



## VAULT

| <u>Allowable Vaults</u>                                    | <u>Start Value</u> |
|------------------------------------------------------------|--------------------|
| Squat onto the table, straight jump off the table.....     | 8.0                |
| Straight jump onto table, straight jump off the table..... | 8.5                |
| Straddle over.....                                         | 9.0                |
| Squat through.....                                         | 9.8                |
| ½ or ¼ on.....                                             | 10.0               |
| Handspring.....                                            | 10.0               |

## UNEVEN BARS

### Special Requirements (0.5 each):

1. Mount
2. Circling Skill
3. Cast to 45° below horizontal
4. Dismount

### Value Part Requirements (0.5 each):

1. Perform 6 “A” or “B” skills
  - A skill will not be given value credit the second time it is performed if the skill uses the same entry and exit

### Composition:

1. No composition deductions

### Non-Allowable Elements

1. Any C or higher elements

### Deductions:

1. -0.5 for each missing element or special requirement
2. -2.0 for each C or higher element



## BALANCE BEAM

### Special Requirements (1.0 each):

1. Minimum of half turn on one foot
2. Leap or jump with a minimum of 90° split
3. Acro skill
4. Dismount

### Value Part Requirements (0.5 each)

1. Perform 6 “A” or “B” skills

### Length Requirements:

1. Routines must be less than 1 minutes 15 seconds

### Composition:

1. No composition deductions

### Allowable Elements

1. Any number of “A” or “B” elements (Dance or Acro)

### Deductions

1. -0.5 for each missing element or special requirement
2. -0.1 if routine less than 30 seconds or over 1 minute 15 seconds
3. -2.0 for each C or higher element

## FLOOR EXERCISE

### Special Requirements (1.0 each):

1. Minimum of 360 degree turn
2. Leap pass with 2 leaps or jumps; One must have a minimum of a 90 degree split. It can be a direct or indirect connection
3. A tumbling pass with at least two skills
4. A second different tumbling pass with at least two skills or one flight

### Value Part Requirements (0.5 each)

1. Perform 6 “A” or “B” skills

### Length Requirements:

1. Routines must be less than 1 minutes 15 seconds

### Composition:

1. No composition deductions

### Allowable “B” Elements

1. Any number of “A” or “B” elements (Dance or Acro)

### Deductions

1. -0.5 for each missing element or special requirement
2. -0.1 if routine less than 30 seconds or over 1 minute 15 seconds
3. -2.0 for each C or higher element



## VAULT

### Allowable Three Vaults (all have a 10.0 start value, all landing on normal vault landing mats):

1. Front handspring (landing WILL be judged)
2.  $\frac{1}{4}$  -  $\frac{1}{2}$  twist on (Tsukahara Entry) repulsion to feet (landing WILL be judged)
3. Round-off entry (Yurchenko) repulsion to feet (landing WILL be judged)

## UNEVEN BARS

### Special Requirements (0.5 each):

1. One Cast to at least 45° above Horizontal (angle deductions will apply)
2. One Bar Change
3. One 360° Clear Circling Element from Group 3, 6 or 7
4. Salto Dismount, Minimum of "A"

### Value Part Requirements:

1. 5 A's
2. 1 B's

### Composition

1. No composition deductions

### Allowable "C" Elements: (may only compete one of the following)

1. Clearhip/back stalder/pike sole circle (toe on) to handstand

### Deductions:

1. -0.1 for each missing A
2. -0.3 for each missing B
3. -2.0 if less than 5 skills
4. -0.5 for each element that violates difficulty restrictions beyond those listed above

[USAG Cheat Sheet](#)



## BALANCE BEAM

### **Special Requirements (0.5 each):**

1. Non-Flight Acro Series – (excluding mount/dismount) OR 1 acro flight (isolated or as part of series)
2. One leap/jump requiring 180° cross or side split
3. Min. of 360° Group 3 turn on one foot
4. Salto/aerial dismount, Minimum of “A”

