



USAG DEVELOPMENT PROGRAM SCORE SHEET 2022-26

6-7 VAULT

FIRST FLIGHT	SUPPORT / REPULSION	SECOND FLIGHT	LANDING / GENERAL	
Incorrect foot form (flexed/sickled) †.10	Failure to maintain neutral head position †.10	Failure to maintain neutral head position †.10	Incorrect Body Posture on landing (not applied to Level 7's landing on back) †.50	1st point of contact on mat stack head/neck VOID
Incorrect Leg form:	Staggered/alternate hands* †.10	Incorrect foot form (flexed/sickled) †.10	Lands on feet alternately (if only one foot touches, deduct for leg separation) .20	Salto performed after landing VOID
Crossed †.10	Shoulder Angle †.20		Slight hop/adjustment of feet toward table †.10	Balk #1 No deduction
Separated †.20	Excessive Arch †.20	Incorrect Leg form:	Steps toward table each .10 - .15 max .40	Balk #2 or #3 VOID
Bent †.30	Alternate Repulsion* †.20	Crossed †.10	Large step/Jump toward table each .20 max .40	Vaults without signal (from average by CJ) .50
Poor Technique:	Legs bent †.30	Separated †.20	Deviation from straight direction †.30	Coach between board & table (except RO entry — no penalty) .50
Failure to maintain neutral head position †.10	Step(s) w/hand(s) each .10 †.30	Bent †.30	Insufficient Dynamics †.30	Spotting assistance during the vault VOID
Excessive Arch †.20	Hop(s) w/both hands (simultaneously) .30	Brush/hit of body on table †.20	Land on mat + fall against table .50	Spotting assistance upon landing (no penalty for spot/assist after landing) .50
Hip Angle †.30	Failure to pass thru vertical †.30	Insufficient Length †.20	Failure to land on top of the mat stack 1.00	Vault performed not allowable choice VOID
	Bent arms* †.50	Insufficient Height †.50	Landing on top of the table (in a sitting, lying, or standing position) VOID	Failure to use a mat stack for landing VOID
	Touch table with only 1 hand 1.00	Failure to create rotation †.30	Failure to land on bottom of feet first: VOID	No safety zone mat (RO entry vaults) VOID
	Head contacting table (includes arm bend) 2.00	Failure to maintain prescribed body position †.50	on Front Handspring VOID	Use of alternative springboard VOID
	No hand contact on table VOID	Arm position when leaving table No deduction	on Tsuk/Yurchenko (Level 6) 1.00	
	Too long in support †.50		on Tsuk/Yurchenko (Level 7) No deduction	
* except Tsukahara	Angle of repulsion - leaves table:			
¥ slight lead-arm bend allowed on Tsukahara 90° or more = max deduction	By vertical no deduction			
	1° - 45° 05-.25			
	46° - Horizontal .30-.50			

#		VAULT #1			VAULT #2	
		SV			SV	
		score			score	
		AVG			AVG	

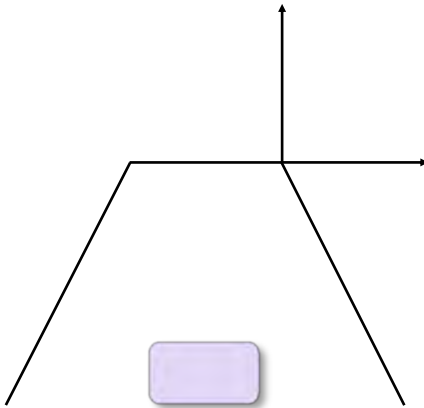
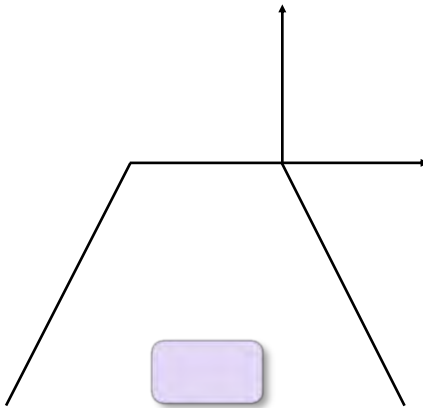


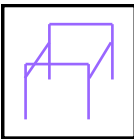
USAG DEVELOPMENT PROGRAM SCORE SHEET 2022-26

8-10 VAULT

FIRST FLIGHT	SUPPORT / REPULSION	SECOND FLIGHT	LANDING / GENERAL	
Incorrect foot form (flexed/sickled) ↑.10	Staggered/alternate hands* ↑.10	Incorrect foot form (flexed/sickled) ↑.10	Lands w/ feet hip-width or closer & never joins feet/heels together .05	LA turn incomplete ↑.30
Incorrect Leg form:	Shoulder Angle ↑.20	Incorrect Leg form:	Slight hop/adjustment feet/staggered feet ↑.10	Deviation from straight direction ↑.30
Crossed ↑.10	Excessive Arch ↑.20	Crossed ↑.10	Arm swings to maintain balance (on stuck vaults) ↑.10	Insufficient Dynamics ↑.30
Separated ↑.20	Alternate Repulsion* ↑.20	Separated ↑.20	Lands w/ feet more than hip-width apart .10	Vaults without signal (from average by CJ) .50
Bent ↑.30	Legs bent in support/early tuck ↑.30	Bent ↑.30	Steps each .10 - .15 max .40	Coach between board & table .50
Poor Technique:	Step(s) w/hand(s) each .10 ↑.30	Exactness of body position:	Large step/Jump (~ 3 ft) each .20 max .40	(except group 4/5 vaults - no penalty)
Excessive Arch ↑.20	Hop(s) w/both hands (simultaneously) .30 ↑.30	Insufficient N, V ↑.30	Incorrect Body Posture ↑.20	Spotting:
Hip Angle ↑.30	Failure to pass thru vertical ↑.30	Insufficient stretch: excessive arch ↑.30	Trunk movements to maintain balance ↑.20	Spotting assistance during the vault VOID
Incomplete LA turn ↑.30	Bent arms* ↑.50	hip angle (136°-179°) ↑.30	Squat on landing ↑.30	Exception for Level 8 Salto vaults:
	LA turn begun too early ↑.30	Fail to maintain stretch (pike down) ↑.30	Brush/touch w/ hand(s) (no support) ↑.30	▪ Spotting assistance during 2nd flight 1.00
	Touch table with only 1 hand 1.00	Insufficient extension of tuck/pike ↑.25	Fall to knees/hips .50	▪ Spotting assistance during 1st flight or support phase VOID
	Head contacting table 2.00	Total absence of extension .30	Support on mat with one or both hands .50	Spotting assistance upon landing .50
	(includes 0.5 for arm bend)	Under-rotation of vaults ↑.10	Fall against vault table .50	Coach catches falling gymnast .50
* except group 3 & group 5 w/ ¼ - 1/1 turn on + salto off	No hand contact on table VOID	Insufficient exactness of LA turn ↑.10	Landing on top of the table (in a sitting, lying, or standing position) VOID	(fall only — no deduction for spot)
For All NON-SALTO Vaults:	Too long in support ↑.50	Late completion of twist (group 1 & group 4/5 w/out saltos) ↑.30	Runs onto board/steps up onto table or rebounds from board to come to rest/support on body parts other than hands VOID	Failure to land on bottom of feet first VOID
Angle of repulsion§ - leaves table:	By vertical no deduction	Brush/hit body on end of table ↑.20		Use of alternative springboard VOID
▪ 1° - 45° 05-.50	By 46° - Horizontal .55-1.00	Insufficient Length ↑.30		No safety zone mat on group 4/5 vaults VOID
§ line from hands to body part furthest past vertical		Insufficient Height ↑.50		

