



Balance Beam Skills

Beam Skills

Skill Set 1-Mounts

A Mounts

A	A-101BM	Free leap or jump to stand on one or both legs at middle, end or diagonal to beam (take off from one or both
A	A-102BM	Free leap to stand on one or both legs at end or diagonal to beam with lowering to scale (take off from one leg)
A	A-103BM	Scissors leap to cross sit on L or R thigh diagonal approach to beam
A	A-104BM	One foot take off, leg swing with 1/4-1/4 turn (total 180 degrees) to front support (90 degree approach to beam)
A	A-105BM	Scissors leg swing with 1/2 turn to cross straddle sit
A	A-106BM	From side stand frontways, flank over or straddle cut forward to rear support
A	A-107BM	From side stand facing beam, jump (with or without hand support) to side straddle stand or split sit (also with hand support 1/4 turn to cross split sit)
A	A-108BM	Leap to cross split sit from one foot take-off (diagonal approach to beam-support of one hand permitted)
A	A-109BM	Split leap forward with leg change to straddle split sit sideways with support on one hand
A	A-110BM	From side stand frontways, jump to tuck stand, squat or stoop through to rear support
A	A-111BM	Jump to roll forward at end or middle of beam, also from clear straddle support on end of beam, swing backward to roll forward
A	A-112BM	Chest or headstand
A	A-113BM	From side stand frontways-take off from 1 or 2 feet, back hip pullover to front support
A	A-114BM	Front walkover with hands on springboard to rear support (sit) on beam

B Mounts

B	B-101BM	Free jump with 1/2 turn in flight phase to tuck or straight stand (approach at end or diagonal to beam) Also, straddle jump onto end of beam (180 degrees)
B	B-102BM	Thief vault-take off from one leg-free leap over beam, one leg after another to rear support (90 degree approach
B	B-103BM	From side stand frontways, double leg swing with 1/2 turn to rear support
B	B-104BM	Jump with 1/2 turn to clear straddle support (90 degree approach to beam)
B	B-105BM	From side stand, squat or stoop through to clear pike support (hold 2 seconds)
B	B-106BM	Free forward roll at end of beam
B	B-107BM	Jump to chest stand 1/2 turn over shoulder to shoulder stand
B	B-108BM	From a side stand facing away from the beam, jump with a 1/2 turn to chest stand
B	B-109BM	From cross stand facing end of beam, head kip
B	B-110BM	Jump, press or swing to side or cross handstand, lower to end position touching beam or clear straddle support (also from clear straddle or clear pike support)
B	B-111BM	Jump to side planche (clear front support above horizontal (2 second hold)
B	B-112BM	Press to side handstand, with bending and then stretching of legs as a 1/4 turn is performed to land in cross handstand (Lori-hop)
B	B-113BM	Jump with extended hips to cartwheel on one or both arms or to cross handstand, lower to stand or end position touching beam (approach at end of beam)
B	B-114BM	Jump to round-off (approach at end of beam)
B	B-115BM	Handspring forward with hand repulsion from springboard to rear support, or with 1/4 turn to cross sit R or L thigh (90 degree approach to beam)
B	B-116BM	Free (aerial) walkover forward to rear support. Also with 1/4 turn to cross sit on R or L thigh (90 degree

C Mounts

C	C-101BM	Split leap forward with leg change (180 degrees) at end of beam
C	C-102BM	Two flank circles followed by leg flair (Baitova)
C	C-103BM	Round-off, straddle pike jump backward over the beam into immediate hip circle backward (90 degree approach
C	C-104BM	Free jump to cross split sit from two foot take-off (diagonal approach to beam)
C	C-105BM	Free jump with 1/2 turn to cross split sit from two foot take-off (diagonal approach to beam)
C	C-106BM	Hecht roll (extended hip angle in flight phase) Approach from end of beam or diagonal to beam
C	C-107BM	Jump to chest stand, 1/1 turn over shoulder to chest stand (Silivas)
C	C-108BM	From cross stand facing end of beam, jump to HS with hip angle (pike) to handspring frwd w/step-out
C	C-109BM	Jump, press or swing to side or cross handstand with 1/1 to 2/1 turn, lower to end position touching beam or clear straddle support
C	C-110BM	Jump to side planche (Schuschunova) also, jump, press, or, swing to cross or side handstand, lower to planche (clear front support at horizontal) or clear pike support (hold 2 seconds)
C	C-111BM	Jump or press to HS, shift weight to one arm HS (hold 2 seconds) lower to optional end position

