

2019 TOPS NATIONAL TESTING

BALANCE BEAM

Please note:

- Balance Beam is given a value of Ten (10) points.
- Each skill within Balance Beam will be given a value to add up to Ten (10) points.
- Elements (or combinations) will be given $\frac{1}{2}$ credit if spotted or touched.
- Beam elements will receive ONLY 25% credit if performed on low beam. (Unless specifically allowed in the text.)
- Balance Beam scoring will be weighted as follows:
 - Dance = 20% Acro = 80%
- 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.
- In order to accommodate the performance, the gymnast is allowed to start anywhere on the beam.
- Low beam matting is at the bottom of the beam height NOT level with the beam. (The low beam is ONLY allowed for specific skills. Refer to the text.)
- ONLY one (1) 8” mat may be placed under the high beam.

TOPS BALANCE BEAM 2019

- 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 pressed down.
 - Straight with the arms pressed back and out sideward in diagonal line with the rib cage flat and pressed down.
 - Whenever side-middle position arms are indicated, arms may be:
 - Directly side of the shoulders with the shoulders down with the rib cage flat and pressed down.
 - Slightly above or below and pressed back behind the shoulders with the rib cage flat and pressed down.
 - Whenever sideward-diagonally-upward position arms are indicated, arms may be:
 - Directly side of the shoulders with the shoulders down with the rib cage flat and pressed down.
 - Arms pressed back behind the shoulders with the rib cage flat and 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 sequences may be reversed in its entirety; however, no single element may be reversed, unless indicated by an asterisk (*).
- NO re-tests will be permitted.

EIGHT (8) YEARS OLD NATIONAL TESTING SKILLS

ACRO SEQUENCE

Mount onto a High beam: The gymnast's mounting of the beam is optional. Space the mount to accommodate the skills in the routine.

Starting Position: The gymnast begins anywhere on the beam to accommodate spacing.

ARMS: High.

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

1. (*) **CROSS HANDSTAND**



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.

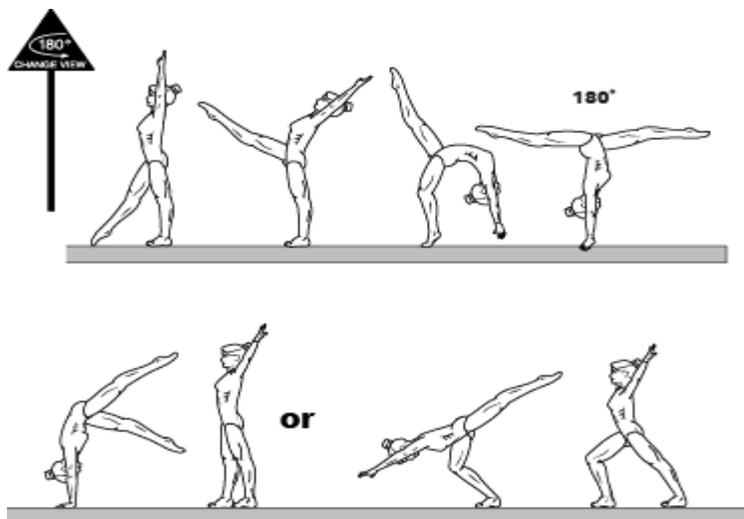
Reach forward to grasp the beam, placing the hands side-by-side with the thumbs on top of the beam. Push off the beam with both legs to arrive in a **CROSS HANDSTAND** with legs slightly separated, squared hips, arms straight, shoulders open and extended and focus on the hands.

Step down to finish 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.

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

*If reversing the **BACK WALKOVER**, point the Left foot forward.*

2. (*) BACK WALKOVER (180°)



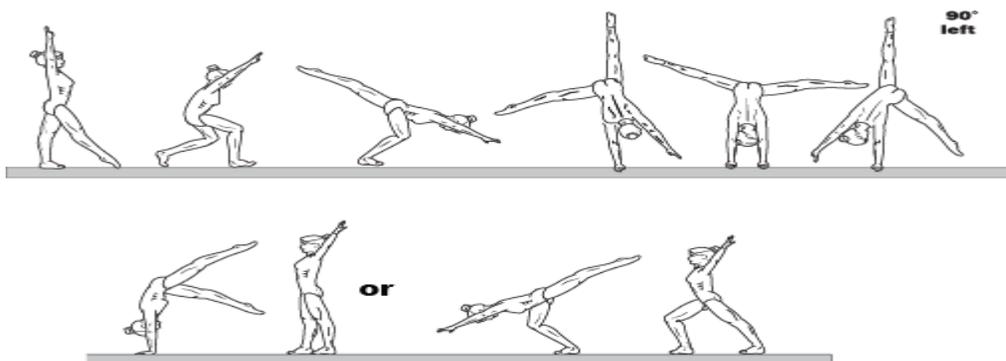
Lift the Right leg forward-upward to a minimum of horizontal. Arch the upper back to reach backward, grasping the beam with the hands side-by-side, thumbs on top of the beam. As the Left foot pushes off the beam, push the shoulders over the hands to execute a **BACK WALKOVER**, passing through OR holding a handstand position with a minimum of **180°**, shoulders extended, and focus on the hands.

Step down to finish on a straight (or slightly bent) Left leg and close Right foot (slight bent leg acceptable) behind the Left foot OR to finish in a Right lunge, pressing the Right knee and both hips forward .

ARMS: Remain in high position throughout and on the finish.

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

3. (*) CARTWHEEL



Point the Right foot forward on the beam.

ARMS: Remain in high.

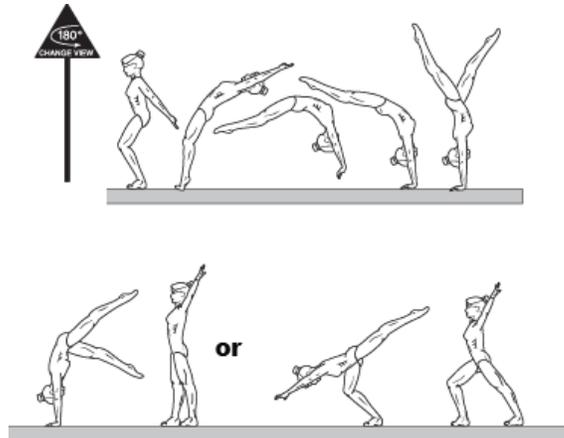
Step forward transferring the weight onto the Right foot to execute a “mountain climber entrance” (figure 3) on the Right leg.

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, with the shoulder and hip angle open, and focus under the Left arm in order to see the beam on the step-down. Step down to finish 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.

4. (*) FLIC FLAC STEP IN/OUT

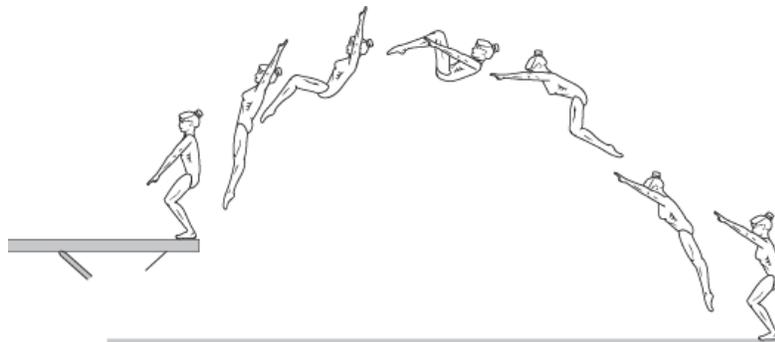


FOOT PLACEMENT INTO THE **FLIC-FLAC STEP IN/OUT** (Optional). Close the feet to stand with feet side by side OR one foot in front of the other.

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/OUT**. The timing of the split is optional.

Step down to finish 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 (figure 7) OR to finish in a Right lunge, pressing the Right knee and both hips forward (figure 9). **HAND POSITION ON THE BEAM** (Optional).

