



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 .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	Fail to punch board simultaneously w/ 2 feet .20	Spotting assistance upon landing (no penalty for spot/assist after landing) .50
Hip Angle †.30	Failure to pass thru vertical †.30	Insufficient Length †.20	Land on mat + fall against table .50	Vault performed not allowable choice VOID
	Bent arms* †.50	Insufficient Height †.50	Failure to land on top of the mat stack 1.00	Failure to use a mat stack for landing VOID
	Touch table with only 1 hand 1.00	Failure to create rotation †.30	Landing on top of the table (in a sitting, lying, or standing position) VOID	No safety zone mat (RO entry vaults) VOID
	Head contacting table (includes arm bend) 2.00	Failure to maintain prescribed body position †.50	Failure to land on bottom of feet first:	Use of alternative springboard VOID
	No hand contact on table VOID	Arm position when leaving table No deduction	▪ on Front Handspring VOID	
	Too long in support †.50		▪ on Tsuk/Yurchenko (Level 6) 1.00	
	Angle of repulsion - leaves table:		▪ on Tsuk/Yurchenko (Level 7) No deduction	
	▪ By vertical no deduction			
	▪ 1° - 45° 05-.25			
	▪ 46° - Horizontal .30-.50			

* except Tsukahara
 ‡ slight lead-arm bend allowed on Tsukahara
 90° or more = max deduction

<div>#</div>	VAULT #1		<div>#2</div>	VAULT #2	
	SV			SV	
	score			score	
	AVG			AVG	

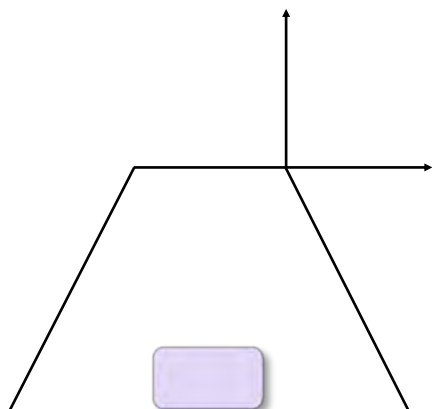


USAG DEVELOPMENT PROGRAM SCORE SHEET 2022-26

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 <u>.05</u>	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 <u>.10</u>	Fail to punch board simultaneously w/ 2 feet <u>.20</u>
Bent ^{†.30}	Legs bent in support/early tuck ^{†.30}	Bent ^{†.30}	Steps each <u>.10</u> - <u>.15</u> max <u>.40</u>	Vaults without signal (from average by CJ) <u>.50</u>
Poor Technique:	Step(s) w/hand(s) each <u>.10</u> ^{†.30}	Exactness of body position:	Large step/Jump (~ 3 ft) each <u>.20</u> max <u>.40</u>	Coach between board & table <u>.50</u>
Excessive Arch ^{†.20}	Hop(s) w/both hands (simultaneously) ^{†.30}	Insufficient N, V ^{†.30}	Incorrect Body Posture ^{†.20}	(except group 4/5 vaults - no penalty)
Hip Angle ^{†.30}	Failure to pass thru vertical ^{†.30}	Insufficient stretch: excessive arch ^{†.30}	Trunk movements to maintain balance ^{†.20}	Spotting:
Incomplete LA turn ^{†.30}	Bent arms* ^{†.50}	hip angle (136°-179°) ^{†.30}	Squat on landing ^{†.30}	Spotting assistance during the vault VOID
	LA turn begun too early ^{†.30}	Fail to maintain stretch (pike down) ^{†.30}	Brush/touch w/ hand(s) (no support) ^{†.30}	Exception for Level 8 Salto vaults:
	Touch table with only 1 hand <u>1.00</u>	Insufficient extension of tuck/pike ^{†.25}	Fall to knees/hips <u>.50</u>	▪ Spotting assistance during 2nd flight <u>1.00</u>
	Head contacting table <u>2.00</u>	Total absence of extension <u>.30</u>	Support on mat with one or both hands <u>.50</u>	▪ Spotting assistance during 1st flight or support phase VOID
	(includes 0.5 for arm bend)	Under-rotation of vaults ^{†.10}	Fall against vault table <u>.50</u>	Spotting assistance upon landing <u>.50</u>
	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	Coach catches falling gymnast <u>.50</u>
		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	(fall only — no deduction for spot)
* except group 3 & group 5 w/ ¾ - 1/1 turn on + salto off	For All NON-SALTO Vaults:	Brush/hit body on end of table ^{†.20}		
† slight lead-arm bend allowed on group 3 vaults	Too long in support ^{†.50}	Insufficient Length ^{†.30}		
§ line from hands to body part furthest past vertical	Angle of repulsion§ - leaves table:	Insufficient Height ^{†.50}		
	▪ By vertical no deduction			
	▪ 1° - 45° 05-.50			
	▪ 46° - Horizontal .55-1.00			

