

BEAM ROUTINE REQUIREMENTS

EIGHT moves to be taken from the groups below, plus any mount and dismount.
You cannot leave any groups out; you have to choose at least 1 from each group.
You must use the whole beam and travel the length of it at least three times.
One turn chosen must be high, and one low. You must link two jumps/leaps.
Time starts upon first contact of the beam.

Optional entry and exit for all moves e.g. straddle or tuck to handstand, backward roll to front support etc.

INTERMEDIATE competitors must complete all moves in **ORANGE** (1 hour or more training per week) **ADVANCED** competitors **MUST** complete all moves in **RED** (2.5hrs or more per week)

Group 1 – Turns [one high, one low required]

Tuck turn (*high*)
Half turn jump (*high*)
Full turn jump (*high*)
Pivot half turn (*low*)
Squat half turn (*low*)
Half spin (*low*)
Full spin (*low*)
Crouching swing leg turn (*low*)

Group 3 – Balance

Balance on 1 leg (free leg anywhere)
Side support
Arabesque
V-sit
Half lever (piked or straddled)
Y balance (wine glass)
Handstand
Splits (side or box)

Mounts:

Basic side mount
Circle up under the beam
Step/leap on
Squat on
Jump on
Forward roll
Straddle mount
Straddle to handstand

Group 2 – Jumps/ Leaps [link two required]

Straight jump
Star jump
Tuck jump
Straddle jump
Pike jump
W jump
Stag jump/leap
Split jump/leap
Cat leap

Group 4 - Tumble

Forward/Backward Roll
3 Bunny hops (moving forwards)
Front support to crouch to straight jump
Free roll (no handed forward roll)
Cartwheel
Forward/ Backward walkover
Handspring
1 handed cartwheel
Handstand forward roll
Round off
Backflip (to one)

Dismounts:

Shaped jump (Tuck, star, pike or straddle)
Roundoff (0.2 bonus)
Handspring (0.2 bonus)
Front/back/side somersault or barani (0.4 bonus)

Full height beam (3ft/90cm high, 15.5ft/4.5m long) maximum score is 10.0, medium height beam (2ft/60cm high, 10ft/3m long) scores out of 8.0.

Dance moves/linking moves/different types of walking should be used to show variety and originality.
Points will be deducted for adjusting your hair or clothing.

TIME LIMIT: 1½ minutes.

MUSIC: optional (no lyrics)

TARIFFS

Marked out of 10. Comprising:

4.00 - Content (0.5 for each move)

4.00 – Execution (0.5 for each move)

2.00 – Bonus – 1.2 for specified moves, 0.8 for overall performance and dismounts