



USAG DEVELOPMENT PROGRAM SCORE SHEET 2022-26

LEVEL 7 FLOOR EXERCISE

VALUE PARTS (VP)	SPECIAL REQUIREMENTS (SR)	MISCELLANEOUS	NO COMPOSITIONAL REQUIREMENTS
_____ 5 A (0.1) _____ 2 B (0.3) _____ 0 C (0.5) <hr/> <u>Allowable:</u> • Any C dance (unlimited) • Count C as B VP	(0.5 each) <input type="checkbox"/> Acro requirements (0.5 each — max 1.0) <input type="checkbox"/> Two acro passes <input type="checkbox"/> Salto backward <input type="checkbox"/> Salto forward <input type="checkbox"/> Salto stretched (forward or backward) <input type="checkbox"/> Dance passage <input type="checkbox"/> 360° turn on one foot	<input type="checkbox"/> No dismount (0.3) <input type="checkbox"/> Restricted elements - no VP credit & (0.5 each) (from Start Value) <hr/> <p style="text-align: center;"><u>TIME</u> 1:30</p> <p style="text-align: center;">No deduction taken if fraction of a second overtime</p> Short exercise (< 30 seconds): CJ deducts 2.0 from average	<ul style="list-style-type: none"> ▪ Acro pass with salto backward must have a minimum of two directly connected flight elements. ▪ Salto forward can be isolated or with other elements. ▪ Aerial will not fulfill salto forward requirement. ▪ Salto stretched must have no twist and land on two feet. ▪ Dance passage must have a minimum of two <u>different</u> group 1 elements, directly or indirectly connected, one of which is a leap requiring 180° cross/side split.

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	10.0
VP (-)	
SR (-)	
SV	
execution	
other	
score	
AVERAGE	

_____ Artistry ↑0.3
 _____ Footwork ↑0.3
 _____ Dynamics ↑0.2
 _____ Posture ↑0.3
 _____ Rhythm ↑0.2
 _____ End #1 s 0.05

Out of Bounds