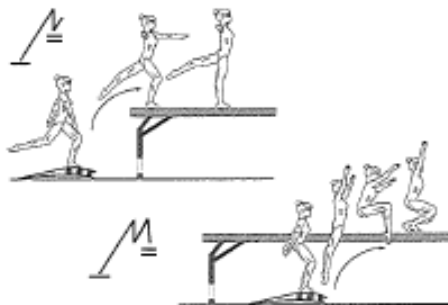


"A" Beam Mounts—Effective 8/1/2018

A

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



Free leap to stand on one or both legs at end or diagonal to beam with lowering to scale-take off from one leg



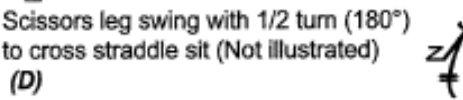
1.102
Scissors leap to cross sit on L or R thigh diagonal approach to beam (D)



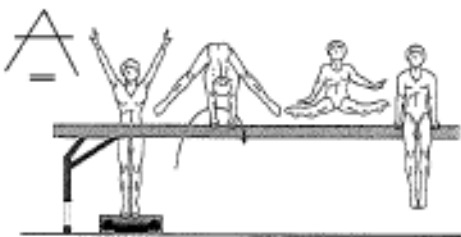
One foot take-off, leg swing with 1/4-1/4 turn (total 180°) to front support – 90° approach to beam



Scissors leg swing with 1/2 turn (180°) to cross straddle sit (Not illustrated) (D)



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



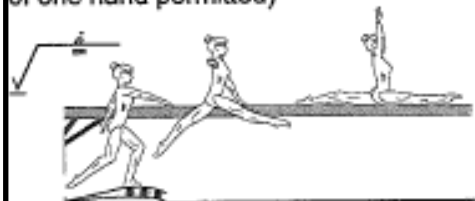
1.104 (D)
From side stand facing beam – jump (with or without hand support) to side straddle stand or split sit



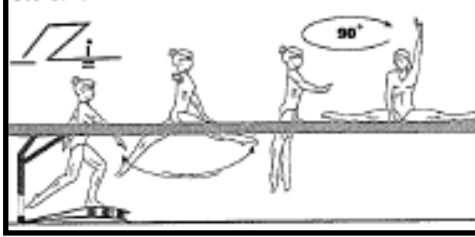
also with hand support to 1/4 turn (90°) to cross split sit



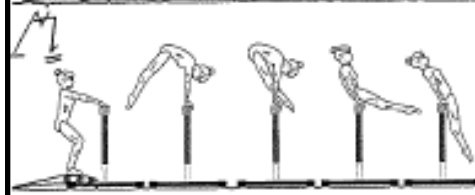
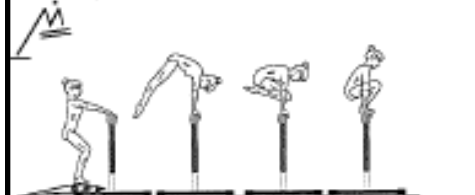
1.105 (D)
Leap to cross split sit from one foot take-off – diagonal approach to beam (support of one hand permitted)



Split leap forward with leg change to straddle split sit sideways with support on one hand



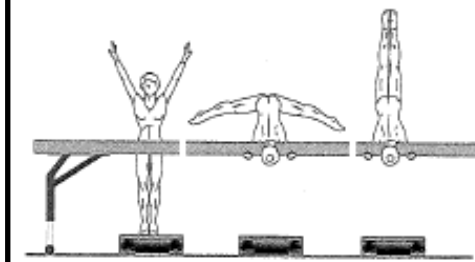
1.106
From side stand frontways – jump to tuck stand, squat through or stoop through to rear support



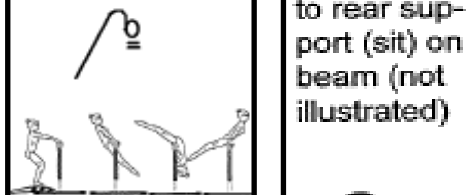
1.107
Jump to roll forward at end or middle of beam, also from clear straddle support on end of beam – swing backward to roll forward



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 walk-over with hands on springboard to rear support (sit) on beam (not illustrated)

