LEVEL 10 BARS

Range = 9.5 – 10 = .20; 9.0 – 9.475 = .50; 8.0 – 8.975 = .70; below 8 = 1.00 **10.00 SV; .60 TB; Single Bar D release or any E release **except dsmt**

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

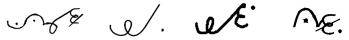
SR (.50)
Min of 1 C flight (not dsmt)
2nd different flight, min B (not dsmt)
Min C LA turn (not mt/dsmt)
C Salto Dismount

CV CC = .10 with flight/turn
CC = .10 two dif 3/6/7 no F/T req'd
CD = .10
DD = .20

D/E release + C 3-6-7 to HS = .20
LB-HB:



HB-LB:



9.20 – VP/SR _____

CV_____

D_____

E_____ _____
Max .50

CC RELEASE
2 dif D/E release (.20)
1 D/E release (.10) _____

CC DSMT
D/E or D/E + C (.10) _____

SV _____

Event Specific Composition

2 bar changes	.20
Direction (not 1/1, mt/dsmt)	.10
More than 1 squat (ex. fall)	.10
Uncharacteristic	.10
¾ giant forward	.10

2 of 4
___Fwd
___C turn w or w/o flight
___3/6/7, min B
___Single bar release D

1 VP fulfills only one choice

Only 1	.10
None	.20

Total Comp Deduct _____

Start Value _____

Execution _____

Composition _____

Dynamics ^.20 _____

Total Deducts _____

Score _____

Bonus (+.1)** _____

Score



Source: USAG Code of Points

LEVEL 9 BARS

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

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VP: 3A(.10); 4B (.30); 1C (.50)

SR (.50)
- 2 bar changes
- B flight (not dismount)
- 2nd different C flight **OR** B LA turn (not mt/dsmt)
- B Salto Dismount

CV
.10 CC flight/turn not required
.20 CC both have flight/turn

DV
.10 1st restricted or allowable D

9.50 – VP/SR _____

CV _____
DV _____ _____
Max .30

CC Difficulty (.10) _____
2 C or higher VP
Dismt ok

CC Dismount (.10) _____
C or higher OR C - B

SV _____

Allowable
- All A-B-C elements
- Any # B or C root elements with ½ turn to reverse, L, or Mixed L OR with 1/1 turn to HS (D/Es)
- One restricted D/E
- D's count as C for CV

Composition
.10 Direction (not 1/1, mt/dsmt)
.10 Uncharacteristic
.10 ¾ giant forward

2 of 4: 1 VP fulfills only one choice
___Fwd (min B)
___3/6/7, min B
___C turn w/ or w/o flight
___Single bar release min D

Start Value _____

Restricted _____

Execution _____

Composition _____

Dynamics ^.20 _____

Total Deducts _____

Score

Source: USAG Code of Points

Level 8 Bars

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

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Allowable C's (any #): Handstand ½ Clear hip; also ½ Back stalder; also ½ Pike sole Circle; also ½ **plus** One restricted C (chronological order) If: Shoot over or straddle back to handstand, then restricted **Second restricted:** No VP, No SR, -.50 from SV	**Value Parts.** 4 A (.10). 4 B (.30) **Special Requirements (.50)** 1 cast to HS* **B flight (not dsmt) **OR** LA turn (not mt/dsmt)* **B 3/6/7 360 clear circling skill (nor dismount) A dismount: salto *SR1-2 can be fulfilled by 1 element (e.g. pirouette) **Two B requirements can be same/different	**CC Difficulty (.10)** Direct connection B+B circles, turns, release NOT Cast HS **CC Dismount (.10)** B+ or B connected to A **Composition** ¾ giant forward .10 _____ Uncharacteristic .10 _____ Lack Vertical >.20 _____	**9.80 – VP/SR** _____ Restricted _____ **Plus CC** _____ **Start Value** _____ Execution _____ Dynamics _____ **SCORE**

Source: USAG Code of Points

Level 7 Bars

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

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Difficulty Restrictions

Allowable Cs:
- Handstand ½
- Clear hip !; also with ½
- Back stalder !; also with ½
- Pike circle !; also with ½

Other Cs:
no VP; no SR; -.50 from SV

Value Parts

_____4 A (.10)
_____3 B (.30)

Range

9.5 – 10	.20
9.0 – 9.475	.50
8.0 – 8.975	.70
Below 8.0	1.00

Special Requirements (.50)