ARMS: The movement pattern of the arm swing to initiate the **FLIC-FLAC STEP IN/OUT** is optional. Maintain high throughout the element and as the step down occurs and on the finish. **5. BACK SALTO TUCKED DISMOUNT**



Walk to the end of the beam. Execute a $\frac{1}{2}$ (180°) pivot turn and close the feet together. The actual foot placement is optional.

ARMS: Lift both arms forward-upward to high.

Demi-plié both legs. Extend the knees and jump while lifting the knees forward-upward to achieve a minimum or 90° tuck position (hip and knee angle).

ARMS: Swing both arms down and up to facilitate momentum for the take-off.

Hand grasp of the legs during the **SALTO** 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.

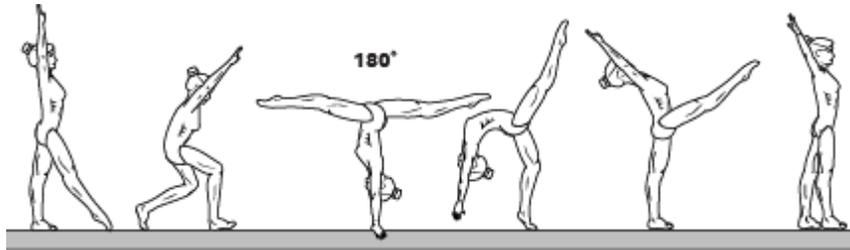
Land in demi-plié in a balance and controlled position ("stick"). Extend the legs to finish in a straight stand.

ARMS: In preparation and landing for the dismount, the Arms are optional. Move to high to finish

Walk over to the Low Beam.

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

6. (*) **FRONT WALKOVER (180°)**



Starting Position: The gymnast begins anywhere on the low beam to accommodate spacing.

ARMS: High.

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 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.

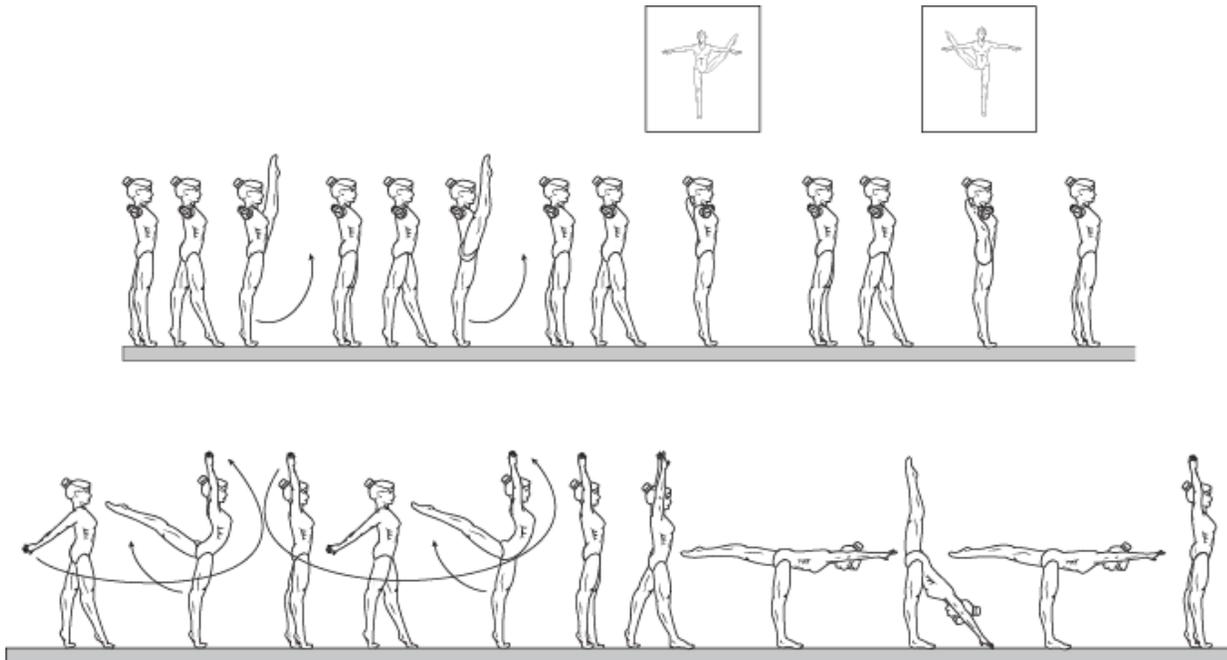
Press the Left hip and thigh forward, push from the hands and stand up to close the Right foot in front of the Left foot both with both feet parallel to execute a **FRONT WALKOVER**.

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.

EIGHT (8) YEARS OLD NATIONAL TESTING SKILLS DANCE SEQUENCE

1. (*) LEG KICKS: FORWARD; SIDWARD; BACKWARD; NEEDLE KICK

(The gymnast may start on either side of the balance beam.)



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 SIDWARD** 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 SIDWARD** 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.

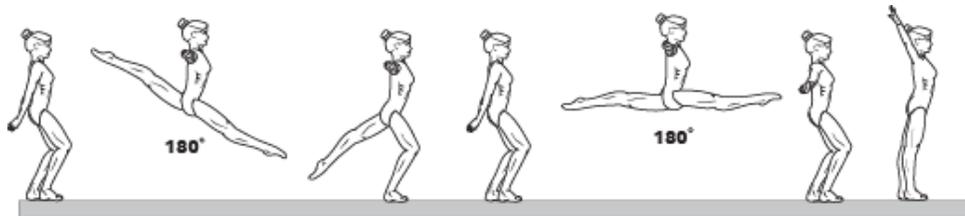
Step forward onto a straight Right leg (not in relevé).

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.

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

2. (*) **SISSONNE (180°); SPLIT JUMP (180°)**



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.

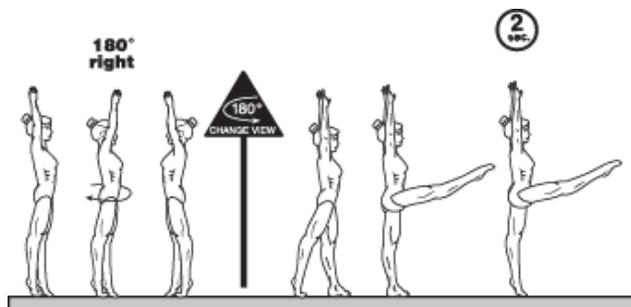
Jump OR punch off the beam, extending both legs through the hips, knees, ankles, and toes to execute a **SPLIT JUMP** with a minimum of **180°** even leg separation with the Right leg forward, Left leg behind. Land on both feet in demi-plié, pressing through the balls of the feet to lower the heels toward 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.

3. (*) $\frac{1}{2}$ (180°) **PIVOT TURN; (*) HORIZONTAL LEG BALANCE**



Step forward Left in relevé and close the Right foot behind the Left foot in relevé lock stand.

ARMS: High.

Execute a quick/sharp $\frac{1}{2}$ (180°) **PIVOT TURN** to the Right in relevé. Maintain straight body alignment and high relevé throughout. **ARMS:** High.

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

Step forward onto a straight Left leg (not in relevé). Lift the Right leg forward to a minimum of horizontal. Press to relevé. **Hold Two (2) seconds.**

ARMS: Remain high.

If reversing the **SPLIT LEAP**, take an additional step into the leap.

4a. (*) **SPLIT LEAP (180°)** OR 4b. (*) **SWITCH-LEG LEAP (180°)**



OR



4a. **SPLIT LEAP:**

Step forward Right, Left and then swing the straight Right leg forward-upward, pushing off the beam with the Left leg. Swing the Left leg backward-upward to execute a **STRAIGHT LEG LEAP** with a 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 extend arms and legs.

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

Step forward Left and point the Right foot behind on the beam.

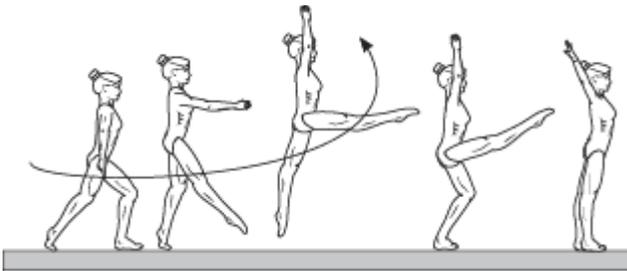
ARMS: Move to high.

