALUE MOUNT from FIG CODE OF POINTS**

See below for options from FIG Code of Points – Balance Beam Elements (page 108):

<p><b>1.101 (D)</b> Leap - on landing must show arabesque position (leg min. at horizontal)</p> 	<p><b>1.102 (D)</b> Thief vault – take-off from one leg – free leap over beam, one leg after another to rear support – 90° approach to beam, or Scissor leap over beam to cross sit on thigh – diagonal approach to beam</p> 
<p><b>1.103</b> Flank to rear support, also with ½ turn (180°)</p>  <p>Jump with hand support, ¾ turn (270°) in support to cross sit on thigh</p> 	<p><b>1.105 (D)</b> Jump with hand support to side split sit or straddle position (must show split without hands touching the beam as final position; in straddle position the trunk must touch the beam)</p>  <p>Jump or leap to cross split sit – diagonal approach to beam (with hand support)</p>  <p><b>1.106</b> From side stand - squat or stoop through to rear support</p> 

Step on the left foot, swing the right leg forward. At the height of the kick, jump off the floor, swing the right leg over the balance beam to land in a sitting position crossways.

Mount and finish sitting in cross position.

Lift the arms upward and backward to grasp the beam. Swing the legs forward and together to show a v-sit position while continuing to grasp the beam. Step down on the right foot, then the left to a squat stand.

**ARMS:** bring to forward-middle, curved.

**2. (\*) WOLF SHAPE LEG HOLD FORWARD, WOLF SHAPE LEG LIFT SIDEWARD**

Extend the left leg forward to a straight leg, horizontal or above, hold for 2 seconds. Lower the extended leg to the beam.

**ARMS:** forward-middle, curved

Turn the body 90 degrees to the right to show a wolf position sideward on the balance beam. Lift the left leg off the beam to horizontal one time, no hold requirement.

**ARMS:** right arm forward, middle, curved, left arm extends to the side, middle.

Swing the Left leg from the sideward position down and forward to horizontal while turning the body 90 degrees to the right. Close the Left leg in front of the Right leg in a squat stand and stand up to a relevé lock position.

**ARMS:** side middle

<b>WOLF SHAPE HOLD FWD, WOLF SHAPE SIDE LIFT</b>	
Up to 0.05	Failure to show shape in high relevé
Up to 0.05	Failure to show control during hold
Up to 0.20	Incorrect Posture

**3. FORWARD KICK (0.20 each) TO NEEDLE KICKS (0.20 each)**

All kicks should be ballistic, dynamically kicking both up and down.

Step forward onto a straight Left leg in relevé. Swing the Right leg forward to a minimum of shoulder height. At the height of the kick, the Right knee should be at the same height of the Right shoulder. When the **LEG KICK FORWARD** reaches its highest point, pull the Right leg down quickly, place it on the beam with a straight leg.

**ARMS:** side middle

Immediately swing the Left leg backward-upward to a minimum of 180° split. When the **NEEDLE KICK** reaches its highest point, pull the Left leg down quickly and return to a lock stand with the Right foot in front of the Left foot in relevé.

**ARMS:** Begin circling both arms backward-downward to low, grasping the beam at the highest point of the backward **NEEDLE KICK**. Swing the arms forward to high position.

Step forward onto a straight Left leg in relevé. Step forward on a straight Right leg in relevé. Swing the Left leg forward to a minimum of shoulder height. At the height of the kick, the Left knee should be at the same height of the Left shoulder. When the **LEG KICK FORWARD** reaches its highest point, pull the Left leg down quickly, place it on the beam with a straight leg.

**ARMS:** side middle

Immediately swing the Right leg backward-upward to a minimum of 180° split. When the **NEEDLE KICK** reaches its highest point, pull the Right leg down quickly and return to a lock stand with the Left foot in front of the Right foot in relevé.

**ARMS:** Begin circling both arms backward-downward to low, grasping the beam at the highest point of the backward **NEEDLE KICK**. Swing the arms forward to high position. Press arms to side middle.

<b>LEG KICKS: FORWARD (0.20 each)</b>	
Each Up to 0.10	Insufficient Dynamics on Kicks
Each Up to 0.10	Insufficient alignment on Kicks
Each Up to 0.10	Failure to kick in relevé
Up to 0.30	Bent legs
Up to 0.10	Poor footwork
Each Up to 0.20	Incorrect Posture with extended arms
Each Up to 0.20	Insufficient height on kicks (shoulder height required)
<b>NEEDLE KICKS (0.20 each)</b>	
0.05	Failure to close / finish Kick with the foot in back
Up to 0.10	Insufficient Dynamics
Up to 0.30	Bent legs
Up to 0.10	Poor footwork
Up to 0.20	Straight body line from hands to feet throughout lever and step in
Up to 0.20	Insufficient split (180° required)

#### 4. (\*) FOUETTÉ TURN (0.20)

Step forward on a straight *right* leg in relevé. Swing the *left* leg forward to horizontal to execute a fouetté turn 180 degrees to the *right*. Drop the heel at the completion of the 180-degree turn, with the *left* leg in arabesque at horizontal. Mark the arabesque.

