II. PRINCIPLES FOR AWARDING CONNECTION VALUE BONUS ON BALANCE BEAM

A. CONNECTIONS OF TWO (2) ACROBATIC (ACRO) FLIGHT ELEMENTS, ONE A C-SALTO (EXCLUDING MOUNT AND DISMOUNT)

- For Level 9, the “C” element (or allowable “D/E” element awarded “C”) may be a salto or an aerial.

**B + C-Salto** +0.10

EXAMPLES:
1. Flic-flac (B) + Back salto stretched with step-out (C)
2. Round-off (B) + Back salto tucked (C)

**B + D** +0.20

EXAMPLES:
1. Round-off (B) + Full twisting flic-flac swing down (D)
2. Round-off, Salto backward stretched with step-out mount (D) + Flic-flac (B)
3. Front aerial (D) + Flic-flac step-out (B)

**C + C** +0.20

EXAMPLES:
1. 1-arm Flic-flac (C) + 1-arm Flic-flac (C)
2. 1-arm Flic-flac (C) + Back salto stretched with step-out (C)

**B + E** +0.20

EXAMPLES:
1. Round-off (B) + Full twisting back salto tucked (E)
2. Salto forward tucked with ½ twist (E) + Flic-flac (B)
3. Flic-flac (B) + Back salto stretched to 2 feet (E)
4. Flic-flac (B) + Full twisting flic-flac (E)
**C + D (OR MORE DIFFICULT)**

+0.20

**EXAMPLES:**
1. 1-arm Front Handspring (C) + Front aerial (D)
2. Full twisting flic-flac (E) + Flic-flac with piking and stretching of legs with swing down (C)
3. Side Aerial (D) + Back salto stretched with step-out (C)

**D + D (OR MORE DIFFICULT)**

+0.20

**EXAMPLES:**
1. Full twisting flic-flac (E) + Full twisting flic-flac swing down (D)
2. Full twisting flic-flac (E) + Salto backward stretched to 2 feet (E)
3. Side Aerial (D) + Full twisting flic-flac (E)
4. Front aerial (D) + Front aerial (D)

---

**C. CONNECTIONS OF AT LEAST THREE ACROBATIC FLIGHT ELEMENTS:**

**APPLIES TO MOUNT, DISMOUNT AND CONNECTIONS WITHIN THE EXERCISE**

**B + B + C**

+0.10

**EXAMPLES:**
1. Flic-flac step-out (B) + flic-flac step-out (B) + Salto Backward stretched with step-out (C)
2. Flic-flac step-out (B), Flic-flac to 2 feet (B), Back Salto stretched with 2/1 (720º) twist dismount (C)
3. Round-off, Flic-flac mount (C) + Flic-flac (B) + Flic-flac (B)

**B + C + C**

+0.20

**EXAMPLES:**
1. Flic-flac (B) + 1-arm Flic-flac (C) + Back salto stretched with step-out (C)
2. 1-arm Front Handspring (C) + Round-off (B) + Back salto tucked (C)
3. Flic-flac step-out (B) + Back salto stretched with step-out (C) + Back salto stretched with 2/1 (720º) twist dismount (C)
4. Round-off, Flic-flac mount (C) + Flic-flac step-out (B) + Back Salto tucked (C)

---

Revised 7/16/13
**B + D**

**EXAMPLES:**
1. Dance series: Split jump-take-off from two feet (B) + Sheep jump (D)

2. Dance/Acro series: Tuck jump \( \frac{1}{2} \) turn (B) + Flic-flac \( \frac{1}{1} \) twist to swing down (D)

---

**C + C (SAME OR DIFFERENT)**

**USING SAME TWO “C” ELEMENTS**

**EXAMPLE:**
- Switch-leg leap (C) + Switch-leg leap (C)

---

**C + C**

**USING DIFFERENT “C” DANCE ELEMENTS OR DANCE/ACRO ELEMENTS**

**EXAMPLES:**
1. Dance series: Switch-leg leap (C) + Cat leap \( \frac{1}{1} \) (360°) turn (C)

2. Dance/Acro series: Salto backward tucked (C) + Ring jump (C)

---

**C + D AND MORE DIFFICULT (SAME OR DIFFERENT)**

**EXAMPLES:**
1. Switch-leg leap (C) + Switch-side leap (D)

2. Switch-leg leap (C) + Gainer back layout step-out (D)

3. Straddle Jump \( \frac{1}{2} \) (D) + Straddle Jump \( \frac{1}{2} \) (D)

---

Revised 7/16/13