



USAG DEVELOPMENT PROGRAM SCORE SHEET 2026 - 30

LEVEL 10 BALANCE BEAM

Warm-up Time: 2:00 • Routine Time: 1:30

VALUE PARTS (VP) 2.2	SPECIAL REQUIREMENTS (SR) 2.0	CONNECTION VALUE (CV) max 0.4			COMPOSITION CREDIT (SR) max 0.3	SPECIFIC EVENT COMPOSITION (SEC)																
_____ 3 A (0.1) _____ 3 B (0.3) _____ 2 C (0.5) _____ D (+0.1) _____ E (+0.2) 10.0+0.1 Requirements: 10.0 SV w/ minimum 0.6 total bonus AND E acro element (including mt/dsmt)	(4 @ 0.5 each) ☐ Acro series, either: ▪ 2 flight w/ min C OR ▪ A (non-flight) + E (flight) ☐ Leap/Jump 180° split ☐ 360° turn on one foot ☐ C dismount OR B dismount connected to: ▪ acro series w/ C ▪ C acro flight or C dance	<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/ minimum 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>C+C B+D</td></tr><tr><td>Turns</td><td>A+C (or reverse)</td><td></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/ minimum C salto/aerial or D/E flight, excluding dismount			Dance/Mix (no dismount)	B+C A+D	C+C B+D	Turns	A+C (or reverse)		ACRO (max 0.2) ☐ 2 different D/E acro elements (not dsmt) (+0.2) ☐ 1 D/E acro element (not dsmt) (+0.1) DISMOUNT (max 0.1) ☐ D/E dismount OR ☐ B acro flight or C dance + C salto/aerial dismount (+0.1)	No dance series (min 2 elements from groups 1-2-3) 0.2 Acro direction (bwd & fwd/swd) (0.05 - dismount only) 0.1 >1 pivot turn (180° turn on 2 feet w/ straight legs) 0.1 >2 dance with same shape (wolf/tuck or straddle) 0.1 each ARTISTRY: Missing Sideward/Backward choreography 0.05 each Short exercise (<30 sec) – CJ 2.0
	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/ minimum C salto/aerial or D/E flight, excluding dismount																						
Dance/Mix (no dismount)	B+C A+D	C+C B+D																				
Turns	A+C (or reverse)																					

#

9.2

VP (-)

SR (-)

CV (+)

DV (+)

CC (+)

Acro Dsmt

SV

□+0.1

execution

other

SEC Artistry

score

AVERAGE

□ OT
0.1

_____ Choreography 10.4 _____ Rhythm/Tempo 10.2 _____ Sureness 10.2 _____ Posture 10.3 _____ Footwork 10.3 _____ Dynamics 10.2