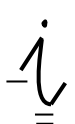








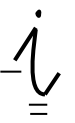









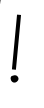





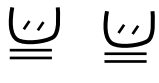

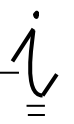



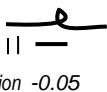



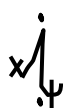


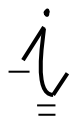


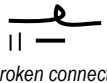
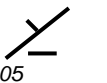

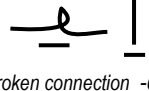


COMPULSORY BALANCE BEAM

Level 1 Balance Beam		Time 0:35						45 second Fall time		D.Hanford 8.3.2023
MOUNT: Jump to Front Support <i>(to single leg V sit, tuck stand, pike stand)</i>	Needle Leg Kick to Stand <i>(≥ horizontal)</i>	Relevé Balance Lock Stand <i>2 seconds</i>	Forward Passé <i>Mark position</i>	Stretch Jump	Arabesque 30° <i>Mark position</i>	Right & Left Fwd Leg Swings <i>(to relevé lock stand)</i>		Cartwheel to ¾ HS (22.5°) DISMOUNT <i>(from Kneel to Lunge pose)</i>		
										
0.2	0.4	0.2	0.2	0.4	0.4	0.2	0.2	0.6		

Level 2 Balance Beam		Time 0:40							
MOUNT: Jump to Front Support <i>(to single leg V sit, tuck stand, pike stand)</i>	Single Leg Kick-up to Stand <i>(no amplitude)</i> <i>Both feet leave beam</i>	Forward Passé <i>Mark position, Relevé out</i>	Stretch Jump	Arabesque 30° <i>1 second hold</i>	Leg Swing Fwd to Horizontal Leg Swing Bwd to 45°	½ Pivot Turn (180°) <i>from relevé lock</i>	Cartwheel to Side HS DISMOUNT		
									
0.2	0.4	0.2	0.4	0.4	0.2	0.2	0.2	0.6	

Level 3 Balance Beam		Time 0:55							
MOUNT: Front Support to Fish Pose <i>(stag sit to stand)</i>	Cross Handstand <i>Mark position</i>	Heel Snap ½ Turn Forward Passé <i>Not heel snap - 0.3</i>	Stretch Jump	Stretch Jump	Arabesque 45° <i>Hold 1 sec</i>	Straight Leg Leap 90°	2 Pivot Turns (180°) <i>from relevé lock</i>	Cartwheel to Side HS ¼ Turn DISMOUNT <i>Mark position</i>	
									
0.2	0.6	0.4	0.4	0.4	0.4	0.6	0.2	0.2	0.6

Level 4 Balance Beam		Time 1:05							
MOUNT: Front Support to Fish Pose <i>(stag sit to stand)</i>	Cartwheel	½ Turn Fwd Passé	Stretch Jump Reversing order -0.3	Split Jump 120° Broken connection -0.05	Handstand 1 second hold	Scale horizontal 1 second hold	Straight Leg Leap 120°	Cartwheel to Side HS ¼ Turn DISMOUNT 1 second hold	
									
0.2	0.6	0.4	0.2	0.4	0.6	0.4	0.6	0.6	0.6

Level 5 Balance Beam		Time 1:10							
MOUNT: Front Support to Fish Pose <i>(stag sit to stand)</i>	Bwd or Fwd Walkover 150° or Back Roll ¾ HS (22.5°) or Back Handspring to 1-2 ft	1/1 Turn Fwd Passé	Split Jump 150° Broken connection -0.05	Sissone Back leg horizontal Front leg 45°	Scale above horiz 1 second hold	Straight Leg Leap 150° to Stretch Jump Broken connection -0.05	Cartwheel to Stretch Jump Broken connection -0.05	Back Salto Tuck DISMOUNT	
									
0.2	0.6	0.4	0.4	0.2	0.4	0.6	0.2	0.6	0.6