

# 2022 TOPS TESTING BEAM

- Physical Abilities will be done via Zoom from September - November 2022
- Skills testing will take place at invitational competitions, Elite national Qualifiers, and selected Nastia Liukin Cup qualifiers across the country. Each state will have the opportunity to host a TOPS qualifier at an invitational competition in their state. The process to determine the invitational will be the responsibility of the State Administrative Committee (SAC).
- No AWARDS for TOPS competitions.
- There is no longer testing for SEVEN (7) year old gymnasts.
- The figures are a GUIDELINE to assist with learning the routines.
- General Faults and Penalties are listed at the end of this document.
- Coaches are allowed to stand near the gymnast (without blocking the view of the tester).
- The figures are a GUIDELINE to assist with learning the routines. There is flexibility within the text of the routines to allow for choices. NOT ALL of the choices are shown in the pictures. 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.
- Additional matting is recommended.
- **ONLY MAJOR ELEMENTS ARE CAPITALIZED TEXT.** All other headings are connections.
- In order to accommodate the performance, the gymnast is allowed to start anywhere on the beam.
- All creative choreography movements should be fluid containing one (1) to three (3) movements. Exception: the sideward sequence must be three (3) traveling movements.
- ONLY one (1) 8” mat may be placed under the high beam.
- 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 shoulders pressed down.
  - Straight with the arms pressed back and out sideward in a diagonal line with the rib cage flat and shoulders pressed down.
- Whenever side-middle position arms are indicated, arms may be:
  - Directly side of the shoulders with the rib cage flat and shoulders pressed down.
  - Slightly above or below and pressed back behind the shoulders with the rib cage flat and shoulders pressed down.
- Whenever sideward-diagonally-upward position arms are indicated, arms may be:
  - Directly side of the shoulders with the rib cage flat and shoulders pressed down.
  - Arms pressed back behind the shoulders with the rib cage flat and shoulders pressed down.
  - Slightly above or below and pressed back behind the shoulders with the rib cage flat and shoulders 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 routine may be reversed in its entirety; however, no single element may be reversed, unless indicated by an asterisk (\*).

# **EIGHT (8) YEARS OLD TESTING ROUTINE**

**Mount onto a High beam:** The gymnast's mounting position on the beam is optional. Space the mount to have the ½ TURN before the FRONT WALKOVER placed close to the end of the beam.

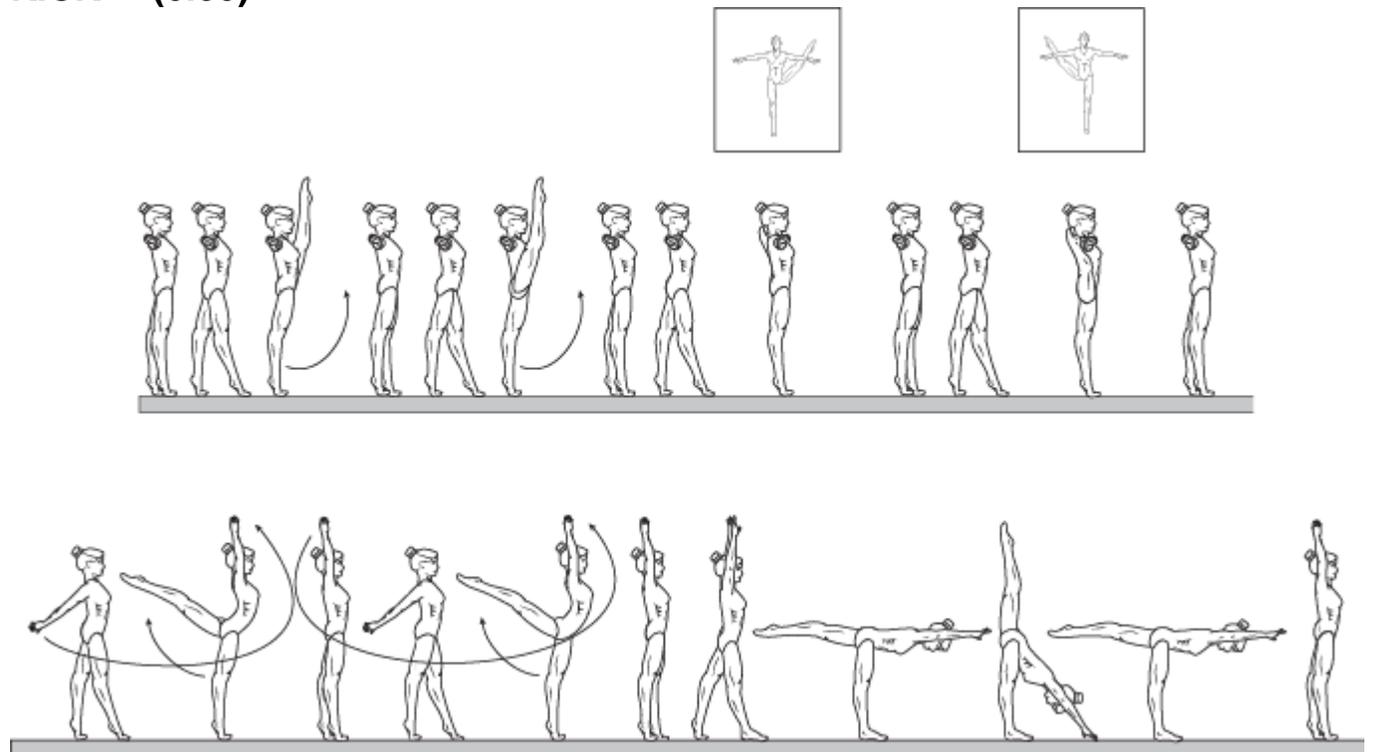
## **1. Mount, Optional Artistic Movement Sequence, Relevé Lock Stand (0.10)**

At the completion of the gymnast's optional mount, perform a combination of artistic movements close to the beam with a body part of the torso touching the beam. An element is not required. Without performing any type of pivot turns, the gymnast is allowed to step backward in relevé to finish in a relevé lock stand at the end of the beam with the Right foot in front of the Left foot.