**ARMS:** Move the arms from side middle to high during the 180-degree turn. Move the arms to side middle at the completion of the 180-degree turn.

Step forward onto a straight *left* leg in relevé, close the *right* leg in the back, finishing in a relevé lock stand with the *left* foot in front of the *right* foot.

**ARMS:** side middle

#### 5. (\*) SWITCH-LEG LEAP (180°) (0.60), STRAIGHT LEG SPLIT LEAP (180°) (0.40), SPLIT JUMP (180°) (0.40)

Take one or two steps forward and then swing the Left leg forward-upward to a minimum of 45° and push off the beam with the Right leg. While in flight, dynamically swing the Left leg backward while simultaneously swinging the Right leg forward to execute a **SWITCH-LEG LEAP** with a minimum of **180°** even leg separation in flight. Land on the Right leg in demi-plié with the Left leg extended backward passing through a low arabesque position. The emphasis is on good upper body posture with extend arms and legs.

**ARMS:** Optional on the steps and **LEAP**.

Step forward onto the Left foot through demi-plié. Swing the Right leg forward-upward to a minimum of horizontal while simultaneously pushing off the beam, extending the Left leg backward through the hip, knee, ankle and toes to execute a **STRAIGHT LEG SPLIT LEAP**. Land in demi-plié on the Right foot with the Left leg extended backward in arabesque, no hold requirement.

**ARMS:** Optional on the steps and **LEAP**.

Close the Left leg behind or in front of the Right leg.

**ARMS:** Lower sideward-downward to low or backward-downward to backward-diagonally low.

Jump OR punch off the beam, extending both legs through the hips, knees, ankles, and toes to execute a **SPLIT JUMP** with a minimum of **180°** even leg separation with the Right leg forward, Left leg behind. Land on both feet in demi-plié, pressing through the balls of the feet to lower the heels toward the beam.

**ARMS:** Lift sideward-upward to side-middle during the **SPLIT JUMP**. The Arms may remain in side-middle OR lower anywhere from side-middle to low on the landing of the **JUMP**.

The emphasis is on good height and posture in both leaps and the jump.

Extend both legs to finish in a straight stand on relevé with the Right leg in front of the Left leg.

**ARMS:** Lift both arms sideward-upward to high to finish.

<b>SWITCH SPLIT LEAP (180°) (0.60), STRAIGHT LEG LEAP (0.40)</b>	
Each Up to 0.20	Insufficient height
Up to 0.30	Legs bent
Up to 0.20	Incorrect Posture with extended arms
Up to 0.10	Failure to swing take off leg forward a minimum of 45° into <b>SWITCH LEAP</b>
Up to 0.20	Insufficient split (180° required)
Up to 0.20 0.20	Tempo / Continuity of connection Complete break of connection
<b>SPLIT JUMP (0.40)</b>	
Up to 0.20	Insufficient height
Up to 0.30	Legs bent
Up to 0.20	Incorrect Posture with extended arms
Up to 0.20	Insufficient split (180° required)
0.10	Split not on the horizontal line

**6. (\*) SWING TURN (0.20)**

Step forward on a straight Right leg in relevé. Step forward on a straight Left leg in relevé. Swing the *right* leg forward to horizontal or above. When the **LEG KICK FORWARD** reaches its highest point, pull the *right* leg down quickly, continuing the swing upward/forward to a minimum of shoulder height, while executing a swing turn 180 degrees to the *right*. Drop the heel at the completion of the 180-degree turn. Start flat, swing to relevé finish flat.

**ARMS:** Move the arms from side-middle to high during the 180-degree turn. Move the arms to side middle at the completion of the 180-degree turn.

Lower the *right* leg to close in front of the *left* leg, finishing in a flat-foot lock stand.

**ARMS:** side middle

**7. (\*) 1/1 (360°) TURN IN FORWARD PASSÉ (0.40),**

Step forward on a straight Right leg in relevé. Step forward on a straight Left leg in relevé. Lower the *left* heel to the beam; then point the slightly turned-out *right* foot forward on the beam.

**Arms:** Move the arms downward and forward, continue this circular action with the right arm moving to forward middle curved and the left arm moving to side-middle. Both arms should complete the movement at the same time.


Transfer the weight onto the *right* foot to prepare for the turn. Execute a **1/1 (360°) TURN** to the *right* in relevé, bending the *left* knee forward and pulling the pointed *left* foot forward to touch the *right* knee (**FORWARD PASSÉ**). **Mark the position** in relevé at the completion of the turn. The heel is allowed to lower to the beam after marking the position.

**Arms:** During the **1/1 (360°) TURN**, the arms are in crown. The pathway to move the arms from the preparation to crown is optional.

Step forward *left* in demi-plié, straighten both legs, then finish with the right leg extended backward, foot touching the beam, toes under.