#	VAULT #1	VAULT #2
	SV	SV
	score	score
	AVG	AVG

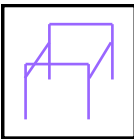


USAG DEVELOPMENT PROGRAM SCORE SHEET 2022-26

LEVEL 6 UNEVEN BARS

VALUE PARTS (VP)	SPECIAL REQUIREMENTS (SR)		NO COMPOSITIONAL REQUIREMENTS
_____ 5 A (0.1) _____ 1 B (0.3) _____ 0 C (0.5) <hr/> Allowable: • One allowable C • Count C as B VP	(0.5 each) <input type="checkbox"/> Cast to 45° above horizontal <input type="checkbox"/> One bar change (minimum) <input type="checkbox"/> One 360° circle element from groups 3/6/7 <input type="checkbox"/> A salto dismount <input type="checkbox"/> No dismount (0.3) <input type="checkbox"/> Restricted elements - no VP credit & (0.5 each)	<ul style="list-style-type: none"> ▪ Allowable C's: <ul style="list-style-type: none"> ▪ Clear hip HS ▪ Stalder HS ▪ Toe-on HS ▪ Restricted: <ul style="list-style-type: none"> ▪ Any other C elements ▪ All D/E elements ▪ Any flight/release elements from LB to HB or HB to LB ▪ Short exercise (< 5 VPs): CJ deducts 2.0 from average 	<ul style="list-style-type: none"> ▪ Cast to 45° SR awarded when angle is above horizontal. No amplitude deductions if 45° or above. ▪ This is exception to rule that SRs must be fulfilled w/ VPs. ▪ Cast at horizontal or below: No SR credit and deduct <u>0.3</u> for amplitude. <div style="text-align: right;"> </div>

#		10.0
	VP (-)	
	SR (-)	
	SV	
	execution	
	dynamics	
	score	
	AVERAGE	

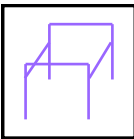


USAG DEVELOPMENT PROGRAM SCORE SHEET 2022-26

LEVEL 7 UNEVEN BARS

VALUE PARTS (VP)	SPECIAL REQUIREMENTS (SR)	MISCELLANEOUS	NO COMPOSITIONAL REQUIREMENTS
_____ 5 A (0.1) _____ 2 B (0.3) _____ 0 C (0.5) <hr/> Allowable: • Any allowable C • Count C as B VP	(0.5 each) <input type="checkbox"/> Cast to handstand <input type="checkbox"/> Two 360° clear circle elements, same or different: <input type="checkbox"/> One minimum B <input type="checkbox"/> One from groups 3/6/7 <input type="checkbox"/> A salto dismount <hr/> <input type="checkbox"/> No dismount (0.3) <input type="checkbox"/> Restricted elements - no VP credit & (0.5 each)	<ul style="list-style-type: none"> ▪ Allowable C's: <ul style="list-style-type: none"> ▪ Cast HS with 1/2 ▪ Clear hip HS, also with 1/2 ▪ Stalder HS, also with 1/2 ▪ Toe-on HS, also with 1/2 <i>(1/2 turns to regular grip only)</i> ▪ Restricted: <ul style="list-style-type: none"> ▪ Any other C elements ▪ All D/E elements ▪ Short exercise (< 5 VPs): CJ deducts 2.0 from average 	<ul style="list-style-type: none"> ▪ Cast to handstand SR awarded when angle is a minimum of 45°. Angle deductions will apply. ▪ This is exception to rule that SRs must be fulfilled w/ VPs. ▪ Cast below 45°: No SR credit and deduct 0.25-0.3 for amplitude. <div style="text-align: right;"> </div>

#		10.0
	VP (-)	
	SR (-)	
	SV	
	execution	
	dynamics	
	score	
	AVERAGE	



USAG DEVELOPMENT PROGRAM SCORE SHEET 2022-26

LEVEL 8 UNEVEN BARS

VALUE PARTS (VP)	SPECIAL REQUIREMENTS (SR)	CLARIFICATIONS	COMPOSITION																	
			DISMOUNT UP TO LEVEL	MISCELLANEOUS																
<p>_____ 4 A (0.1)</p> <p>_____ 4 B (0.3)</p> <p>_____ 0 C (0.5)</p> <hr/> <p><u>Allowable:</u></p> <ul style="list-style-type: none"> • Any allowable C • One restricted C • Count C as B VP 	<p style="text-align: center; color: blue;">(0.5 each)</p> <p><input type="checkbox"/> 1 bar change</p> <p><input type="checkbox"/> B flight</p> <p style="padding-left: 20px;">OR</p> <p style="padding-left: 20px;">B 180° LA turn</p> <p><input type="checkbox"/> B 360° 3/6/7 clear circle</p> <p><input type="checkbox"/> A salto dismount</p> <p><input type="checkbox"/> No dismount (0.3)</p> <p><input type="checkbox"/> >1 Restricted element w/ or w/o VP credit (0.5 each)</p>	<ul style="list-style-type: none"> ▪ Horizontal cast before overshoot 1/2 or peach salto = NO amplitude deduction ▪ Allowable C's: <ul style="list-style-type: none"> ▪ Cast HS with 1/2 ▪ Clear hip HS, also with 1/2 ▪ Stalder HS, also with 1/2 ▪ Toe-on HS, also with 1/2 <p style="text-align: center;"><i>(1/2 turns to regular grip only)</i></p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; text-align: center;">expected</td> <td style="width: 50%; text-align: center;">B or B A</td> </tr> <tr> <td style="text-align: center;">0.05</td> <td style="text-align: center;"></td> </tr> <tr> <td style="text-align: center;">0.10</td> <td style="text-align: center;">A</td> </tr> </table>	expected	B or B A	0.05		0.10	A	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">Lack of elements that achieve or pass through vertical</td> <td style="text-align: center;">↑ 0.2</td> </tr> <tr> <td>Uncharacteristic elements</td> <td style="text-align: center;"><u>0.1</u> each</td> </tr> <tr> <td>3/4 giant forward</td> <td style="text-align: center;"><u>0.1</u></td> </tr> <tr> <td>Dynamics</td> <td style="text-align: center;">↑ 0.2</td> </tr> <tr> <td>Short exercise (<5 VPs) — CJ</td> <td style="text-align: center;"><u>2.0</u></td> </tr> </table>	Lack of elements that achieve or pass through vertical	↑ 0.2	Uncharacteristic elements	<u>0.1</u> each	3/4 giant forward	<u>0.1</u>	Dynamics	↑ 0.2	Short exercise (<5 VPs) — CJ	<u>2.0</u>
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LEVEL 9 UNEVEN BARS

