Note: Material used for this scoresheet is provided by USA Gymnastics and the sole property of USA Gymnastics

Jan Eyman - April 2026
Edits: Bonnie Crawford

L6 BEAM

Athlete #

Range: 9.5-10.0 (.20) 9.0-9.475 (.50) 8.0-8.975 (.70) Below 8.0 (1.0)

Specific Event Items:

RESTRICTED

ALLOWED: All A/B elements. Only ONE of "C" dance element (in chron. order) "C" counts as a "B".

RESTRICTED: Any additional "C" dance or ANY C/D/E acro.

VP and SR

____ 4 A (.10)
____ 2 B (.30)

____ Non Flight Acro Series
OR
___ One acro flight (iso. or in connection)
___ One Leap/Jump requiring 180º split
___ Min. 360º turn on 1 foot (group 3)
___ Aerial/Salto dsmt. min. "A"

SCORE CALCULATION

10.0 - Value Parts _____
- Msng. SR _____
- Restr. Skill _____
START VALUE: _____

Minus TOTAL DED: _____

J1 SCORE: _____ **J2 Score:** _____

AVERAGE: _____

_____ Purposeful Choreo.(^.20) (ART)
_____ Focus (^.10) (ART)
_____ Variety - S & B mov. (^10 ea) (ART)
_____ Var. Rhythm/Tempo of Non VP (^.10)
_____ Series of disconnected elements (^.10)
_____ Sureness (^.20)
_____ Body Posture (^.30)
_____ Footwork (^.30)
_____ Dynamics (^.20)
_____ **EXECUTION**
_____ **TOTAL Deductions**

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Edits: Bonnie Crawford

L7 BEAM

Athlete #

Range: 9.5-10.0 (.20) 9.0-9.475 (.50) 8.0-8.975 (.70) Below 8.0 (1.0)

Specific Event Items:

RESTRICTIONS

ALLOWED: All "C" dance elements. "C" counts as a "B".

RESTRICTED: ANY C/D/E acro. ANY D/E dance.

VP and SR

____ 4 A (.10)
____ 3 B (.30)

____ Acro Series (w /wo flight, excluding Mt/Dsmt.
AND
One acro flight (iso. or in connection
___ One Leap/Jump requiring 180º split
___ Min. 360º turn on 1 foot (group 3)
___ Aerial/Salto dsmt. min. "A"

SCORE CALCULATION

10.0 - Value Parts _____
- Msng. SR _____
- Restr. Skill _____
START VALUE: _____

Minus TOTAL DED: _____

J1 SCORE: _____ **J2 Score:** _____

AVERAGE: _____

____ Purposeful Choreo.(^.20) (ART)
____ Focus (^.10) (ART)
____ Variety - S & B mov. (^10 ea) (ART)
____ Var. Rhythm/Tempo of Non VP (^.10)
____ Series of disconnected elements (^.10)
____ Sureness (^.20)
____ Body Posture (^.30)
____ Footwork (^.30)
____ Dynamics (^.20)
____ **EXECUTION**
____ **TOTAL Deductions**

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Jan Eyman - April 2026
Edits: Bonnie Crawford

L8 BEAM

Athlete #

Range: 9.5-10.0 (.20) 9.0-9.475 (.50) 8.0-8.975 (.70) Below 8.0 (1.0)

Specific Event Items:

RESTRICTIONS

ALLOWED: All "C" dance elements. ONE acro "C" is allowed. "C"'s counts as a "B".

RESTRICTED: ANY additional "c" acro and all D/E acro.

VP and SR

____ 4 A (.10)
____ 4 B (.30)

____ Acro Series - one w flight -no mt/dsmt
____ Leap/Jump w 180º split
____ 360º turn
____ A dsmt. (salto/aerial)

SCORE CALCULATION

9.8-VP-SR = BASE: _____
- Restr. Skill _____ **= New BASE** _____

CC Acro +____(.10 for 2 flight acro series min. B+B

CC Dismt. +____(.10 for any "B" or ^ Salto/Aerial
OR
Min. "B" or ^ acro directly connected to an "A" salto/aerial

FINAL SV: _____

- Total Deductions: _____

J1 SCORE: _____ **J2 SCORE:** _____

FINAL AVERAGE: _____

____ F/S & B acro (.10) (.05 if in dsmt. only)
____ Dance Series (mt. OK) (.20)
____ >2 tuck or wolf/straddle (.10)
____ >1 pivot turn (.10)
____ Purposeful Choreo.(^.20) (ART)
____ Focus (^.10) (ART)
____ Variety - S & B mov. (^10 ea) (ART)
____ Var. Rhythm/Tempo of Non VP (^.10)
____ Series of disconnected elements (^.10)
____ Sureness (^.20)
____ Body Posture (^.30)
____ Footwork (^.30)
____ Dynamics (^.20)
____ **EXECUTION**
____ **TOTAL Deductions**

*3rd VP="0" VP BUT directly connected to dsmt. gets the .1 CC dsmt. credit. *VP with fall/spot on dsmt. landing will fulfill the .1 CC for dsmt.