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VAULT

#1

SV

□ +0.1

score

AVG

VAULT

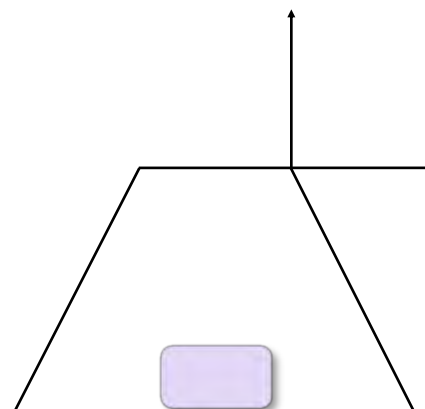
#2

SV

□ +0.1

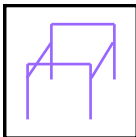
score

AVG



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USAG DEVELOPMENT PROGRAM SCORE SHEET 2022-26

LEVEL 8 UNEVEN BARS

VALUE PARTS (VP)	SPECIAL REQUIREMENTS (SR)	CLARIFICATIONS	COMPOSITION																	
			DISMOUNT UP TO LEVEL	MISCELLANEOUS																
<div><div>_____ 4 A (0.1)</div><div>_____ 4 B (0.3)</div><div>_____ 0 C (0.5)</div></div> <div>Allowable:</div> <div><div>•Any allowable C</div><div>•One restricted C</div><div>•Count C as B VP</div></div>	<div>(0.5 each)</div> <div><div><input type="checkbox"/> 1 bar change</div><div><input type="checkbox"/> B flight</div><div>OR</div><div>B 180° LA turn</div><div><input type="checkbox"/> B 360° 3/6/7 clear circle</div><div><input type="checkbox"/> A salto dismount</div></div> <div><div><input type="checkbox"/> >1 Restricted element w/ or w/o VP credit (0.5 each)</div></div>	<div><div>▪ Horizontal cast before overshoot 1/2 or peach salto = NO amplitude deduction</div><div>▪ Allowable C's:</div><div><div>▪ Cast HS with 1/2</div><div>▪ Clear hip HS, also with 1/2</div><div>▪ Stalder HS, also with 1/2</div><div>▪ Toe-on HS, also with 1/2</div></div><div>(1/2 turns to regular grip only)</div></div>	<table><tbody><tr><td>expected</td><td>B or B A</td></tr><tr><td>0.05</td><td></td></tr><tr><td>0.10</td><td>A</td></tr></tbody></table>	expected	B or B A	0.05		0.10	A	<table><tbody><tr><td>Lack of elements that achieve or pass through vertical</td><td>↑ 0.2</td></tr><tr><td>Uncharacteristic elements</td><td><u>0.1</u> each</td></tr><tr><td>3/4 giant forward</td><td><u>0.1</u></td></tr><tr><td>Dynamics</td><td>↑ 0.2</td></tr><tr><td>Short exercise (<5 VPs) — CJ</td><td><u>2.0</u></td></tr></tbody></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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<div>#</div>																				
				10.0																
			VP (-)																	
			SR (-)																	
			SV																	
			execution																	
			composition																	
			score																	
			AVERAGE																	