VALUE PARTS (VP)	SPECIAL REQUIREMENTS (SR)	CONNECTION VALUE (CV)		COMPOSITION																																									
				CHOICE OF ELEMENTS	MISCELLANEOUS																																								
_____ 3 A (0.1) _____ 4 B (0.3) _____ 1 C (0.5) _____ D/E (+0.1) Allowable: • Any number of B/C root elements w/ 180° or 360° turn in HS • One restricted D/E • Count D/E as C for CV • First D/E = +0.1	(0.5 each) <input type="checkbox"/> 2 bar changes <input type="checkbox"/> B flight <input type="checkbox"/> C flight (different) OR <input type="checkbox"/> B LA turn (no mount/dismount) <input type="checkbox"/> B salto dismount <input type="checkbox"/> No dismount (0.3) <input type="checkbox"/> >1 Restricted element w/ or w/o VP credit (0.5 each)	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;"></td> <td style="width: 25%; text-align: center;">0.1</td> <td style="width: 25%; text-align: center;">0.2</td> </tr> <tr> <td>No turn/flight Must be different</td> <td style="text-align: center;">C+C</td> <td></td> </tr> <tr> <td>Both elements with turn/flight</td> <td></td> <td style="text-align: center;">C+C</td> </tr> </table>		0.1	0.2	No turn/flight Must be different	C+C		Both elements with turn/flight		C+C	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td colspan="2">1. Forward circle/release (B)</td> </tr> <tr> <td colspan="2">2. 3/6/7 element (B)</td> </tr> <tr> <td colspan="2">3. Minimum 180° LA turn (C)</td> </tr> <tr> <td style="text-align: center;">expected</td> <td style="text-align: center;">2 of 3</td> </tr> <tr> <td style="text-align: center;">0.10</td> <td style="text-align: center;">1 of 3</td> </tr> <tr> <td style="text-align: center;">0.20</td> <td style="text-align: center;">0 of 3</td> </tr> <tr> <td colspan="2" style="text-align: center;">DISMOUNT UP TO LEVEL</td> </tr> <tr> <td style="text-align: center;">expected</td> <td style="text-align: center;">C</td> </tr> <tr> <td style="text-align: center;">0.05</td> <td style="text-align: center;">C B</td> </tr> <tr> <td style="text-align: center;">0.10</td> <td style="text-align: center;">B B</td> </tr> </table>	1. Forward circle/release (B)		2. 3/6/7 element (B)		3. Minimum 180° LA turn (C)		expected	2 of 3	0.10	1 of 3	0.20	0 of 3	DISMOUNT UP TO LEVEL		expected	C	0.05	C B	0.10	B B	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">No direction change</td> <td style="text-align: center;">0.1</td> </tr> <tr> <td>Uncharacteristic elements</td> <td style="text-align: center;">0.1 each</td> </tr> <tr> <td>3/4 giant forward</td> <td style="text-align: center;">0.1</td> </tr> <tr> <td>Handstand precision</td> <td style="text-align: center;">↑ 0.1</td> </tr> <tr> <td>Dynamics</td> <td style="text-align: center;">↑ 0.2</td> </tr> <tr> <td>Short exercise (<5 VPs) — CJ</td> <td style="text-align: center;">2.0</td> </tr> </table>	No direction change	0.1	Uncharacteristic elements	0.1 each	3/4 giant forward	0.1	Handstand precision	↑ 0.1	Dynamics	↑ 0.2	Short exercise (<5 VPs) — CJ	2.0
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	9.7
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LEVEL 10 UNEVEN BARS

VALUE PARTS (VP)	SPECIAL REQUIREMENTS (SR)	CONNECTION VALUE (CV)		COMPOSITION																																																													
				RELEASE UP TO LEVEL	CHOICE OF ELEMENTS	MISCELLANEOUS																																																											
_____ 3 A (0.1) _____ 3 B (0.3) _____ 2 C (0.5) _____ D (+0.1) _____ E (+0.2) Extra +0.1 bonus if 10.0 SV and minimum 0.6 bonus + E element	(0.5 each) <input type="checkbox"/> C flight <input type="checkbox"/> B flight (different) <input type="checkbox"/> C LA turn (not mount/dismount) <input type="checkbox"/> C salto dismount <input type="checkbox"/> No dismount (0.3)	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td></td> <td style="text-align: center;">0.1</td> <td style="text-align: center;">0.2</td> </tr> <tr> <td>Both elements must have turn/flight</td> <td style="text-align: center;">C+C</td> <td></td> </tr> <tr> <td>3/6/7 elements</td> <td style="text-align: center;">C+C</td> <td></td> </tr> <tr> <td>Must be different</td> <td style="text-align: center;">C+C</td> <td></td> </tr> <tr> <td>No turn/flight required</td> <td></td> <td></td> </tr> <tr> <td>No turn/flight required</td> <td style="text-align: center;">C+D</td> <td style="text-align: center;">D+D</td> </tr> </table>		0.1	0.2	Both elements must have turn/flight	C+C		3/6/7 elements	C+C		Must be different	C+C		No turn/flight required			No turn/flight required	C+D	D+D	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">expected</td> <td style="text-align: center;">D -- D</td> </tr> <tr> <td style="text-align: center;">0.05</td> <td style="text-align: center;">DC</td> </tr> <tr> <td style="text-align: center;">0.10</td> <td style="text-align: center;">D -- C</td> </tr> <tr> <td style="text-align: center;">0.15</td> <td style="text-align: center;">CC D -- B</td> </tr> <tr> <td style="text-align: center;">0.20</td> <td style="text-align: center;">C -- C CB</td> </tr> </table>	expected	D -- D	0.05	DC	0.10	D -- C	0.15	CC D -- B	0.20	C -- C CB	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td colspan="2">1. Forward circle/release (B)</td> </tr> <tr> <td colspan="2">2. 3/6/7 element (B)</td> </tr> <tr> <td colspan="2">3. Minimum 180° LA turn (C)</td> </tr> <tr> <td style="text-align: center;">expected</td> <td style="text-align: center;">2 of 3</td> </tr> <tr> <td style="text-align: center;">0.10</td> <td style="text-align: center;">1 of 3</td> </tr> <tr> <td style="text-align: center;">0.20</td> <td style="text-align: center;">0 of 3</td> </tr> <tr> <td colspan="2" style="text-align: center;">DISMOUNT UP TO LEVEL</td> </tr> <tr> <td style="text-align: center;">expected</td> <td style="text-align: center;">D/E or DC</td> </tr> <tr> <td style="text-align: center;">0.05</td> <td style="text-align: center;">CCC</td> </tr> <tr> <td style="text-align: center;">0.10</td> <td style="text-align: center;">CC</td> </tr> </table>	1. Forward circle/release (B)		2. 3/6/7 element (B)		3. Minimum 180° LA turn (C)		expected	2 of 3	0.10	1 of 3	0.20	0 of 3	DISMOUNT UP TO LEVEL		expected	D/E or DC	0.05	CCC	0.10	CC	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>>1 squat on (except after fall)</td> <td style="text-align: center;"><u>0.1</u> each</td> </tr> <tr> <td>Lack of 2 bar changes</td> <td style="text-align: center;"><u>0.2</u></td> </tr> <tr> <td>No direction change</td> <td style="text-align: center;"><u>0.1</u></td> </tr> <tr> <td>Uncharacteristic elements</td> <td style="text-align: center;"><u>0.1</u> each</td> </tr> <tr> <td>3/4 giant forward</td> <td style="text-align: center;"><u>0.1</u></td> </tr> <tr> <td>Short exercise (<5 VPs) — CJ</td> <td style="text-align: center;"><u>2.0</u></td> </tr> </table>	>1 squat on (except after fall)	<u>0.1</u> each	Lack of 2 bar changes	<u>0.2</u>	No direction change	<u>0.1</u>	Uncharacteristic elements	<u>0.1</u> each	3/4 giant forward	<u>0.1</u>	Short exercise (<5 VPs) — CJ	<u>2.0</u>
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0.10	CC																																																																
>1 squat on (except after fall)	<u>0.1</u> each																																																																
Lack of 2 bar changes	<u>0.2</u>																																																																
No direction change	<u>0.1</u>																																																																
Uncharacteristic elements	<u>0.1</u> each																																																																
3/4 giant forward	<u>0.1</u>																																																																
Short exercise (<5 VPs) — CJ	<u>2.0</u>																																																																

