



USAG DEVELOPMENT PROGRAM SCORE SHEET 2022-26

LEVEL 7 BALANCE BEAM

VALUE PARTS (VP)	SPECIAL REQUIREMENTS (SR)		NO COMPOSITIONAL REQUIREMENTS
_____ 5 A (0.1) _____ 2 B (0.3) _____ 0 C (0.5) <hr style="border: 0.5px solid blue;"/> <u>Allowable:</u> <ul style="list-style-type: none"> ▪ Any C dance (unlimited) ▪ Count C as B VP 	<p style="text-align: center; color: blue;">(0.5 each)</p> <input type="checkbox"/> Acro series (with or without flight) <small>AND</small> 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></p> <p style="text-align: center; color: blue;">1:30 warm up 1:20 compete</p> Short exercise (< 30 seconds): CJ deducts 2.0 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	
AVERAGE	

_____ Artistry ↑0.3
 _____ Footwork ↑0.3
 _____ Dynamics ↑0.2
 _____ Sureness ↑0.2
 _____ Posture ↑0.3
 _____ Rhythm ↑0.2

OT (0.1)