



# USAG DEVELOPMENT PROGRAM SCORE SHEET 2022-26

## LEVEL 6 BALANCE BEAM

VALUE PARTS (VP)	SPECIAL REQUIREMENTS (SR)	MISCELLANEOUS	NO COMPOSITIONAL REQUIREMENTS
_____ <b>5</b> A <b>(0.1)</b> _____ <b>1</b> B <b>(0.3)</b> _____ <b>0</b> C <b>(0.5)</b> <hr/> <u>Allowable:</u> •One (1) C dance •Count C as B VP	<b>(0.5 each)</b> <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 <b>(0.3)</b> <input type="checkbox"/> Restricted elements - no VP credit & <b>(0.5 each)</b> (from Start Value) <hr/> <u>TIME</u> <b>1:30</b> warm up <b>1:15</b> compete Short exercise (Level 6 ONLY): If < 30 seconds & 10.0 SV, CJ deducts <b>0.5</b> from average	<ul style="list-style-type: none"> <li>▪ One element in acro series must achieve/pass through inverted vertical in handstand support.</li> <li>▪ First or second element in acro series may be handstand with any leg position - if handstand without turn, must be held for 2 seconds.</li> <li>▪ Group 6 - Rolls may be included in acro series, as long as one element passes through handstand position.</li> </ul>

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		<b>10.0</b>
	VP (-)	
	SR (-)	
	<b>SV</b>	
	execution	
	other	
	score	
_____ Artistry ↑0.3             _____ Footwork ↑0.3             _____ Dynamics ↑0.2             _____ Sureness ↑0.2             _____ Posture ↑0.3             _____ Rhythm ↑0.2 <span style="float: right; background-color: #fff3cd; padding: 2px;">□ OT (0.1)</span>	<b>AVERAGE</b>	