#

	9.5
VP (-)	
SR (-)	
CV (+)	
D/E (+)	
SV	□+0.1
execution	
composition	
score	
AVERAGE	



USAG DEVELOPMENT PROGRAM SCORE SHEET 2022-26

LEVEL 6 BALANCE BEAM

VALUE PARTS (VP)	SPECIAL REQUIREMENTS (SR)	MISCELLANEOUS	NO COMPOSITIONAL REQUIREMENTS
_____ 5 A (0.1) _____ 1 B (0.3) _____ 0 C (0.5) <hr/> <u>Allowable:</u> •One (1) C dance •Count C as B VP	(0.5 each) <input type="checkbox"/> Acro series (non-flight) OR Acro flight element (isolated or in series) <input type="checkbox"/> Leap/Jump (requiring 180° split) <input type="checkbox"/> 360° turn on one foot <input type="checkbox"/> A dismount (aerial/salto)	<input type="checkbox"/> No dismount (0.3) <input type="checkbox"/> Restricted elements - no VP credit & (0.5 each) (from Start Value) <hr/> <u>TIME</u> 1:30 warm up 1:15 compete Short exercise (Level 6 ONLY): If < 30 seconds & 10.0 SV, CJ deducts 0.5 from average	<ul style="list-style-type: none"> ▪ One element in acro series must achieve/pass through inverted vertical in handstand support. ▪ First or second element in acro series may be handstand with any leg position - if handstand without turn, must be held for 2 seconds. ▪ Group 6 - Rolls may be included in acro series, as long as one element passes through handstand position.

#	10.0
	VP (-)
	SR (-)
	SV
	execution
	other
	score
_____ Artistry ↑0.3 _____ Footwork ↑0.3 _____ Dynamics ↑0.2 _____ Sureness ↑0.2 _____ Posture ↑0.3 _____ Rhythm ↑0.2	<input type="checkbox"/> OT (0.1) AVERAGE



USAG DEVELOPMENT PROGRAM SCORE SHEET 2022-26

LEVEL 7 BALANCE BEAM

VALUE PARTS (VP)	SPECIAL REQUIREMENTS (SR)	MISCELLANEOUS	NO COMPOSITIONAL REQUIREMENTS
_____ 5 A (0.1) _____ 2 B (0.3) _____ 0 C (0.5) <hr/> <u>Allowable:</u> • Any C dance (unlimited) • Count C as B VP	(0.5 each) <input type="checkbox"/> Acro series (with or without flight) AND Acro flight element (isolated or in series) <input type="checkbox"/> Leap/Jump (requiring 180° split) <input type="checkbox"/> 360° turn on one foot <input type="checkbox"/> A dismount (aerial/salto)	<input type="checkbox"/> No dismount (0.3) <input type="checkbox"/> Restricted elements - no VP credit & (0.5 each) (from Start Value) <hr/> <u>TIME</u> 1:30 warm up 1:20 compete Short exercise (< 30 seconds): CJ deducts 2.0 from average	<ul style="list-style-type: none"> ▪ One element in acro series must achieve/pass through inverted vertical in handstand support. ▪ First or second element in acro series may be handstand with any leg position - if handstand without turn, must be held for 2 seconds. ▪ Group 6 - Rolls may be included in acro series, as long as one element passes through handstand position.

#

	10.0
VP (-)	
SR (-)	
SV	
execution	
other	
score	
AVERAGE	

_____ Artistry †0.3
 _____ Footwork †0.3
 _____ Dynamics †0.2
 _____ Sureness †0.2
 _____ Posture †0.3
 _____ Rhythm †0.2

OT (0.1)



USAG DEVELOPMENT PROGRAM SCORE SHEET 2022-26

LEVEL 8 BALANCE BEAM

VALUE PARTS (VP)	SPECIAL REQUIREMENTS (SR)	COMPOSITION																																																																											
		ACRO UP TO LEVEL			DANCE UP TO LEVEL		MISCELLANEOUS																																																																						
_____ 4 A (0.1) _____ 4 B (0.3) _____ 0 C (0.5) <u>Allowable:</u> •Any C dance •ONE C acro •Count C as B VP	(0.5 each) <input type="checkbox"/> Acro series (1 flight) <input type="checkbox"/> Leap/Jump (requiring 180° split) <input type="checkbox"/> 360° turn on one foot <input type="checkbox"/> A dismount (aerial/salto) <input type="checkbox"/> No dismount (0.3) <input type="checkbox"/> >1 Restricted element w/ or w/o VP credit (0.5 each)	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td></td> <td style="text-align: center;">Flight Series</td> <td style="text-align: center;">Additional Acro</td> <td style="text-align: center;">Additional Acro</td> </tr> <tr> <td style="text-align: center;">expected</td> <td style="text-align: center;">B B (2 flight)</td> <td style="text-align: center;">B</td> <td style="text-align: center;">A</td> </tr> <tr> <td rowspan="2" style="text-align: center;">0.05</td> <td style="text-align: center;">B B (2 flight)</td> <td style="text-align: center;">A</td> <td style="text-align: center;">A</td> </tr> <tr> <td style="text-align: center;">B B (2 flight)</td> <td style="text-align: center;">B</td> <td></td> </tr> <tr> <td rowspan="2" style="text-align: center;">0.10</td> <td style="text-align: center;">B B (2 flight)</td> <td style="text-align: center;">A</td> <td></td> </tr> <tr> <td style="text-align: center;">A B (B flight)</td> <td style="text-align: center;">B</td> <td></td> </tr> <tr> <td rowspan="2" style="text-align: center;">0.15</td> <td style="text-align: center;">A B (B flight)</td> <td style="text-align: center;">A</td> <td></td> </tr> <tr> <td style="text-align: center;">B B (2 flight)</td> <td></td> <td></td> </tr> <tr> <td rowspan="2" style="text-align: center;">0.20</td> <td style="text-align: center;">A B (B flight)</td> <td></td> <td></td> </tr> <tr> <td style="text-align: center;">broken/no series</td> <td></td> <td></td> </tr> </table>		Flight Series	Additional Acro	Additional Acro	expected	B B (2 flight)	B	A	0.05	B B (2 flight)	A	A	B B (2 flight)	B		0.10	B B (2 flight)	A		A B (B flight)	B		0.15	A B (B flight)	A		B B (2 flight)			0.20	A B (B flight)			broken/no series			<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">expected</td> <td style="text-align: center;">B B A</td> </tr> <tr> <td style="text-align: center;">0.05</td> <td style="text-align: center;">B B</td> </tr> <tr> <td style="text-align: center;">0.10</td> <td style="text-align: center;">B A A</td> </tr> <tr> <td style="text-align: center;">0.15</td> <td style="text-align: center;">B A</td> </tr> <tr> <td style="text-align: center;">0.20</td> <td style="text-align: center;">A</td> </tr> </table>	expected	B B A	0.05	B B	0.10	B A A	0.15	B A	0.20	A	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td colspan="2" style="text-align: center;">DISMOUNT UP TO LEVEL</td> </tr> <tr> <td></td> <td style="text-align: center;">Dismount</td> </tr> <tr> <td style="text-align: center;">0.00</td> <td style="text-align: center;">B</td> </tr> <tr> <td style="text-align: center;">0.05</td> <td style="text-align: center;">A A</td> </tr> <tr> <td style="text-align: center;">0.10</td> <td style="text-align: center;">A</td> </tr> </table>	DISMOUNT UP TO LEVEL			Dismount	0.00	B	0.05	A A	0.10	A	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">No dance series</td> <td style="text-align: center;">0.2</td> </tr> <tr> <td style="text-align: center;">> 1pivot turn</td> <td style="text-align: center;">0.1</td> </tr> <tr> <td style="text-align: center;">Acro direction (bwd & fwd/swd) (0.05 - dismount only)</td> <td style="text-align: center;">0.1</td> </tr> <tr> <td style="text-align: center;">>2 dance with same shape (wolf/tuck or straddle)</td> <td style="text-align: center;">0.1 each</td> </tr> <tr> <td style="text-align: center;">Insufficient level changes</td> <td style="text-align: center;">↑0.1</td> </tr> <tr> <td style="text-align: center;">Insufficient use length of beam</td> <td style="text-align: center;">↑0.1</td> </tr> <tr> <td style="text-align: center;">Fwd/swd/bwd choreography (2)</td> <td style="text-align: center;">0.05</td> </tr> <tr> <td style="text-align: center;">Short exercise (<30 sec) — CJ</td> <td style="text-align: center;">2.0</td> </tr> </table>	No dance series	0.2	> 1pivot turn	0.1	Acro direction (bwd & fwd/swd) (0.05 - dismount only)	0.1	>2 dance with same shape (wolf/tuck or straddle)	0.1 each	Insufficient level changes	↑0.1	Insufficient use length of beam	↑0.1	Fwd/swd/bwd choreography (2)	0.05	Short exercise (<30 sec) — CJ	2.0
	Flight Series	Additional Acro	Additional Acro																																																																										
expected	B B (2 flight)	B	A																																																																										
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		10.0
VP (-)		
SR (-)		
SV		
execution		
composition		
score		
_____ Artistry ↑0.3 _____ Footwork ↑0.3 _____ Dynamics ↑0.2 _____ Sureness ↑0.2 _____ Posture ↑0.3 _____ Rhythm ↑0.2	<input type="checkbox"/> OT (0.1)	AVERAGE