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

4b. **SWITCH LEAP:**

Step forward Right, Left, Right, and then 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 extend arms and legs.

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



Step forward onto the Left foot through demi-plié. Swing the Right leg forward-upward to a minimum of horizontal while simultaneously pushing off the beam, extending the Left leg through the hip, knee, ankle and toes to execute a **STRAIGHT LEG SKIP**. (It is acceptable for this transition to be more of a PUNCH action rather than a jump between the **SWITCH-LEG LEAP** and **STRAIGHT LEG SKIP**). Land in demi-plié on the Left foot. As the gymnast lands, continue to lift the Right leg above horizontal increasing the split of the legs.

ARMS: On the forward step, lower both arms sideward-downward to low OR reach backward-downward to low. On the hop, lift the arms forward-upward to high and remain in high on landing.

Step forward onto the Right foot and close the feet side by side or one foot in front of the other.

If reversing the ½ (180°) TURN, step Right and transfer the weight onto the Left foot and continue to reverse the 1/1 (360°) TURN as well.

5. (*) ½ (180°) TURN; (*) 1/1 (360°) TURN (Total of 0.50)



Transfer the weight onto the Right foot and execute a ½ (180°) **TURN** to the Right. The preparation and leg position are optional.

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

Immediately step forward Left out of the turn and point the Right foot forward. Transfer the weight onto the Right foot and execute a 1/1 (360°) **TURN** to the Right. The preparation and leg position are optional.

ARMS: Optional for the preparation. High 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.

NINE (9) YEARS OLD NATIONAL TESTING SKILLS

ACRO SEQUENCE

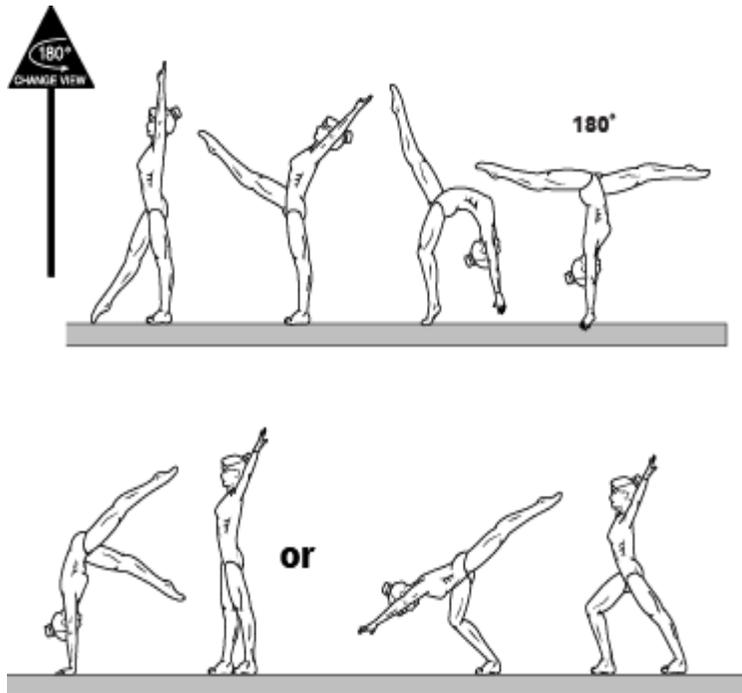
Mount onto a High beam: The gymnast's mounting of the beam is optional. Space the mount to accommodate the skills in the routine.

Starting Position: The gymnast begins anywhere on the beam to accommodate spacing.

ARMS: High.

*If reversing the **BACK WALKOVER**, point the Left foot forward.*

1. (*) **BACK WALKOVER (180°)**



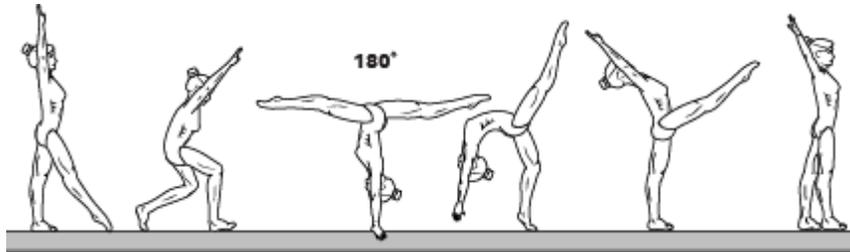
Point the Right foot forward. Lift the Right leg forward-upward to a minimum of horizontal. Arch the upper back to reach backward, grasping the beam with the hands side-by-side, thumbs on top of the beam. As the Left foot pushes off the beam, push the shoulders over the hands to execute a **BACK WALKOVER**, passing through OR holding a handstand position with a minimum of **180°**, shoulders extended, and focus on the hands.

Step down to finish on a straight (or slightly bent) Left leg and close Right foot (slight bent leg acceptable) behind the Left foot OR to finish in a Right lunge, pressing the Right knee and both hips forward.

ARMS: Remain in high position throughout and on the finish

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

2. (*) FRONT WALKOVER (180°)



Point the Right foot forward. Transfer the weight onto the Right foot to execute a “mountain climber entrance” (figure 32) 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.

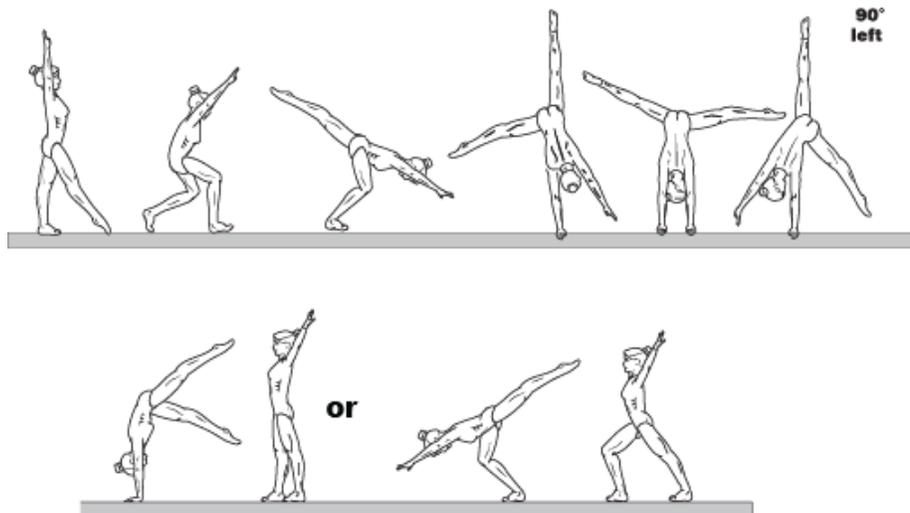
Press the Left hip and thigh forward, push from the hands and stand up to close the Right foot in front of the Left foot both with both feet parallel to execute a **FRONT WALKOVER**.

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.

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

3. (*) CARTWHEEL



Lower the Left heel and 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.

