

AmeriKids ☆ BALANCE BEAM ☆ Skill Values

	Mounts	Leaps, Jumps, Hops	Turns & Rolls
A	<p>Free leap/jump, also to scale Stride leap ½ turn to front support Scissors leap to sit Flank over to rear support Straddle cut forward to rear support Jump to split sit or side straddle stand Jump ¼ turn to cross split sit Leap to cross split sit, hand support Jump to tuck stand, squat, stoop thru <u>Jump or swing thru to forward roll</u></p>	<p>Split leap or stag leap, stag with ¼ turn Hop free leg above horizontal Stag leap forward with leg change Stride leap forward witch legs to wolf <u>Sissone, take off both legs</u> Stretch jump, with change of leg or ½ <u>Cat leap or hitch kick</u> Tuck jump Wolf hop or jump in cross or side</p>	<p>1/1 turn on one leg 1/1 turn in knee scale with hand support Half turn (½) in prone position with hand support</p> <p><u>Forward roll or swing to forward roll</u> Shoulder roll forward with hand support Back roll or shoulder roll backwards Back roll or shoulder roll to foot/feet/knee(s)</p>
B	<p>Free jump - ½ turn or straddle to stand Free leap vault over beam to sit-one leg at a time Side stand front double leg swing ½ rear support Jump - 1/w turn - clear straddle support Squat/stood thru to clear pike (2 seconds) Free forward roll at end of beam Jump to chest stand - ½ turn Jump to ½ turn to chest stand Head kip Jump/press/swing to HS also with ½ Jump bent hip to side planche - 2 seconds Press HS - hop - ¼ turn (Lori hop) Jump cartwheel with hecht to HS - also 1 arm Jump with hecht to round-off at end of beam Handspring with hands off board to sit From side - front aerial to sit</p>	<p>Split or stag leap/jump with ¼ turn Split jump in place with 2 legs Straddle pike/side split jump in cross Pike jump (90°) cross position Stretch jump ¾ from cross or side Cat leap ½ turn Wolf hop or jump with ½ (cross or side)</p>	<p>1½ turn on one leg 1/1 turn on one leg, free leg bkwd upward 45° 1/1 turn w/ heel at 45°, fwd leg extended 1¼ turn in knee scale (alternate hand) 1/1 tuck stand, free leg horizontal and forward 1/1-1½ in prone (alternate hands) 1/1 turn flank circle, legs together</p> <p>Dive roll Fwd shoulder roll with body extended with hands Free forward roll - no hands HS forward roll or HS free forward roll Swing up to HS forward roll Back extension roll to HS Side roll tuck or stretch, side split roll Stretch side (neck) roll - also with ½ turn</p>
C	<p>Free switch or straddle (180°) to end 2 circles follow with leg flair Round-off straddle over backward into hip circle Free jump to cross split Free jump ½ to cross split Hecht roll on Jump chest stand with 1/1 turn Jump to pike front handspring step out Jump/press/swing HS with 1/1 or 2/1 turn Stretch jump to planche Jump/Press/Swing to HS-½ turn planche or clear pike Jump or press HS to 1 arm handstand Round-off in front - jump ½ to rear side HS Jump ¼ 1 arm HS continue ¼ HS Salto forward to cross sit End-Round-off BHS tuck/stretch - swing to sit End-Round-off BHS on to stand or straddle sit</p>	<p>Split/stag leap or jump - ½ turn Split in side back leg bent Split in side - legs straight Straddle pikein side, also with ¼ Schuschunova, also with ¼ or back hip circle Hop ½ with leg above horizontal Fouette hop ½ to scale - legs above horizontal Switch leap, or to scale (2 seconds) Switch ¼ front support or hip circle Switch to straddle Pike jump 90° side Pike jump 90° from cross with ½ Ring or stag ring leap/jump (head height) Jump 1/1 - 1¼ Cat leap 1/1 Tuck jump ¾ Wolf hop/jump ¾, also to front support</p>	<p>1/1 thigh above horizontal, bkwd and upward 1/1 with leg horizontal and forward, also with hand 1/1 turn in arabesque - leg above horizontal ½ illusion turn - quick 1 hand touch allowed 2/1 turn in knee stand 1¼ on back in kip position One leg circle with flair</p> <p>Free forward shoulder roll Free backward shoulder roll Stretch side (neck) roll with 1/1 or 1 ½</p>