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T. Parsons 9/2025



USAG DEVELOPMENT PROGRAM SCORE SHEET 2022-26

LEVEL 10 UNEVEN BARS

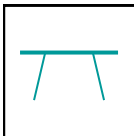
VALUE PARTS (VP)	SPECIAL REQUIREMENTS (SR)	CONNECTION VALUE (CV)			COMPOSITION																																																											
					RELEASE UP TO LEVEL		CHOICE OF ELEMENTS		MISCELLANEOUS																																																							
_____ 3 A (0.1) _____ 3 B (0.3) _____ 2 C (0.5) _____ D (+0.1) _____ E (+0.2) <small>Extra +0.1 bonus if 10.0 SV and minimum 0.6 bonus + E element</small>	(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	<table><tr><td></td><td>0.1</td><td>0.2</td></tr><tr><td>Both elements must have turn/flight</td><td>C+C</td><td></td></tr><tr><td>3/6/7 elements Must be different</td><td>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>C+D</td><td>D+D</td></tr></table>		0.1	0.2	Both elements must have turn/flight	C+C		3/6/7 elements Must be different	C+C		No turn/flight required			No turn/flight required	C+D	D+D	<table><tr><td>expected</td><td>D -- D</td></tr><tr><td>0.05</td><td>DC</td></tr><tr><td>0.10</td><td>D -- C</td></tr><tr><td>0.15</td><td>CC D -- B</td></tr><tr><td>0.20</td><td>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><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 colspan="2">4. Single bar release (D)</td></tr><tr><td>expected</td><td>2 of 4</td></tr><tr><td>0.10</td><td>1 of 4</td></tr><tr><td>0.20</td><td>0 of 4</td></tr><tr><td colspan="2">DISMOUNT UP TO LEVEL</td></tr><tr><td>expected</td><td>D/E or DC</td></tr><tr><td>0.05</td><td>CCC</td></tr><tr><td>0.10</td><td>CC</td></tr></table>	1. Forward circle/release (B)		2. 3/6/7 element (B)		3. Minimum 180° LA turn (C)		4. Single bar release (D)		expected	2 of 4	0.10	1 of 4	0.20	0 of 4	DISMOUNT UP TO LEVEL		expected	D/E or DC	0.05	CCC	0.10	CC	<table><tr><td>>1 squat on (except after fall)</td><td>0.1 each</td></tr><tr><td>Lack of 2 bar changes</td><td>0.2</td></tr><tr><td>No direction change</td><td>0.1</td></tr><tr><td>Uncharacteristic elements</td><td>0.1 each</td></tr><tr><td>3/4 giant forward</td><td>0.1</td></tr><tr><td>Short exercise (<5 VPs) — CJ</td><td>2.0</td></tr></table>	>1 squat on (except after fall)	0.1 each	Lack of 2 bar changes	0.2	No direction change	0.1	Uncharacteristic elements	0.1 each	3/4 giant forward	0.1	Short exercise (<5 VPs) — CJ	2.0
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LEVEL 6 BALANCE BEAM

VALUE PARTS (VP)	SPECIAL REQUIREMENTS (SR)	MISCELLANEOUS	NO COMPOSITIONAL REQUIREMENTS	
<div><div>_____ 5 A (0.1)</div><div>_____ 1 B (0.3)</div><div>_____ 0 C (0.5)</div></div> <div>Allowable:</div> <div><div>▪One (1) C dance</div><div>▪Count C as B VP</div></div>	<div>(0.5 each)</div> <div><div><input type="checkbox"/> Acro series (non-flight)</div><div>OR</div><div>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>	<div><input type="checkbox"/> Restricted elements - no VP credit & (0.5 each) (from Start Value)</div> <div><div>TIME</div><div>1:30 warm up</div><div>1:15 compete</div></div> <div>Short exercise (Level 6 ONLY): If < 30 seconds & 10.0 SV, CJ deducts 0.5 from average</div>	<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></div>	
<div>#</div>				10.0
			VP (-)	
			SR (-)	
			SV	
			execution	
			other	
			score	
<div>_____ Artistry ↑0.3 _____ Footwork ↑0.3 _____ Dynamics ↑0.2 _____ Sureness ↑0.2 _____ Posture ↑0.3 _____ Rhythm ↑0.2</div>			<div><input type="checkbox"/> OT (0.1)</div>	<div>AVERAGE</div>



USAG DEVELOPMENT PROGRAM SCORE SHEET 2022-26

LEVEL 7 BALANCE BEAM

VALUE PARTS (VP)	SPECIAL REQUIREMENTS (SR)	MISCELLANEOUS	NO COMPOSITIONAL REQUIREMENTS	
<div><div>_____ 5 A (0.1)</div><div>_____ 2 B (0.3)</div><div>_____ 0 C (0.5)</div></div> <div>Allowable:</div> <div><div>▪Any C dance (unlimited)</div><div>▪Count C as B VP</div></div>	<div>(0.5 each)</div> <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>	<div><input type="checkbox"/> Restricted elements - no VP credit & (0.5 each) (from Start Value)</div> <div><div>TIME</div><div>1:30 warm up</div><div>1:20 compete</div></div> <div>Short exercise (< 30 seconds): CJ deducts 2.0 from average</div>	<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></div>	
<div>#</div>				10.0
			VP (-)	
			SR (-)	
			SV	
			execution	
			other	
			score	
<div>_____ Artistry ↑0.3 _____ Footwork ↑0.3 _____ Dynamics ↑0.2 _____ Sureness ↑0.2 _____ Posture ↑0.3 _____ Rhythm ↑0.2</div>			<div><input type="checkbox"/> OT (0.1)</div>	AVERAGE