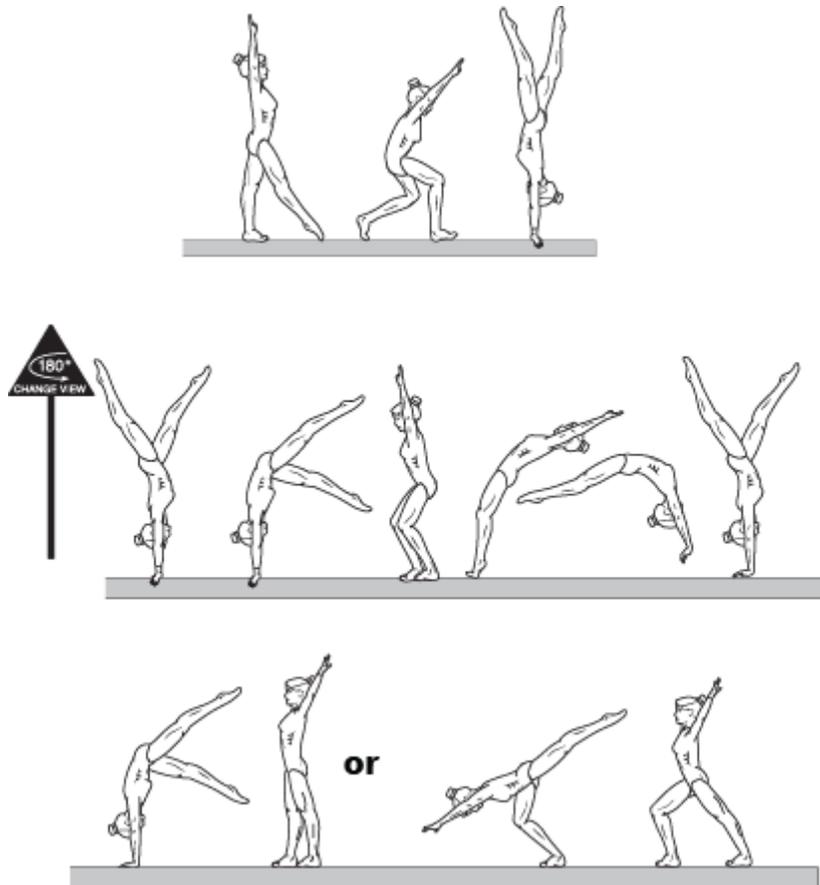
Kick the Left leg backward-upward overhead, while reaching down to place the Right hand sideways on the beam as the body turns 90° Left. Place the Left hand on the beam sideways or slightly turned in (hands shoulder-width apart) as the Right leg pushes off the beam to execute a **CARTWHEEL** Right.

The head remains in alignment, with the shoulder and hip angle open, and focus under the Left arm in order to see the beam on the step-down. Step down to finish 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.

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

4. (*) **CROSS HANDSTAND; FLIC FLAC STEP-OUT SERIES**



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 slightly separated, squared hips, arms straight, shoulders open and extended and focus on the hands. **ARMS:** Remain high.

Step down on a straight (or slightly bent) Right leg and immediately close Left behind the Right foot.

(Note: If performing a **CROSS HANDSTAND** starting with the Right foot, the **FLIC-FLAC** must start with the Right foot in front.)

Immediately 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/OUT**. The timing of the split is optional.

Step down to finish 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 Right lunge, pressing the Right knee and both hips forward.

HAND POSITION ON THE BEAM: Optional.

ARMS: Maintain high throughout the element and as the step down occurs and on the finish.

5. DISMOUNT CHOICES: (For all dismount choices, walk to the end of the beam and execute a ½ (180°) pivot turn to prepare.)

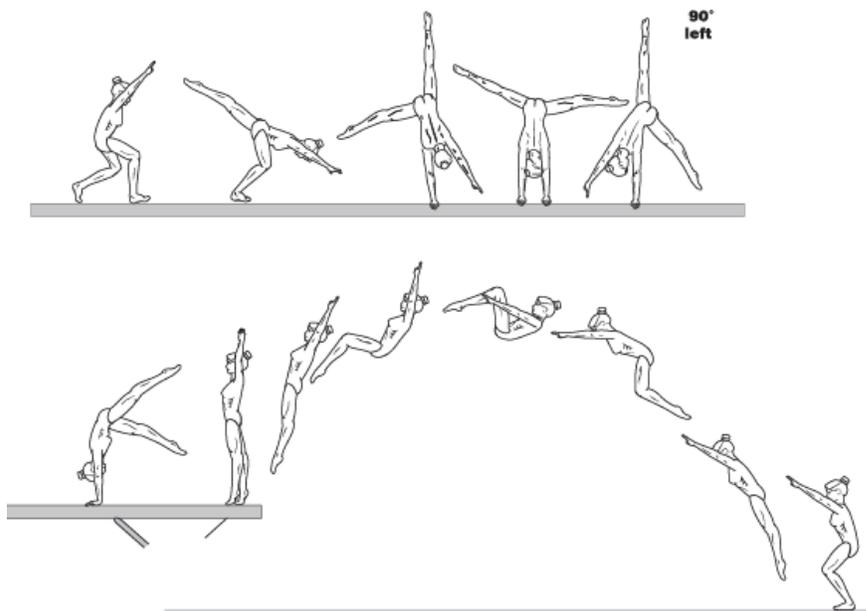
5a. CARTWHEEL TO BACKWARD SALTO TUCKED DISMOUNT

5b. ROUND-OFF TO BACKWARD SALTO TUCKED DISMOUNT

5c. ONE or TWO FLIC FLACS TO BACKWARD SALTO TUCKED DISMOUNT

If reversing the CARTWHEEL, simply adjust the number of steps.

5a. CARTWHEEL TO BACKWARD SALTO TUCKED DISMOUNT



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 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, with the shoulder and hip angle open, and focus under the Left arm in order to see the beam on the step-down. Step down on the Left leg and immediately close Right behind the Left foot to finish with both legs straight in relevé.

ARMS: Remain high.

Immediately punch / jump backward off the beam while lifting the knees forward-upward to achieve a minimum or 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.

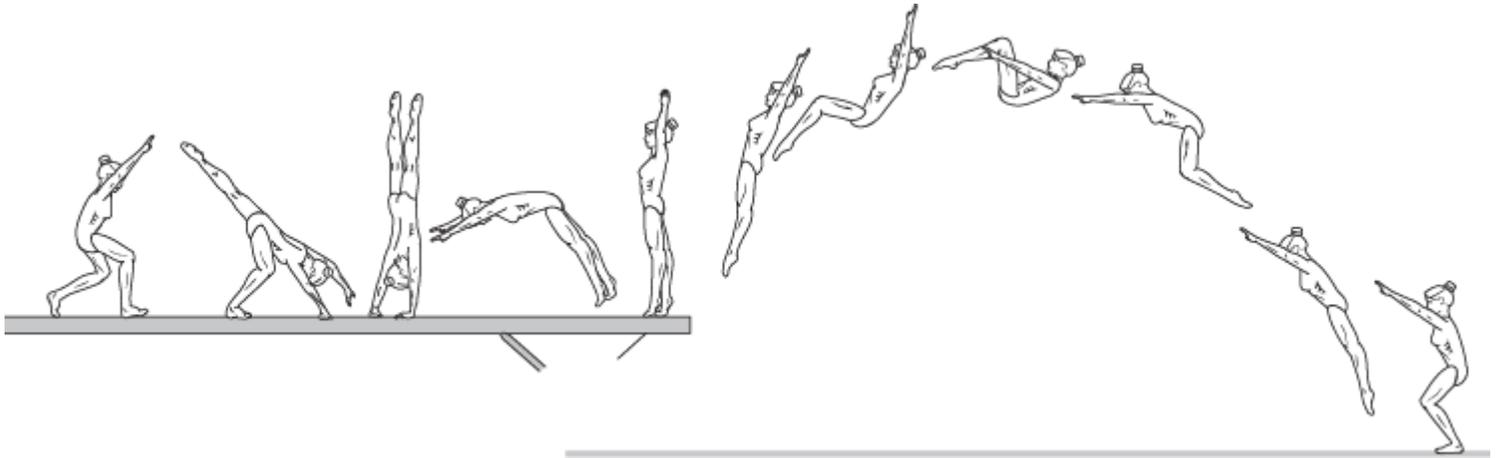
Land in demi-plié in a balance and controlled position (“stick”).

Extend the legs to finish in a straight stand.

ARMS: High position on the hurdle and throughout the **CARTWHEEL** and take-off for the **BACKWARD SALTO TUCKED**. Arms are optional during the **SALTO**. Upon landing the **SALTO**, the arm position is optional.

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

5b. ROUND-OFF TO BACKWARD SALTO TUCKED DISMOUNT



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 turn 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.