USAG DEVELOPMENT PROGRAM SCORE SHEET 2022-26

LEVEL 9 BALANCE BEAM

VALUE PARTS (VP)	SPECIAL REQUIREMENTS (SR)	CONNECTION VALUE (CV)	COMPOSITION																																																																							
			ACRO UP TO LEVEL		DANCE UP TO LEVEL		MISCELLANEOUS																																																																			
_____ 3 A (0.1) _____ 4 B (0.3) _____ 1 C (0.5) _____ D/E (+0.1) Allowable: • Any D/E dance • One D/E acro • Count D/E as C for CV • First D/E acro = +0.1	(0.5 each) <input type="checkbox"/> Acro series (2 flight) <input type="checkbox"/> Leap/Jump (requiring 180° split) <input type="checkbox"/> 360° turn on one foot <input type="checkbox"/> B dismount (aerial/salto) <input type="checkbox"/> No dismount (0.3) <input type="checkbox"/> >1 Restricted element w or w/o VP cred (0.5 ea)	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td></td> <td style="text-align: center;">0.1</td> <td style="text-align: center;">0.2</td> </tr> <tr> <td>2 Acro Flight (no dismount)</td> <td style="text-align: center;">B+C (C=salto/aerial)</td> <td style="text-align: center;">C+C B+D</td> </tr> <tr> <td>3 Acro Flight</td> <td style="text-align: center;">B+B+C</td> <td style="text-align: center;">B+C+C B+B+D</td> </tr> <tr> <td colspan="3" style="text-align: center; font-size: small;">Additional +0.1 for 3 acro flight w/ min C salto/aerial or D/E flight, excluding dismount</td> </tr> <tr> <td>Dance/Mix (no dismount)</td> <td style="text-align: center;">B+C A+D</td> <td style="text-align: center;">B+D C+C</td> </tr> <tr> <td>Turns</td> <td style="text-align: center;">A+C (or reverse)</td> <td></td> </tr> <tr> <td colspan="3" style="text-align: center; font-size: x-small;">All acro used for CV must have flight</td> </tr> </table>		0.1	0.2	2 Acro Flight (no dismount)	B+C (C=salto/aerial)	C+C B+D	3 Acro Flight	B+B+C	B+C+C B+B+D	Additional +0.1 for 3 acro flight w/ min C salto/aerial or D/E flight, excluding dismount			Dance/Mix (no dismount)	B+C A+D	B+D C+C	Turns	A+C (or reverse)		All acro used for CV must have flight			<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td></td> <td>Flight Series</td> <td>Additional Acro</td> </tr> <tr> <td rowspan="2" style="writing-mode: vertical-rl; transform: rotate(180deg);">expected</td> <td>B C 2 flight</td> <td>C (salto/aerial) or D (hand support)</td> </tr> <tr> <td>series w/ salto/aerial</td> <td>C hand support</td> </tr> <tr> <td>0.05</td> <td>B C 2 flight</td> <td>C hand support</td> </tr> <tr> <td>0.10</td> <td>B C 2 flight</td> <td>B</td> </tr> <tr> <td>0.15</td> <td>B B 1-2 flight</td> <td>C salto/aerial</td> </tr> <tr> <td rowspan="2">0.20</td> <td>B B</td> <td>no other B</td> </tr> <tr> <td>broken/no series</td> <td>no other B</td> </tr> </table>		Flight Series	Additional Acro	expected	B C 2 flight	C (salto/aerial) or D (hand support)	series w/ salto/aerial	C hand support	0.05	B C 2 flight	C hand support	0.10	B C 2 flight	B	0.15	B B 1-2 flight	C salto/aerial	0.20	B B	no other B	broken/no series	no other B	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>expected</td> <td>C C</td> </tr> <tr> <td>0.05</td> <td>C B</td> </tr> <tr> <td>0.10</td> <td>C</td> </tr> <tr> <td>0.15</td> <td>B B</td> </tr> <tr> <td>0.20</td> <td>B</td> </tr> </table>	expected	C C	0.05	C B	0.10	C	0.15	B B	0.20	B	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>No dance series</td> <td>0.2</td> </tr> <tr> <td>> 1pivot turn</td> <td>0.1</td> </tr> <tr> <td>Acro direction (bwd & fwd/swd) (0.05 - dismount only)</td> <td>0.1</td> </tr> <tr> <td>>2 dance with same shape (wolf/tuck or straddle)</td> <td>0.1 each</td> </tr> <tr> <td>Insufficient level changes</td> <td>↑0.1</td> </tr> <tr> <td>Insufficient use length of beam</td> <td>↑0.1</td> </tr> <tr> <td>Fwd/swd/bwd chorography (2)</td> <td>0.05</td> </tr> <tr> <td>Short exercise (<30 sec) — CJ</td> <td>2.0</td> </tr> </table>	No dance series	0.2	> 1pivot turn	0.1	Acro direction (bwd & fwd/swd) (0.05 - dismount only)	0.1	>2 dance with same shape (wolf/tuck or straddle)	0.1 each	Insufficient level changes	↑0.1	Insufficient use length of beam	↑0.1	Fwd/swd/bwd chorography (2)	0.05	Short exercise (<30 sec) — CJ	2.0
	0.1	0.2																																																																								
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Short exercise (<30 sec) — CJ	2.0																																																																									
#																																																																										

