## LEVEL 10 BEAM

Range = 9.5–10 =.20; 9.0–9.475 = .50; 8.0–8.975 = .70; below 8 = 1.00 **10.00 SV; .60 TB; E acro

**VP:** 3A(.10); 3B (.30); 2C (.50)

**SR (.50)**
Acro series-min 1 C; or Grp 7 A+E
180 leap/jump
360 turn
C Dsmt (salto/aerial) or
B connected to AS w/ C or
B connected to C acro or C dance

| **Connection Value** | **0.10** | **0.20** |
|---|---|---|
| 2 Acro-not dsmt | BC salto | |
| 2 Acro-mt ok; not dsmt | | BD/E CC CD |
| Acro (mt/dsmt ok) | BBC | BCC BBD |
| 2 Dance/Mixed (not dsmt) | AD+ BC | BD+ CC(same/dif) |
| Turns | AC or CA | |

**3 acro flight series: +.10**
C salto/aerial or D/E flight-hands ok; Mt ok; not dsmt

**9.20 – VP/SR** _____

**CV**_____

**D**_____

**E**_____ **.50 max.** _____

**CC ACRO**
2 dif D/E acro flight-not dsmt (.20)
One D/E acro VP-not dsmt (.10) _____

**CC DSMT (.10)**
D/E; or
B acro+ C salto/aerial _____
C dance + C salto/aerial
3rd x VP direct to dsmt ok

**SV** _____

**Start Value** _____

**Execution** _____

**Composition** _____
Dance series (mt ok) .20
F/S & B acro .10; dsmt only .05
>2 wolf/tuck or straddle .10
> 1 pivot turn .10

**Artistic Performance** _____

**Score** _____

**Bonus (+.10)**** _____

**Final Score**

CP(20)_____ CB/S (10) _____ CF (10)_____ CD (20)_____ RT(20)_____ Sure (20)____ BP(30)____ FW (30)_____
XM; All BP

*Source: USAG Code of Points*

# LEVEL 9 BEAM

Range = 9.5–10 =.20; 9.0–9.475 = .50; 8.0–8.975 = .70; below 8 = 1.00

*Send corrections to cbatsche@tampabay.rr.com*

**SR (.50)**
Acro series-min 2 direct flight (not mt/dsmt)
180° leap/jump
360 turn on one foot (Group 3)
B dismount- aerial/salto

| **Connection Value** | **0.10** | **0.20** |
|---|---|---|
| 2 Acro-not dsmt | BC salto | |
| 2 Acro-mt ok; not dsmt | | BD/E CC/CD |
| Acro (mt/dsmt ok) | BBC | BCC/BBD |
| 2 Dance/Mixed | AD+ | BD+ |
| (not dsmt) | BC | CC(same/dif) |
| Turns | AC or CA | |

**3 acro flight series: +.10**
C salto/aerial or D/E flight-hands ok; Mt ok; not dsmt

**Allowable:** All A/B/C; All D/E Dance;
One restricted D/E acro (Mt/Dsmt ok)

**9.50 – VP/SR** _____
3A(.10); 4B (.30); 1C (.50)

**CV** _____

**D/E acro**_____ _____
**.30 max.**

**CC Difficulty (.10)**
2 dif C acro flight-not dsmt _____

**CC Dismount (.10)**
C salto/aerial OR
B acro to B salto/aerial dsmt OR
C Dance to B salto/aerial dsmt _____

**SV** _____

**Start Value** _____

**Execution** _____

**Composition** _____
Dance series (mt ok) .20
F/S & B acro .10; dsmt only .05
>2 wolf/tuck or straddle .10
> 1 pivot turn .10

**Artistic Performance** _____

**Total Deductions** _____

**Score**

CP(20)_____ CB/S (10) _____ CF (10)_____ CD (20)_____ RT(20)_____ Sure (20)____ BP(30)____ FW(30)_____
XM; All BP

*Source: USAG Code of Points*

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# Level 8 Beam

Range: 9.5-10 (.20) 9.0 – 9.475 (.50) 8.0 – 8.975 (.70) Below 8.0 (1.00)

**Value Parts**
4 A (.10) _____
4 B (.30) _____

**Allowable**
All A and B elements
All C dance elements
One restricted C acro element
Mt/dsmt ok (chrono order)

**Restricted:**
All D/E Dance element
Additional C acro
Any D/E acro
No VP, SR, CC, -.50 from SV

**Special Requirements (.50)**

Acro series, 2 elements,
1 w/ flight not mt/dsmt

180° Leap/Jump cross or side split

360° on one foot (Group 3)