**Arms:** sideward-diagonally-upward.

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<b>1/1 (360°) TURN (0.40)</b>			
Each Up to 0.10	Failure to show exactness of the <b>TURN</b>		
Up to 0.10	Failure to start and finish in high relevé		
Up to 0.10	Failure to show control at the completion of the turn		
Up to 0.20	Incorrect Posture		
	(*) 1/1 (360°) TURN IN FORWARD PASSÉ (0.40)	<u>0.10</u>	Leg in incorrect position (not in forward passé)
		<u>0.30</u>	Use of heel-snap turn technique

**8. (\*) BACK WALKOVER (180°) (0.60), STRETCH JUMP (0.40)**

Step forward on a straight Right leg in relevé. Step forward on a straight Left leg in relevé. Lower the *left* heel to the beam; then point the slightly turned-out *right* foot forward on the beam.

Lift the Right leg forward-upward in a continuous motion. Arch the upper back to reach backward, to grasp the beam with the hands side by side, thumbs on top of the beam. As the Left foot pushes off the beam, push the shoulders over the hands to execute a **BACK WALKOVER**, passing through OR holding a handstand position with a minimum of **180°**, shoulders extended, and focus on the hands.

Step down to finish on a straight (or slightly bent) Left leg and close Right foot (slight bent leg acceptable) behind the Left foot.

Immediately jump or punch off both feet to execute a **STRETCH JUMP**. Land in demi-plié.

**ARMS:** Remain in high position throughout.

Extend both legs and immediately push to relevé on both feet.

**ARMS:** Remain in high position

<b>BACK WALKOVER (180°) (0.60)</b>	
Up to 0.10	Failure to lift leg in a continuous motion.
Up to 0.30	Legs bent
Up to 0.20	Insufficient split with control through handstand phase
Up to 0.20	Incorrect posture on <b>BACK WALKOVER</b> (straight body line from hands to feet)
<b>STRETCH JUMP (0.40)</b>	
Up to 0.20	Incorrect posture on <b>STRETCH JUMP</b> (straight body line through pointed feet)
Up to 0.20	Insufficient height on <b>STRETCH JUMP</b>
Up to 0.20 <u>0.20</u>	Tempo / Continuity of connection Complete break of connection

**9. SIDEWARD DANCE TO SIDEWARD KICKS (0.20 each)**

In relevé, turn 90° left.

**Arms:** Press to side-middle.

While facing sideways, step sideward on the *right* leg. Continuing in the same direction, step on the *right* leg, crossing in front of the *left* leg while keep hips and shoulders square. Continuing in the same direction, step on the *right* leg. Close the *left* leg to the *right* leg to finish with the legs together, flat feet.

**Arms:** Supplely lower both arms sideward-downward, then forward to side middle.

While facing sideways, kick the *right* leg sideward to a minimum of shoulder height. (The leg should be kicked behind the arm placed directly to the side or slightly behind the shoulder.) When the **LEG KICK SIDEWARD** reaches its highest point, pull the Right leg down quickly and return to a stand with feet side by side. Kick the *left* leg sideward to a minimum of shoulder height. (The leg should be kicked behind the arm placed directly to the side or slightly behind the shoulder.) When the **LEG KICK SIDEWARD** reaches its highest point, pull the Left leg down quickly and return to a stand with feet side by side. Both legs remain straight with the hips squared throughout.

**ARMS:** Remain in side-middle.

<b>LEG KICKS: SIDEWARD (0.20 each)</b>	
Each 0.05	Failure to close / finish each Kick with feet together
Each Up to 0.10	Insufficient Dynamics on Kicks
Each Up to 0.10	Insufficient alignment on Kicks (i.e. Sideward kicks performed too forward)
Up to 0.30	Bent legs
Up to 0.10	Poor footwork
Each Up to 0.20	Incorrect Posture with extended arms
Each Up to 0.20	Insufficient height on kicks (shoulder height required)

**10a. BACKWARD SALTO TUCKED (1.00) or;**

Turn 90 degrees to the left. Step forward on a straight Left leg in relevé. Step forward on a straight *Right* leg in relevé. Close the Left leg behind the Right leg on flat feet.

**ARMS:** Optional on entrance of the **SALTO**, during the steps.

Bend and extend the knees to jump upward-backward off the beam lifting the hips and knees forward-upward to achieve a minimum of 90° tuck position (hip and knee angle). Hand grasp of the legs is optional. Continue to rotate upward and backward as the hips rotate over the head to execute the **BACKWARD SALTO TUCKED**. Land in demi-plié on both feet with the Right foot in front and chest up over the hips.

**ARMS:** Lift both arms to high after landing. Press arms to side-middle.

<b>BACKWARD SALTO TUCKED (1.00)</b>	
Up to 0.30	Insufficient height and extension of jump with hip lift
Up to 0.20	Insufficient shape of <b>SALTO</b>
Up to 0.20	Incorrect Posture with control on landing

**10b. BACKWARD SALTO PIKE (1.00)**

**11a. (\*) FRONT WALKOVER (180°) (0.60)**

Step on a straight leg backward on the Right foot on relevé. Step on a straight leg backward on the Left foot on relevé. Lower the Left heel and point the right foot forward on the beam.