	9.7
VP (-)	
SR (-)	
CV (+)	
D/E (+) (0.1 max)	
SV	
execution	
composition	
score	
_____ Artistry ↑0.3 _____ Footwork ↑0.3 _____ Dynamics ↑0.2 _____ Sureness ↑0.2 _____ Posture ↑0.3 _____ Rhythm ↑0.2	<input type="checkbox"/> OT (0.1)
AVERAGE	



USAG DEVELOPMENT PROGRAM SCORE SHEET 2022-26

LEVEL 10 BALANCE BEAM

VALUE PARTS (VP)	SPECIAL REQUIREMENTS (SR)	CONNECTION VALUE (CV)			COMPOSITION																																																																																																																									
					ACRO UP TO LEVEL			DANCE UP TO LEVEL			MISCELLANEOUS																																																																																																																			
_____ 3 A (0.1) _____ 3 B (0.3) _____ 2 C (0.5) _____ D (+0.1) _____ E (+0.2) Extra +0.1 bonus if 10.0 SV and minimum 0.6 bonus + E acro element	(0.5 each) <input type="checkbox"/> Acro series, either: ▪ 2 flight w/ min C ▪ E (flight) + A <input type="checkbox"/> Leap/Jump 180° split <input type="checkbox"/> 360° turn on one foot <input type="checkbox"/> C dismount or B connected to: ▪ acro series w/ C ▪ C acro flight/dance <input type="checkbox"/> No dismount (0.3)	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td></td><td style="text-align: center;">0.1</td><td style="text-align: center;">0.2</td></tr> <tr><td>2 Acro Flight (no dismount)</td><td style="text-align: center;">B+C (C=salto/aerial)</td><td style="text-align: center;">C+C B+D</td></tr> <tr><td>3 Acro Flight</td><td style="text-align: center;">B+B+C</td><td style="text-align: center;">B+C+C B+B+D</td></tr> <tr><td colspan="3" style="text-align: center;">Additional +0.1 for 3 acro flight w/ min C salto/aerial or D/E flight, excluding dismount</td></tr> <tr><td>Dance/Mix (no dismount)</td><td style="text-align: center;">B+C A+D</td><td style="text-align: center;">B+D C+C</td></tr> <tr><td>Turns</td><td style="text-align: center;">A+C (or reverse)</td><td></td></tr> <tr><td colspan="3" style="text-align: center;"><i>All acro used for CV must have flight</i></td></tr> </table>		0.1	0.2	2 Acro Flight (no dismount)	B+C (C=salto/aerial)	C+C B+D	3 Acro Flight	B+B+C	B+C+C B+B+D	Additional +0.1 for 3 acro flight w/ min C salto/aerial or D/E flight, excluding dismount			Dance/Mix (no dismount)	B+C A+D	B+D C+C	Turns	A+C (or reverse)		<i>All acro used for CV must have flight</i>			<table border="1" style="width: 100%; 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9.5	
VP (-)	
SR (-)	
CV (+)	
D/E (+)	
SV	□+0.1
execution	
composition	
score	
AVERAGE	

_____ Artistry ↑0.3
 _____ Footwork ↑0.3
 _____ Dynamics ↑0.2
 _____ Sureness ↑0.2
 _____ Posture ↑0.3
 _____ Rhythm ↑0.2

OT (0.1)



USAG DEVELOPMENT PROGRAM SCORE SHEET 2022-26

LEVEL 6 FLOOR EXERCISE

VALUE PARTS (VP)	SPECIAL REQUIREMENTS (SR)	MISCELLANEOUS	NO COMPOSITIONAL REQUIREMENTS
_____ 5 A (0.1) _____ 1 B (0.3) _____ 0 C (0.5) <u>Allowable:</u> •One (1) C dance •Count C as B VP	(0.5 each) <input type="checkbox"/> 1 Acro pass (minimum 3 directly connected elements, 2 with flight) <input type="checkbox"/> Second Acro pass with one Salto/Arial <input type="checkbox"/> Dance passage <input type="checkbox"/> 360° turn on one foot	<input type="checkbox"/> No dismount (0.3) <input type="checkbox"/> Restricted elements - no VP credit & (0.5 each) (from Start Value) <hr/> <p style="text-align: center;"><u>TIME</u> 1:15</p> <p style="text-align: center;">No deduction taken if fraction of a second overtime</p> Short exercise (< 30 seconds): CJ deducts 2.0 from average	<ul style="list-style-type: none"> ▪ Acro pass can contain flight or non-flight acro elements from groups 5/6/7/8 (walkovers, cartwheels, saltos forward/sideward/backward). Group 4 (rolls) may <u>not</u> be used to fulfill SR #1. ▪ Salto/Aerial in each pass must be <u>different</u>. ▪ Dance passage must have a minimum of two <u>different</u> group 1 elements, directly or indirectly connected, one of which is a leap requiring 180° cross/side split.

#

		10.0
	VP (-)	
	SR (-)	
	SV	
	execution	
	other	
	score	
_____ Artistry ↑0.3 _____ Footwork ↑0.3 _____ Dynamics ↑0.2 _____ Posture ↑0.3 _____ Rhythm ↑0.2 _____ End #1 s <u>0.05</u>	<input type="checkbox"/> Out of Bounds	AVERAGE



USAG DEVELOPMENT PROGRAM SCORE SHEET 2022-26

LEVEL 7 FLOOR EXERCISE

VALUE PARTS (VP)	SPECIAL REQUIREMENTS (SR)	MISCELLANEOUS	NO COMPOSITIONAL REQUIREMENTS
_____ 5 A (0.1) _____ 2 B (0.3) _____ 0 C (0.5) <hr/> <u>Allowable:</u> • Any C dance (unlimited) • Count C as B VP	(0.5 each) <input type="checkbox"/> Acro requirements (0.5 each — max 1.0) <input type="checkbox"/> Two acro passes <input type="checkbox"/> Salto backward <input type="checkbox"/> Salto forward <input type="checkbox"/> Salto stretched (forward or backward) <input type="checkbox"/> Dance passage <input type="checkbox"/> 360° turn on one foot	<input type="checkbox"/> No dismount (0.3) <input type="checkbox"/> Restricted elements - no VP credit & (0.5 each) (from Start Value) <hr/> <p style="text-align: center;"><u>TIME</u> 1:30</p> <p style="text-align: center;">No deduction taken if fraction of a second overtime</p> Short exercise (< 30 seconds): CJ deducts 2.0 from average	<ul style="list-style-type: none"> ▪ Acro pass with salto backward must have a minimum of two directly connected flight elements. ▪ Salto forward can be isolated or with other elements. ▪ Aerial will not fulfill salto forward requirement. ▪ Salto stretched must have no twist and land on two feet. ▪ Dance passage must have a minimum of two <u>different</u> group 1 elements, directly or indirectly connected, one of which is a leap requiring 180° cross/side split.