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"/> >1 Restricted element w/ or w/o VP credit (0.5 each)		Flight Series	Additional Acro	Additional Acro	expected	B B A	No dance series	0.2	
		expected	B B (2 flight)	B	A	0.05	B B	> 1pivot turn	0.1	
		0.05	B B (2 flight)	A	A	0.10	B A A	Acro direction (bwd & fwd/swd) (0.05 - dismount only)	0.1	
			B B (2 flight)	B		0.15	B A	>2 dance with same shape (wolf/tuck or straddle)	0.1 each	
		0.10	B B (2 flight)	A		0.20	A	Insufficient level changes	↑0.1	
			A B (B flight)	B			DISMOUNT UP TO LEVEL		Insufficient use length of beam	↑0.1
		0.15	A B (B flight)	A			Dismount	Acro Connect		
			B B (2 flight)			0.00	B	B A	Fwd/swd/bwd chorography (2)	0.05
		0.20	A B (B flight)			0.05		A A	Short exercise (<30 sec) — CJ	2.0
			broken/no series			0.10	A			
#										
									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																																																																																	
<div><div>_____ 3 A (0.1)</div><div>_____ 4 B (0.3)</div><div>_____ 1 C (0.5)</div><div>_____ D/E (+0.1)</div><div>Allowable:<ul style="list-style-type: none">Any D/E danceOne D/E acroCount D/E as C for CVFirst D/E acro = +0.1</div></div>	<div>(0.5 each)</div> <div><input type="checkbox"/> Acro series (2 flight)</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"/> B dismount (aerial/salto)</div> <div><input type="checkbox"/> >1 Restricted element w or w/o VP cred (0.5 ea)</div>	<table><tr><td></td><td>0.1</td><td>0.2</td></tr><tr><td>2 Acro Flight (no dismount)</td><td>B+C (C=salto/aerial)</td><td>C+C B+D</td></tr><tr><td>3 Acro Flight</td><td>B+B+C</td><td>B+C+C B+B+D</td></tr><tr><td colspan="3">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>B+C A+D</td><td>B+D C+C</td></tr><tr><td>Turns</td><td>A+C (or reverse)</td><td></td></tr><tr><td colspan="3">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><tr><td></td><td>Flight Series</td><td>Additional Acro</td></tr><tr><td rowspan="2">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>0.20</td><td>B B 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 broken/no series	no other B	<table><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> <div>DISMOUNT UP TO LEVEL</div> <table><tr><td></td><td>Dsmt</td><td>Acro Connect</td><td>Dance Connect</td></tr><tr><td>0.00</td><td>C</td><td>B B</td><td>C B</td></tr><tr><td>0.05</td><td></td><td>A B</td><td>B B</td></tr><tr><td>0.10</td><td>B</td><td></td><td></td></tr></table>	expected	C C	0.05	C B	0.10	C	0.15	B B	0.20	B		Dsmt	Acro Connect	Dance Connect	0.00	C	B B	C B	0.05		A B	B B	0.10	B			<table><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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	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	<div><input type="checkbox"/> OT (0.1)</div> <div>AVERAGE</div>

T. Parsons 9/2025



USAG DEVELOPMENT PROGRAM SCORE SHEET 2022-26

LEVEL 6 FLOOR EXERCISE

VALUE PARTS (VP)	SPECIAL REQUIREMENTS (SR)	MISCELLANEOUS	NO COMPOSITIONAL REQUIREMENTS	
<div><div>_____ 5 A (0.1)</div><div>_____ 1 B (0.3)</div><div>_____ 0 C (0.5)</div></div> <div>Allowable:</div> <div>•One (1) C dance</div> <div>•Count C as B VP</div>	<div>(0.5 each)</div> <div><input type="checkbox"/> 1 Acro pass (minimum 3 directly connected elements, 2 with flight)</div> <div><input type="checkbox"/> Second Acro pass with one Salto/Arial</div> <div><input type="checkbox"/> Dance passage</div> <div><input type="checkbox"/> 360° turn on one foot</div>	<div><input type="checkbox"/> Restricted elements - no VP credit & (0.5 each) (from Start Value)</div> <div>TIME 1:15</div> <div>No deduction taken if fraction of a second overtime</div> <div>Short exercise (< 30 seconds): CJ deducts 2.0 from average</div>	<div>▪ 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.</div> <div>▪ Salto/Aerial in each pass must be <u>different</u>.</div> <div>▪ 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.</div>	
<div>#</div>				10.0
			VP (-)	
			SR (-)	
			SV	
			execution	
			other	
			score	
<div>_____ Artistry ↑0.3 _____ Footwork ↑0.3 _____ Dynamics ↑0.2 _____ Posture ↑0.3 _____ Rhythm ↑0.2 _____ End #1 s 0.05</div>			<div><input type="checkbox"/> Out of Bounds</div>	AVERAGE