**ARMS:** Circle arms upward to crown, continue the circling movement backward, downward and forward back up to the high position.

Transfer the weight onto the Right foot to execute a mountain climber entrance on the Right leg. Lift the Left leg backward-upward overhead, while reaching down to place the hands, side-by-side, on the beam.

Continue this leg lift action to pass through a split handstand (**180°**) with focus on the hands.

Continue to open the shoulder angle past the hands and arch the upper back, lowering the Left leg toward the beam to arrive in a Bridge position on the Left foot with straight arms.

Press the Left hip and thigh forward, push from the hands and stand up to close the Right foot in front of the Left foot both with both feet parallel to execute a **FRONT WALKOVER**.

**ARMS:** Remain in high position throughout and on the finish. Press arms to side-middle.

<b>FRONT WALKOVER (0.60)</b>	
Up to 0.30	Legs bent
Up to 0.20	Insufficient split with control through handstand phase
Up to 0.20	Incorrect posture (straight arms with open shoulder angle)

**11b. (\*) FRONT HANDSPRING STEP - OUT (0.60)**

Transfer the weight onto the Right foot to execute a “mountain climber entrance” on the Right leg.

Reach both hands forward and place them on the beam, while kicking the Left leg backward-upward overhead. As the hands contact the beam, forcefully extend through the shoulders creating a powerful backward-upward movement. While keeping the focus on the hands, rotate the body in a tight stretched position to execute a **FRONT HANDSPRING STEP-OUT**. Land on the Left foot and close the Right foot in front of the Left foot to finish in a straight stand.

**ARMS:** Remain in high position throughout and on the finish. Press arms to side-middle.

<b>FRONT HANDSPRING (0.60)</b>	
Up to 0.30	Legs bent
Up to 0.20	Insufficient dynamics
Up to 0.20	Incorrect posture (straight arms with open shoulder angle)

**12. (\*) FLIC-FLAC STEP IN, FLIC-FLAC STEP IN/OUT SERIES (1.00 each)**

Step forward on a straight Right leg in relevé. Step forward on a straight Left leg in relevé. Drop the Left heel while swinging the right leg forward to point the toes on the beam with a straight leg.

**ARMS:** From side-middle, lift to crown and circle backward and downward.

Execute a backward body wave. Right leg remains extended forward with toes pointed on the beam during the body wave.

**ARMS:** Continue the circling motion forward to complete the body wave.

Shift the weight to the Right foot. Bend the Left leg to 90 degrees, knees touching to finish (fish pose).

**ARMS:** Continue the circling motion forward and upward to finish side-middle in the fish pose. Lower the left leg to the beam to prepare for the flight series.

**ARMS:** Optional on entrance to the flight series.

**FOOT PLACEMENT INTO THE FLIC-FLAC STEP IN (Optional).** Close the feet to stand with feet side by side OR one foot in front of the other.

Prepare, then lean backward, bending and extending the knees to jump backward off the beam onto the hands in an inverted stretched body position. Push off of the beam with the arms and shoulders; separate the legs to step down onto the Right leg using a levering action to execute a **FLIC-FLAC STEP IN**. The timing of the split is optional.

Step down on a straight (or slightly bent) Right leg and close the Left behind the Right foot. Immediately jump into a second **FLIC-FLAC**.

Step down from the second **FLIC-FLAC STEP IN/OUT** to finish on a straight (or slightly bent) Right leg and immediately close Left behind the Right foot and finish with both legs straight and feet flat on the beam OR to finish in a Right lunge, pressing the Right knee and both hips forward.

**HAND POSITION ON THE BEAM (Optional).**

**ARMS:** The movement pattern of the arm swing to initiate the **FLIC-FLAC STEP IN** is optional. Maintain high throughout both elements and as the step down occurs. High on the finish. Press arms to side-middle.

<b>FLIC FLAC SERIES (1.00 Each)</b>	
Up to 0.30	Legs bent
Up to 0.30	Arms bent
Up to 0.20	Incorrect posture throughout (straight arms with open shoulder angle)
0.30	Failure to connect the ACRO series

Execute three, quick, long-stride steps forward. Move forward on the Right leg with the Left leg extended backward, move forward on the Left leg with the Right leg extended backward, move forward on the Right leg with the Left leg extended backward. Straighten the Right leg while lifting the Left leg to forward passé.

**ARMS:** From side-middle, lift to crown and circle backward, sideward, downward to finish in forward-middle (palms up).

Lower the Left leg to the beam on flat feet to prepare for the dismount.

**ARMS:** From forward-middle, bend the elbows to 90 degrees, circling inward to finish in forward-middle.

If the gymnast is performing a Round-Off dismount, she may execute a pivot turn, arms optional, to prepare for the dismount.