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Jan Eyman - April 2026
Edits: Bonnie Crawford

L9 BEAM

Athlete #

Range: 9.5-10.0 (.20) 9.0-9.475 (.50) 8.0-8.975 (.70) Below 8.0 (1.0)

___ 3 A (.10)
___ 4B (.30)
___ 1C (.50)

___ Acro Series w 2 flight no mt/dsmt.
___ Leap/Jump w 180 split
___ 360º turn
___ B dsmt. (salto/aerial)

D/E skills count as "C"'s. FIRST "D" recognized in chronological order.

BONUS REFERENCE

	0.1	0.2
2 acro (not dsmt)	**BC (salto)**	
L9 only can use salto or aerial)		
2 acro Mt ok (not dsmt)		**CC**
3 Acro (mt/dsmt/ OK)	**BBC**	**BCC+**
2 dance/mixed	**BC**	**CC**
(not dsmt)		**(same/diff)**
Turns	**AC or CA**	
3 acro fl. series +.10		
(C salto/aerial or D		
flight-hands OK / mt. OK - dsmt NOT)		

SCORE CALCULATION

9.5-VP-SR = BASE: _____

DV _____
CV _____ } **+ _____ BONUS *.30 is MAX**
"D" acro = .1 bonus

- Restricted skill _____

CC Acro +____(.10 for 2 diff. C acro fl.-no dsmt.)
CC Dismt. +____(.10 for any C Salto/Aerial OR Min. B Acro Flight or C Dance Directly conn. to B salto/aerial)

FINAL SV: _____

- Total Deductions: _____

J1 SCORE: _____ J2 SCORE: _____

FINAL AVERAGE: _____

Specific Event Items:

____ F/S & B acro (.10) (.05 if in dsmt. only)
____ Dance Series (mt. OK) (.20)
____ >2 tuck or wolf/straddle (.10)
____ >1 pivot turn (.10)
____ Purposeful Choreo.(^.20) (ART)
____ Focus (^.10) (ART)
____ Variety - S & B mov. (^10 ea) (ART)
____ Var. Rhythm/Tempo of Non VP (^.10)
____ Series of disconnected elements (^.10)
____ Sureness (^.20)
____ Body Posture (^.30)
____ Footwork (^.30)
____ Dynamics (^.20)
____ **EXECUTION**
____ **TOTAL Deductions**

*3rd VP="0" VP BUT directly connected to dsmt. gets the .1 CC dsmt. credit. *VP with fall/spot on dsmt. landing will fulfill the .1 CC for dsmt.

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Jan Eyman - Rev. Aug. 2026 Edits: Bonnie Crawford

L10 BEAM Athlete

Range: 9.5-10.0 (.20) 9.0-9.475 (.50) 8.0-8.975 (.70) Below 8.0 (1.0)

___ 3 A (.10)
___ 3B (.30)
___ 2C (.50)

___ Acro Series-min. 1C
Grp.7 A+E is okay /no mt.dsmt.

___ Leap/Jump w 180º split
___ 360º turn
___ C dsmt. (salto/aerial)
*B w/C Acro Series
ALSO OR
*B with min "C" acro flight or dance

BONUS REFERENCE

	0.1	0.2
2 acro (not dsmt)	BC (salto)	
2 acro Mt ok (not dsmt)		BD. BE
		CC. CD. DD
Acro (mt/dsmt/ OK)	BBC	BCC+
		BBD+
2 dance/mixed	AD+	BD+
(not dsmt)	BC	CC+
		(same/diff)
Turns	AC or CA	
3 acro fl. series +.10 (C salto/aerial or D/E flight-hands. Mt. OK - Dsmt NOT)		

SCORE CALCULATION

9.2-VP-SR = BASE: _____

DV _____ } + _____ BONUS *.50 is MAX and from
CV _____ } BOTH categories.

CC Acro + _____ (.20 for 2 diff. D/E acro fl.-no dsmt.)
OR (.10 if 1 D/E acro fl.-no dsmt)

CC Dismount + _____ (.10 for D/E salto/aerial dsmt.)
OR (B acro fl or C dance connected to C salto/aerial)

FINAL SV: _____

ADD: _____ +.10 IF 10.0 SV & .60 & Min. (1) E Acro.

- _____ TOTAL Deductions

J1 SCORE: _____ J2 SCORE: _____

FINAL AVERAGE: _____

Specific Event Items:

___ F/S & B acro (.10) (.05 if in dsmt. only)
___ Dance Series (mt. OK) (.20)
___ >2 tuck or wolf/straddle (.10)
___ >1 pivot turn (.10)
___ Purposeful Choreo.(^.20) (ART)
___ Focus (^.10) (ART)
___ Variety - S & B mov. (^10 ea) (ART)
___ Var. Rhythm/Tempo of Non VP (^.10)
___ Series of disconnected elements (^.10)
___ Sureness (^.20)
___ Body Posture (^.30)
___ Footwork (^.30)
___ Dynamics (^.20)
___ EXECUTION
___ TOTAL Deductions

*3rd VP="0" VP BUT directly connected to dsmt. gets the .1 CC dsmt. credit. *VP with fall/spot on dsmt. landing will fulfill the .1 CC for D/E dsmt.