_____1 cast handstand min 45 degrees
angle deductions apply (>.30)

_____1 B circle (same or different)

_____1 B 360 clear circle: group 3/6/7

_____Salto dismount min A

Dynamics > .20

- VP _____
- SR _____
- RSTD _____

SV = _____

- Exec _____

- Dyn _____

Score

Source: USAG Code of Points

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LEVEL 6 BARS

Difficulty Restrictions	Value Parts	Special Requirements (.50)	
Allowable Cs: Clear hip ! Back stalder! Pike circle ! Any other C's and all D/E no VP; no SR; -.50 from SV	_____4 A (.10) _____2 B (.30) **Range** 9.5 – 10 .20 9.0 – 9.475 .50 8.0 – 8.975 .70 Below 8.0 1.00	_____1 cast handstand min 45 degrees deductions only if below 45° (^.30) _____Minimum one bar change _____1 B 360 clear circle: group 3/6/7 _____Salto dismount min A **Dynamics** > .20	- VP _____ - SR _____ - RSTD _____ SV = _____ - Exec _____ - Dyn _____ Score _____

Source: USA Gymnastics

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

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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) _____ 3B (.30) _____ **Restricted**: All D/E Dance All C/D/E Acro Restricted elements = No VP & -.5 0 from SV	____Acro Series with/without flight (not mt/dsmt) **AND** one acro flight (iso or in connection) ____Leap/jump with 180° split (cross or side) ____360° turn on one foot (Group 3) ____Aerial/salto dismount, minimum A	VP _____ SR _____ Rstd _____ **SV** = _____	**SV** _____ **Execution** _____ **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 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) _____ 2B (.30) _____ **Restricted**: Only 1 C dance allowed All acro C/D/E restricted Restricted elements = No VP & -.5 0 from SV	____Non flight Acro Series (not mt/dsmt) OR One acro flight (iso or in connection) ____Leap/jump with 180° split (cross or side) ____360° turn on one foot (Group 3) ____Aerial/salto dismount, minimum A	VP _____ SR _____ Rstd _____ **SV** = _____	**SV** _____ **Execution** _____ **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

Unofficial Notations for Artistic Performance

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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 XM = Extra Movements 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

Range: 9.5–10 (.20) 9.0–9.475 (.50) 8.0 – 8.975 (.70) Below 8 = 1.00 **LEVEL 10 FLOOR** ***10.00 SV; .60 TB; E acro (front 2/1 not eligible)*

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

SR (.50)
Acro pass min 2 saltos (same/dif)
Three different saltos
Dance Passage (2 dif Grp 1)
C salto in last acro pass

	0.1	0.2
CV Indirect	B+C	C+C
Acro	A/B +A/B+ C	A + A + D
	A + D	A + E
		B/C+D/E
Direct	AC	BC
	BB	CC
	AAC	A/B + D/E
		A+ A +D/ E
Dance/Mix	B + D/E	C + D/E
	CC (same/dif)	
	D/E salto + A /B jump	

Turn-Jump = 0 Jump/turn ok; 1 or 2 foot take off
Turn to hop ok

9.20 – VP/SR _____

CV_____

D _____

E _____

TB **.50 max** _____

CC ACRO
2 dif D salto AND 1 C salto
OR 1 E & 1 D (.20)
2 dif D salto OR
OR 1 E & 1 C (.10) _____

CC DANCE
3 dif Cs or 1 D/E and 1 C (.10) _____

SV _____

Start Value _____

Execution _____

Composition _____
D salto .20
B turn .20
F/S & B Salto .10
> 2 Wolf/Tuck/Straddle .10

Artistic Performance _____

Total Deductions _____

Score _____
Bonus (+.1)** _____

Final Score

CC(15) ___ CF(15)____ CV(10)____ CD(20)____ MM (20)_____ EE (20)_____ BP(30)____ FW(30)_____

Source: USAG Code of Points

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

Level 9 Floor

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Allowable
All A, B, C elements
All D/E dance elements
1restricted D/E acro element

Restricted:
Any additional D/E acro
No VP, No SR, -.50 from SV

CV	.10	.20
Indirect	BC A/B + A/B + C	CC B/C + D/E AAD
Direct	BB or AC AAC	BC or CC AAD A/B+D
Dance/mix	CC (same/dif)	
Turn/jump = 0	*Jump/turn ok*	