C	C-112BM	90 degree approach to beam, jump with extended hips and 1/4 turn through a momentary handstand on one arm with immediate 1/4 turn and support on second arm to side handstand
C	C-113BM	90 degree approach to beam, round-off jump with 1/2 turn to near side handstand (Gurova)
C	C-114BM	Salto forward tucked with take-off from both legs to cross sit R or L, or landing on one leg in extended-tuck cross sit with support of hands behind hips (Poulin) approach from end or diagonal to beam
C	C-115BM	Round-off, flic-flac through handstand support on one or both arms to a cross stand on the beam-also swing down to cross straddle sit, also with tucking and stretching of legs, with support of both arms, swing down to cross straddle sit

D Mounts

D	D-101BM	Free jump with 1/1 turn in flight phase to a tuck or straight stand-take off from both legs, approach at end of or diagonal to beam
D	D-102BM	Three flying flairs (Homma)
D	D-103BM	Split leap forward with leg change (180 degree split) to cross split (no hand support) diagonal approach to beam (Whitney)
D	D-104BM	Handspring/flyspring forward with hecht phase (extended hip angle) before and after hand support on beam (approach at end of or diagonal to beam)
D	D-105BM	Jump to handspring forward with hip angle (pike) to land on two feet (Flyspring) McCool
D	D-106BM	Round-off at end of beam, flic-flac with 1/2 turn and walkover forward (Dunn)
D	D-107BM	Jump, press or swing to cross or side handstand with 1/1-2/1 turn in handstand, lower to planche or clear pike support (hold 2 seconds)
D	D-108BM	Jump or press on one arm to handstand (hold 2 seconds) (Rankin)
D	D-109BM	Jump, press or swing to cross or side handstand, shift weight to one arm (hold 2 seconds) lower to clear straddle support on one arm (Rankin, Lowing)
D	D-110BM	90 degree approach to beam, jump with extended hips and 1/2 turn in flight phase to side handstand
D	D-111BM	From rear stand (back towards beam) flic flac over beam to candle position ending in front support with or without backward hip circle
D	D-112BM	Salto forward tucked or piked to rear support, 90 degree approach to beam (the salto must be completed before simultaneously landing with grasp off hands and rear support)
D	D-113BM	Salto forward tucked, landing in cross or side stand (approach at end of beam)
D	D-114BM	Aerial walkover forward to cross stand (approach at end of beam)
D	D-115BM	Handspring forward, approach at end of beam, salto forward tucked to stand
D	D-116BM	Round-off at end of beam, flic-flac with 1/1 twist to cross stand on beam (Luconi) also into swing down to cross straddle sit (Tsavdaridou)
D	D-117BM	Round-off at end of beam, salto backward tucked, piked or stretched with step-out, to cross stand on beam

E Mounts

E	E-101BM	90 degree approach to beam, round-off, flic-flac with 1/1 twist to a hip circle bkwd (Zamolodchikova)
E	E-102BM	Salto forward piked to stand, approach at end of beam
E	E-103BM	Salto forward tucked with 1/2 turn to stand
E	E-104BM	Round-off at end of beam, Arabian salto to stand
E	E-105BM	Round-off at end of beam, salto backward stretched to cross stand on beam
E	E-106BM	Round-off at end of beam, salto backward stretched with 1/1 twist to cross stand on beam (Garrison)