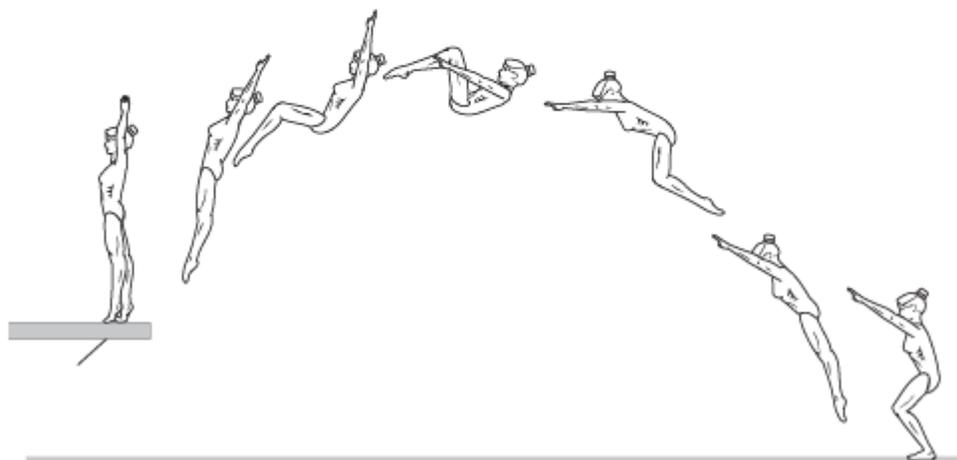
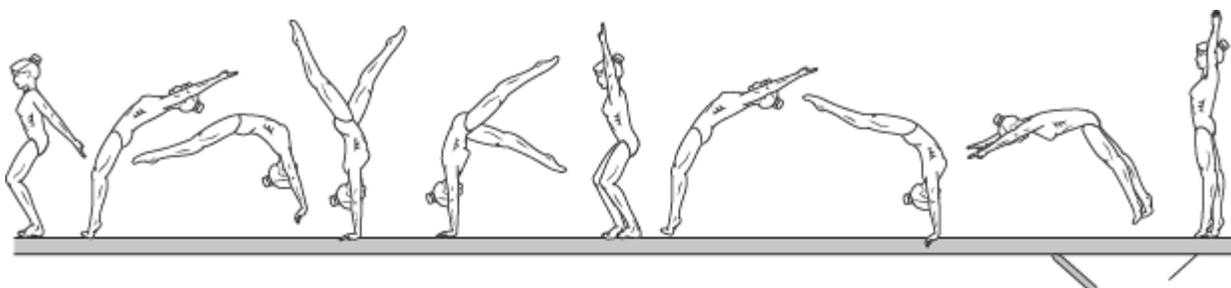
The head remains in alignment, with the shoulder and hip angle open, and focus under the left arm in order to see the beam. Turn 90° inward to snap both feet down to the beam. Snap the body up to finish in a straight stand in relevé. (The placement of the feet on landing is optional.)

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.

5c. ONE (1) or TWO (2) FLIC FLACS TO BACKWARD SALTO TUCKED DISMOUNT



Note: If performing only one (1) FLIC-FLAC, the gymnast may perform either a **FLIC-FLAC** to one (1) or two (2) feet.

FOOT PLACEMENT INTO THE FLIC-FLAC STEP IN/OUT (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/OUT**. 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).

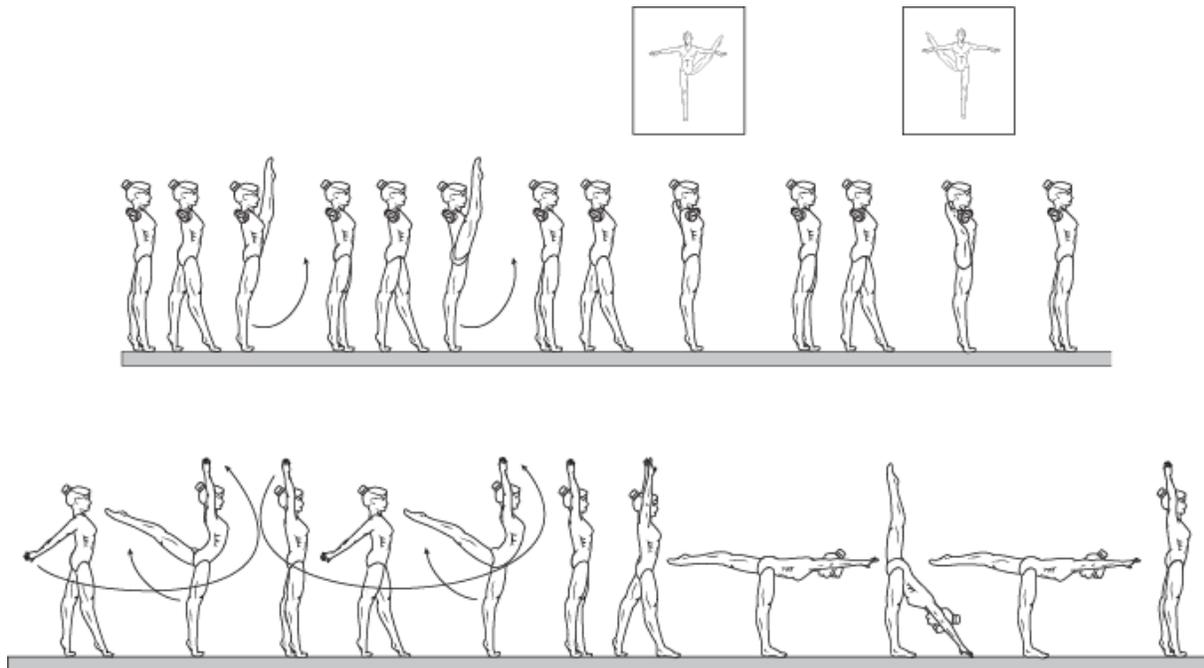
ARMS: The movement pattern of the arm swing to initiate the **FLIC-FLAC STEP IN** is optional. Maintain high throughout both elements and as the two feet landing occurs.

Upon landing the **FLIC-FLAC TWO FEET** 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.

NINE (9) YEARS OLD NATIONAL TESTING SKILLS-DANCE SEQUENCE

1. (*) LEG KICKS: FORWARD; SIDEWARD; BACKWARD; NEEDLE KICK (The gymnast may start on either side of the balance beam.)



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 high.

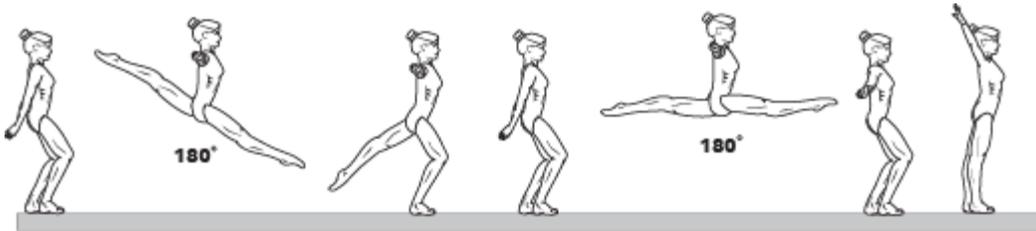
Step forward onto a straight Right leg (not in relevé).

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.

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

2. (*) **SISSONNE (180°); SPLIT JUMP (180°)**



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.

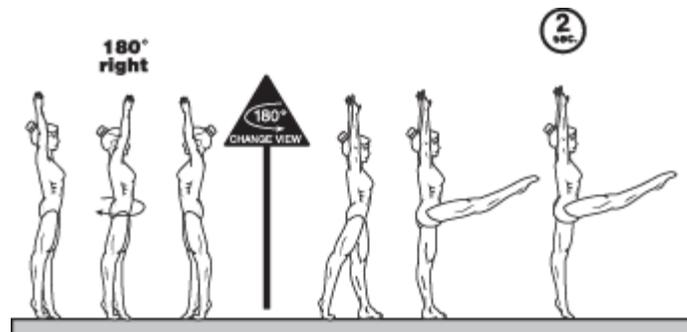
ARMS: Lift sideward-upward to side-middle during the **SPLIT JUMP**. The Arms may remain in side-middle OR lower anywhere from side-middle to low on the landing of the **JUMP**.

