

BALANCE BEAM - Side Elements

Certain elements that show the “shape” (including pike, split, side-split, and straddle pike jumps) while facing out, in side position, have a higher value than those that show the shape while in the cross position. Jumps below in **red** are new elements added for 2024.

“Cross” position - the torso faces the end of the beam

“Side” position - the torso faces out with the ends of the beam to the side of the body

“Dot” over the shorthand designates “side” position

******* To receive the higher value, the shape **must** be shown while facing out in the side position.

Pike Jumps



pike jump 90°
(from side landing in side)
#2.304b - HS



pike jump 90° w/ 1/2
(from side landing in side)
#2.404b - AHS

Split Jumps



split jump 180°
(from side land side)
#2.306b - HS



jump w/ 1/4 to split 180°
(from cross land side)
*1/4 occurs first
#2.306c - HS



split jump 180°, then 1/4
(from side land cross)
*1/4 occurs second
#2.306d - HS



split jump 180° w/ 1/2
(from side land side)
#2.406 - AHS

Side-Split Jumps



side split jump 180°
(from side landing in side)
#2.407b - AHS



jump with 1/4 to side split 180°
(from cross landing in side)
*1/4 occurs first
#2.407c - AHS



side split 180°, then 1/4
(from side landing in cross)
*1/4 occurs second
#2.407d - AHS

Straddle Pike Jumps



straddle pike jump
(from side landing in side)
#2.408b - AHS



jump with 1/4 to straddle pike
(from cross landing in side)
*1/4 occurs first
#2.408c - AHS



straddle pike jump, then 1/4
(from side landing in cross)
*1/4 occurs second
#2.408d - AHS