USAG DEVELOPMENT PROGRAM SCORE SHEET 2022-26

LEVEL 7 FLOOR EXERCISE

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 requirements (0.5 each — max 1.0)</div> <div><input type="checkbox"/> Two acro passes</div> <div><input type="checkbox"/> Salto backward</div> <div><input type="checkbox"/> Salto forward</div> <div><input type="checkbox"/> Salto stretched (forward or backward)</div> <div><input type="checkbox"/> Dance passage</div> <div><input type="checkbox"/> 360° turn on one foot</div>	<div><input type="checkbox"/> Restricted elements - no VP credit & (0.5 each) (from Start Value)</div> <div>TIME</div> <div>1:30</div> <div>No deduction taken if fraction of a second overtime</div> <div>Short exercise (< 30 seconds):</div> <div>CJ deducts 2.0 from average</div>	<div>▪ Acro pass with salto backward must have a minimum of two directly connected flight elements.</div> <div>▪ Salto forward can be isolated or with other elements.</div> <div>▪ Aerial will not fulfill salto forward requirement.</div> <div>▪ Salto stretched must have no twist and land on two feet.</div> <div>▪ Dance passage must have a minimum of two different group 1 elements, directly or indirectly connected, one of which is a leap requiring 180° cross/side split.</div>

#		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 0.05	<input type="checkbox"/> 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	
<div><div>_____ 4 A (0.1)</div><div>_____ 4 B (0.3)</div><div>_____ 0 C (0.5)</div></div> <div>Allowable:</div> <div><div>•Any C dance</div><div>•ONE C acro</div><div>•Count C as B VP</div></div>	<div>(0.5 each)</div> <div><div><input type="checkbox"/> Acro pass w/ 2 saltos</div><div><input type="checkbox"/> 3 different saltos</div><div><input type="checkbox"/> Dance passage</div><div><input type="checkbox"/> A dismount (last salto isolated/in connection)</div><div><input type="checkbox"/> >1 Restricted element w/ or w/o VP credit (0.5 each)</div></div>				

