



USAG DEVELOPMENT PROGRAM SCORE SHEET 2022-26

LEVEL 7 UNEVEN BARS

VALUE PARTS (VP)	SPECIAL REQUIREMENTS (SR)	MISCELLANEOUS	NO COMPOSITIONAL REQUIREMENTS
_____ 5 A (0.1) _____ 2 B (0.3) _____ 0 C (0.5) <hr/> Allowable: • Any allowable C • Count C as B VP	(0.5 each) <input type="checkbox"/> Cast to handstand <input type="checkbox"/> Two 360° clear circle elements, same or different: <input type="checkbox"/> One minimum B <input type="checkbox"/> One from groups 3/6/7 <input type="checkbox"/> A salto dismount <hr/> <input type="checkbox"/> No dismount (0.3) <input type="checkbox"/> Restricted elements - no VP credit & (0.5 each)	<ul style="list-style-type: none"> ▪ Allowable C's: <ul style="list-style-type: none"> ▪ Cast HS with 1/2 ▪ Clear hip HS, also with 1/2 ▪ Stalder HS, also with 1/2 ▪ Toe-on HS, also with 1/2 <i>(1/2 turns to regular grip only)</i> ▪ Restricted: <ul style="list-style-type: none"> ▪ Any other C elements ▪ All D/E elements ▪ Short exercise (< 5 VPs): CJ deducts 2.0 from average 	<ul style="list-style-type: none"> ▪ Cast to handstand SR awarded when angle is a minimum of 45°. Angle deductions will apply. ▪ This is exception to rule that SRs must be fulfilled w/ VPs. ▪ Cast below 45°: No SR credit and deduct 0.25-0.3 for amplitude. <div style="text-align: right;"> </div>

#		10.0
	VP (-)	
	SR (-)	
	SV	
	execution	
	dynamics	
	score	
	AVERAGE	