**ARMS:** Optional during the artistic movement sequence. Side-middle in the Relevé Lock Stand.

<u>0.10</u>	Failure to touch a part of the torso to the beam
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## **2. (\*) LEG KICKS: FORWARD, SIDEWARD, BACKWARD, NEEDLE KICK (0.80)**



All kicks should be ballistic, dynamically kicking both up and down. Step forward onto a straight Right leg in relevé.

Swing the Left leg forward to a minimum of shoulder height. When the **LEG KICK FORWARD** reaches its highest point, pull the Left leg down quickly and return to a lock stand with the Left foot in front of the Right foot. Step forward Left and repeat the **LEG KICK FORWARD** with the Right leg finishing in a relevé lock stand with the Right foot in front of the Left foot. Both legs remain straight with the hips squared throughout.

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

Step forward onto a straight Right leg in relevé.

Swing 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 lock stand with the Left foot in front of the Right foot. Step forward Left and repeat the **LEG KICK SIDEWARD** with the Right leg finishing in a relevé lock stand with the Right foot in front of the Left foot. Both legs remain straight with the hips squared throughout.

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

Step forward onto a straight Right leg in relevé.

**ARMS:** Begin circling both arms backward-downward to low.

Swing the Left leg backward to a minimum of shoulder height. When the **LEG KICK BACKWARD** 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.

**ARMS:** Continue circling both arms forward-upward to high.

Step forward Left and repeat the **LEG KICK BACKWARD** with the Right leg finishing in a relevé lock stand with the Left foot in front of the Right foot. Both legs remain straight with the hips squared throughout.

**ARMS:** Repeat the circling action by moving both arms backward-downward-forward-upward to crown.

Step forward onto a straight Right leg (not in relevé).

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 Left foot in front of the Right foot.

**ARMS:** Remain in high.

<b>LEG KICKS: FORWARD, SIDEWARD, BACKWARD, NEEDLE KICK (0.80)</b>
<b>The deduction for each “direction of kicks” is up to 0.20 from the deductions listed below.</b>
<i><b>i.e. 2 sideward kicks...both performed with flat feet, poor posture, insufficient height, etc. (Maximum deduction is <u>0.20</u>)</b></i>
Insufficient Dynamics on Kicks
Insufficient alignment on Kicks (i.e. Sideward kicks performed too forward)

Failure to kick in relevé

Bent legs

Poor footwork

Incorrect Posture with extended arms

Insufficient height on kicks (shoulder height required)

*If reversing the **SISSONNE and SPLIT JUMP**, step forward with the Left foot and close the Right foot behind the Left foot.*

### 3. (\*) **SISSONNE (180°) (0.40), SPLIT JUMP (180°) (0.40)**



Demi-plié both legs with flat hips.

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

Extend both legs through the hips, knees, ankles, and toes to execute a **SISSONNE**, showing a minimum of **180°** diagonal leg separation with the Right leg extended forward and the Left leg extended backward. Land on Right leg in demi-plié, with the Left leg extended backward and turned out in a low arabesque position.

**ARMS:** Lift both arms sideward-upward to side-middle.

Close the Left foot in front of OR behind the Right foot with legs slightly bent or in demi-plié.

**ARMS:** Lower sideward-downward or circle both arms 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 jumps.

Extend both legs to finish in a straight stand.

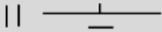
**ARMS:** Lift both arms sideward-upward to high.

	<b>SISSONNE</b> (0.40)	Up to 0.30	Bent legs
		Up to 0.10	Poor footwork
		Up to 0.20	Incorrect Posture with extended arms
		Up to 0.20	Insufficient split (180° required)
		<u>0.10</u>	Split not on the diagonal line
		<u>0.30</u>	Reversing the order of the JUMPS

The emphasis is on good height and posture in both jumps.

Insufficient continuity between SISSONNE and SPLIT JUMP	<u>Up to 0.20</u>
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Connection broken between SISSONNE and SPLIT JUMP	<u>0.20</u>
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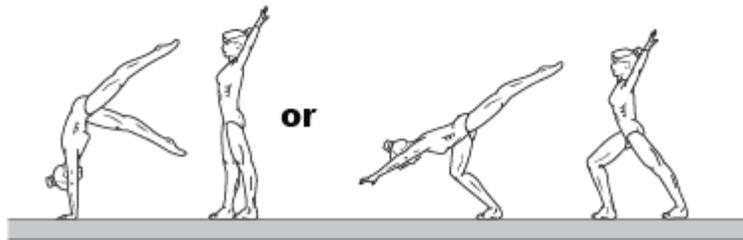
	<b>SPLIT JUMP</b> (180°) (0.40)	Up to 0.20	Insufficient height
		Up to 0.30	Legs bent
		Up to 0.20	Incorrect Posture with extended arms
		Up to 0.20	Insufficient split (180° required)
		<u>0.10</u>	Split not on the horizontal line

#### 4. Artistic Movements to prepare for the CROSS HANDSTAND (There is no illustration for this sequence of movements.)

Immediately pass through the low arabesque position to step and create a sequence of approximately one (1) to three (3) forward or backward movements to create enough space to prepare for the CROSS HANDSTAND.

*If reversing the **CROSS HANDSTAND**, point the Left foot forward.*

**5. (\*) CROSS HANDSTAND (0.40), FLIC-FLAC (0.60)**



Point the Right foot forward.

**ARMS:** High

Transfer the weight onto the Right foot to execute “mountain climber entrance” (figure 2) on the Right leg.

Reach forward to grasp the beam, placing the hands side-by-side with the thumbs on top of the beam. Push off the beam with both legs to arrive in a **CROSS HANDSTAND** with legs together or slightly separated, squared hips, arms straight, shoulders open and extended and focus on the hands.

Step down out of the **CROSS HANDSTAND** on a straight (or slightly bent) Right leg and close the Left behind the Right foot. Immediately jump to execute a **FLIC-FLAC**.