The gymnast is allowed to move backward and adjust her placement to prepare for the dismount without any deduction.

### **13. DISMOUNT**

The athlete may select one (1) of the allowable dismount options outlined below.

- Round-off, backward Salto tucked (**13a.**) or stretched (**13b.**) dismount
- Flic-flac step in, flic-flac two feet, backward Salto tucked (**13c.**) or stretched (**13d.**) dismount
- Round-off, flic-flac two feet, backward Salto tucked (**13e.**) or stretched (**13f.**) dismount
- Flic-flac step in, backward Salto (**13g.**) dismount
- Flic-flac two feet, backward Salto (**13h.**) dismount

Each option is described in detail in the corresponding subsections on the following pages.

**13a. (\*) ROUND-OFF (1.0), BACKWARD SALTO TUCKED DISMOUNT (1.00)**

Aggressively walk (no specific number of steps) and hurdle. Step forward through the ball of the Right foot and execute a “mountain climber entrance” with the Right foot in front of the Left foot.

Kick the left leg backward-upward maintaining a straight line from the hands, torso, and Left leg while reaching for the beam. Continue this action kicking the Left leg backward-upward as the torso lowers.

Reach forward to place the Right hand sideways on the beam as the body turn 90° Left. Place the Left hand on the beam sideways or slightly turned in (hands shoulder-width apart) as the Right leg pushes off the floor to execute a **ROUND-OFF** Right.

The head remains in alignment, with the shoulder and hip angle open, and focus under the left arm in order to see the beam. Turn 90° inward to snap both feet down to the beam. Snap the body up to finish in a straight stand in relevé. (The placement of the feet on landing is optional.)

**ARMS:** High.

Upon landing the **ROUND-OFF** on the balls of the feet, immediately rebound (punch) with the body straight, the head neutral, and the arms reaching upward. As the body rises, (leaving the beam by vertical), lift the knees forward-upward towards the hands to achieve a minimum of a 90° tuck position (hip and knee angle). Hand grasp of the legs is optional. Continue to rotate upward and backward as the hips rotate over the head to execute a **BACKWARD SALTO TUCKED**.

In preparation for the landing, extend the body from the tucked position. Land in demi-plié with the chest up. The gymnast is NOT required to stick the landing. The gymnast is allowed up to three (3) steps backward to obtain balance.

**ARMS:** High position on the hurdle and throughout the **ROUND-OFF** and take-off for the **BACKWARD SALTO TUCKED**. Arms are optional during the **SALTO**. Upon landing the **SALTO**, the arm position is optional.

<b>ROUND-OFF (1.00), BACKWARD SALTO TUCKED DISMOUNT (1.00)</b>	
Up to 0.20	Poor alignment / posture on <b>ROUND-OFF</b>
Up to 0.30	Insufficient height of <b>SALTO</b>
Up to 0.20	Insufficient exactness of <b>TUCK</b> position
<b>LANDING DEDUCTIONS</b>	
<b>Evaluated based only on body position at the point of arrival on the mat.</b>	
Up to 0.20	Incorrect posture on landing
No deduction	Gymnast taking up to 3 steps after landing
<u>0.50</u>	Failure to land on feet first
<u>0.30</u>	Fall after landing on feet first

**13b. (\*) ROUND-OFF (1.00), BACKWARD SALTO STRETCHED DISMOUNT (1.00)**

Aggressively walk (no specific number of steps) and hurdle. Step forward through the ball of the Right foot and execute a “mountain climber entrance” with the Right foot in front of the Left foot.

Kick the left leg backward-upward maintaining a straight line from the hands, torso, and Left leg while reaching for the beam. Continue this action kicking the Left leg backward-upward as the torso lowers.

Reach forward to place the Right hand sideways on the beam as the body turn 90° Left. Place the Left hand on the beam sideways or slightly turned in (hands shoulder-width apart) as the Right leg pushes off the floor to execute a **ROUND-OFF** Right.

The head remains in alignment, with the shoulder and hip angle open, and focus under the left arm in order to see the beam. Turn 90° inward to snap both feet down to the beam. Snap the body up to finish in a straight stand in relevé. (The placement of the feet on landing is optional.)

**ARMS:** High.

Upon landing the **ROUND-OFF** on the balls of the feet, immediately rebound (punch) with the body straight, the head neutral, and the arms reaching upward. As the body rises, (leaving the beam by vertical), lift the hips forward-upward towards the hands maintaining a **STRETCHED** position.

Continue to rotate upward and backward as the hips rotate over the head to execute a **BACKWARD SALTO STRETCHED**. In preparation for the landing, maintain the extend body position. Land in demi-plié with the chest up. The gymnast is NOT required to stick the landing. The gymnast is allowed up to three (3) steps backward to obtain balance.

**ARMS:** High position on the hurdle and throughout the **ROUND-OFF** and take-off for the **BACKWARD SALTO STRETCHED**. Arms are optional during the **SALTO**. Upon landing the **SALTO**, the arm position is optional.

