

Balance Beam

New Changes

1. The top mat must not be wider than any mat underneath it.
2. When the landing area is over a pit, the surface must provide for a solid landing.
3. The duration of the exercise shall be no longer than 1 minute, 30 seconds. There is no minimum time. If the gymnast can get her event requirements in and her routine lasts less than one minute, so be it.
4. The mount and dismount may not be used to fulfill the following requirements: dance series of difficulty and dance-tumbling or tumbling dance series of difficulty. This is not new, HOWEVER, balances and body waves can't be used either.
5. A mount of bent hip front handspring with flight is a HS.
6. A mount of straight body front handspring with flight is a BHS.
7. Tour-jete 150° split ¼ twist is BHS. (last year it was HS)
8. Sheep jump, feet waist high, head dropped back is S
9. Sheep jump, feet shoulder high, head dropped back is a BHS.
10. Pike jump, 90° with ½ twist is a HS. (last year it was a S)
11. Pike jump, 90° more than ½ twist is BHS.
12. Notes: series of leaps/jumps (not the mount)= HS, leaps/jumps to a prone or back hip circle judges according to the root jump/leap, any jump where the thighs don't make it to horizontal or extended leg is not horizontal is judged as a straight body jump with deductions taken for improper leg positions.
13. Round off with flight into a tumbling difficulty must be a superior tumbling skill to get HS. This is the same with a back handspring into a superior tumbling skill.