

Beam Symbols - Levels March 2018

ELEMENT	0	A	B	C	D
Free leap on mount to 1 foot					
Jump 1/2 turn on mount					
Forward roll mount					
Straddle press / jump to handstand					
Squat / stoop through to rear support					
Please see the FIG code of points for a full list of mounts and recognition of A value mounts					
Split leap 1/4 turn to straddle or side split					
Change leg split leap					
Pike jump (min 90° or less, hip angle)					
Catleap					
Catleap 1/2 turn					
Catleap 1/1 turn					
Tuck jump 1/2 turn					
Tuck jump 1/1 turn					
Wolf jump 1/2 turn					
Straight jump 1/2 turn					
Straight jump 1/1 turn					
Flic to one or two					
Valdez					
Free cartwheel					
Free forward walkover					
Layout salto					
Front salto straight dismount					
Back salto straight dismount					

	0	A	B	C
Jump to front support mount				
Stretched high jump				
Tuck jump				
Spin prep (releve, balance, step out)				
1/2 spin, 1/2 turn (pivot)				
1/1 spin				
Split leap				
Split jump				
Sissone				
Wolf jump				
Arabesque				
Close beam element				
Sideways artistic movements				
Handstand				
Cartwheel				
Backward walkover				
Flic				