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

**ARMS:** Remain in high throughout and as the step down occurs.

!	(*) CROSS HANDSTAND (0.40)	<u>0.10</u>	Failure to close (join) legs (side by side)
		<u>0.10</u>	Incorrect (staggered) hand placement
		Up to 0.30	Failure to attain vertical
		Up to 0.10	Failure to hold one second

<u>0.30</u>	Failure to connect the CROSS HANDSTAND and FLIC-FLAC Series
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	(*) FLIC-FLAC STEP-OUT (0.60)	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)

If the **CROSS HANDSTAND** was reversed, simply return to the text.

## 6. Optional Choreography Movements *(There are no illustrations for this.)*

At the completion of the **FLIC-FLAC**, perform an artistic sequence of approximately one (1) to three (3) backward movements towards the end of the beam (no turns allowed) to finish in a pose standing on a flat Left foot with the Right foot pointed in front on the beam.

**ARMS:** Optional during the movements. Sideward-diagonally-upward on the final pose.

*If reversing the **SWITCH LEAP**, take two (2) steps into the leap.*

## 7. (\*) SWITCH LEAP (0.60)



Step forward Right with an open hip angle and a straight back. 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 extended arms and legs.

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

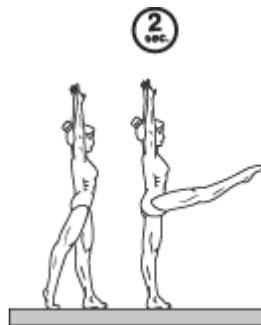
SWITCH LEG LEAP	Up to 0.10	Bending the lead (front) leg on take-off
	Up to 0.20	Insufficient height
	Up to 0.30	Legs bent

	(180°) (0.60)	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)

If the **SWITCH LEAP** was reversed, step forward Right, then Left to return to the text.

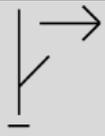
If reversing the **HORIZONTAL LEG BALANCE**, step forward Right and lift the Left foot.

### 8. (\*) HORIZONTAL LEG BALANCE (0.20)



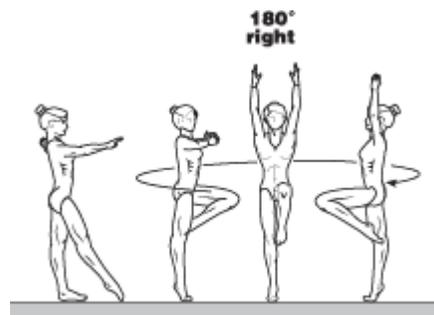
Step forward onto a straight Left leg (flat). Lift the Right leg forward to a minimum of **HORIZONTAL**. If the gymnast steps flat, press to relevé. Hold Two (2) seconds in relevé.

**ARMS:** Remain high.

	HORIZONTAL LEG BALANCE (0.20)	Up to 0.20	Incorrect Posture
		Up to 0.10	Insufficient height of Leg in Balance
		Up to 0.20	Failure to hold two (2) seconds

If reversing the **1/2 (180°) TURN**, step forward Right, then Left.

### 9. (\*) 1/2 (180°) TURN (0.40) (Optional leg position)



Step forward Right on the beam to prepare for the **1/2 (180°) TURN**. The preparation is optional.

**ARMS:** Optional for the preparation.

Transfer the weight onto the Right foot. Execute a **1/2 (180°) TURN** to the Right in relevé, using an optional leg position. Mark the turn position in relevé at the completion of the **1/2 (180°) TURN**. The heel is allowed to lower to the beam after marking the position.

**Arms:** During the **1/2 (180°) TURN**, the arms are in high. The pathway to move the arms from the preparation to high is optional.

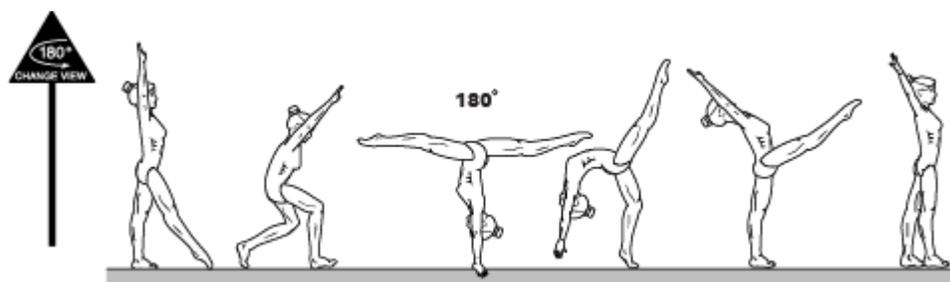
The exit of the **1/2 (180°) TURN** is optional.

**Arms:** Remain in high.

	(*) ½ (180°) TURN (0.40)	<u>0.10</u>	Leg position not precise
		<u>0.30</u>	Use of heel-snap turn technique

*If reversing the **FRONT WALKOVER/FRONT HANDSPRING**, point the Left foot forward.*

### 10a. (\*) FRONT WALKOVER (180°) (0.60)



Point the Right foot forward. Transfer the weight onto the Right foot to execute a or “mountain climber entrance” (figure 2) on the Right leg. Reach down to place the hands, side-by-side, on the beam.

Push off the beam with both legs 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.

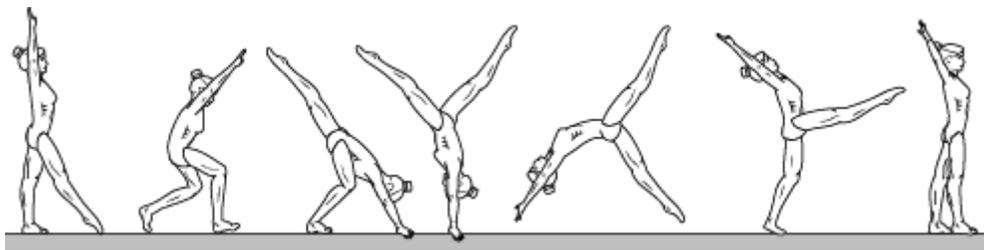
Press the Left hip and thigh forward, push from the hands and stand up to close the Right foot in front of the Left foot both with both feet parallel to execute a **FRONT WALKOVER**.

