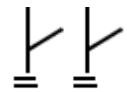
Level 1 Balance Beam	**Time 0:35**						*D.Hanford 10.14.2026*
MOUNT: Jump to Front Support *(to Single leg V sit, Tuck stand, Pike stand)*	Needle Leg Kick ≥ horizontal	Relevé Balance Lock Stand *2 seconds*	Forward Passé *Mark position*	Stretch Jump *plié to relevé lock*	Arabesque 30° *Mark position*	Right & Left Forward Leg Swings to relevé *lock stand*	Cartwheel to ¾ HS Dismount *from Kneel to Lunge pose* 22.5°
							
0.2	**0.4**	**0.2**	**0.2**	**0.4**	**0.4**	**0.2 0.2**	**0.6**

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

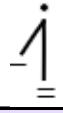
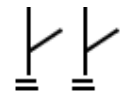
Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

Level 1 Balance Beam	**Time 0:35**							*D.Hanford 10.14.2026*
MOUNT: Jump to Front Support *(to Single leg V sit, Tuck stand, Pike stand)* 	Needle Leg Kick ≥ horizontal 	Relevé Balance Lock Stand *2 seconds* 	Forward Passé *Mark position* 	Stretch Jump *plié to relevé lock* 	Arabesque 30° *Mark position* 	Right & Left Forward Leg Swings to relevé *lock stand* 	Cartwheel to ¾ HS Dismount *from Kneel to Lunge pose* 22.5° 	
0.2	**0.4**	**0.2**	**0.2**	**0.4**	**0.4**	**0.2**	**0.2**	**0.6**

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

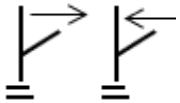
Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

Level 2 Balance Beam **Time 0:40**								*D.Hanford 10.14.2026*
MOUNT: Jump to Front Support *(to Single leg V sit, Tuck stand, Pike stand)* 	Single Leg Kick-up to Stand *no amplitude*  *Both feet leave beam*	Forward Passé *Mark position, Relevé out* 	Stretch Jump *plié to relevé lock* 	Arabesque 30° *1 second hold* 	Leg Swing Fwd Horizontal Leg Swing Bwd to 45° 		Pivot ½ Turn (180°) *from Relevé lock stand* 	Cartwheel to Side HS DISMOUNT 
0.2	**0.4**	**0.2**	**0.4**	**0.4**	**0.2**	**0.2**	**0.2**	**0.6**

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

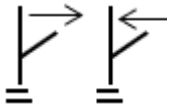
Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

Level 2 Balance Beam **Time 0:40**								*D.Hanford 10.14.2026*
MOUNT: Jump to Front Support *(to Single leg V sit, Tuck stand, Pike stand)* 	Single Leg Kick-up to Stand *no amplitude*  *Both feet leave beam*	Forward Passé *Mark position, Relevé out* 	Stretch Jump *plié to relevé lock* 	Arabesque 30° *1 second hold* 	Leg Swing Fwd Horizontal Leg Swing Bwd to 45° 		Pivot ½ Turn (180°) *from Relevé lock stand* 	Cartwheel to Side HS DISMOUNT 
0.2	**0.4**	**0.2**	**0.4**	**0.4**	**0.2**	**0.2**	**0.2**	**0.6**

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

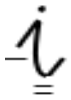
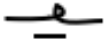
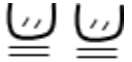
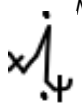
Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

Level 3 Balance Beam **Time 0:55**								*D.Hanford 10.14.2026*
MOUNT: Front Support Fish Pose *Stag sit to stand* 	Cross Handstand *Mark position* 	Heel Snap ½ Turn Forward Passé Not heel snap -0.3	Stretch Jump Stretch Jump plié to relevé lock   Broken connection -0.05	Arabesque 45° *Hold 1 sec* 	Straight Leg Leap 90° 	2 Pivot Turns (180°) *from relevé lock* 	Cartwheel to Side HS ¼ Turn DISMOUNT *Mark position* 
0.2	**0.6**	**0.4**	**0.4** **0.4**	**0.4**	**0.6**	**0.2** **0.2**	**0.6**

