L6 BARS	Athlete #	Range: 9.5-10.0 (.20) 9.0-9.475 (.50) 8.0-8.975 (.70) Below 8.0 (1.0)

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

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

RESTRICTIONS	VP and SR	SCORE CALCULATION	Routine Notes
ALLOWED: All A/B elements (no flight/ release. Only ONE of the following "C's" : Clear hip/stalder/pike sole circle to HS. RESTRICTED: Any other "C's" and all "D/E" elements plus any flight/release from HB-LB or LB to HB.	___4A(.10) ___2B(.30) "C" skills count as "B" ___ One cast min. 45º (SR awarded when < is above horiz.- cast < deductions still apply ___ Min. of 1 bar change ___ One 360º clear circling element from grp. 3/6/7 ___ Salto dsmt. minimum "A"	**10.0 - Value Parts** _____ **- Msng. SR** _____ **- Restr. Skill** _____ **START VALUE :** _____ **Minus TOTAL DED:** _____ _____ Unchar. (.10) _____ Dynamics (^.20) _____ Execution **J1 SCORE:** _____ **J2 Score:** _____**. AVERAGE:** _____	

L7 BARS	Athlete #	Range: 9.5-10.0 (.20) 9.0-9.475 (.50) 8.0-8.975 (.70) Below 8.0 (1.0)

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RESTRICTIONS	VP and SR	SCORE CALCULATION	Routine Notes
ALLOWED: NO "C" elements are allowed - (considered in chronological order) except: Cast Hand 1/2, clear/stalder/pike to hand./ and also with 1/2 turn to reg. grip RESTRICTED: Any additional "C" elements and all "D/E" elements	___ 4A (.10) ___ 3B (.30) "C" skills count as "B" ___ One cast to Handstand (SR awarded when < is min. 45º - cast < deductions still apply ___ Two 360º clear circling skills (same or different) ___ 1. One minimum "B" ___ 2. One from grp. 3/6/7 ___ Salto dsmt. minimum "A"	**10.0 - Value Parts** _____ **- Msng. SR** _____ _____ Unchar. (.10) **- Restr. Skill** _____ **START VALUE :** _____ _____ Dynamics (^.20) **Minus TOTAL DED:** _____ _____ Execution **J1 SCORE:** _____ **J2 Score:** _____. **AVERAGE:** _____	

L8 BARS	Athlete #	Range: 9.5-10.0 (.20) 9.0-9.475 (.50) 8.0-8.975 (.70) Below 8.0 (1.0)

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RESTRICTIONS	VP and SR	SCORE CALCULATION	Specific Event Items:
ALLOWED: ONE restricted "C" element is allowed - considered in chronological order RESTRICTED: Any additional "C" elements and all "D/E" elements	___4A(.10) ___ 4B (.30) ____ One Cast to Handstand ____ Two "B" elements same or diff; one w flight (no dismt) **OR** one w LA turn (not in mt.dsmt) **AND** ___ One "B" 360° clear circle from Groups 3/6/7 ___ Salto dsmt. minimum "A"	**9.8-VP-SR = BASE:** _____ **- Restr. Skill** _____ **= New BASE** _____ **CC** SKILLS +____ (.10 for direct connection B+B (NO cast handstand) **CC** Dismount + ___ (.10 for any B or ^ dismt OR any B or ^ VP connected to A dsmt) **FINAL SV:** _____ - _____ **TOTAL Deductions** **J1 SCORE:** _____ **J2 Score:** _____**. AVERAGE:** _____	____ Unchar. (.10) ____ 3/4 Giant FWD. (.10) ____ Dynamics (^.20) ____ Lack of elments that achieve/pass thru vertical (^.20) **____ EXECUTION** **____ TOTAL Deductions**

L9 BARS	Athlete #	Range: 9.5-10.0 (.20) 9.0-9.475 (.50) 8.0-8.975 (.70) Below 8.0 (1.0)