<b>ROUND-OFF (1.00), BACKWARD SALTO STRETCHED DISMOUNT (1.00)</b>	
Up to 0.20	Poor alignment / posture on <b>ROUND-OFF</b>
Up to 0.30	Insufficient height of <b>SALTO</b>
Up to 0.20	Insufficient <b>STRETCH</b> of <b>SALTO</b>
<b>LANDING DEDUCTIONS</b>	
<b>Evaluated based only on body position at the point of arrival on the mat.</b>	
Up to 0.20	Incorrect posture on landing
No deduction	Gymnast taking up to 3 steps after landing
<u>0.50</u>	Failure to land on feet first
<u>0.30</u>	Fall after landing on feet first

**13c. (\*) FLIC-FLAC STEP IN (1.00), FLIC-FLAC TWO FEET, BACKWARD SALTO TUCKED DISMOUNT (1.00)**

FOOT PLACEMENT INTO THE **FLIC-FLAC STEP IN** (Optional). Close the feet to stand with feet side by side OR one foot in front of the other.

Prepare, then lean backward, bending and extending the knees to jump backward off the beam onto the hands in an inverted stretched body position. Push off of the beam with the arms and shoulders; separate the legs to step down onto the Right leg using a levering action to execute a **FLIC-FLAC STEP IN**. The timing of the split is optional.

Step down on a straight (or slightly bent) Right leg and close the Left behind the Right foot. Immediately jump into a second **FLIC-FLAC TWO FEET**.

Snap both feet down to the beam and snap the body up to finish in a straight stand in relevé. (The placement of the feet on landing is optional.)

HAND POSITION ON THE BEAM (Optional).

**ARMS:** The movement pattern of the arm swing to initiate the **FLIC-FLAC STEP IN** is optional. Maintain high throughout both elements and as the two feet landing occurs.

Upon landing the **FLIC-FLAC TWO FEET** on the balls of the feet, immediately rebound (punch) with the body straight, the head neutral, and the arms reaching upward. As the body rises, (leaving the beam by vertical), lift the knees forward-upward towards the hands to achieve a minimum of a 90° tuck position (hip and knee angle). Hand grasp of the legs is optional. Continue to rotate upward and backward as the hips rotate over the head to execute a **BACKWARD SALTO TUCKED**. In preparation for the landing, extend the body from the tucked position. Land in demi-plié with the chest up. The gymnast is NOT required to stick the landing. The gymnast is allowed up to three (3) steps backward to obtain balance.

**ARMS:** High position on take-off for the **BACKWARD SALTO TUCKED**. Arms are optional during the **SALTO**. Upon landing the **SALTO**, the arm position is optional.

<b>FLIC-FLAC STEP IN (1.00), FLIC-FLAC TWO FEET, BACKWARD SALTO TUCKED DISMOUNT (1.00)</b>	
Each Up to 0.30	Bent arms / legs on <b>FLIC-FLACS</b>
<u>1.00</u>	Performs a <b>FLIC-FLAC STEP IN</b> instead of <b>FLIC-FLAC TWO FEET</b>
Up to 0.30	Insufficient height of <b>SALTO</b>
Up to 0.20	Insufficient exactness of <b>TUCK</b> position
<b>LANDING DEDUCTIONS</b>	
<b>Evaluated based only on body position at the point of arrival on the mat.</b>	
Up to 0.20	Incorrect posture on landing
No deduction	Gymnast taking up to 3 steps after landing
<u>0.50</u>	Failure to land on feet first
<u>0.30</u>	Fall after landing on feet first
<u>0.30</u>	Failure to connect the ACRO series (EACH connection)

**13d. (\*) FLIC-FLAC STEP IN (1.00), FLIC-FLAC TWO FEET BACKWARD, SALTO STRETCHED DISMOUNT (1.00)**

FOOT PLACEMENT INTO THE **FLIC-FLAC STEP IN** (Optional). Close the feet to stand with feet side by side OR one foot in front of the other.

Prepare, then lean backward, bending and extending the knees to jump backward off the beam onto the hands in an inverted stretched body position. Push off of the beam with the arms and shoulders; separate the legs to step down onto the Right leg using a levering action to execute a **FLIC-FLAC STEP IN**. The timing of the split is optional.

Step down on a straight (or slightly bent) Right leg and close the Left behind the Right foot. Immediately jump into a second **FLIC-FLAC TWO FEET**.

Snap both feet down to the beam and snap the body up to finish in a straight stand in relevé. (The placement of the feet on landing is optional.)

HAND POSITION ON THE BEAM (Optional).

**ARMS:** The movement pattern of the arm swing to initiate the **FLIC-FLAC STEP IN** is optional. Maintain high throughout both elements and as the two feet landing occurs.

