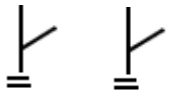
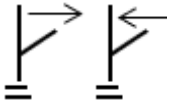
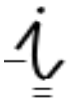
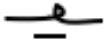
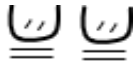
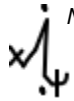
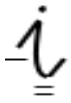
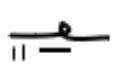
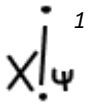
COMPULSORY BALANCE BEAM

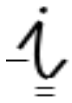
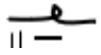
D.Hanford 9.22.2026

Level 1 Balance Beam	**Time 0:35**						
MOUNT: Jump to Front Support *(to single leg V sit, tuck stand, pike stand)* 	Needle Leg Kick to Stand *(≥ horizontal)* 	Relevé Balance Lock Stand *seconds* 	Forward Passé *Mark position* 	Stretch Jump 	Arabesque 30° *Mark position* 	Right & Left Fwd Leg Swings *(to relevé lock stand)* 	Cartwheel ¾ HS - 22.5° DISMOUNT *(from Kneel to Lunge pose)* 
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 *(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 	Arabesque 30° *1 second hold* 	Leg Swing Fwd to Horizontal Leg Swing Bwd to 45° 	½ Pivot Turn 180° *from relevé lock* 	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: Jump to Front Support to 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  *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**

Level 4 Balance Beam	**Time 1:05**								
MOUNT: Jump to Front Support to 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

Level 5 Balance Beam	**Time 1:10**								
MOUNT: Jump to Front Support to 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 Round off 	1/1 Turn Fwd Passé 	Split Jump 150° 	Sissone *Back leg horizontal* Front leg 45°  *Broken connection -0.05*	Scale ↑ 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 0.2**	**0.6**