Skill Set 2-Leaps/Jumps**A Leaps and Jumps**

A	A-101BL	Stag leap or stag split leap forward (take off from one leg)
A	A-102BL	Stag leap forward one leg with 1/4 turn
A	A-103BL	Stag or double stag jump in place (take off from both legs in cross position, also with 1/4 turn)
A	A-104BL	Hop with free leg extended above horizontal
A	A-105BL	Stag leap forward with leg change
A	A-106BL	Stride leap forward with change of legs to wolf position
A	A-107BL	Sissone, take off from both legs, land on one leg (legs in a diagonal position with 180 degree leg separation, front leg minimum 45 degrees)
A	A-108BK	Stretched (straight) or arch jump
A	A-109BL	Stretched jump with 1/2 turn
A	A-110BL	Flutter jump
A	A-111BL	Cat leap or Hitch kick
A	A-112BL	Cabriole (front or back)
A	A-113BL	Tuck hop or jump
A	A-114BL	Wolf jump (or hop)

B Leaps and Jumps

B	B-101BL	Split leap forward (straight leg entry, no stag; take-off from one leg)
B	B-102BL	Split or stag-split leap forward (take-off from one leg) with 1/4 turn
B	B-103BL	Split jump from cross position

B	B-104BL	Split jump 1/4 from cross position
B	B-105BL	Split jump 1/4 from side position
B	B-106BL	Stag jump (or leap) with 1/2 turn
B	B-107BL	Straddle jump from cross position
B	B-108BL	Straddle 1/4 from cross position where straddle position is presented in cross position before 1/4 turn
B	B-109BL	Straddle 1/4 from side position where the straddle shape is presented in cross position after 1/4 turn
B	B-110BL	Straddle jump to hand support with swing down to cross straddle sit
B	B-111BL	Pike jump from cross position (hips less than 90 degrees)
B	B-112BL	Stretched jump 3/4 (cross or side)
B	B-113BL	Cat leap with 1/2 turn
B	B-114BL	Tuck jump or hop 1/2
B	B-115BL	Wolf jump or hop 1/2

C Jumps and Leaps

C	C-101BL	Split or stag-split leap or split jump 1/2
C	C-102BL	Split jump in side position with both legs straight or the rear leg upward, backward (Heinrich)
C	C-103BL	Switch split jump(Sweetin)
C	C-104BL	Split 1/4 from cross position where split is presented in the side position after 1/4 turn
C	C-105BL	Leap forward (minimum 135 degree leg separation) to land on one leg with grasp of rear leg prior to landing, free leg held in vertical split (180 degrees) with hand above head, free hand optional (Dillman)
C	C-106BL	Straddle jump from side position
C	C-107BL	Straddle 1/4 from side position where straddle position is presented in side position before 1/4 turn
C	C-108BL	Straddle 1/4 from cross position where straddle position is presented in side position after 1/4 turn
C	C-109BL	Straddle jump w/1/4 turn to hand support w/swingdown to cross straddle sit or land in front side support
C	C-110BL	From a side stand, straddle jump to land in front side support, or with a hip circle backward (Furnon)
C	C-111BL	Hop with 1/2 turn, free leg extended above horizontal
C	C-112BL	Fouette hop with 1/2 turn to land in scale (free leg above horizontal)
C	C-113BL	Split leap forward with change of legs (180 degree separation after leg change, also to scale forward (hold 2 seconds)
C	C-114BL	Split leap forward with leg change and 1/4 turn, to front support, also with hip circle backward
C	C-115BL	Split leap with leg change to straddle, take off and finish in cross position (Clauson)
C	C-116BL	Pike jump from side position (hips angle less than 90 degrees)
C	C-117BL	Pike jump (Sekerova) from cross position(hip angle less than 90 degrees) with 1/2 turn
C	C-118BL	Ring jump or leap (with or without stag)
C	C-119BL	Stretched jump forward with 1/1-1 1/4 turn
C	C-120BL	Cat leap with 1/1 turn
C	C-121BL	Tuck jump (or hop) 3/4
C	C-122BL	Wolf jump (or hop) 3/4