**ARMS:** Maintain high throughout the element and on the finish.

**FOCUS:** Maintain focus on the hands until the second foot makes contact with the beam, then focus forward.

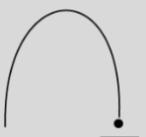
	(*) FRONT WALKOVER (180°) (0.60)	0.10	Incorrect (staggered or alternate) hand placement
		Up to 0.20	Insufficient split (less than 180°)

### 10b. (\*) FRONT HANDSPRING STEP - OUT (0.60)



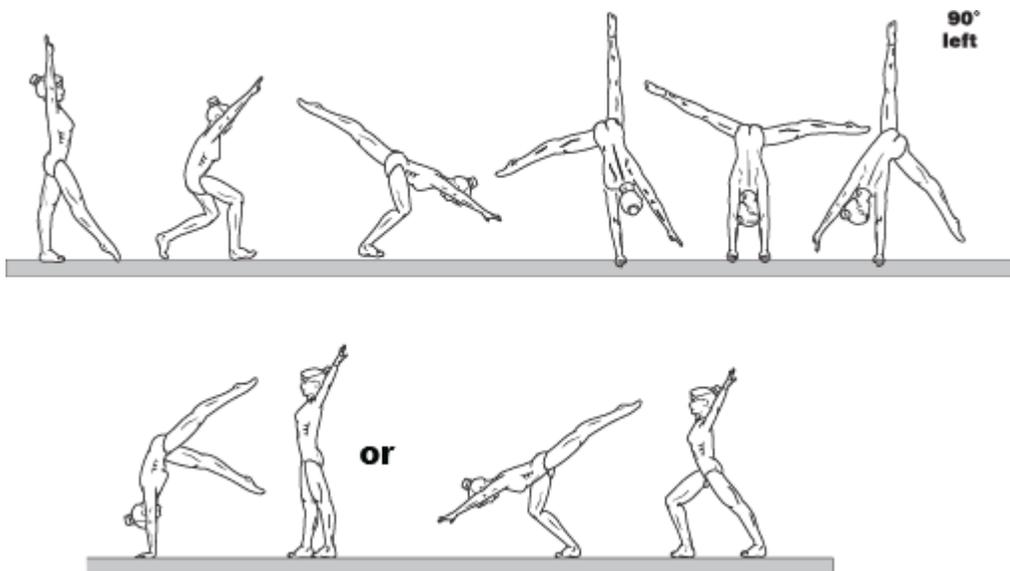
Point the Right foot forward. Transfer the weight onto the Right foot to execute a “mountain climber entrance” (figure 2) on the Right leg. Reach both hands forward and place them on the beam, while kicking the Left leg backward-upward overhead. As the hands contact the beam, forcefully extend through 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.

	(*) FRONT HANDSPRING STEP- OUT (0.60)	Up to 0.30	Legs bent
		Up to 0.20	Insufficient dynamics
		Up to 0.20	Incorrect posture (straight arms with open shoulder angle)

*If reversing the **CARTWHEEL**, point the Left foot on the beam.*

## 11. (\*) CARTWHEEL (0.60)



Point the Right foot forward on the beam.

**ARMS:** Remain in high.

Step forward transferring the weight onto the Right foot to execute a “mountain climber entrance” (figure 3) on the Right leg with square hips.

Maintaining an open hip angle throughout, kick the Left leg backward-upward overhead, while reaching down to place the Right hand sideways on the beam as the body turns 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 beam to execute a **CARTWHEEL** Right.

The head remains in alignment during the entrance, with the shoulder and hip angle open, and then snaps / turns quickly to focus under the Left arm in order to see the beam on the step-down. Step down to finish with squared hips on a straight (or slightly bent) Left leg and immediately close Right behind the Left foot to finish with both legs straight and feet flat on the beam (figure 8) OR to finish in a Left lunge, pressing the Left knee and both hips forward (figure 10).

**ARMS:** Remain high throughout and on the finish.

X	(*) CARTWHEEL (0.60)	<u>0.10</u>	Incorrect (simultaneous) hand placement
		Up to 0.30	Failure to pass through vertical
		Up to 0.20	Failure to square hips before step-down

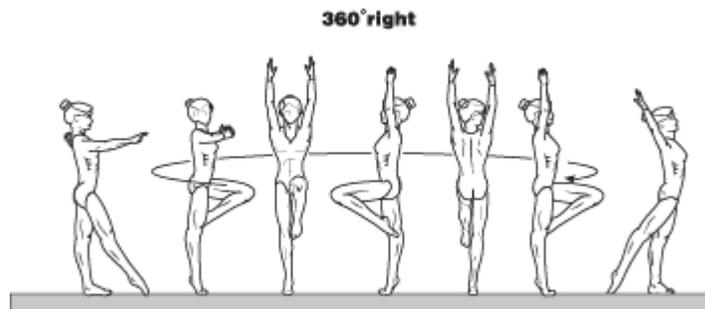
If the **CARTWHEEL** was reversed, simply return to the text.

**12. Artistic Sequence of Sideward Movements to prepare for the 1/1 FULL TURN (There is no illustration for this sequence of movement.)**

Perform a 1/4 (90°) turn. Create an optional sequence of approximately three (3) continuous locomotor sideward leg and feet movements. At the completion of the sequence, perform a 1/4 (90°) turn to prepare for the FULL TURN.

**ARMS and TORSO:** To fulfill the artistic requirement, the arms should include a variety of tempo and / or directional movements. i.e. sharp, soft, circular, diagonal, etc. In addition, the torso should show a variety of movements such as contracting(fwd/side) and arching.

**13. (\*) 1/1 (360°) TURN (0.40) (Optional leg position)**



At the completion of the Sequence of Sideward Moving Movements, stand on the flat Left foot with the Right foot pointed forward on the beam.

**ARMS:** Optional.

Transfer the weight onto the Right foot and execute a **1/1 (360°) TURN** to the Right. The leg position is optional.

**ARMS:** Optional for the preparation. High during the turn.

**Focus:** The gymnast should use a “spotting” technique during the turn.

Step forward Left out of the turn and point the Right foot forward on the beam.