Upon landing the **FLIC-FLAC TWO FEET** on the balls of the feet, immediately rebound (punch) with the body straight, the head neutral, and the arms reaching upward. As the body rises, (leaving the beam by vertical), lift the hips forward-upward towards the hands maintaining a **STRETCHED** position. Continue to rotate upward and backward as the hips rotate over the head to execute a **BACKWARD SALTO STRETCHED**. In preparation for the landing, maintain the extend body position. Land in demi-plié with the chest up. The gymnast is NOT required to stick the landing. The gymnast is allowed up to three (3) steps backward to obtain balance.

**ARMS:** High position on the hurdle and throughout the **ROUND-OFF** and take-off for the **BACKWARD SALTO STRETCHED**. Arms are optional during the **SALTO**. Upon landing the **SALTO**, the arm position is optional.

<b>FLIC-FLAC STEP IN (1.00), FLIC-FLAC TWO FEET, BACKWARD SALTO STRETCHED DISMOUNT (1.00)</b>	
Each Up to 0.30	Bent arms / legs on <b>FLIC-FLACS</b>
<u>1.00</u>	Performs a <b>FLIC-FLAC STEP IN</b> instead of <b>FLIC-FLAC TWO FEET</b>
Up to 0.30	Insufficient height of <b>SALTO</b>
Up to 0.20	Insufficient <b>STRETCH</b> of <b>SALTO</b>
<b>LANDING DEDUCTIONS</b>	
<b>Evaluated based only on body position at the point of arrival on the mat.</b>	
Up to 0.20	Incorrect posture on landing
No deduction	Gymnast taking up to 3 steps after landing
<u>0.50</u>	Failure to land on feet first
<u>0.30</u>	Fall after landing on feet first
<u>0.30</u>	Failure to connect the ACRO series (EACH connection)

**13e. (\*) ROUND-OFF (1.00), FLIC-FLAC TWO FEET, BACKWARD SALTO TUCKED DISMOUNT (1.00)**

Step forward (no specific number of steps) and execute a “mountain climber entrance” with the Right foot in front of the Left foot. Kick the left leg backward-upward maintaining a straight line from the hands, torso, and Left leg while reaching for the beam. Continue this action kicking the Left leg backward-upward as the torso lowers.

Reach forward to place the Right hand sideways on the beam as the body turn 90° Left. Place the Left hand on the beam sideways or slightly turned in (hands shoulder-width apart) as the Right leg pushes off the floor to execute a **ROUND-OFF** Right.

The head remains in alignment, with the shoulder and hip angle open, and focus under the left arm in order to see the beam. Turn 90° inward to snap both feet down to the beam. (The placement of the feet on landing is optional.)

**ARMS:** High.

Immediately punch into a **FLIC-FLAC TWO FEET**. Snap both feet down to the beam and snap the body up to finish in a straight stand in relevé. (The placement of the feet on landing is optional.)

HAND POSITION ON THE BEAM (Optional).

Upon landing the **FLIC-FLAC TWO FEET** on the balls of the feet, immediately rebound (punch) with the body straight, the head neutral, and the arms reaching upward. As the body rises, (leaving the beam by vertical), lift the knees forward-upward towards the hands to achieve a minimum of a 90° tuck position (hip and knee angle). Hand grasp of the legs is optional.

Continue to rotate upward and backward as the hips rotate over the head to execute a **BACKWARD SALTO TUCKED**. In preparation for the landing, extend the body from the tucked position. Land in demi-plié with the chest up. The gymnast is NOT required to stick the landing. The gymnast is allowed up to three (3) steps backward to obtain balance.

**ARMS:** High position on take-off for the **BACKWARD SALTO TUCKED**. Arms are optional during the **SALTO**. Upon landing the **SALTO**, the arm position is optional.

<b>ROUND-OFF (1.00), FLIC-FLAC TWO FEET, BACKWARD SALTO TUCKED DISMOUNT (1.00)</b>	
Up to 0.20	Poor alignment / posture on <b>ROUND-OFF</b>
Each Up to 0.30	Bent arms / legs on <b>FLIC-FLAC</b>
<u>1.00</u>	Performs a <b>FLIC-FLAC STEP IN</b> instead of <b>FLIC-FLAC TWO FEET</b>
Up to 0.30	Insufficient height of <b>SALTO</b>
Up to 0.20	Insufficient exactness of <b>TUCK</b> position
<b>LANDING DEDUCTIONS</b>	
<b>Evaluated based only on body position at the point of arrival on the mat.</b>	
Up to 0.20	Incorrect posture on landing
No deduction	Gymnast taking up to 3 steps after landing
<u>0.50</u>	Failure to land on feet first
<u>0.30</u>	Fall after landing on feet first
<u>0.30</u>	Failure to connect the ACRO series (EACH connection)

**13f. (\*) ROUND-OFF (1.00), FLIC-FLAC TWO FEET, BACK SALTO STRETCHED DISMOUNT (1.00)**

Step forward (no specific number of steps) and execute a “mountain climber entrance” with the Right foot in front of the Left foot. Kick the left leg backward-upward maintaining a straight line from the hands, torso, and Left leg while reaching for the beam. Continue this action kicking the Left leg backward-upward as the torso lowers.

