



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. CONNECTIONS OF TWO (2) ACROBATIC FLIGHT ELEMENTS (EXCLUDING THE DISMOUNT)



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 1/2 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) 

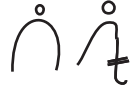



C + D (OR MORE DIFFICULT)**+0.20**

EXAMPLES:

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

D + D (OR MORE DIFFICULT)**+0.20**

EXAMPLES:




- Full twisting flic-flac (E) + Full twisting flic-flac swing down (D) 
- Full twisting flic-flac (E) + Salto backward stretched to 2 feet (E) 
- Side Aerial (D) + Full twisting flic-flac (E) 
- 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:

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

B + C + C**+0.20**

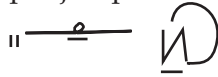
EXAMPLES:

- Flic-flac (B) + 1-arm Flic-flac (C) + Back salto stretched with step-out (C) 
- 1-arm Front Handspring (C) + Round-off (B) + Back salto tucked (C) 
- Flic-flac step-out (B) + Back salto stretched with step-out (C) + Back salto stretched with 2/1 (720°) twist dismount (C) 
- Round-off, Flic-flac mount (C) + Flic-flac step-out (B) + Back Salto tucked (C) 

B + D**+0.20**

EXAMPLES:

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



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

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

USING SAME TWO "C" ELEMENTS

+0.20

EXAMPLE:

- Switch-leg leap (C) + Switch-leg leap (C) 

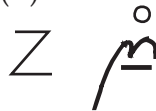
C + C

USING DIFFERENT "C" DANCE ELEMENTS OR DANCE/ACRO ELEMENTS

+0.20

EXAMPLES:

1. Dance series: Switch-leg leap (C) + Cat leap 1/1 (360°) turn (C)



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

**C + D AND MORE DIFFICULT (SAME OR DIFFERENT)****+0.20**

EXAMPLES:

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

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

3. Straddle Jump 1/2 (D) + Straddle Jump 1/2 (D) 