**ARMS:** Open to sideward-diagonally-upward.

○	(*) 1/1 (360°) TURN (0.40)	<u>0.10</u>	Leg position not precise
		<u>0.30</u>	Use of heel-snap turn technique

## TRANSITION TO PREPARE FOR THE DISMOUNT

In order to prepare for the dismount, the gymnast walks in relevé to any place on the beam to begin the dismount.

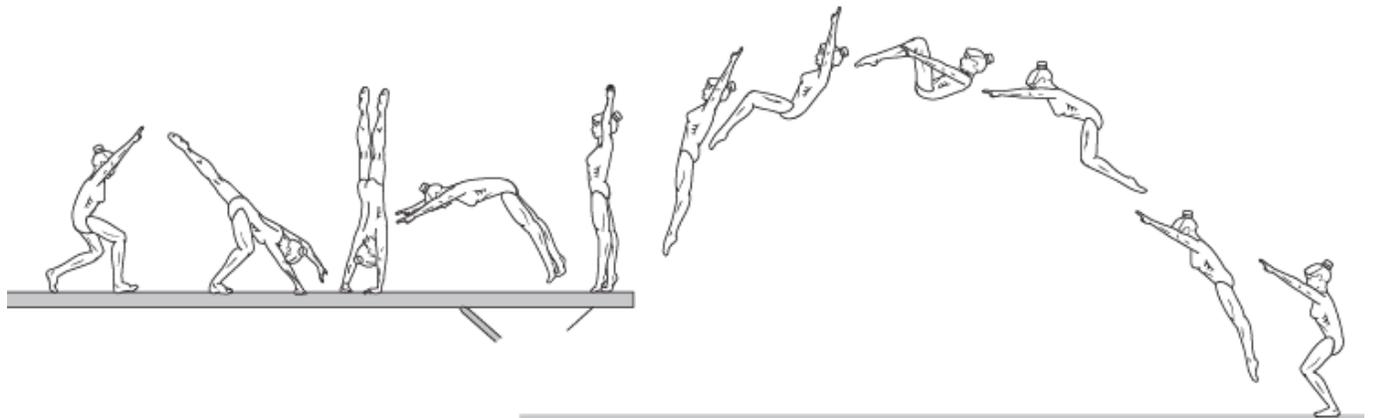
ARMS: Optional

The gymnast has the following options for the dismounts:

- 14a: Round-off to Backward Salto Tucked
- 14b: Round-off to Backward Salto Stretched
- 14c: Flic-Flac to Backward Salto Tucked
- 14d: Flic-Flac to Backward Salto Stretched
- 14e: Flic-Flac, Flic-Flac to Backward Salto Tucked
- 14f: Flic-Flac, Flic-Flac to Backward Salto Stretched

*If reversing the **ROUND-OFF**, simply adjust the number of steps.*

### 14a. (\*) **ROUND-OFF (0.60), BACKWARD SALTO TUCKED DISMOUNT (0.60)**



From the end of the beam, 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 turns 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.

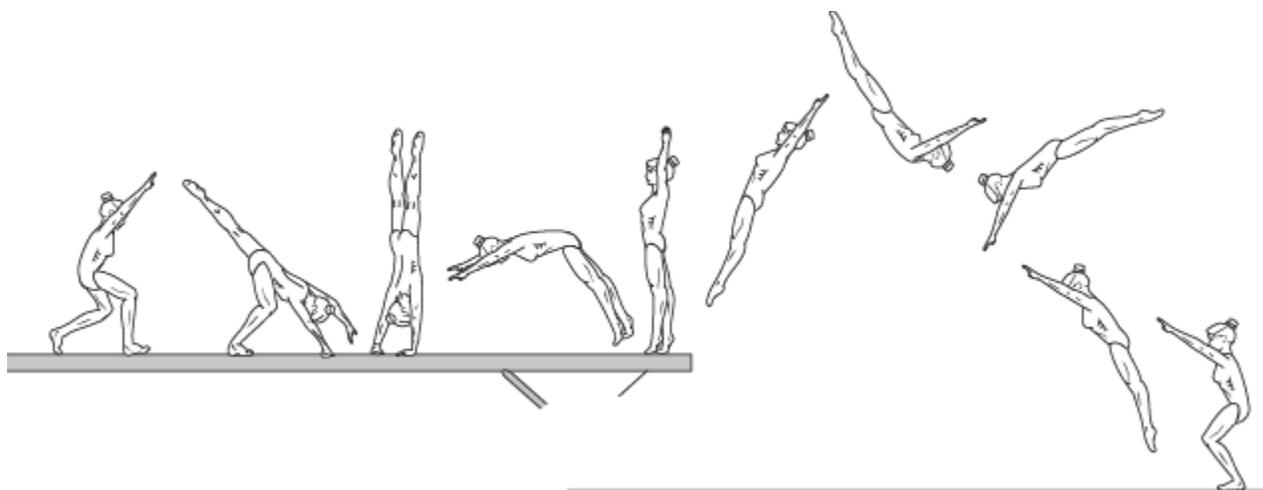
Upon landing the **ROUND-OFF** on the balls of the feet, immediately rebound (punch) with the body straight, the head neutral, and the arms reaching upward. As the body rises, (leaving the beam by vertical), lift the knees forward-upward towards the hands to achieve a minimum of a 90° tuck position (hip 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.

	(*) ROUND-OFF (0.60)	Up to 0.20	Poor alignment / posture on <b>ROUND-OFF</b>
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	BACKWARD SALTO TUCKED (0.60)	Up to 0.30	Insufficient height of <b>SALTO</b>
		Up to 0.20	Insufficient exactness of <b>TUCK</b> position
		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

**14b. (\*) ROUND-OFF (0.60), BACKWARD SALTO STRETCHED DISMOUNT (0.60)**



From the end of the beam, 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 turns 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.

