



USAG DEVELOPMENT PROGRAM SCORE SHEET 2022-26

LEVEL 6 BALANCE BEAM

| VALUE PARTS (VP) | SPECIAL REQUIREMENTS (SR) | | NO COMPOSITIONAL REQUIREMENTS |
|--|---|--|---|
| _____ 5 A (0.1) _____ 1 B (0.3) _____ 0 C (0.5) <hr style="border: 0.5px solid blue;"/> <u>Allowable:</u> <ul style="list-style-type: none"> • One (1) C dance • Count C as B VP | <p style="text-align: center; color: teal;">(0.5 each)</p> <input type="checkbox"/> Acro series (non-flight) OR Acro flight element (isolated or in series) <input type="checkbox"/> Leap/Jump (requiring 180° split) <input type="checkbox"/> 360° turn on one foot <input type="checkbox"/> A dismount (aerial/salto) | <input type="checkbox"/> No dismount (0.3) <input type="checkbox"/> Restricted elements (0.5 each) <p style="text-align: center;"><u>TIME</u> 1:30 warm up 1:15 compete</p> Short exercise (Level 6 ONLY): If < 30 seconds & 10.0 SV, CJ deducts 0.5 from average | <ul style="list-style-type: none"> ▪ One element in acro series must achieve/pass through inverted vertical in handstand support. ▪ First or second element in acro series may be handstand with any leg position - if handstand without turn, must be held for 2 seconds. ▪ Group 6 - Rolls may be included in acro series, as long as one element passes through handstand position. |

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|--|-----------------------------------|----------------|
| | | 10.0 |
| | VP (-) | |
| | SR (-) | |
| | SV | |
| | execution | |
| | other | |
| | score | |
| _____ Artistry ↑0.3 _____ Footwork ↑0.3 _____ Dynamics ↑0.2 _____ Sureness ↑0.2 _____ Posture ↑0.3 _____ Rhythm ↑0.2 | <input type="checkbox"/> OT (0.1) | AVERAGE |