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.

3. (*) **½ (180°) PIVOT TURN; (*) HORIZONTAL LEG BALANCE**



Step forward Left in relevé and close the Right foot behind the Left foot in relevé lock stand. **ARMS:** High.

Execute a quick/sharp **½ (180°) PIVOT TURN** to the Right in relevé. Maintain straight body alignment and high relevé throughout.

ARMS: High.

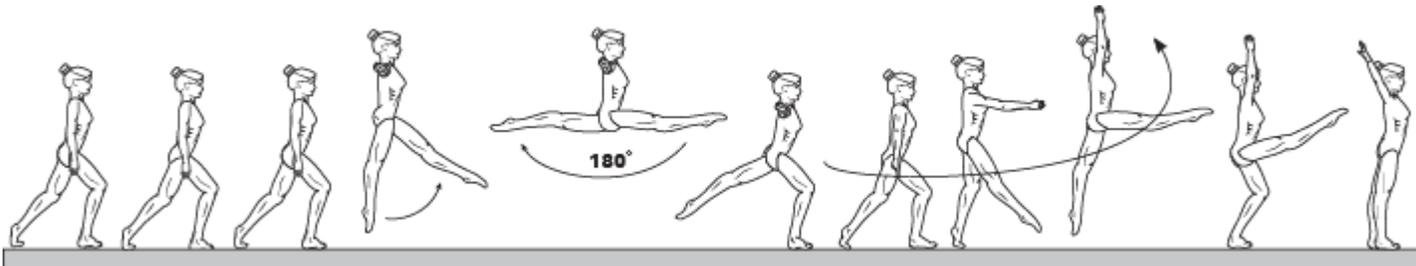
If reversing the **HORIZONTAL LEG BALANCE**, step forward Right and lift the Left foot.

Step forward onto a straight Left leg (not in relevé). Lift the Right leg forward to a minimum of horizontal. Press to relevé. Hold Two (2) seconds.

ARMS: Remain high.

If reversing the **SPLIT LEAP**, take an additional step into the leap.

4. (*) **SWITCH-LEG LEAP (180°); STRAIGHT LEG SKIP**



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

Step forward Right, Left, Right, and then 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 extend arms and legs.

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

Step forward onto the Left foot through demi-plié. Swing the Right leg forward-upward to a minimum of horizontal while simultaneously pushing off the beam, extending the Left leg through the hip, knee, ankle and toes to execute a **STRAIGHT LEG SKIP**. (It is acceptable for this transition to be more of a PUNCH action rather than a jump between the **SWITCH-LEG LEAP** and **STRAIGHT LEG SKIP**). Land in demi-plié on the Left foot. As the gymnast lands, continue to lift the Right leg above horizontal increasing the split of the legs.

ARMS: On the forward step, lower both arms sideward-downward to low OR reach backward-downward to low. On the hop, lift the arms forward-upward to high and remain in high on landing.

Step forward onto the Right foot and close the feet side by side or one foot in front of the other.

If reversing the ½ (180°) **TURN**, step Right and transfer the weight onto the Left foot and continue to reverse the 1/1 (360°) **TURN** as well.

5. (*) ½ (180°) **TURN**; (*) 1/1 (360°) **TURN (Total of 0.50)**



Transfer the weight onto the Right foot and execute a ½ (180°) **TURN** to the Right. The preparation and leg position are optional. **ARMS:** Optional for the preparation. High during the turn.

Immediately step forward Left out of the turn and point the Right foot forward. Transfer the weight onto the Right foot and execute a 1/1 (360°) **TURN** to the Right. The preparation and leg position are optional.

ARMS: Optional for the preparation. High 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.

TEN (10) YEARS OLD NATIONAL TESTING SKILLS

ACRO SEQUENCE

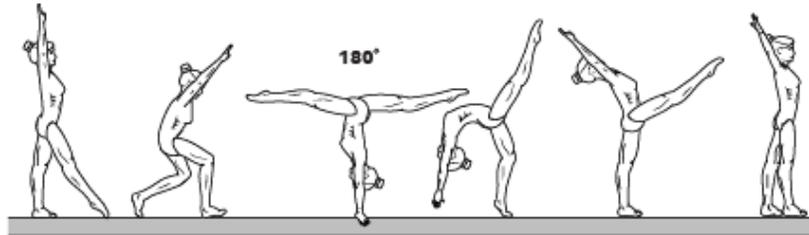
Mount onto a High beam: The gymnast's mounting of the beam is optional. Space the mount to accommodate the skills in the routine.

Starting Position: The gymnast begins anywhere on the beam to accommodate spacing.

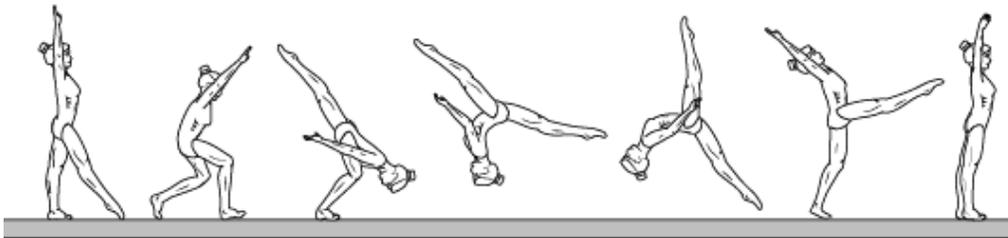
ARMS: High.

*If reversing the **FRONT WALKOVER** or **FRONT AERIAL** point the Left foot forward.*

1a. (*) **FRONT WALKOVER (180°)** or 1b. (*) **FRONT AERIAL**



or



1a. (*) **FRONT WALKOVER (180°):**

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 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.

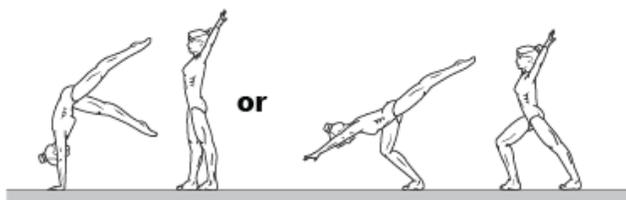
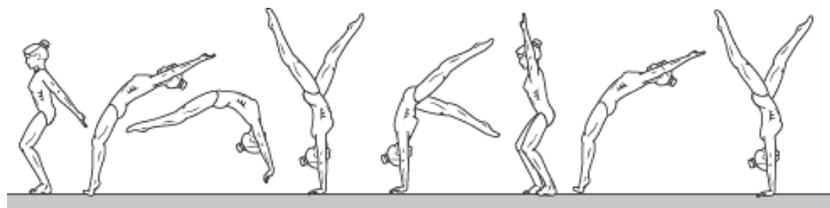
1b. (*) **FRONT AERIAL:**

Point the Right foot forward. Transfer the weight onto the Right foot using a “mountain climber” entrance. Swing the Left leg backward-upward to initiate rotation. When the Left leg approaches vertical, push off the beam with the Right foot to execute a **FRONT AERIAL**. Finish on a straight (or slightly bent) Left leg and immediately close the Right foot in front of the Left foot to finish with both legs straight and feet flat.

ARMS: Optional on the entrance and during the Aerial. Upon landing, lift the arms to high, then open to sideward-diagonally-upward.

FOCUS: Keep focus back until the second foot makes contact with the beam, then focus forward.

2. (*) FLIC-FLAC STEP IN, FLIC-FLAC STEP IN/OUT SERIES



The gymnast may move forward to allow for spacing the series.

Begin in a straight stand.

ARMS: High.

FOOT PLACEMENT INTO THE **FLIC-FLAC STEP OUT** (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 OUT**. The timing of the split is optional.

