USAG DEVELOPMENT PROGRAM SCORE SHEET 2026-30

LEVEL 9 BALANCE BEAM

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

VALUE PARTS (VP) 2.0

_____ 3 A **(0.1)**
_____ 4 B **(0.3)**
_____ 1 C **(0.5)**

_____ D/E **(+0.1)**

Allowable:
- Any D/E dance
- ONE D/E acro
- Count D/E as C for CV
- First D/E acro = +0.1

SPECIAL REQUIREMENTS (SR) 2.0

(4 @ 0.5 each)

- ☐ Acro series (2 flight)
- ☐ Leap/Jump (requiring 180° split)
- ☐ 360° turn on one foot
- ☐ B dismount (aerial/salto)

- ☐ >1 Restricted element w/ or w/o VP credit **(0.5 each)**

CONNECTION VALUE (CV) max 0.3

	0.1	0.2
2 Acro Flight (no dismount)	B+C (C=salto/aerial)	C+C
3 Acro Flight	B+B+C	B+C+C
Additional +0.1 for 3 acro flight w/ minimum C salto/aerial, excluding dismount		
Dance/Mix (no dismount)	B+C	C+C
Turns	A+C (or reverse)	

COMPOSITION CREDIT (CC) max 0.2

ACRO (max 0.1)

- ☐ 2 different C acro flight (not dismount) **(+0.1)**

DISMOUNT (max 0.1)

- ☐ C dismount OR
- ☐ B acro flight or C dance + B 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

#

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

☐ OT 0.1

	9.5	
VP (-)		
SR (-)		
CV (+)	TB max 0.3	max 0.3
DV (+)		max 0.1
CC (+)	Acro	Dsmt
SV		
execution		
other	SEC	Artistry
score		
AVERAGE		

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