**Beam Composition:**

Salute

1. Dance Passage: (5)
   1. [Split Leap](http://cdn.yourepeat.com/media/gif/001/565/541/18e48bf9dc6d134c27207b26cd3f0541.gif)
   2. [Switch Leap](http://cdn.yourepeat.com/media/gif/001/562/761/f518e15da0a1e657746aa64d275effcd.gif)
   3. [Cat Leap](http://cdn.yourepeat.com/media/gif/001/563/211/4be2f1e3f59b2afcf9f4d78fc59d23c6.gif)
   4. Straight Jump, tuck jump, Pike jump, straddle
   5. [Straight jump with half turn](http://cdn.yourepeat.com/media/gif/001/565/571/62c5544c538045508eaca669cd678482.gif)
   6. Wolf jump (one leg in tuck and one in pike)
   7. ½ turn on one foot or two feet
   8. Pivot turn
   9. Releve turn
   10. [Full Turn](http://cdn.yourepeat.com/media/gif/001/563/241/4944e989e9ada8f500a5b819d52185b6.gif)
   11. [Horizontal leg up turn](http://cdn.yourepeat.com/media/gif/001/562/841/ced1bc822229b92efa588626e785e5fe.gif)
   12. [Y Turn](http://cdn.yourepeat.com/media/gif/001/563/351/050f8c30ab7d20ab5feab3650e3fa2d9.gif)
   13. [Wolf Turn](http://cdn.yourepeat.com/media/gif/001/565/751/51fbea88cd7f9b39177fe8acbd81735a.gif)
   14. Scale – lift back leg up to 90 degrees and hold it
   15. Needle Scale (hands on the beam and leg up behind, then stand up)
   16. [Leg Hold (scorpion, side, front, etc)](http://cdn.yourepeat.com/media/gif/001/563/761/64832b40644bbe2f8e8f6b13acb2eaa1.gif) [another leg hold](http://cdn.yourepeat.com/media/gif/001/565/681/945a1cec422b22da357d28958400cb67.gif)
   17. Knee Scale
   18. Body Wave
   19. Front Scale
   20. Side Scale
   21. Back Scale
   22. V Support Sit
2. Acro Series (1)
   1. Forward roll
   2. From lying position, push up to bridge
   3. Partial handstand
   4. cartwheel
3. Dismount (1)
   1. Any Jump in any position with up to a 360 degree turn
   2. Cartwheel
   3. Round off

[Sample Routine with Basic Requirements](https://www.youtube.com/watch?v=X7EDuoJehSM&feature=youtu.be)

**Floor Composition:**

**Tumbling Pass: Acro Skills (3)**

* Forward Roll
* Backward Roll
* Handstand
* [Cartwheel](http://gymnasticshq.com/how-to-do-a-cartwheel/)
* Round-Off
* Front Walkover
* Back Walkover
* Handstand Forward Roll
* Back Extension Roll

**Dance Elements: turns, jumps, leaps (3)**

* Half turn on one foot
* Full turn on one foot
* Full turn with free leg in scale above horizontal
* Straight Jump
* Tuck Jump
* Straddle Jump
* Split Jump
* Pike Jump
* Wolf Jump
* Straight Jump 1/1 turn
* Tuck Jump 1/1 turn
* Wolf Jump 1/2 turn
* Straddle Jump 1/2 turn

**Bar Composition:**

**Mount (1)**

* Pullover
* Kip

**Casts/Swings (1)**

* Cast
* Squat on-jump to high bar

**Circle Elements (1)**

* Back hip circle
* Front hip circle
* Mill circle

**Dismount (1)**

* Underswing

**Vault:**

* Arm circle, punch off the board (don’t go to the block)
* Squat on & straddle jump off
* Handstand on, forward roll down