#

	10.0
VP (-)	
SR (-)	
SV	
execution	
other	
score	
AVERAGE	

_____ Artistry ↑0.3
 _____ Footwork ↑0.3
 _____ Dynamics ↑0.2
 _____ Posture ↑0.3
 _____ Rhythm ↑0.2
 _____ End #1 s 0.05

Out of Bounds



USAG DEVELOPMENT PROGRAM SCORE SHEET 2022-26

LEVEL 8 FLOOR EXERCISE

VALUE PARTS (VP)	SPECIAL REQUIREMENTS (SR)	COMPOSITION																																						
		ACRO UP TO LEVEL		DANCE UP TO LEVEL		MISCELLANEOUS																																		
_____ 4 A (0.1) _____ 4 B (0.3) _____ 0 C (0.5)	(0.5 each) <input type="checkbox"/> Acro pass w/ 2 saltos <input type="checkbox"/> 3 different saltos <input type="checkbox"/> Dance passage <input type="checkbox"/> A dismount (last salto isolated/in connection) <input type="checkbox"/> No dismount (0.3) <input type="checkbox"/> >1 Restricted element w/ or w/o VP credit (0.5 each)	Formulas based on 4 saltos performed in routine Additional 0.05 deduction for each salto missing		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="background-color: #e0f0ff;">expected</td><td>B B A</td></tr> <tr><td style="background-color: #fff9c4;">0.05</td><td>B B</td></tr> <tr><td style="background-color: #fff9c4;">0.10</td><td>B A A</td></tr> <tr><td style="background-color: #ffe0b2;">0.15</td><td>B A</td></tr> <tr><td style="background-color: #ffb6c1;">0.20</td><td>only A's</td></tr> </table>	expected	B B A	0.05	B B	0.10	B A A	0.15	B A	0.20	only A's	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td colspan="3" style="text-align: center;">DISMOUNT UP TO LEVEL</td></tr> <tr><td style="background-color: #e0f0ff;">expected</td><td>B</td><td></td></tr> <tr><td style="background-color: #fff9c4;">0.05</td><td>A - - A</td><td>A A</td></tr> <tr><td style="background-color: #fff9c4;">0.10</td><td>A</td><td></td></tr> </table>	DISMOUNT UP TO LEVEL			expected	B		0.05	A - - A	A A	0.10	A		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>No B turn</td><td style="text-align: right;">0.2</td></tr> <tr><td>Saltos 2 directions (bwd & fwd/swd)</td><td style="text-align: right;">0.1</td></tr> <tr><td>>2 dance with same shape (wolf/tuck or straddle)</td><td style="text-align: right;">0.1</td></tr> <tr><td>Insufficient use of floor area spatially</td><td style="text-align: right;">↑0.1</td></tr> <tr><td>Lack of 3 A saltos</td><td style="text-align: right;">0.3</td></tr> <tr><td>Short exercise (<30 sec) — CJ</td><td style="text-align: right;">2.0</td></tr> </table>	No B turn	0.2	Saltos 2 directions (bwd & fwd/swd)	0.1	>2 dance with same shape (wolf/tuck or straddle)	0.1	Insufficient use of floor area spatially	↑0.1	Lack of 3 A saltos	0.3	Short exercise (<30 sec) — CJ	2.0
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		10.0
	VP (-)	
	SR (-)	
	SV	
	execution	
	composition	
	score	
	<input type="checkbox"/> Out of Bounds	
_____ Artistry ↑0.3 _____ Footwork ↑0.3 _____ Dynamics ↑0.2 _____ Posture ↑0.3 _____ Rhythm ↑0.2 _____ End #1 s 0.05	AVERAGE	



USAG DEVELOPMENT PROGRAM SCORE SHEET 2022-26

LEVEL 9 FLOOR EXERCISE

VALUE PARTS (VP)	SPECIAL REQUIREMENTS (SR)	CONNECTION VALUE (CV)	COMPOSITION																																																																																						
			ACRO UP TO LEVEL			DANCE UP TO LEVEL		MISCELLANEOUS																																																																																	
_____ 3 A (0.1) _____ 4 B (0.3) _____ 1 C (0.5) _____ D/E (+0.1) Allowable: *Any D/E dance *One D/E acro *Count D/E as C for CV *First D/E acro = +0.1	(0.5 each) <input type="checkbox"/> Acro pass w/ 2 saltos <input type="checkbox"/> 3 different saltos <input type="checkbox"/> Dance passage <input type="checkbox"/> B dismount (last salto isolated/in connection) <input type="checkbox"/> No dismount (0.3) <input type="checkbox"/> >1 Restricted element w/ or w/o VP credit (0.5 each)	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td></td> <td style="text-align: center;">0.1</td> <td style="text-align: center;">0.2</td> </tr> <tr> <td rowspan="3" style="text-align: center;">Acro Indirect</td> <td>A+A+C</td> <td>A+A+D</td> </tr> <tr> <td>B+C</td> <td>C+C</td> </tr> <tr> <td>A+D</td> <td>B+D</td> </tr> <tr> <td rowspan="3" style="text-align: center;">Acro Direct</td> <td>B+B</td> <td>B+C</td> </tr> <tr> <td>A+C</td> <td>A+D</td> </tr> <tr> <td>A+A+C</td> <td>A+A+D</td> </tr> <tr> <td rowspan="3" style="text-align: center;">Dance/Mix <small>no turn+jump</small></td> <td>B+D</td> <td>C+D</td> </tr> <tr> <td>C+C</td> <td></td> </tr> <tr> <td>D + A (salto)(jump)</td> <td></td> </tr> </table>		0.1	0.2	Acro Indirect	A+A+C	A+A+D	B+C	C+C	A+D	B+D	Acro Direct	B+B	B+C	A+C	A+D	A+A+C	A+A+D	Dance/Mix <small>no turn+jump</small>	B+D	C+D	C+C		D + A (salto)(jump)		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td colspan="5" style="text-align: center; font-size: small;">Formulas based on 4 saltos performed in routine Additional 0.05 deduction for each salto missing</td> </tr> <tr> <td style="text-align: center;">0.00</td> <td style="text-align: center;">C</td> <td style="text-align: center;">C</td> <td style="text-align: center;">C</td> <td style="text-align: center;">A</td> </tr> <tr> <td style="text-align: center;">0.05</td> <td style="text-align: center;">C</td> <td style="text-align: center;">C</td> <td style="text-align: center;">B</td> <td style="text-align: center;">B</td> </tr> <tr> <td style="text-align: center;">0.10</td> <td style="text-align: center;">C</td> <td style="text-align: center;">C</td> <td style="text-align: center;">B</td> <td style="text-align: center;">A</td> </tr> <tr> <td style="text-align: center;">0.15</td> <td style="text-align: center;">C</td> <td style="text-align: center;">B</td> <td style="text-align: center;">B</td> <td style="text-align: center;">B</td> </tr> <tr> <td style="text-align: center;">0.20</td> <td colspan="4" style="text-align: center;">no C saltos</td> </tr> </table>	Formulas based on 4 saltos performed in routine Additional 0.05 deduction for each salto missing					0.00	C	C	C	A	0.05	C	C	B	B	0.10	C	C	B	A	0.15	C	B	B	B	0.20	no C saltos				<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">0.00</td> <td style="text-align: center;">C C</td> </tr> <tr> <td style="text-align: center;">0.05</td> <td style="text-align: center;">C B</td> </tr> <tr> <td style="text-align: center;">0.10</td> <td style="text-align: center;">C</td> </tr> <tr> <td style="text-align: center;">0.15</td> <td style="text-align: center;">B B</td> </tr> <tr> <td style="text-align: center;">0.20</td> <td style="text-align: center;">B</td> </tr> <tr> <td colspan="2" style="text-align: center;">DISMOUNT UP TO LEVEL</td> </tr> <tr> <td style="text-align: center;">0.00</td> <td style="text-align: center;">C or BB</td> </tr> <tr> <td style="text-align: center;">0.05</td> <td style="text-align: center;">B--B or BA</td> </tr> <tr> <td style="text-align: center;">0.10</td> <td style="text-align: center;">B--A or B</td> </tr> </table>	0.00	C C	0.05	C B	0.10	C	0.15	B B	0.20	B	DISMOUNT UP TO LEVEL		0.00	C or BB	0.05	B--B or BA	0.10	B--A or B	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>No B turn</td> <td style="text-align: center;">0.2</td> </tr> <tr> <td>Saltos 2 directions (bwd & fwd/swd)</td> <td style="text-align: center;">0.1</td> </tr> <tr> <td>>2 dance with same shape (wolf/tuck or straddle)</td> <td style="text-align: center;">0.1</td> </tr> <tr> <td>Insufficient use of floor area spatially</td> <td style="text-align: center;">↑0.1</td> </tr> <tr> <td>Lack of B salto</td> <td style="text-align: center;">0.3</td> </tr> <tr> <td>Short exercise (<30 sec) — CJ</td> <td style="text-align: center;">2.0</td> </tr> </table>	No B turn	0.2	Saltos 2 directions (bwd & fwd/swd)	0.1	>2 dance with same shape (wolf/tuck or straddle)	0.1	Insufficient use of floor area spatially	↑0.1	Lack of B salto	0.3	Short exercise (<30 sec) — CJ	2.0
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	A+A+C	A+A+D																																																																																							
Dance/Mix <small>no turn+jump</small>	B+D	C+D																																																																																							
	C+C																																																																																								
	D + A (salto)(jump)																																																																																								
Formulas based on 4 saltos performed in routine Additional 0.05 deduction for each salto missing																																																																																									
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0.05	C	C	B	B																																																																																					
0.10	C	C	B	A																																																																																					
0.15	C	B	B	B																																																																																					
0.20	no C saltos																																																																																								
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Saltos 2 directions (bwd & fwd/swd)	0.1																																																																																								
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Insufficient use of floor area spatially	↑0.1																																																																																								
Lack of B salto	0.3																																																																																								
Short exercise (<30 sec) — CJ	2.0																																																																																								