D Leaps and Jumps

D	D-101BL	Split jump with 3/4 turn beginning in cross or side position
D	D-102BL	From side position, split jump with 1/2 turn to finish in side position
D	D-103BL	Straddle pike jump or side split jump with 1/2 turn(Borden) or 3/4 turn from a cross or side position (180 degree leg separation)
D	D-104BL	Straddle jump with 1/2-3/4 turn to hand support with swing down to cross straddle sit
D	D-105BL	Straddle jump with 1/2-3/4 turn to front side support (Companioni) or with hip circle backward
D	D-106BL	Tour jete, also with an additional 1/4 turn (180 degree leg separation) to land on one or both feet
D	D-107BL	Switch side (also with 1/4 turn)
D	D-108BL	From a side stand, take off on one foot, swing free leg forward to a minimum of 45 degrees, then swing leg backward to show 180 degree leg separation in the air (switch leg) land on one or two feet (Concannon)
D	D-109BL	Pike jump from side position with 1/2 or 3/4 turn
D	D-110BL	Sheep jump
D	D-111BL	Switch ring leap with stag entry
D	D-112BL	Stretch jump 1 1/2
D	D-113BL	Cat leap 1 1/2
D	D-114BL	Tuck jump (or hop) full
D	D-115BL	Wolf jump (or hop) full

E Jumps and Leaps

E	E-101BL	From cross stand, jump to cross split (split over 180 degrees) and backward bending (arch) of upper body
E	E-102BL	From side stand-jump to cross split (over 180 degrees) and bkwd bending (arch) of upper body (Teza)
E	E-103BL	Split jump full
E	E-104BL	Straddle full (Popa)
E	E-105BL	Straddle full to hand support with swing down to cross straddle sit
E	E-106BL	From side position, straddle jump with 1/1 turn to front side support or with hip circle backward
E	E-107BL	Tour jete 1/2 (Strug)
E	E-108BL	Switch leap 1/2 (or more)

E	E-109BL	Switch side 1/2 or 3/4
E	E-110BL	Split leap forward with leg change and backward arch bending of upper body with head release (switch leg yang bo) (Courville)
E	E-111BL	Pike jump full
E	E-112BL	Switch ring leap
E	E-113BL	From a side stand, take off on one foot, swing free leg forward to a minimum of 45 degrees then swing leg backward to show 180 degree leg separation in a double stag ring position in the air (switch leg) and land on one or two feet (Concannon)
E	E-114BL	Tuck jump (or hop) 1 1/2 (Barclay and Rosette)
E	E-115BL	Wolf jump (or hop) with 1 1/2 turn (Vitu)

Skill Set 3-Turns**A Turns**

A	A-101BT	Full turn (free leg position optional)
A	A-102BT	Full turn in knee scale-hand support alternate
A	A-103BT	1/2 turn in prone position-hand support alternate

B Turns

B	B-101BT	1 1/2 turn on one leg
B	B-102BT	Full turn on one leg, thigh of free leg backward-upward in back attitude below horizontal but at a minimum of 45 degrees throughout the turn
B	B-103BT	Full turn with heel of free leg forward below horizontal but at a minimum of 45 degrees throughout the turn, forward leg extended or bent
B	B-104BT	Full turn in tuck stand on one leg, free leg in forward horizontal, placing of free leg at end of 1/1 turn
B	B-105BT	1 1/2 turn in knee scale, hand support alternate
B	B-106BT	Full or 1 1/2 turn in prone position, alternate hand support permitted
B	B-107BT	Full turn flank circle, legs together
B	B-108BT	Full turn with hand holding leg between horizontal and 45 degrees above horizontal