Aerial/salto dismount, minimum A

**9.80 – VP/SR** _____

**CC Difficulty (.10)**
Acro series direct, B+B, both flight _____
**CC dismount (.10)**
B salto/aerial OR B to A salto/aerial _____

**Start Value** _____

**Composition**
Back and F/S acro .10 _____
Only in dismount .05
>2 wolf/tuck .10 _____
>2 straddle .10 _____
More than one pivot .10 _____
No dance series .20 _____

**SV** _____
**Execution** _____
**Composition** _____
**Artistry** _____
**Deductions** _____
**SCORE**

CP(20)_____ CB/S (10) _____ CF (10)_____ CD (20)_____ RT(20)_____ Sure (20)____ BP(30)____ FW (30)_____
XM; All BP

*Source: USAG Code of Points*

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# LEVEL 7 BEAM

**Range: 9.5-10 (.20) 9.0 – 9.475 (.50) 8.0 – 8.975 (.70) Below 8.0 (1.00)**

| **Value Parts** | **Special Requirements (.50)** | **10.00** | |
|---|---|---|---|
| 4A (.10) _____<br><br>3B (.30) _____<br><br>**Restricted**:<br>All D/E Dance<br>All C/D/E Acro<br><br>Restricted elements =<br>No VP & -.5 0 from SV | ____Acro Series with/without flight (not mt/dsmt)<br>**AND** one acro flight (iso or in connection)<br><br>____Leap/jump with 180° split (cross or side)<br><br>____360° turn on one foot (Group 3)<br><br>____Aerial/salto dismount, minimum A | VP _____<br><br>SR _____<br><br>Rstd _____<br><br>**SV** = _____ | **SV** _____<br><br>**Execution** _____<br><br>**Artistry** _____<br><br>**Deductions** _____<br><br>**Score** |

CP(20)_____ CB/S (10) _____ CF (10)_____ CD (20)_____ RT(20)_____ Sure (20)____ BP(30)____ FW (30)_____
XM; All BP

*Source: USAG Code of Points*

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# LEVEL 6 BEAM

Range: 9.5-10 (.20) 9.0 – 9.475 (.50) 8.0 – 8.975 (.70) Below 8.0 (1.00)

| **Value Parts** | **Special Requirements (.50)** | **10.00** | |
|---|---|---|---|
| 4A (.10) _____<br>2B (.30) _____<br>**Restricted**:<br>Only 1 C dance allowed<br>All acro C/D/E restricted<br>Restricted elements =<br>No VP & -.5 0 from SV | ____Non flight Acro Series (not mt/dsmt) OR One acro flight (iso or in connection)<br>____Leap/jump with 180° split (cross or side)<br>____360° turn on one foot (Group 3)<br>____Aerial/salto dismount, minimum A | VP _____<br>SR _____<br>Rstd _____<br>**SV** = _____ | **SV** _____<br>**Execution** _____<br>**Artistry** _____<br>**Deductions** _____<br>**Score** |

CP(20)_____ CB/S (10) _____ CF (10)_____ CD (20)_____ RT(20)_____ Sure (20)____ BP(30)____ FW (30)_____
XM; All BP

*Source: USAG Code of Points*

**Unofficial Notations for Artistic Performance**

The notations listed on the Beam and Floor worksheets are mnemonic devices to help remember and apply the deductions in a consistent manner. They are not part of the USAG Code of Points—just a way for me to recall the **various subcategories.** If you take a deduction from one of the categories, you can either place a checkmark in the applicable space or you can write your deduction, e.g., .05. I also try to use some of these while notating the routine, e.g., FW, MM, CC, etc.

The deductions related to CHOREGRAPHY are listed first and start with a "C". I put dynamics with Choreography although only one of the two deductions deals with the dynamics of choreography.

| Beam | | Floor | |
|---|---|---|---|
| **CP** | Choreography Purposeful<br>XM = Extra Movements<br>All BP = Interesting Positions/Movements | **CC** | Choreography corners |
| **CB/S** | Choreography back/side | **CF** | Choreography focus |
| **CF** | Choreography focus | **CV** | Choreography variety of positions |
| **CD** | Choreography & general dynamics | **CD** | Choreography & general dynamics |
| **RT** | Rhythm & tempo | **MM** | Musicality & rhythm/tempo |
| **Sure** | Sureness | **EE** | Emotion & Expression |
| **BP** | Body Posture | **BP** | Body Posture |
| **FW** | Footwork | **FW** | Footwork |