“A” Beam Mounts—Effective 8/1/2018

1.101 (D) Free leap or jump to stand on one or both legs at middle, end or diagonal to beam—take-off from one or both legs

1.102 Scissors leap to cross sit on L or R thigh diagonal approach to beam (D)

1.103 From side stand frontways—flank over or straddle cut forward to rear support

1.104 (D) From side stand facing beam—jump (with or without hand support) to side straddle stand or split sit

1.105 (D) Leap to cross split sit from one foot take-off—diagonal approach to beam (support of one hand permitted)

1.106 From side stand frontways—jump to tuck stand, squat through or stoop through to rear support

1.107 Jump to roll forward at end or middle of beam, also from clear straddle support on end of beam—swing backward to roll forward

1.108 Chest or head stand

1.109 From side stand frontways with take-off from one or two feet—back hip pullover to front support

1.114 Front walkways with hands on springboard to rear support (sit) on beam (not illustrated)