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

_____ 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)

SPECIAL REQUIREMENTS (SR) 2.0

(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

CONNECTION VALUE (CV) max 0.4

	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)	

COMPOSITION CREDIT (CC) max 0.3

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)**

SPECIFIC EVENT COMPOSITION (SEC)

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

#

	9.2	
VP (-)		
SR (-)		
CV (+)	TB max 0.5	min 0.1 - max 0.4
DV (+)		min 0.1 - max 0.4
CC (+)	Acro	Dsmt
SV		☐+0.1
execution		
other	SEC	Artistry
score		
AVERAGE		

_____ Choreography ↑0.4 _____ Rhythm/Tempo ↑0.2 _____ Sureness ↑0.2 _____ Posture ↑0.3 _____ Footwork ↑0.3 _____ Dynamics ↑0.2

☐ OT 0.1

Source: USA Gymnastics Women's Artistic Development Program Optional Code of Points 2026-2030