



# USAG DEVELOPMENT PROGRAM SCORE SHEET 2022-26

## LEVEL 7 FLOOR EXERCISE

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

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