Reach forward to place the Right hand sideways on the beam as the body turn 90° Left. Place the Left hand on the beam sideways or slightly turned in (hands shoulder-width apart) as the Right leg pushes off the floor to execute a **ROUND-OFF** Right.

The head remains in alignment, with the shoulder and hip angle open, and focus under the left arm in order to see the beam. Turn 90° inward to snap both feet down to the beam. (The placement of the feet on landing is optional.)

**ARMS:** High.

Immediately punch into a **FLIC-FLAC TWO FEET**. Snap both feet down to the beam and snap the body up to finish in a straight stand in relevé. (The placement of the feet on landing is optional.)

HAND POSITION ON THE BEAM (Optional).

Upon landing the **FLIC-FLAC TWO FEET** on the balls of the feet, immediately rebound (punch) with the body straight, the head neutral, and the arms reaching upward. As the body rises, (leaving the beam by vertical), lift the hips forward-upward towards the hands maintaining a **STRETCHED** position. Continue to rotate upward and backward as the hips rotate over the head to execute a **BACKWARD SALTO STRETCHED**. In preparation for the landing, maintain the extend body position. Land in demi-plié with the chest up. The gymnast is NOT required to stick the landing. The gymnast is allowed up to three (3) steps backward to obtain balance.

**ARMS:** High position on the take-off for the **BACKWARD SALTO STRETCHED**. Arms are optional during the **SALTO**. Upon landing the **SALTO**, the arm position is optional.

<b>ROUND-OFF (1.00), FLIC-FLAC TWO FEET, BACKWARD SALTO STRETCHED DISMOUNT (1.00)</b>	
Up to 0.20	Poor alignment / posture on <b>ROUND-OFF</b>
Each Up to 0.30	Bent arms / legs on <b>FLIC-FLAC</b>
<u>1.00</u>	Performs a <b>FLIC-FLAC STEP IN</b> instead of <b>FLIC-FLAC TWO FEET</b>
Up to 0.20	Continuity of connection between <b>ROUND-OFF</b> and <b>FLIC-FLAC</b>
Up to 0.30	Insufficient height of <b>SALTO</b>
Up to 0.20	Insufficient <b>STRETCH</b> of <b>SALTO</b>
<b>LANDING DEDUCTIONS</b>	
<b>Evaluated based only on body position at the point of arrival on the mat.</b>	
Up to 0.20	Incorrect posture on landing
No deduction	Gymnast taking up to 3 steps after landing
<u>0.50</u>	Failure to land on feet first
<u>0.30</u>	Fall after landing on feet first
<u>0.30</u>	Failure to connect the ACRO series (EACH connection)

**2025 - 2028 ELITE COMPULSORY: BALANCE BEAM**

**13g (\*) FLIC-FLAC STEP IN (1.00), SALTO DISMOUNT (1.00)**

**13h. (\*) FLIC-FLAC TWO FEET, BACKWARD (1.00) SALTO DISMOUNT (1.00)**

<b>BALANCE BEAM</b>	
<b>General Deductions / Judging Guidelines</b>	
Refer to the Development Program Code of Points for additional General Execution Deductions	
Deductions for <b>form / execution</b> MAY NOT exceed the assigned Value of the Element. Falls will be in addition to execution errors.	
Up to 45 seconds will be allowed for re-mounting the beam after a fall.	
Dismount landings will be evaluated based only on body position at the point of arrival on the mat.	
<u>0.10</u>	Does not perform an A mount from FIG COP
Up to 0.10	Body posture throughout
Up to 0.10	Footwork throughout
<u>Each 0.50</u>	Falls on connections or elements
<u>Up to 0.20</u>	Tempo / Continuity of connection on a DANCE or MIXED series
<u>0.20</u>	<ul style="list-style-type: none"> <li>• Complete break of connection</li> </ul>
Up to 0.20	Concentration pauses
<u>0.10</u>	Pausing 2 (two) seconds before a skill or connection
<u>0.20</u>	Pausing more than 2 (two) seconds before a skill or connection
Each <u>0.30</u>	Failure to connect an ACRO series (EACH connection)
Value of the element PLUS <u>0.50</u>	Omitting an element
Up to the value of the Element	Incomplete element
Up to the Value of the element PLUS <u>0.50 for the spot</u>	Spotting to assist the completion of an element
<u>0.20</u>	Verbal coaching an athlete during a routine.
<u>0.30</u>	Not performing the routine according to FIG apparatus specifications
No deduction for repetition	Repeating element(s) after a FALL (i.e. Sissonne-FALL, Sissonne-Split Jump)
<u>0.30</u>	Repeating an element without a FALL (i.e. Flic-flac flic-flac, balance error, then flic-flac, flic-flac series or dismount)
<u>0.30</u>	Performing any element out of order. <ul style="list-style-type: none"> <li>• Deduction only applied one (1) time <b>PER ROUTINE.</b></li> </ul>