C Turns

C	C-101BT	Full turn on one leg, thigh of free leg in back attitude at or above horizontal throughout the turn
C	C-102BT	Full turn with heel of free leg forward, at or above horizontal throughout the turn, forward leg extended or bent, without hand holding leg
C	C-103BT	Full turn in arabesque, free leg at or above horizontal throughout the turn
C	C-104BT	1/2 illusion turn through standing split without touching beam with free leg (brief touch of beam with one hand permitted)
C	C-105BT	1 1/2 in tuck stand on one leg, free leg in forward horizontal placing of free leg at end of 1 1/2 turn
C	C-106BT	1 3/4 turn in tuck stand on one leg, free leg in forward horizontal, placing of free leg at end of 1 1/2 turn (Ferguson)
C	C-107BT	Double turn in knee scale of which 1/1 is free

Skill Set 4-Body Waves**A Body Waves**

A	A-101BW	Body wave sidward to balance stand on both legs (2 seconds)-balance stand must be on releve
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B Body Waves

B	B-101BW	Body wave sidward to balance stand (2 seconds) on one leg-balance stand must be on releve
B	B-102BW	From kneel sit position, rise upward w/body wave thru toe-balance stand (Toe rise) (no hold required)

Skill Set 5-Stands/Holds**A Stands/Holds**

A	A-101BH	Stand on one leg (whole foot) free leg in forward or sideward hold above 90 degrees for 2 seconds (also with hand holding free leg)
A	A-102BH	Free lying w/large leg amplitude-torso position at end or side of beam (hold for 2 sec) *not an acro skill
A	A-103BH	Planche with support on one or both arms (2 second hold) *not an acro skill
A	A-104BH	Cross or side handstand with 2 sec hold (also with 1/2 turn) (no hold required on turning handstands)
A	A-105BH	Backward scale with leg at horizontal or above

B Stands/Holds

B	B-101BH	Balance stand on one foot, free leg in sideward upward hold above 140 degrees (hold for 2 seconds)-also with hand holding free leg
B	B-102BH	Clear pike or straddle 'V' support (hold 2 seconds) *not an acro skill
B	B-103BH	From side front support, cast to handstand or from kick-up to handstand with large arch span in cross or side position (also piked with one leg vertical, other leg bent) (hold 2 seconds)
B	B-104BH	Kick to cross handstand - various leg positions with 1/1 turn-no hold required-ending position optional
B	B-105BH	Jump to cross or side handstand (hold 2 seconds)

C Stands/Holds

C	C-101BH	Handstand from any entry-lower to cross or side planche (hold 2 seconds)
C	C-102BH	Cross or side handstand with horizontal leg hold-reverse planche in different variations (hold 2 sec)
C	C-103BH	Backwalkover in cross position to handstand on one arm (hold 2 seconds)
C	C-104BH	Side handstand (hold 2 seconds) release one hand with swing down sidward (flank) to side sit back lying or other end position (Hand-Li)
C	C-105BH	One arm handstand from cross or side (hold 2 seconds)
C	C-106BH	From side stand, jump with 1/2 turn to chest stand (with legs straddled) in side position (Kmieciak)

D Stands/Holds

D	D-101BH	Walkover backward in side position to handstand-shift weight to handstand on one arm (hold 2 seconds) also with planche on one arm (hold 2 seconds) (Shaposhnikova)
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E Stands/Holds-none**Skill Set 6-Rolls****A Rolls**

A	A-101BR	Forward roll (start and finish positions optional)
A	A-102BR	Forward roll from backward swing (whip forward roll)
A	A-103BR	Shoulder roll forward with hand support
A	A-104BR	Backward roll (start and finish positions optional)
A	A-105BR	Shoulder roll backward

B-Rolls

B	B-101BR	Dive roll
B	B-102BR	Shoulder roll forward with with hand support and extension of body through vertical to arrive in a tuck stand or stand (Garrison roll with hand support)
B	B-103BR	Forward roll without hand support
B	B-104BR	Kick, swing to cross handstand-roll forward with or without hand support
B	B-105BR	Back extension roll
B	B-106BR	Roll sideward, body tucked or stretched
B	B-107BR	Roll sideward stretched through neckstand, also with 1/2 turn over shoulder
B	B-108BR	Roll sideward stretched with legs together or separated-end position optional

