BALANCE BEAM - Side Elements

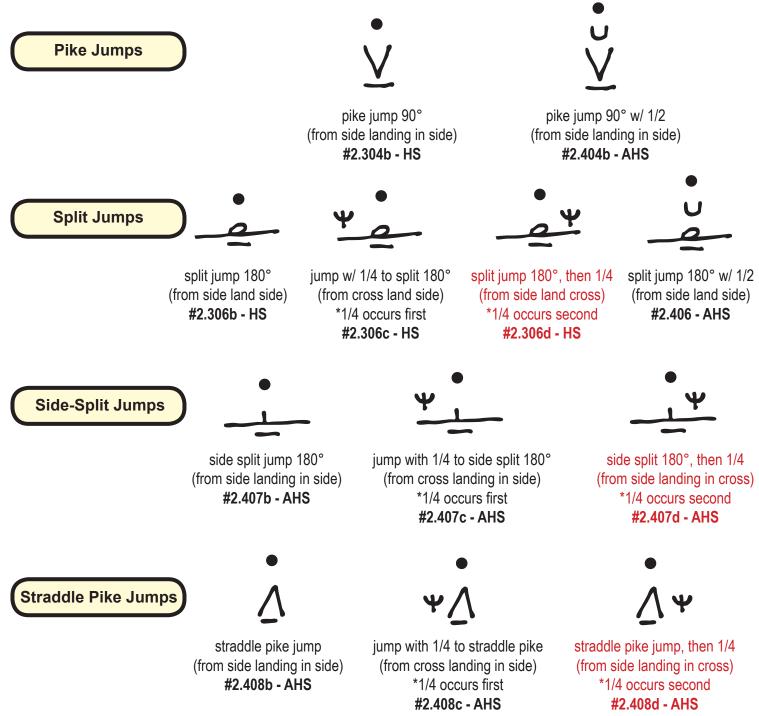
Certain elements that show the "shape" (including pike, split, side-split, and straddle pike jumps) while facing out, in side position, have a higher value than those that show the shape while in the cross position. Jumps below in red are new elements added for 2024.

"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.



2024-2026