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9.7
VP (-)
SR (-)
CV (+)
D/E (+) (0.1 max)
SV
execution
composition
score
AVERAGE

_____ Artistry ↑0.3
 _____ Footwork ↑0.3
 _____ Dynamics ↑0.2
 _____ Posture ↑0.3
 _____ Rhythm ↑0.2
 _____ End #1 s 0.05

Out of Bounds



USAG DEVELOPMENT PROGRAM SCORE SHEET 2022-26

LEVEL 10 FLOOR EXERCISE

VALUE PARTS (VP)	SPECIAL REQUIREMENTS (SR)	CONNECTION VALUE (CV)	COMPOSITION																																														
			ACRO UP TO LEVEL		DANCE UP TO LEVEL		MISCELLANEOUS																																										
_____ 3 A (0.1) _____ 3 B (0.3) _____ 2 C (0.5) _____ D (+ 0.1) _____ E (+ 0.2) Extra +0.1 bonus if 10.0 SV and minimum 0.6 bonus + E acro element	(0.5 each) <input type="checkbox"/> Acro pass w/ 2 saltos <input type="checkbox"/> 3 different saltos <input type="checkbox"/> Dance passage <input type="checkbox"/> C dismount (last salto isolated/in connection) <input type="checkbox"/> No dismount (0.3)	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td></td> <td style="text-align: center;">0.1</td> <td style="text-align: center;">0.2</td> </tr> <tr> <td style="text-align: center;">Acro Indirect</td> <td>A+A+C B+C A+D</td> <td>A+A+D C+C B+D A+E</td> </tr> <tr> <td style="text-align: center;">Acro Direct</td> <td>B+B A+C A+A+C</td> <td>B+C A+D A+A+D C+C</td> </tr> <tr> <td style="text-align: center;">Dance/Mix <small>no turn+jump</small></td> <td>B+D C+C D + A (salto)(jump)</td> <td>C+D</td> </tr> </table>		0.1	0.2	Acro Indirect	A+A+C B+C A+D	A+A+D C+C B+D A+E	Acro Direct	B+B A+C A+A+C	B+C A+D A+A+D C+C	Dance/Mix <small>no turn+jump</small>	B+D C+C D + A (salto)(jump)	C+D	Formulas based on 4 saltos performed in routine Additional 0.05 deduction for each salto missing		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>0.00</td> <td>C C C or D D</td> </tr> <tr> <td>0.05</td> <td>C C B or D C</td> </tr> <tr> <td>0.10</td> <td>C C or D B</td> </tr> <tr> <td>0.15</td> <td>C B or D</td> </tr> <tr> <td>0.20</td> <td>C or B B</td> </tr> </table>	0.00	C C C or D D	0.05	C C B or D C	0.10	C C or D B	0.15	C B or D	0.20	C or B B	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td colspan="2" style="text-align: center;">DISMOUNT UP TO LEVEL</td> </tr> <tr> <td>0.00</td> <td>D or CB or C--C</td> </tr> <tr> <td>0.05</td> <td>C--B or CA</td> </tr> <tr> <td>0.10</td> <td>C--A or C</td> </tr> </table>	DISMOUNT UP TO LEVEL		0.00	D or CB or C--C	0.05	C--B or CA	0.10	C--A or C	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>No B turn</td> <td style="text-align: right;">0.2</td> </tr> <tr> <td>Saltos 2 directions (bwd & fwd/swd)</td> <td style="text-align: right;">0.1</td> </tr> <tr> <td>>2 dance with same shape (wolf/tuck or straddle)</td> <td style="text-align: right;">0.1</td> </tr> <tr> <td>Insufficient use of floor area spatially</td> <td style="text-align: right;">↑0.1</td> </tr> <tr> <td>Lack of C salto</td> <td style="text-align: right;">0.3</td> </tr> <tr> <td>Short exercise (<30 sec) — CJ</td> <td style="text-align: right;">2.0</td> </tr> </table>	No B turn	0.2	Saltos 2 directions (bwd & fwd/swd)	0.1	>2 dance with same shape (wolf/tuck or straddle)	0.1	Insufficient use of floor area spatially	↑0.1	Lack of C salto	0.3	Short exercise (<30 sec) — CJ	2.0
	0.1	0.2																																															
Acro Indirect	A+A+C B+C A+D	A+A+D C+C B+D A+E																																															
Acro Direct	B+B A+C A+A+C	B+C A+D A+A+D C+C																																															
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	9.5
VP (-)	
SR (-)	
CV (+)	
D/E (+)	
SV	□+0.1
execution	
composition	
score	
_____ Artistry ↑0.3 _____ Footwork ↑0.3 _____ Dynamics ↑0.2 _____ Posture ↑0.3 _____ Rhythm ↑0.2 _____ End #1s <u>0.05</u>	<input type="checkbox"/> Out of Bounds
AVERAGE	