C Rolls

C	C-101BR	Free shoulder roll forward with straightening to tuck stand without hand support (Garrison)
C	C-102BR	Free backward shoulder roll (backward Garrison roll) (Kreifels)
C	C-103BR	Neck roll stretched with full turn or 1 1/2 turn

D Rolls-none**E Rolls-none****Skill Set 7-Cartwheel/Walkover Variations****A Cartwheel/Walkover**

A	A-101BC	Walkover forward to bridge full turn on one foot (one hand support to sit)
A	A-102BC	Cartwheel (includes one arm and bending arms to pass through support on chest)
A	A-103BC	Back walkover (also with support of one arm or with alternate hand support) (Tinsica)
A	A-104BC	Back walkover to bridge full turn on one foot (one hand support) to sit
A	A-105BC	Tic Toc
A	A-106BC	From back lying position, push up to bridge (support on head and/or hands), kickover backward
A	A-107BC	Back walkover with 1/2 turn in handstand

B Walkovers/Cartwheels

B	B-101BC	From clear straddle support-swing backward to handstand-walkover forward
B	B-102BC	Front walkover
B	B-103BC	One arm front walkover
B	B-104BC	Front walkover with alternate hand support (Tinsica)
B	B-105BC	Handspring frwd w/flight before or after support of hands, also w/alternate hand support (Tinsica spring)
B	B-106BC	Round off
B	B-107BC	Back walkover-lower to clear straddle support
B	B-108BC	From extended tuck sit-walkover backward (Valdez) also with support on one arm
B	B-109BC	Valdez with 1/2 turn in handstand
B	B-110BC	Frt or bk walkover with 1/2 turn in handstand and continuous movement to walkover frwd or frwd roll
B	B-111BC	Back handspring step out
B	B-112BC	Back handspring with two foot landing
B	B-113BC	Gainer back handspring
B	B-114BC	All back handspring variations with high flight phase, and swing down to cross straddle sit (Korbut)
B	B-115BC	Dive cartwheel

C Walkovers/Cartwheels

C	C-101BC	Front walkover in side position to side stand
C	C-102BC	Handspring forward with leg change in flight phase
C	C-103BC	Handspring forward with support on one arm
C	C-104BC	Back walkover in side position to stand
C	C-105BC	Back walkover with stoop through of one leg to cross split sit
C	C-106BC	From extended tuck sit-back walkover with 1/1 turn-1/2 turn in handstand on one arm second 1/2 turn with late support of second arm (Diamidov)
C	C-107BC	From extended tuck sit-"valdez" swing over backward through horizontal plane with support on one arm (Garrison)
C	C-108BC	All walkovers forward, backward, or cartwheels with 1/1 to 2/1 turn in handstand
C	C-109BC	Back handspring step out, with support on one arm or back handspring with 1/2 twist after hand support
C	C-110BC	Back handspring from side position to front support or with hip circle backward
C	C-111BC	Back handspring with support on one arm with legs together, landing on both legs in stand
C	C-112BC	Back handspring with 1/4 twist to side handstand (no hold required)
C	C-113BC	Gainer back handspring with support on one arm
C	C-114BC	Bk handspring with tuck and stretch of hips in flight phase w/swingdown to cross straddle sit (Chen Flic)
C	C-115BC	Bk handspring with pike and stretch (Rueda) of hips in flight phase w/swingdown to cross straddle sit
C	C-116BC	Gainer bk handspring with pike and stretch of hips in flight phase w/swing down to cross straddle sit