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

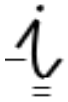
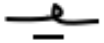
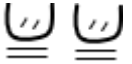
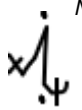
Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

Level 3 Balance Beam **Time 0:55**								*D.Hanford 10.14.2026*
MOUNT: Front Support Fish Pose *Stag sit to stand* 	Cross Handstand *Mark position* 	Heel Snap ½ Turn Forward Passé Not heel snap -0.3	Stretch Jump Stretch Jump plié to relevé lock   Broken connection -0.05	Arabesque 45° *Hold 1 sec* 	Straight Leg Leap 90° 	2 Pivot Turns (180°) *from relevé lock* 	Cartwheel to Side HS ¼ Turn DISMOUNT *Mark position* 
0.2	**0.6**	**0.4**	**0.4** **0.4**	**0.4**	**0.6**	**0.2** **0.2**	**0.6**

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

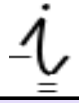
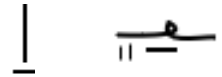
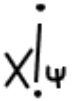
Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

Level 4 Balance Beam **Time 1:05**								*D.Hanford 10.14.2026*
MOUNT: Front Support Fish Pose *Stag sit to stand* 	Cartwheel 	½ Turn Fwd Passé 	Stretch Jump Split Jump 120° Reversing order -0.3  *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**

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

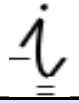
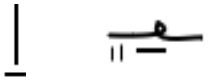
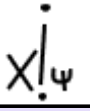
Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

Level 4 Balance Beam **Time 1:05**								*D.Hanford 10.14.2026*
MOUNT: Front Support Fish Pose *Stag sit to stand* 	Cartwheel 	½ Turn Fwd Passé 	Stretch Jump Split Jump 120° Reversing order -0.3  *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**

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

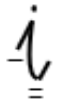
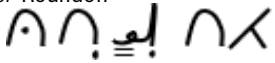
Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

Level 5 Balance Beam **Time 1:10**											*D.Hanford 10.14.2026*
MOUNT: Front Support Fish Pose *Stag sit to stand* 	Bwd or Fwd Walkover 150° *or* Back Roll ¾ HS (22.5°) *or* Back Handspring to 1-2 ft *or* Roundoff 	1/1 Turn Fwd Passé 	Split Jump 150°  Broken connection -0.05	Sissone *Back leg horizontal* *Front leg 45°* 	Scale Above Horizontal  1 sec hold	Straight Leg Leap 150°  Broken connection -0.05	Stretch Jump 	Cartwheel  Broken connection -0.05	Stretch Jump 	Back Salto Tuck DISMOUNT 
0.2	**0.6**	**0.4**	**0.4**	**0.2**	**0.4**	**0.6**	**0.2**	**0.6**	**0.2**	**0.6**

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

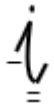
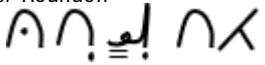
Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

Level 5 Balance Beam **Time 1:10**											*D.Hanford 10.14.2026*
MOUNT: Front Support Fish Pose *Stag sit to stand*	Bwd or Fwd Walkover 150° *or* Back Roll ¾ HS (22.5°) *or* Back Handspring to 1-2 ft *or* Roundoff	1/1 Turn Fwd Passé	Split Jump 150°	Sissone *Back leg horizontal* *Front leg 45°*	Scale Above Horizontal	Straight Leg Leap 150°	Stretch Jump	Cartwheel	Stretch Jump	Back Salto Tuck DISMOUNT
										
			Broken connection -0.05		1 sec hold	Broken connection -0.05		Broken connection -0.05		
0.2	**0.6**	**0.4**	**0.4**	**0.2**	**0.4**	**0.6**	**0.2**	**0.6**	**0.2**	**0.6**

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2