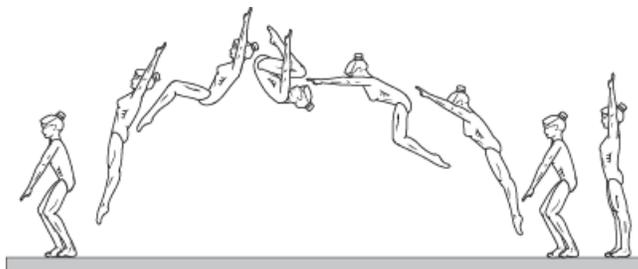
Step down on a straight Right leg and close the Left behind the Right foot. Immediately jump into a second **FLIC-FLAC STEP OUT**.

Step down from the second **FLIC-FLAC STEP OUT** to finish on a straight Right leg and immediately close Left behind the Right foot and finish with both legs straight and feet flat on the beam (figure 10) OR to finish in a Right lunge, pressing the Right knee and both hips forward (figure 12).

HAND POSITION ON THE BEAM (Optional).

ARMS: The movement pattern of the arm swing to initiate the **FLIC-FLAC STEP OUT** is optional. Maintain high throughout both elements and as the step down occurs. Open to sideward-diagonally-upward on the finish.

3. BACKWARD SALTO TUCKED



The gymnast may move forward to allow for spacing the series.

Begin in a straight stand. **ARMS:** High.

Bend and extend the knees to jump upward-backward off the beam lifting the hips and knees forward-upward to achieve a minimum of 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 the **BACKWARD SALTO TUCKED**. Land in demi-plié on both feet with the Right foot in front and chest up over the hips.

ARMS: Optional on entrance of the **SALTO**. Lift both arms to high after landing.

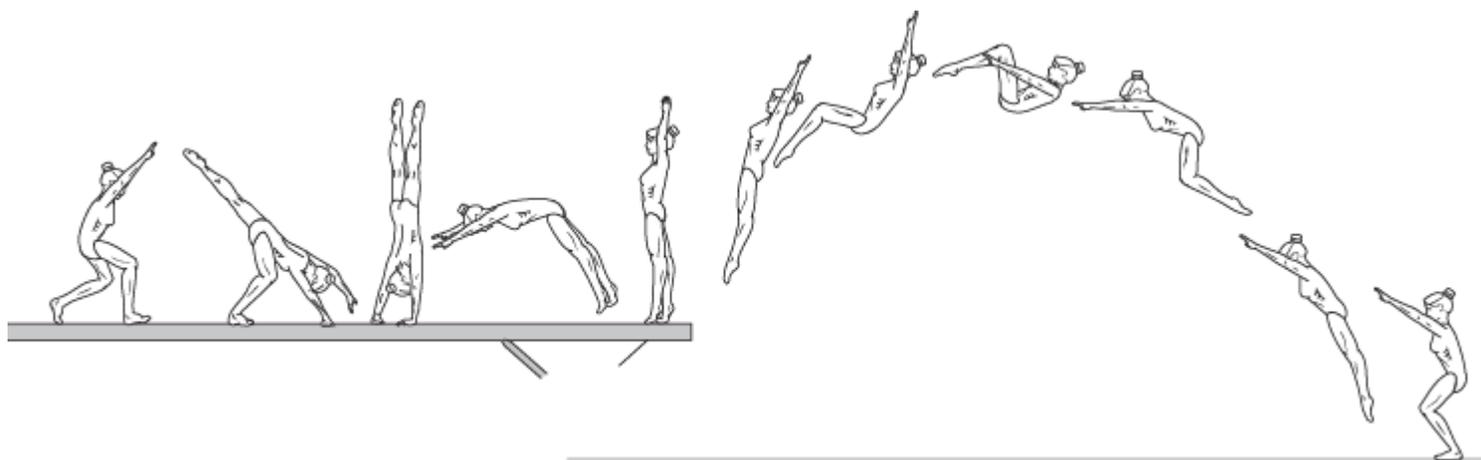
4. DISMOUNT CHOICES: (For all dismount choices, walk to prepare for either choice. The DISMOUNT may be performed in any position. The illustrations ONLY show the BACKWARD SALTO TUCKED.)

4a. ROUND-OFF TO BACKWARD SALTO TUCKED, PIKED, OR STRETCHED DISMOUNT

4b. ONE or TWO FLIC FLACS TO BACKWARD, PIKED, OR STRETCHED DISMOUNT

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

4a. ROUND-OFF TO BACKWARD SALTO TUCKED DISMOUNT



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 turn 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.

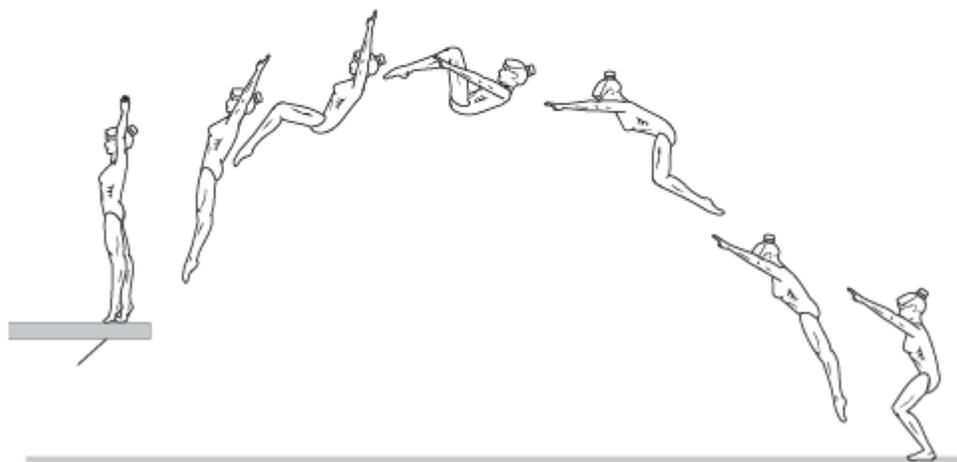
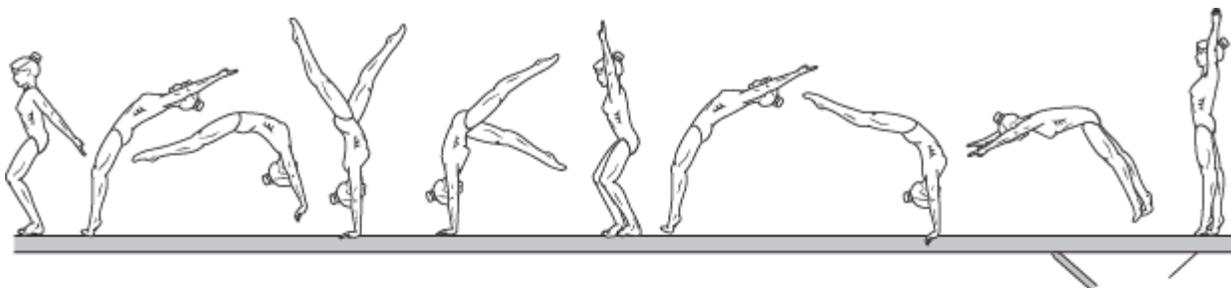
The head remains in alignment, with the shoulder and hip angle open, and focus under the left arm in order to see the beam. Turn 90° inward to snap both feet down to the beam. Snap the body up to finish in a straight stand in relevé. (The placement of the feet on landing is optional.)

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.

4b. One (1) or Two (2) FLIC FLACS TO BACKWARD SALTO TUCKED DISMOUNT



Note: If performing only one (1) FLIC-FLAC, the gymnast may perform either a **FLIC-FLAC** to one (1) or two (2) feet. |

FOOT PLACEMENT INTO THE FLIC-FLAC STEP IN/OUT (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/OUT**. 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).