D acro = .10 bonus

Value Parts 3A (.10) 4 B (.30) 1 C (.50) _____

Special Requirements (.50)
1 acro pass with 2 saltos OR
2 directly connected saltos (same/dif) _____
3 dif saltos (not aerials) _____
Dance pass w/180 leap (2 dif Gp 1) _____
B salto in last pass initiated _____

9.50 – VP/SR _____

CV _____
DV _____ _____
Max .30

CC
2 dif C saltos AND 1 B salto (.10) _____
2 dif C dance VPs (.10) _____

Start Value _____

Start Value _____

Execution _____

Composition
Back and F/S saltos .10
No B turn .20
No C salto .20
>2 wolf/tuck .10
>2 straddle .10 _____

Artistry _____

Deductions _____

SCORE

CC(15) ___ CF(15)____ CV(10)____ CD(20)____ MM (20)_____ EE (20)_____ BP(30)____ FW(30)_____

Source: USAG Code of Points

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Level 8 Floor

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)**	**9.80 – VP/SR** _____	**SV** _____
4 A (.10) _____	___1 acro pass with 2 saltos (same/dif) OR		
4 B (.30) _____	2 directly connected saltos (same/dif)	**Plus CC** _____	**Execution** _____
Allowable	___3 dif saltos (not aerials)	**Start Value** _____	**Composition** _____
All A and B elements	___Dance pass w/180 leap (2 dif Gp 1)		**Artistry** _____
All C dance elements	___Last acro pass initiated: A salto	**Composition**	**Deductions** _____
One restricted C acro element (chronological order)	**CC**	Back and F/S saltos .10 _____	
	2 different B saltos AND 1 A salto (.10)	>2 wolf/tuck .10 _____	
Restricted:		>2 straddle .10 _____	
Any D/E Dance element	2 different B dance VPs (.10)	No B turn .20 _____	**SCORE**
Additional C acro		No B salto .20 _____	
Any D/E acro			
No VP, No SR, -.50 from SV			

CC(15) ___ CF(15)____ CV(10)____ CD(20)____ MM (20)_____ EE (20)_____ BP(30)____ FW(30)_____

Source: USAG Code of Points

Floor Level 7

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Range	**Value Parts**	**Special Requirements (.50)**	**SV** **10.00**
9.5 – 10 .20 9.0 – 9.475 .50 8.0 – 8.975 .70 Below 8.0 1.00 **Restrictions:** Any C dance is ok D/E dance restricted C/D/E acro restricted	**4 A (.10)** _____ **3 B (.30)** _____	Minimum of 2 Acro passes: _____1 w/ back salto, min 2 directly connected flight elements _____1 with front salto (additional elements allowed) • 1 salto (fwd or backward) must be LO and land on 2 feet _____Dance pass w/180 leap (2 dif Gp 1) _____Minimum 360 turn on one foot	VP _____ SR _____ **SV =** _____ **Execution** _____ **Artistry** _____ **SCORE**

CC(15) ___ CF(15)____ CV(10)____ CD(20)____ MM (20)_____ EE (20)_____ BP(30)____ FW(30)_____

Source: USAG Code of Points

LEVEL 6 FLOOR

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

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Value Parts	**Special Requirements (.50)**	**10.00**	
4A (.10) _____ 2B (.30) _____ **Restricted**: Only 1 C dance allowed All acro C/D/E restricted Restricted elements = No VP +-.5 from SV	____1 acro pass: two directly connected flight elements, one must be a salto ____2nd acro pass w/ DIFFERENT salto; minimum 2 connected elements with flight; one must be a salto OR an isolated B salto ____Dance passage with 180 leap (2 dif Group 1 skills) ____Full turn on one foot	VP _____ SR _____ Rstd _____ **SV** = _____	**SV** _____ **Execution** _____ **Artistry** _____ **Deductions** _____ **Score**

CC(15) ___ CF(15)____ CV(10)____ CD(20)____ MM (20)_____ EE (20)_____ BP(30)____ FW(30)_____

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CF	Choreography focus	**CV**	Choreography variety of positions
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RT	Rhythm & tempo	**MM**	Musicality & rhythm/tempo
Sure	Sureness	**EE**	Emotion & Expression
BP	Body Posture	**BP**	Body Posture
FW	Footwork	**FW**	Footwork