



# USAG DEVELOPMENT PROGRAM SCORE SHEET 2022-26

## LEVEL 7 BALANCE BEAM

VALUE PARTS (VP)	SPECIAL REQUIREMENTS (SR)	MISCELLANEOUS	NO COMPOSITIONAL REQUIREMENTS
<div>_____ 5 A (0.1)</div> <div>_____ 2 B (0.3)</div> <div>_____ 0 C (0.5)</div> <div>Allowable:</div> <div>▪Any C dance (unlimited)</div> <div>▪Count C as B VP</div>	<div>(0.5 each)</div> <div><input type="checkbox"/> Acro series (with or without flight) AND Acro flight element (isolated or in series)</div> <div><input type="checkbox"/> Leap/Jump (requiring 180° split)</div> <div><input type="checkbox"/> 360° turn on one foot</div> <div><input type="checkbox"/> A dismount (aerial/salto)</div>	<div><input type="checkbox"/> Restricted elements - no VP credit &amp; (0.5 each) (from Start Value)</div> <div>TIME</div> <div>1:30 warm up</div> <div>1:20 compete</div> <div>Short exercise (&lt; 30 seconds): CJ deducts 2.0 from average</div>	<div>▪ One element in acro series must achieve/pass through inverted vertical in handstand support.</div> <div>▪ First or second element in acro series may be handstand with any leg position - if handstand without turn, must be held for 2 seconds.</div> <div>▪ Group 6 - Rolls may be included in acro series, as long as one element passes through handstand position.</div>

#		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