USAG DEVELOPMENT PROGRAM SCORE SHEET 2026-30

LEVEL 8 BALANCE BEAM

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

VALUE PARTS (VP) 1.6

_____ 4 A (0.1)

_____ 4 B (0.3)

_____ 0 C (0.5)

Allowable:

- Any C dance
- ONE C acro
- Count C as B VP

SPECIAL REQUIREMENTS (SR) 2.0

(4 @ 0.5 each)

- ☐ Acro series (1 flight)
- ☐ Leap/Jump (requiring 180° split)
- ☐ 360° turn on one foot
- ☐ A dismount (aerial/salto)

- ☐ >1 Restricted element w/ or w/o VP credit

(0.5 each)

CLARIFICATIONS

CHOREOGRAPHY (0.4)

↑0.2 Lack of purposeful choreography
- Excessive preparation, unnecessary steps/adjustments, tapping end of beam
- All body parts should be involved in creating interesting positions and movement

↑0.1 Choreo performed in ALL DIRECTIONS

↑0.1 Lack of variety of focus changes, poses, phrases/connections
- Routine should contain different focus points off and away from the beam

COMPOSITION CREDIT (CC) max 0.2

ACRO (max 0.1)

- ☐ B+B acro series (both flight elements)

(+0.1)

DISMOUNT (max 0.1)

- ☐ B dismount OR
- ☐ B acro + A salto/aerial dismount

(+0.1)

SPECIFIC EVENT COMPOSITION (SEC)

No dance series (min 2 elements from groups 1-2-3)	0.2
>1 pivot turn (180° turn on 2 feet w/ straight legs)	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
ARTISTRY: Missing Sideward/Backward choreography	0.05 each
Short exercise (<30 sec) – CJ	2.0

#

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

☐ OT 0.1

	9.8	
VP (-)		
SR (-)		
CC (+)	Acro	Dsmt
SV		
execution		
other	SEC	Artistry
score		
AVERAGE		

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