

# 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