D Walkovers/Cartwheels

D	D-101BC	Free walkover forward (Aerial walkover)
D	D-102BC	From a stand on one leg, swing free leg through to aerial walkover forward (George) (also to land in sit/kneel (Stevens)
D	D-103BC	Aerial cartwheel, also from stand on one leg-swing free leg through backward
D	D-104BC	Aerial cartwheel landing in side position
D	D-105BC	Aerial cartwheel with additional 1/4 turn out (Perry)
D	D-106BC	Aerial cartwheel from a kneeling position (Clore)
D	D-107BC	Aerial cartwheel, swing back (free leg forward-upward to stand on one foot with leg held above 140 degrees with the hand (Marinez)
D	D-108BC	Aerial round-off, landing on both legs, also from stand on one leg swing free leg through bkwd (Burgess)
D	D-109BC	Press to side handstand, front walkover to side stand on both legs
D	D-110BC	Back handspring with step-out from side position (Tousek)
D	D-111BC	Jump from side position with 1/2 twist to side handstand (Kolesnikova)
D	D-112BC	Back handspring with 3/4 twist to side handstand to immediate 1/1 pirouette (must be continuous) lower to front support (also to optional end position) (Fortunato)
D	D-113BC	Back handspring with full twisting-swing down to cross straddle sit (Rulfova-flic)

E Walkovers/Cartwheels

E	E-101BC	Jump backward (back handspring take off) with 1/2 twist to front walkover (Onodi)
E	E-102BC	Aerial frt walkover passing free leg bkwd to finish in a scale (hold 2 sec with leg horizontal or above)
E	E-103BC	Aerial front walkover to land on two feet (Davidson)
E	E-104BC	Butterfly
E	E-105BC	Aerial cartwheel across the width of the beam
E	E-106BC	Aerial cartwheel with switch of legs (take off and land on same leg) (Baudhuin)
E	E-107BC	Aerial cartwheel to immediate scale w/back leg maintained at a minimum of horizontal for 2 sec (Peko)
E	E-108BC	Back handspring from side position with 1/1 twist to hip circle backward (Teza)
E	E-109BC	Gainer back handspring with full twist before hand support (Khorkina)

Skill Set 8-Saltos**A Saltos-NONE****B-Saltos-NONE****C Saltos**

C	C-101BS	From 1 or 2 foot (Puolin) take-off, frt tuck salto to extended tuck sit w/hand support (also w/o hand support)
C	C-102BS	From straddle sit, cast/whip to frt salto in straddle position to land on hands in a cross straddle sit (Kivisto)
C	C-103BS	Back tuck to stand or to scale forward (2 second hold)
C	C-104BS	Back tuck with step-out and 1/4 turn to land in side stand (DeVries)
C	C-105BS	Back pike or back layout stepout
C	C-106BS	salto, then pull down to the front of the thighs and return to high position to reach for the beam for swing down phase)
C	C-107BS	Gainer back tuck or pike

D Saltos

D	D-101BS	Front tuck to cross or side stand
D	D-102BS	Front tuck with take-off from one leg to stand or land on one knee and one foot simultaneously (Hawthorne) (also from a stand on one leg, swing free leg through backward to front salto tucked) (Rowe)

D	D-103BS	Salto sideward tucked or piked, take off forward or sideward from one leg to side stand (also from stand on one leg, swing free leg through to salto sideward) tucked or piked (George)
D	D-104BS	Back tuck in side position
D	D-105BS	From a cross stand, back tuck with 1/4 turn to land sideways on beam (Rosette)
D	D-106BS	From a stand on two feet, back layout with step-out to finish in a scale (leg held at horizontal or above for 2 seconds) (Edlin)
D	D-107BS	Gainer back layout with stepout, also with leg change in flight

E Saltos

E	E-101BS	Front tuck with take-off from one leg to stand on one leg, passing free leg backward to finish in a scale (leg horizontal or above with 2 second hold)
E	E-102BS	Front pike (one or two foot take off from cross or side stand)
E	E-103BS	Front tuck 1/2, take off from both legs (Grigoras)
E	E-104BS	Tucked Arabian salto
E	E-105BS	Salto forward piked, take off from one leg, with 1/4 turn to land in side stand on two feet (Oswalt)
E	E-106BS	Back layout with legs together
E	E-107BS	Full twisting back tuck to stand (Schischova)
E	E-108BS	Full twisting back layout to stand
E	E-109BS	Jump forward with 1/2 twist-back pike (Produnova)