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VP and SR	BONUS REFERENCE	SCORE CALCULATION	Specific Event Items:
___ 3A (.10) ___ 4B(.30) ___ 1C (.50) ___ Minimum 2 Bar Changes ___ One Flight Min. B (no dsmt.) ___ 2nd Diff. C flight (no dsmt.) OR LA Turn (180 or ^) min.B (no Mt./Dsmt.) ___ Salto Dsmt. Min. B	**C+C= .1** (1 or both w/o turn or flight) & must be diff. **C+C=.2** BOTH w trn or flight **D/E * =.1 (1 only & MUST Be the 1st to get VP credit)** ***allowed are 1/1 turns in handstand or "C" root elements with 1/2 turn.** ***D/E skills count as "C" for bonus and CC**	**9.5-VP-SR = BASE:** _____ **DV** _____ } + _____ **Bonus *.30 is MAX** **CV** _____ } **CC** SKILLS +_____ (.10 for 2 diff. C or ^ VP) **CC** Dismount + ___ (.10 for any C or ^ dismt OR C or ^ VP connected to B dsmt) **FINAL SV:** _____ - _____ **TOTAL Deductions** **J1 SCORE:** _____ **J2 Score:** _____. **AVERAGE:** _____	____ Direction (.10) ____ Unchar. (.10) ____ 3/4 Giant FWD. (.10) ____ 2 of 4** ____ Dynamics (^.2) ____ Precision of ! (^.10) ____ **EXECUTION** ____ **TOTAL Deductions**

2 of 4:** FWD element Min."B" Group 3-6-7 Min. 180º turn Single Bar Release

L10 BARS	Athlete #	Range: 9.5-10.0 (.20) 9.0-9.475 (.50) 8.0-8.975 (.70) Below 8.0 (1.0)

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VP and SR	BONUS REFERENCE	SCORE CALCULATION	Specific Event Items:
____ 3A (.10) ____ 3B(.30) ____ 2C (.50) ____ Min 1 "C" Flight (not dsmt.) ____ 2nd Diff. Flight (min. B) (not dsmt.) ____ Min "C" LA turn (not mt/dsmt) ____ "C" Salto Dismount	**C+C**= .1 both need turn/flight **C+C**=.1 two diff. 3/6/7 (no flight/turn req.) *3/6/7 BOTH skills must be different **C+D**=.1(no turn/flight req.) **D+D**=.2 **D/E release TO (C) 3/6/7 to ! = .20** (LB to HB and HB to LB) & applies only to (8) skills *	**9.2-VP-SR = BASE:** _____ **DV** _____ } + _____ **Bonus *.50 is MAX and from both categories** **CV** _____ } **CC** RELEASE +_____ (.20 for 2 diff. D/E Releases) **OR** +_____ (.10 for 1 D/E Release) **CC** Dismount + _____ (.10 for D/E or D/E to C) **FINAL SV:** _____ **ADD** _____ **+.10 IF 10.0 SV & .60 IN CV/DV & (1) E Rel.or SB "D" Rel.** - _____ **TOTAL Deductions** **J1 SCORE:** _____ **J2 Score:** _____. **AVERAGE:** _____	_____ <2 bar changes. (.20) _____ direction (.10) _____ >1 squat (.10) _____ Unchar. (.10) _____ 3/4 Giant FWD. (.10) _____ 2 of 4** _____ Dynamics (^.2) _____ Precision of ! (^.10) ____ **EXECUTION** ____ **TOTAL Deductions**

*** 8 skills for D/E release to (C) 3/6/7 +(.20)**

LB-HB (Shaposhnikova / Back Stalder thru ! to hang / Maloney / Ramier).

HB-LB (Counterswing 1/2 to catch LB - Cox / Pak / Pak Full / Forw. Giant 1/2 to Hang - Ejova))

2 of 4:**

☐ FWD element ☐ Min."B" Group 3-6-7 ☐ Min. 180º turn ☐ Single Bar Release