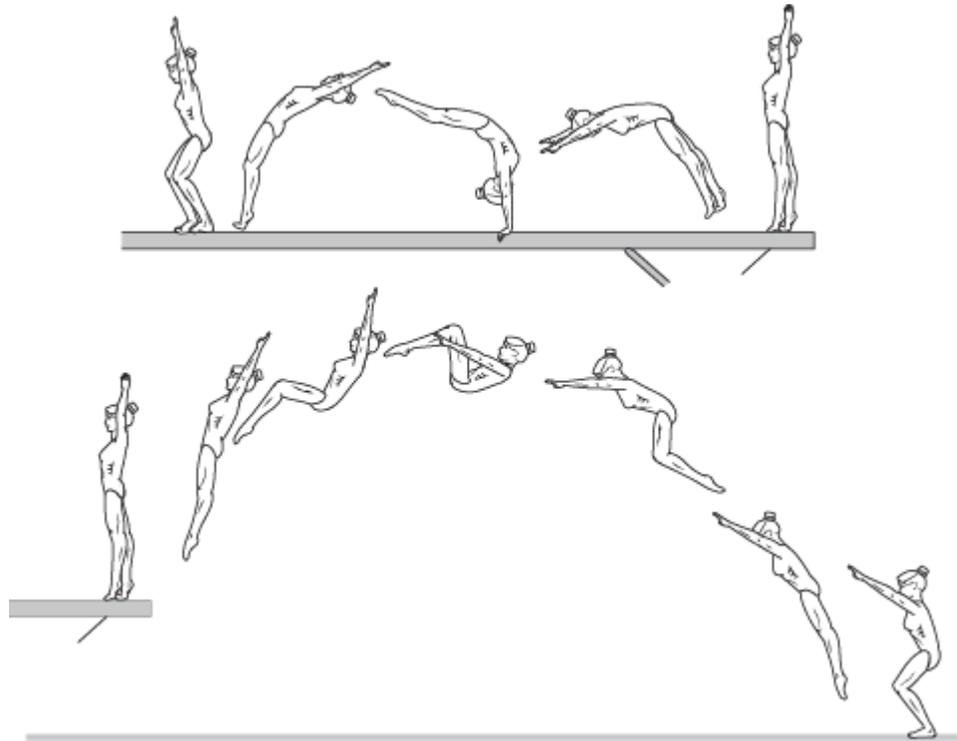
Upon landing the **ROUND-OFF** on the balls of the feet, immediately rebound (punch) with the body straight, the head neutral, and the arms reaching upward. As the body rises, (leaving the beam by vertical), lift the hips forward-upward towards the hands maintaining a **STRETCHED** position. Continue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

	(*) ROUND-OFF (0.60)	Up to 0.20	Poor alignment / posture on <b>ROUND-OFF</b>
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	BACKWARD SALTO STRETCHED (0.60)	Up to 0.30	Insufficient height of <b>SALTO</b>
		Up to 0.20	Insufficient <b>STRETCH</b> position
		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

## 14c. (\*) FLIC-FLAC TWO FEET (0.60), BACKWARD SALTO TUCKED DISMOUNT (0.60)



The gymnast's placement is optional in order to achieve the spacing needed for the dismount.

FOOT PLACEMENT INTO THE **FLIC-FLAC** (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 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** is optional. Maintain high throughout both elements and as the landing occurs.

Upon landing the **FLIC-FLAC** 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

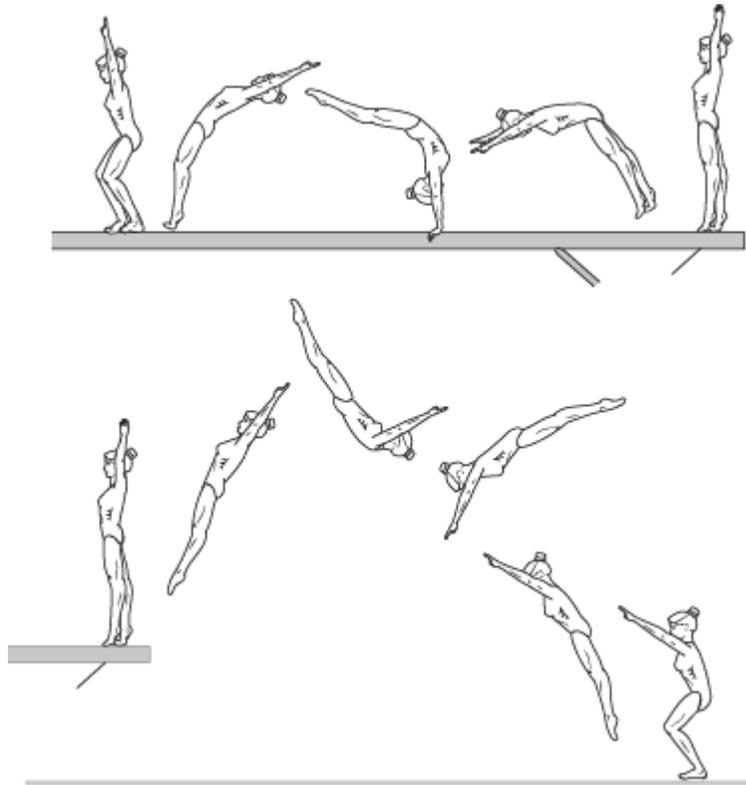
body from the tucked position. Land in demi-plié with the chest up. The gymnast is NOT required to stick the landing. The gymnast is allowed up to three (3) steps backward to obtain balance.

**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.

	<p>(*) FLIC-FLAC STEP IN or TWO FEET (0.60)</p>	<p>Each Up to 0.30</p>	<p>Bent arms / legs on <b>FLIC-FLAC</b></p>
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	<p>BACKWARD SALTO TUCKED (0.60)</p>	<p>Up to 0.30</p>	<p>Insufficient height of <b>SALTO</b></p>
		<p>Up to 0.20</p>	<p>Insufficient exactness of <b>TUCK</b> position</p>
		<p>Up to 0.20</p>	<p>Incorrect posture on landing</p>
		<p>No deduction</p>	<p>Gymnast taking up to 3 steps after landing</p>
		<p><u>0.50</u></p>	<p>Failure to land on feet first</p>
		<p><u>0.30</u></p>	<p>Fall after landing on feet first</p>

## 14d. (\*) FLIC-FLAC TWO FEET (0.60), BACKWARD SALTO STRETCHED DISMOUNT (0.60)



The gymnast's placement is optional in order to achieve the spacing needed for the dismount.

