

COMMON SALTO DISMOUNTS

SALTOS	UB Flyaways	BB Dismounts	FX Saltos
Back Tuck	A	A	A
Back Pike	A	A	A
Back Layout	A	A	A
Back ½	B	B	B
Back 1/1 (<i>Full</i>)	B	B	B
Back 1½	C	C	C
Back 2/1 (<i>Double Full</i>)	C	C	C
Back 2½	D	E	D
Back 3/1 (<i>Triple Full</i>)	E	E	E

Front Tuck	A	A	A
Front Pike	A	A	B
Front Layout	A	B	B
Front ½ Tuck or Pike (<i>Barani</i>)	B	A	B
Front ½ Layout (<i>Barani</i>)	B	B	B
Front 1/1 (<i>Full</i>)	B	C	C
Front 1½ (<i>Rudy</i>)	C	C	D
Front 2/1 (<i>Double Full</i>)	C	D	E

Double Back Tuck	C	E	D
Double Back Pike	C	E	D
Double Back Layout	E	E	E
Double Saltos with Full Twists	E	E	E
Double Arabian (<i>or UB half in → Front out Tuck</i>)	E	E	E
Double Front Tuck	E		E

Double Back Layout/Pike (<i>or Pike/Layout</i>)	D
Double Back Tuck half out	D

COMMON SALTO DISMOUNTS

Balance Beam Dismounts

Backward Positions & Twists	BB Salto Dismounts	BB Gainer Off Side	BB Gainer Off End
Back Tuck	A	A	B
Back Pike	A	A	C
Back Layout	A	A	D
Back ½ Tuck or Pike	B	A	
Back ½ Layout	B	B	
Back 1/1 Tuck	B	B	C
Back 1/1 Pike			D
Back 1/1 Layout	B	C	E
Back 1½	C	C	
Back 2/1 (<i>Double Full</i>)	C	D	E
Back 2½	E	D	
Back 3/1 (<i>Triple Full</i>)	E	E	

Balance Beam Dismounts

Forward Positions & Twists	BB Aerial Dismount	BB Salto Dismount	BB Arabian Dismount
Front Tuck		A	B
Front Pike		A	B
Front Layout	A	B	
Front Layout (<i>from 1-ft stand-swing through</i>)	B		
Front ½ Tuck or Pike (<i>Barani</i>)		A	
Front ½ Layout (<i>Barani</i>)	A	B	
Front 1/1 (<i>Full</i>)	B	C	D
Front 1½ (<i>Rudy</i>)	C	C	
Front 2/1 (<i>Double Full</i>)	D	D	
	1-ft take-off	2-ft take-off	½ turn to front salto