### **Value Part Requirements:**

1. 5 A's
2. 1 B

### **Length Requirements:**

1. Routines must be between 30 seconds and 1 minutes 15 seconds

### **Composition:**

1. No composition deductions

### **Non-Allowable Elements**

1. Any C or higher elements

### **Deductions:**

1. -0.1 for each missing A
2. -0.3 for each missing B
3. -2.0 if less than 30 seconds
4. -0.1 if over 1 minute 15 seconds
5. -0.5 for each “C” or higher element

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## FLOOR EXERCISE

### Special Requirements (0.5 each):

1. One acro series - minimum three directly connected elements; two must have flight
2. One Salto or Aerial (fwd, bwd or swd) (isolated or part of a second series)
3. Dance passage - minimum of two different Group 1 elements with one being a leap with 180° cross/side split
4. Turn - minimum 360 degree turn on one foot

### Value Part Requirements:

1. 5 A's
2. 1 B

### Length Requirements:

1. Routines must be between 30 seconds and 1 minutes 15 seconds

### Composition:

1. No composition deductions

### Non-Allowable Elements

1. Any C or higher elements

### Deductions:

1. -0.1 for each missing A
2. -0.3 for each missing B
3. -2.0 if less than 30 seconds
4. -0.1 if over 1 minute 15 seconds
5. -0.5 for each "C" or higher element

[USAG Cheat Sheet](#)



## VAULT

### Allowable Three Vaults (all have a 10.0 start value, all landing on normal vault landing mats):

1. Front handspring (landing WILL be judged)
2.  $\frac{1}{4}$  -  $\frac{1}{2}$  twist on (Tsukahara Entry) repulsion to feet (landing WILL be judged)
3. Round-off entry (Yurchenko) repulsion to feet (landing WILL be judged)

## UNEVEN BARS

### Special Requirements (0.5 each):

1. One Cast to Handstand (angle deductions will apply)
- 2/3. Two 360 degree Clear Circling Elements, Same or Different
  - a. One 360 degree Clear Circling Element, Minimum of "B"
  - b. One 360 degree Clear Circling Element, Group 3/6/7
4. Salto Dismount, Minimum of "A"

### Value Part Requirements:

1. 5 A's
2. 2 B's

### Composition

1. No composition deductions

### Allowable "C" Elements:

1. Cast handstand half pirouette
2. Clearhip/back staldler/pike sole circle (toe on) to handstand or half pirouette

### Deductions:

1. -0.1 for each missing A
2. -0.3 for each missing B
3. -2.0 if less than 5 skills
4. -0.5 for each element that violates difficulty restrictions beyond those listed above

[USAG Cheat Sheet](#)



## BALANCE BEAM

### Special Requirements (0.5 each):

1. Acro Series – with/without flight (excluding mount/dismount) AND 1 acro flight (isolated or as part of series)
2. One leap/jump requiring 180° cross or side split
3. Min. of 360° Group 3 turn on one foot
4. Salto/aerial dismount, Minimum of “A”

### Value Part Requirements:

1. 5 A's
2. 2 B's

### Length Requirements:

1. Routines must be between 30 seconds and 1 minutes 20 seconds

### Composition:

1. No composition deductions

### Allowable “C” Elements

1. One “C” level dance element - counting as a B value part

### Deductions:

1. -0.1 for each missing A
2. -0.3 for each missing B
3. -2.0 if less than 30 seconds
4. -0.1 if over 1 minute 20 seconds
5. -0.5 for each element that violates difficulty restrictions beyond those listed above

[USAG Cheat Sheet](#)



## FLOOR EXERCISE

### **Special Requirements (0.5 each):**

1. One acro series - minimum three directly connected flight elements with a backward salto stretched to two feet
2. Two or more directly connected forward acro flight elements with a salto/aerial
3. Dance passage - minimum of two different Group 1 elements with one 180 degree leap
4. Turn - minimum 360 degree turn on one foot