_____ 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 9 FLOOR EXERCISE

VALUE PARTS (VP)	SPECIAL REQUIREMENTS (SR)	CONNECTION VALUE (CV)	COMPOSITION																																																																			
			ACRO UP TO LEVEL		DANCE UP TO LEVEL		MISCELLANEOUS																																																															
<div>_____ 3 A (0.1)</div> <div>_____ 4 B (0.3)</div> <div>_____ 1 C (0.5)</div> <div>_____ D/E (+ 0.1)</div> <div>Allowable: • Any D/E dance • One D/E acro • Count D/E as C for CV • First D/E acro = +0.1</div>	<div>(0.5 each)</div> <div><input type="checkbox"/> Acro pass w/ 2 saltos</div> <div><input type="checkbox"/> 3 different saltos</div> <div><input type="checkbox"/> Dance passage</div> <div><input type="checkbox"/> B dismount (last salto isolated/in connection)</div> <div><input type="checkbox"/> >1 Restricted element w/ or w/o VP credit (0.5 each)</div>	<table><thead><tr><th></th><th>0.1</th><th>0.2</th></tr></thead><tbody><tr><td>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>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>Dance/Mix no turn+jump</td><td>B+D C+C D + A (salto)(jump)</td><td>C+D</td></tr></tbody></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 no turn+jump	B+D C+C D + A (salto)(jump)	C+D	<div>Formulas based on 4 saltos performed in routine Additional 0.05 deduction for each salto missing</div> <table><tbody><tr><td>0.00</td><td>C</td><td>C</td><td>C</td><td>A</td></tr><tr><td>0.05</td><td>C</td><td>C</td><td>B</td><td>B</td></tr><tr><td>0.10</td><td>C</td><td>C</td><td>B</td><td>A</td></tr><tr><td>0.15</td><td>C</td><td>B</td><td>B</td><td>B</td></tr><tr><td>0.20</td><td colspan="4">no C saltos or less than above</td></tr></tbody></table>	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 or less than above				<table><tbody><tr><td>0.00</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></tbody></table> <div>DISMOUNT UP TO LEVEL</div> <table><tbody><tr><td>0.00</td><td>C or BB</td></tr><tr><td>0.05</td><td>B--B or BA</td></tr><tr><td>0.10</td><td>B--A or B</td></tr></tbody></table>	0.00	C C	0.05	C B	0.10	C	0.15	B B	0.20	B	0.00	C or BB	0.05	B--B or BA	0.10	B--A or B	<table><tbody><tr><td>No B turn</td><td>0.2</td></tr><tr><td>Saltos 2 directions (bwd & fwd/swd)</td><td>0.1</td></tr><tr><td>>2 dance with same shape (wolf/tuck or straddle)</td><td>0.1</td></tr><tr><td>Insufficient use of floor area spatially</td><td>↑0.1</td></tr><tr><td>Lack of B salto</td><td>0.3</td></tr><tr><td>Short exercise (<30 sec) — CJ</td><td>2.0</td></tr></tbody></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
	0.1	0.2																																																																				
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Dance/Mix no turn+jump	B+D C+C D + A (salto)(jump)	C+D																																																																				
0.00	C	C	C	A																																																																		
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		9.7
VP (-)		
SR (-)		
CV (+)		
D/E (+) (0.1 max)		
SV		
execution		
composition		
score		
_____ Artistry ↑0.3 _____ Footwork ↑0.3 _____ Dynamics ↑0.2 _____ Posture ↑0.3 _____ Rhythm ↑0.2 _____ End #1 s 0.05		
<input type="checkbox"/> Out of Bounds		
AVERAGE		



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																																																																					
<div>_____ 3 A (0.1)</div> <div>_____ 3 B (0.3)</div> <div>_____ 2 C (0.5)</div> <div>_____ D (+ 0.1)</div> <div>_____ E (+ 0.2)</div> <div>Extra +0.1 bonus if 10.0 SV and minimum 0.6 bonus + E acro element</div>	<div>(0.5 each)</div> <div><input type="checkbox"/> Acro pass w/ 2 saltos</div> <div><input type="checkbox"/> 3 different saltos</div> <div><input type="checkbox"/> Dance passage</div> <div><input type="checkbox"/> C dismount (last salto isolated or in connection)</div>	<table><thead><tr><th></th><th>0.1</th><th>0.2</th></tr></thead><tbody><tr><td>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>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>Dance/Mix no turn+jump</td><td>B+D C+C D + A (salto)(jump)</td><td>C+D</td></tr></tbody></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 no turn+jump	B+D C+C D + A (salto)(jump)	C+D	<div>Formulas based on 4 saltos performed in routine Additional 0.05 deduction for each salto missing</div> <table><tbody><tr><td rowspan="2">0.00</td><td>D</td><td>D</td><td>D</td><td>A</td></tr><tr><td>D</td><td>D</td><td>C</td><td>B</td></tr><tr><td>0.05</td><td>D</td><td>D</td><td>C</td><td>A</td></tr><tr><td>0.10</td><td>D</td><td>C</td><td>C</td><td>B</td></tr><tr><td>0.15</td><td>D</td><td>C</td><td>C</td><td>A</td></tr><tr><td>0.20</td><td colspan="4">no D/E saltos or less than above</td></tr></tbody></table>	0.00	D	D	D	A	D	D	C	B	0.05	D	D	C	A	0.10	D	C	C	B	0.15	D	C	C	A	0.20	no D/E saltos or less than above				<table><tbody><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></tbody></table> <div>DISMOUNT UP TO LEVEL</div> <table><tbody><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></tbody></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	0.00	D or CB or C--C	0.05	C--B or CA	0.10	C--A or C	<table><tbody><tr><td>No B turn</td><td>0.2</td></tr><tr><td>Saltos 2 directions (bwd & fwd/swd)</td><td>0.1</td></tr><tr><td>>2 dance with same shape (wolf/tuck or straddle)</td><td>0.1</td></tr><tr><td>Insufficient use of floor area spatially</td><td>↑0.1</td></tr><tr><td>Lack of C salto</td><td>0.3</td></tr><tr><td>Short exercise (<30 sec) — CJ</td><td>2.0</td></tr></tbody></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
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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>		
<div>□ Out of Bounds</div>		
AVERAGE		