FOOT PLACEMENT INTO THE **FLIC-FLAC** (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 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** is optional. Maintain high throughout both elements and as the landing occurs.

Upon landing the **FLIC-FLAC** 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

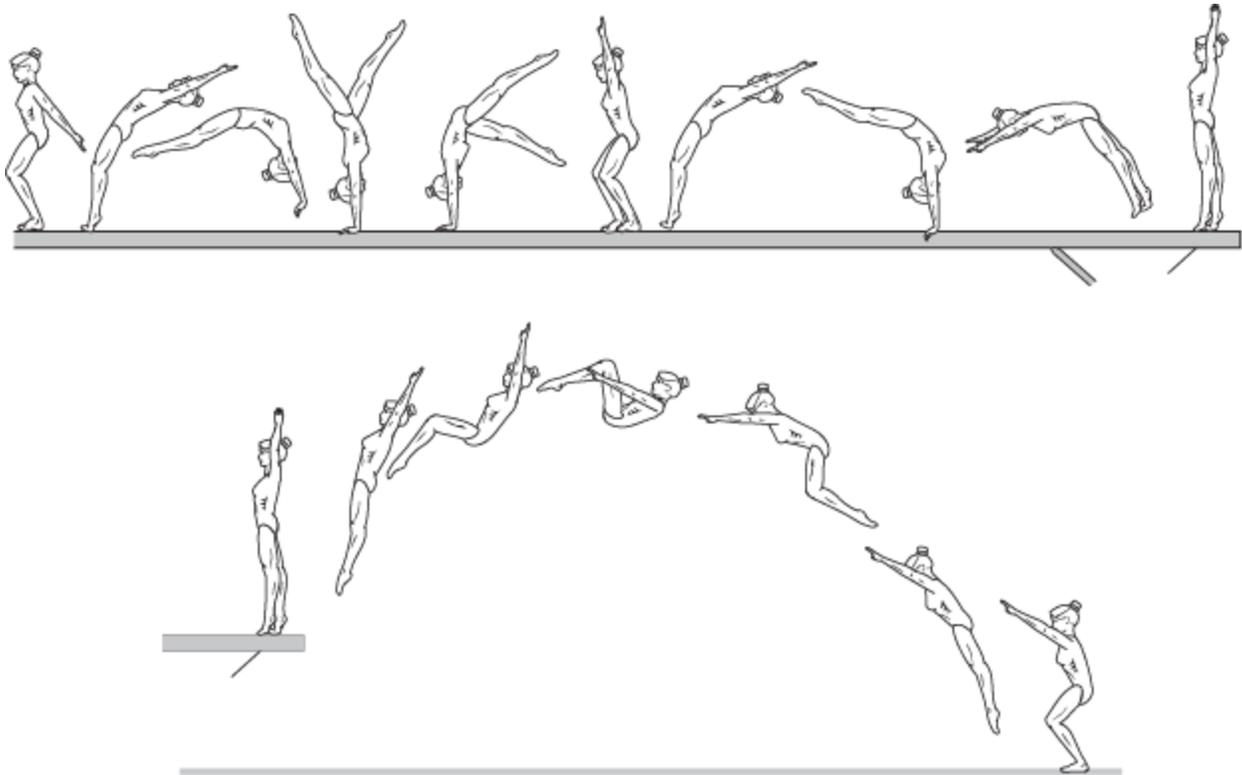
maintaining a **STRETCHED** position. Continue to rotate upward and backward as the hips rotate over the head to execute a **BACKWARD SALTO STRETCHED**. In preparation for the landing, maintain the extended body position. Land in demi-plié with the chest up. The gymnast is NOT required to stick the landing.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

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

	<p>(*) FLIC-FLAC STEP IN or TWO FEET (0.60)</p>	<p>Each Up to 0.30</p>	<p>Bent arms / legs on <b>FLIC-FLAC</b></p>
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	<p>BACKWARD SALTO STRETCHED (0.60)</p>	<p>Up to 0.30</p>	<p>Insufficient height of <b>SALTO</b></p>
		<p>Up to 0.20</p>	<p>Insufficient <b>STRETCH</b> position</p>
		<p>Up to 0.20</p>	<p>Incorrect posture on landing</p>
		<p>No deduction</p>	<p>Gymnast taking up to 3 steps after landing</p>
		<p><u>0.50</u></p>	<p>Failure to land on feet first</p>
		<p><u>0.30</u></p>	<p>Fall after landing on feet first</p>

**14e. (\*) FLIC-FLAC, FLIC-FLAC (0.60), BACKWARD SALTO TUCKED DISMOUNT (0.60)** (The first FLIC-FLAC has the option to be performed as STEP IN or TWO FEET.) (The illustrations and text only show the use of the first FLIC-FLAC as a STEP IN.)



The gymnast's placement is optional in order to achieve the spacing needed for the dismount.

FOOT PLACEMENT INTO THE **FLIC-FLAC** (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**.

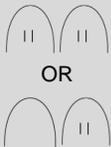
Snap both feet down to the beam and snap the body up to finish in a straight stand in relevé. (The placement of the feet on landing is optional.)

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.