Skills in *italics and underlined* may be used as “B” skills in intermediate and advanced optionals for Amerikids competitions

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	Waves, Holds, Stands	Walkover/Cartwheel Saltos	Dismounts
A	<p>Forward body wave to 2 legs Backward body wave to 2 legs Side body wave to 2 legs</p> <p>Forward scale - hold 2 seconds Needle scale - hold 2 seconds Free lying pose with large leg separation <u>Planche on 1 or both arms (2 sec)</u> Kick to side or cross HS, also w/ ½</p>	<p>Front WO to bridge, 1/1 on 1 foot to sit Cartwheel; 2 arms, 1 arm or bent arms BWO, 2 arms, 1 arm, tinsica, down to cross sit BWO bridge, 1/1 on 1 foot to sit Tic-Toc <u>Back WO ½ turn - lower to beam</u></p>	<p>Front handspring, also with ½ twist</p>
B	<p>Forward body wave - 1 leg balance (2 sec) Needle scale - hold 2 seconds Forward or side scale above 90° (foot)</p> <p>Front scale on tie - hold 2 seconds Side scale toe (140°) - hold 2 seconds Clear pike V (sit) support hold - 2 seconds HS in cross position with large arch - 2 seconds HS in cross pos. w/ one leg vert., other bent- 2 secs Kick to cross HS with 1/1 pirouette Jump to chest stand, or side/cross HS</p>	<p>Front Walk over; 2 arms, 1 arm or tinsica Clear straddle swing to HS front WO Front handspring or tinsica spring Dive cartwheel or round-off Scale forward, 1.2 turn to BWO BWO - clear straddle support or splits Valdez, also with ½ turn in HS and 1 arm WO front and back ½ turn to front WO Back handspring step out, 2 feet Gainer Back handspring BHS with high flight phase, swing down to straddle</p>	<p>Front handspring - 1/1 turn Front aerial - 1/1 turn at side or end 1 leg-front aerial 1/1 off side tuck/stretch Cartwheel ¼ or 1¾ Front layout, also with ½ twist Arabian tucked or piked Back salto tuck/pike/stretch, also with ½ twist Back salto 1/1 tucked or stretched Gainer tucked with 1.1 from side Gainer stretched to side with ½ turn Gainer salto tuck at end of beam Jump ½ turn to back tuck or pike Front aerial, or with ½ turn, or barani Cartwheel with ¼ or ¾ to cross stand Front salto tuck, pike or with ½ twist Gainer tuck/pike to side, also with ½ Gainer stretched to side</p>
C	<p>Front scale on toe - hold 2 seconds Side scale toe (140°) - 2 seconds Clear pike V-support - 2 seconds HS with overhang, also 1 bent leg Kick to cross HS with 1/1 pirouette Jump to chest/stand or side/cross HS</p> <p>Back scale on toe - hold 2 seconds HS BWO or cartwheel to planche Reverse planche Side HS - swing down to flank side sit 1 arm side or cross HS Side stand, jump w/ ½ to arrive in chest stand</p>	<p>Front walkover in side to side stand Front HSP with leg change or 1 arm Aerial cartwheel Back Walkover in side to side stand Back WO stoop thru to cross split sit Valdez thru horizontal plane 1 arm Valdez 1/1 turn Cartwheel Front/Back WO with 1/1 or 2/1 in HS 1 arm BHS step-out or BHS with ½ or 1/1 turn BHS in side to front support or with hip circle 1 arm BHS to 2 feet BHS ¼ turn to side HS 1-arm gainer BHS BHS tuck stretch swing down to straddle sit BHS pike stretch swing down to straddle sit Gainer BHS to swing down to straddle sit</p> <p>Front tuck 1 or 2 legs to extended-tuck sit Whip front salto to straddle sit Back tuck/pike, also to scale (2 seconds) Back layout swing down to cross straddle sit Back layout step out Gainer back tuck</p>	<p>Front handspring - 1½ twist Front aerial - 1½ from side or end Front salto tuck w 1½ on the end or side Tsuk tucked or piked Front salto tuck or stretch 1/1 - 2 foot takeoff Front salto tuck or stretch 1½ - 2 foot takeoff Back salto tuck/pike/stretch - 1½ or 2/1 twist Gainer stretch with 1/1- 1½ to side Gainer tuck - 1/1 at end Jump ½ back layout - 2 foot takeoff</p>