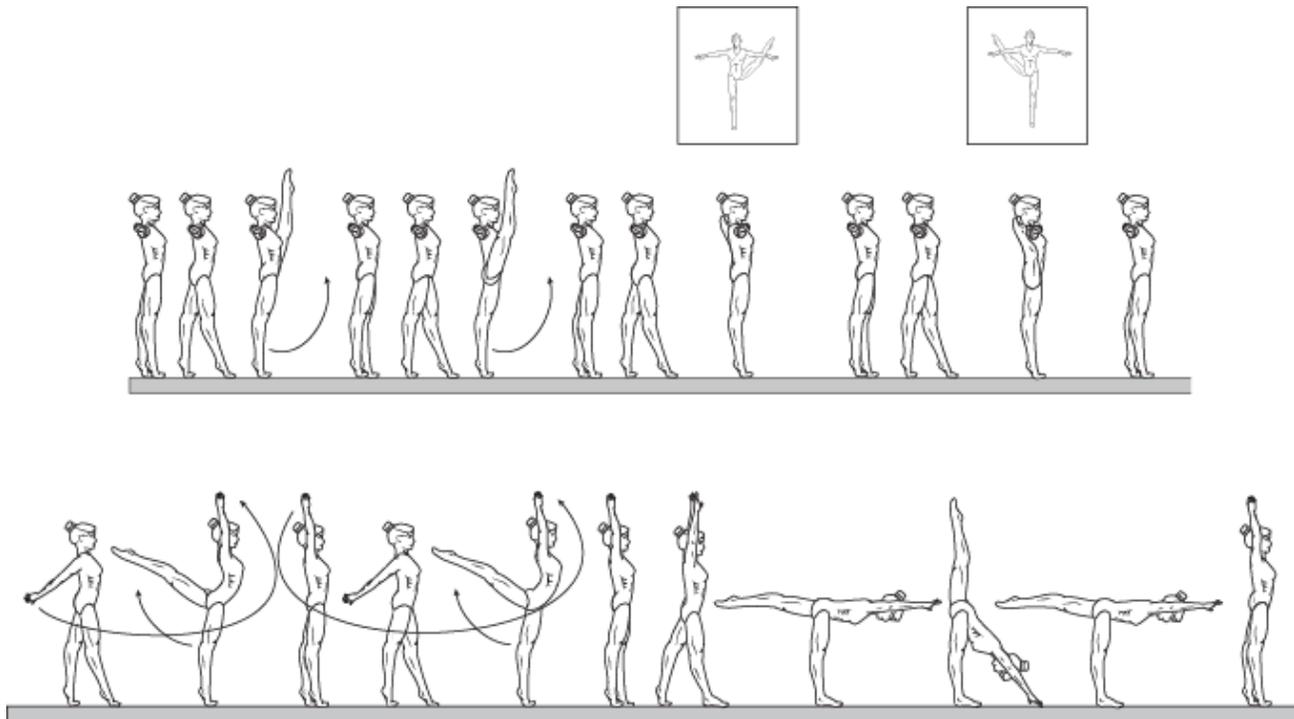
ARMS: The movement pattern of the arm swing to initiate the **FLIC-FLAC STEP IN** is optional. Maintain high throughout both elements and as the two feet landing occurs.

Upon landing the **FLIC-FLAC TWO FEET** 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.

TEN (10) YEARS OLD NATIONAL TESTING SKILLS- DANCE SEQUENCE

1. (*) LEG KICKS: FORWARD; SIDEWARD; BACKWARD; NEEDLE KICK (The gymnast may start on either side of the balance beam.)



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 high.

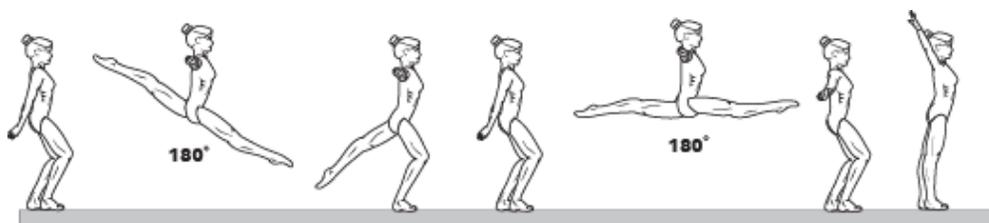
Step forward onto a straight Right leg (not in relevé).

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.

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

2. (*) **SISSONNE (180°); SPLIT JUMP (180°)**



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.

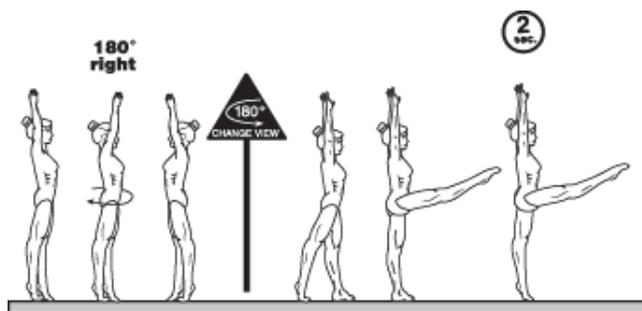
ARMS: Lift sideward-upward to side-middle during the **SPLIT JUMP**. The Arms may remain in side-middle OR lower anywhere from side-middle to low on the landing of the **JUMP**.

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.

3. (*) **½ (180°) PIVOT TURN; (*) HORIZONTAL LEG BALANCE**



Step forward Left in relevé and close the Right foot behind the Left foot in relevé lock stand.

ARMS: High.

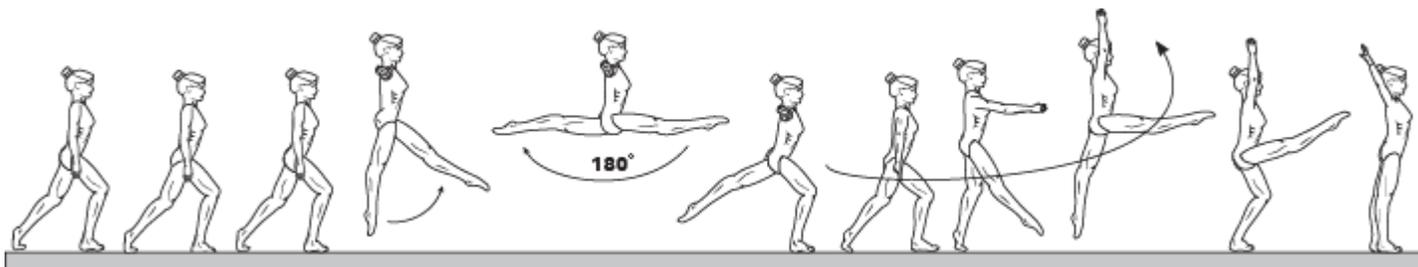
Execute a quick/sharp **½ (180°) PIVOT TURN** to the Right in relevé. Maintain straight body alignment and high relevé throughout.

ARMS: High.

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

Step forward onto a straight Left leg (not in relevé). Lift the Right leg forward to a minimum of horizontal. Press to relevé. Hold Two (2) seconds. **ARMS:** Remain high.

4. (*) SWITCH-LEG LEAP (180°)



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

Step forward Right, Left, Right, and then 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 extend arms and legs.

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

Step forward onto the Left foot through demi-plié. Swing the Right leg forward-upward to a minimum of horizontal while simultaneously pushing off the beam, extending the Left leg through the hip, knee, ankle and toes to execute a **STRAIGHT LEG SKIP**. (It is acceptable for this transition to be more of a **PUNCH** action rather than a jump between the **SWITCH-LEG LEAP** and **STRAIGHT LEG SKIP**). Land in demi-plié on the Left foot. As the gymnast lands, continue to lift the Right leg above horizontal increasing the split of the legs.

ARMS: On the forward step, lower both arms sideward-downward to low OR reach backward-downward to low. On the hop, lift the arms forward-upward to high and remain in high on landing.

Step forward onto the Right foot and close the feet side by side or one foot in front of the other.

If reversing the ½ (180°) **TURN**, step Right and transfer the weight onto the Left foot and continue to reverse the 1/1 (360°) **TURN** as well.

5. (*) ½ (180°) TURN; (*) 1/1 (360°) TURN (Total of 0.50)



Transfer the weight onto the Right foot and execute a ½ (180°) **TURN** to the Right. The preparation and leg position are optional.

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

Immediately step forward Left out of the turn and point the Right foot forward. Transfer the weight onto the Right foot and execute a 1/1 (360°) **TURN** to the Right. The preparation and leg position are optional.

ARMS: Optional for the preparation. High 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.