Skill Set 9-Dismounts**A Dismounts**

A	A-101BD	Front handspring, also with 1/2 twist after hand support
A	A-102BD	Aerial front walkover, also with 1/2 twist from side or end of beam
A	A-103BD	Aerial round off
A	A-104BD	Cartwheel with 1/4 twist after hand support to cross stand at end of beam
A	A-105BD	Cartwheel with 3/4 twist after hand support to carross stand at end of beam
A	A-106BD	Front tuck or pike (also with 1/2 twist)
A	A-107BD	From one foot (swing through) or 2 foot take off, back tuck, pike or layout
A	A-108BD	From stand on one leg, swing free leg through to gainer tuck, pike, or layout to side of beam (also tucked or piked with 1/2 twist)

B Dismounts

B	B-101BD	Front handspring with full twist after hand support
B	B-102BD	Aerial front walkover with full twist at side or end of beam
B	B-103BD	From stand on one leg-swing free leg bkwd to frt tuck with full twist off side or end of beam (Mabrey)
B	B-104BD	Cartwheel with 1 1/4 twist after hand support to cross stand at end of beam
B	B-105BD	Cartwheel with 1 3/4 twist after hand support to cross stand at end of beam
B	B-106BD	Front layout off the side or end of beam (also with 1/2 twist)
B	B-107BD	From a stand on one leg, swing free leg through backward to perform a front layout with 1/2 twist off the side of the beam
B	B-108BD	Tucked or piked Arabian (jump backward, 1/2 twist, salto forward)
B	B-109BD	Back tuck, pike or layout with 1/2 or full twist
B	B-110BD	Gainer back layout with 1/2 twist to side of beam
B	B-111BD	Gainer tucked full to side of beam
B	B-112BD	Gainer back tuck, at end of beam
B	B-113BD	Stretched jump forward with 1/2 twist to back tuck or pike

C Dismounts

C	C-101BD	Front handspring with 1 1/2 twist after hand support
C	C-102BD	Aerial front walkover with 1 1/2 twist off the side or end
C	C-103BD	From stand on one leg swing free leg backward to a front tuck with 1 1/2 twist off the side or end of the beam (Jawarowicz)
C	C-104BD	Cartwheel with 1/4 turn on the hands and repulsion to back tuck (Lawson) or pike (Keck) at the end of the beam (Tsukahara tucked/piked)
C	C-105BD	Front tuck or layout with 1/1-1 1/2 twist (take off only from both legs)
C	C-106BD	Back tuck, pike, or layout with 1 1/2-2/1 twist
C	C-107BD	Gainer layout with full twist to side of beam (also with 1 1/2 twist)
C	C-108BD	Gainer back tuck with 1 1/2 twist to side of beam
C	C-109BD	Gainer back pike, at end of beam
C	C-110BD	Stretched jump forward with 1/2 twist to back layout (take off from both legs)

D Dismounts

D	D-101BD	Aerial front walkover with 2/1 twist off the side or end of beam (Muhr)
D	D-102BD	Front layout with 2/1 twist (take off only from both legs) (Araujo)
D	D-103BD	Stretched jump forward with full twist and a front tuck, pike or layout
D	D-104BD	Gainer back layout with 2/1 twist to side of beam

- D D-105BD Gainer back layout with 2 1/2 twist to side of beam (Khorkina)
- D D-106BD Gainer layout with legs together at end of beam
- D D-107BD Gainer pike full at end of beam-facing out (Rinaldo)

E Dismounts

- E E-101BD Aerial front walkover with 2/1 twist off the side or end of beam (Muhr)
- E E-102BD Tucked double front
- E E-103BD Tucked double Arabian (Patterson)
- E E-104BD Back layout with 2 1/2 twist
- E E-105BD Triple full (layout)
- E E-106BD Double back (tuck or pike)
- E E-107BD Tucked full in
- E E-108BD Gainer back layout with 3/1 twist to side of beam
- E E-109BD Gainer layout full at the end of the beam
- E E-110BD Gainer back tuck with 2/1 twist at end of beam (Wolf)