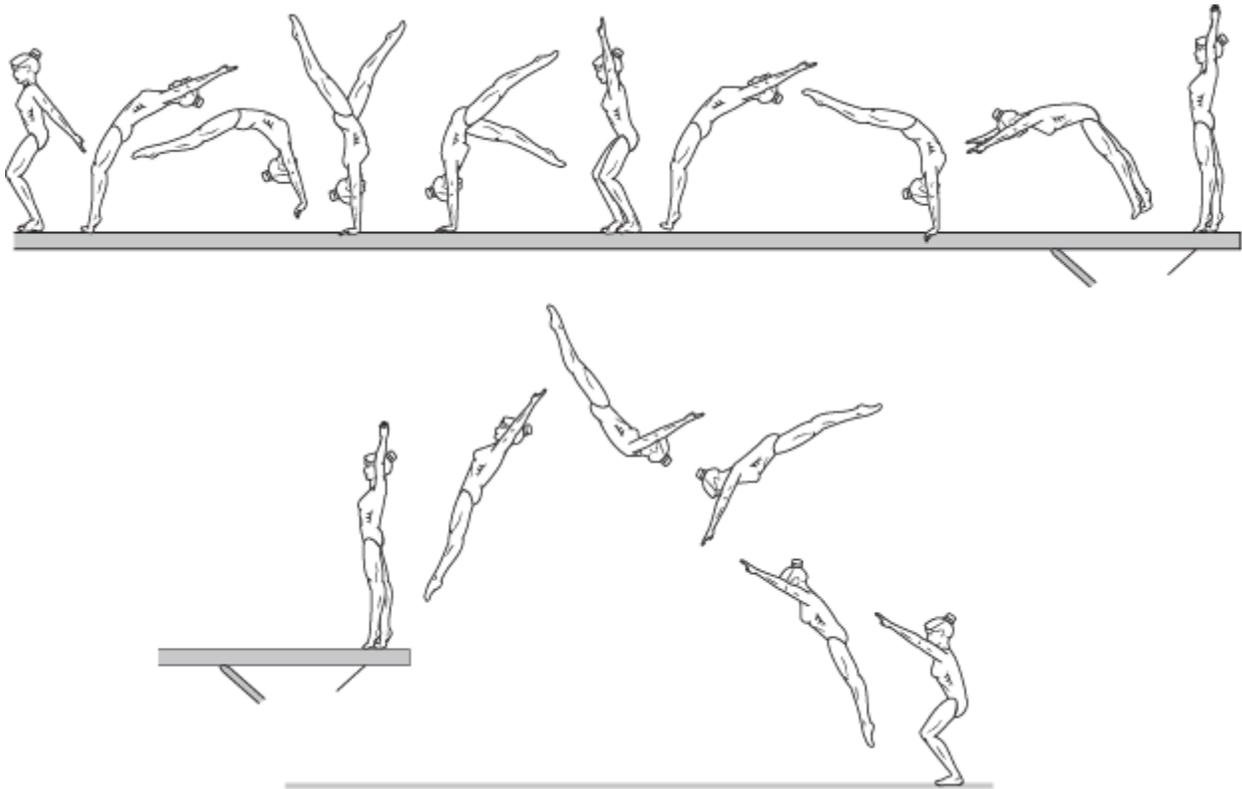
Upon landing the **FLIC-FLAC** on the balls of the feet, immediately rebound (punch) with the body straight, the head neutral, and the arms reaching upward. As the body rises, (leaving the beam by vertical), lift the knees forward-upward towards the hands to achieve a minimum of a 90° tuck position (hip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

	<p>(*) Two (2) FLIC-FLACS STEP IN or TWO FEET (Any combination) (0.60)</p>	<p>Up to 0.30</p>	<p>Bent arms / legs on <b>FLIC-FLAC</b></p>
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	<p>BACKWARD SALTO TUCKED (0.60)</p>	<p>Up to 0.30</p>	<p>Insufficient height of <b>SALTO</b></p>
		<p>Up to 0.20</p>	<p>Insufficient exactness of <b>TUCK</b> position</p>
		<p>Up to 0.20</p>	<p>Incorrect posture on landing</p>
		<p>No deduction</p>	<p>Gymnast taking up to 3 steps after landing</p>
		<p><u>0.50</u></p>	<p>Failure to land on feet first</p>
		<p><u>0.30</u></p>	<p>Fall after landing on feet first</p>
		<p>Up to 0.30</p>	<p>Insufficient height of <b>SALTO</b></p>

**14f. (\*) FLIC-FLAC, FLIC-FLAC (0.60), BACKWARD SALTO STRETCHED DISMOUNT (0.60)** (The first FLIC-FLAC has the option to be performed as STEP IN or TWO FEET.) (The illustrations and text only show the use of the first FLIC-FLAC as a STEP IN.)



The gymnast's placement is optional in order to achieve the spacing needed for the dismount.

**FOOT PLACEMENT INTO THE FLIC-FLAC (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**.

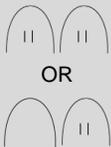
Snap both feet down to the beam and snap the body up to finish in a straight stand in relevé. (The placement of the feet on landing is optional.)

**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** 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 STRETCHED**. 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 STRETCHED**. Arms are optional during the **SALTO**. Upon landing the **SALTO**, the arm position is optional.

	<p>(*) Two (2) FLIC-FLACS STEP IN or TWO FEET (Any combination) (0.60)</p>	<p>Up to 0.30</p>	<p>Bent arms / legs on <b>FLIC-FLAC</b></p>
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	<p>BACKWARD SALTO STRETCHED (0.60)</p>	<p>Up to 0.30</p>	<p>Insufficient height of <b>SALTO</b></p>
		<p>Up to 0.20</p>	<p>Insufficient <b>STRETCH</b> position</p>
		<p>Up to 0.20</p>	<p>Incorrect posture on landing</p>
		<p>No deduction</p>	<p>Gymnast taking up to 3 steps after landing</p>
		<p><u>0.50</u></p>	<p>Failure to land on feet first</p>
		<p><u>0.30</u></p>	<p>Fall after landing on feet first</p>
		<p><u>0.30</u></p>	<p>Failure to connect the <b>ACRO</b> series (EACH connection)</p>

## BALANCE BEAM

### General Deductions / Judging Guidelines

Refer to the DP Code of Points for additional General Execution and Timing Deductions

Deductions for **form / execution** MAY NOT exceed the assigned Value of the Element. Falls will be in addition to execution errors.

Dismount landings will be evaluated based only on body position at the point of arrival on the mat.

<u>Each 0.50</u>	Falls on connections or elements
<u>Up to 0.20</u> <u>0.20</u>	Tempo / Continuity of connection on a DANCE or MIXED series ● Complete break of connection
Up to 0.20 <u>0.10</u> <u>0.20</u>	Concentration pauses Pausing 2 (two) seconds before a skill or connection 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 (Deduct for how much assistance is given to perform the skill.)
<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. Split Jump-FALL, Split Jump-Sissonne)
<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)