### **Value Part Requirements:**

1. 5 A's
2. 2 B's

### **Length Requirements:**

1. Routines must be between 30 seconds and 1 minutes 30 seconds

### **Composition:**

1. No composition deductions

### **Allowable "C" Elements**

1. One "C" level dance element - counting as a B value part

### **Deductions:**

1. -0.1 for each missing A
2. -0.3 for each missing B
3. -2.0 if less than 30 seconds
4. -0.1 if over 1 minute 30 second
5. -0.5 for each element that violates difficulty restrictions beyond those listed above

[USAG Cheat Sheet](#)



## VAULT

| <u>Common Vaults</u>                               | <u>Start Value</u> |
|----------------------------------------------------|--------------------|
| Front handspring.....                              | 9.0                |
| ¼ - ½ twist → repulsion (with flight to feet)..... | 9.0                |
| ½ twist → ½ twist.....                             | 9.2                |
| ¼ twist → ¾ twist.....                             | 9.2                |
| RO, FF → Repulsion (with flight to feet).....      | 9.0                |
| Tsukahara tuck/pike.....                           | 10.0               |

[USAG Vaults Values \(and other vaults\)](#)

## UNEVEN BARS

### Special Requirements (0.5 each):

1. Minimum ONE bar change
- 2/3. Two B elements, same or different
  - a. Min. B element w/ flight or LA turn (not Mnt or Dmt)
  - b. Min. B 360° CLEAR circle (Groups 3/6/7, not Dmt)
4. Salto dismount, Minimum of “A”

### Value Part Requirements:

1. 4 A's ( -0.1 for each missing A)
2. 4 B's ( -0.3 for each missing B)

[USAG Cheat Sheet](#)

### Composition:

Dismount up to competitive level

1. (-0.1) “A” dismount
2. (-0.0) “B” (or “C” awarded “B”) dismount
3. (-0.0) “B” element(s) connected to “A” salto dismount

[USAG Composition Table](#)

### Allowable “C” Elements

1. Cast handstand half pirouette
2. Clearhip/back stalder/pike sole circle (toe on) to Handstand or half pirouette
3. One additional C level skill other than those indicated above may be performed

### Deductions:

1. -0.5 for each element that violates difficulty restrictions beyond those listed above



## BALANCE BEAM

### Special Requirements (0.5 each):

1. Acro series – min. of 2 elements, 1 w/ Flight. (Excludes mnt/dmt)
2. One leap/jump requiring 180° cross or side split
3. Min. of 360° Group 3 Turn on One (1) Foot
4. Salto/aerial Dismount, Minimum of “A”

### Value Part Requirements:

1. 4 A's -0.1 for each missing A
2. 4 B's -0.3 for each missing B

### Length Requirements:

1. -2.0 IF less than 30 seconds
2. -0.1 IF over 1 minute 30 seconds

[USAG Cheat Sheet](#)

### Composition:

Dismount up to competitive level

1. -0.1 Isolated “A” or non-value part dismount
2. -0.05 “A” Acro directly connected to ”A” Dismount
3. -0.0 “B” Acro directly connected to “A” Dismount
4. -0.0 Any “B” Dismount

Dance elements up to competitive level

5. -0.2 Only “A” elements
6. -0.15 1 “B” + 1 “A”
7. -0.1 1 “B” + 2 “A’s”
8. -0.05 2 “B’s”
9. -0.0 Minimum of 2 “B’s” + 1 “A”

Acro elements up to competitive level

10. -0.2 Acro Series w/ 1 “B” Flight or less difficult AND No other Acro
11. -0.2 No Acro Series and No other Acro
12. -0.15 Acro Series w/ 1 “B” flight AND One additional “A” Acro
13. -0.1 Acro Series w/ 2 “B” flight AND One additional “A” Acro
14. -0.1 Acro Series w/ 1 “B” flight AND One additional “B” Acro
15. -0.05 Acro Series w/ 2 “B” Flight AND Two additional “A” Acro
16. -0.05 Acro Series w/ 2 “B” Flight AND One additional “B” Acro
17. -0.0 Acro Series w/ 2 “B” Flight AND Two additional Acro, one a “B”

[USAG Composition Table](#)

### Allowable “C” Elements

1. All “C” level dance elements
2. One C acro OR dismount

### Deductions:

1. -0.5 for each element that violates difficulty restrictions beyond those listed above



## FLOOR EXERCISE

### Special Requirements (0.5 each):

1. One Acro Series w/ Two (2) Saltos OR 2 directly connected Saltos (same or diff.)
2. 3 Diff. Saltos (not Aerials) within exercise
3. Dance Passage w/ min. of 2 diff. Grp. 1 elements (direct/indirect connection) - One a LEAP requiring 180° Cross/Side Split
4. Min. of A Salto -last Isolated/ in last pass

### Value Part Requirements:

1. 4 A's -0.1 for each missing A
2. 4 B's -0.3 for each missing B

### Length Requirements:

1. -0.1 IF over 1 minute 30 seconds

[USAG Cheat Sheet](#)

### Composition:

Dismount up to competitive level

1. -0.1 Isolated A-Salto OR Non-Salto Acro Flight
2. -0.05 A+A (Direct or Indirect)
3. -0.0 Any B-Salto

Dance elements up to competitive level

4. -0.2 Only "A" elements
5. -0.15 1 "B" + 1 "A"
6. -0.1 1 "B" + 2 "A's"
7. -0.05 2 "B's"
8. -0.0 Minimum of 2 "B's" + 1 "A"

Salto elements up to competitive level

9. -0.2 No "B" Saltos
10. -0.15 3 Passes: 1. B, 2. A, 3. A (any order, must be Saltos)
11. -0.15 2 Passes: 1. B 2. A+A indirect or less difficult (any order, must be Saltos)
12. -0.1 3 Passes: 1. B 2. A+A indirect 3. A OR 1. B, 2. B, 3. A (any order, must be Saltos)
13. -0.1 2 Passes: 1. B 2. A+A ind. OR 1. B+B dir./ind. 2. A+A indirect (any order, must be Saltos)
14. -0.05 3 Passes: 1. B, 2. B, 3. A+A indirect (any order, must be Saltos)
15. -0.05 2 Passes: 1. B, 2. 2 Salto pass with 1 B (any order, must be Saltos)
16. -0.0 3 Passes: B-Salto in each OR 2 passes; A+A Direct in one pass (any order, must be Saltos)
17. -0.0 2 Passes: 2 Directly connected Saltos (one a "B") in both passes (any order, must be Saltos)

[USAG Composition Table](#)

### Allowable "C" Elements

1. All "C" level dance elements
2. One C level tumbling skill may be performed

### Deductions:

1. -0.5 for each element that violates difficulty restrictions beyond those listed above

## VAULT

| <u>Common Vaults</u>               | <u>Start Value</u> |
|------------------------------------|--------------------|
| Front handspring.....              | 8.5                |
| Front handspring → Front tuck..... | 10.0               |
| Tsukahara OR RO FF → Tuck.....     | 9.6                |
| Tsukahara OR RO FF → Pike.....     | 9.7                |
| Tsukahara OR RO FF → Layout.....   | 10.0               |
| ½ → 1/1 OR ¼ → 1 ½ .....           | 8.9                |

[USAG Vaults Values \(and other vaults\)](#)

## UNEVEN BARS

### Special Requirements (0.5 each):

1. Minimum TWO bar changes
2. Minimum ONE B flight
3. Second DIFFERENT flight, minimum C OR Minimum B element with LA turn (excluding mount and dismount)
4. Salto Dismount, Minimum of “B”

### Value Part Requirements:

1. 3 A's -0.1 for each missing A
2. 4 B's -0.3 for each missing B
3. 1 C -0.5 for missing C

[USAG Cheat Sheet](#)

### Composition:

Dismount up to competitive level

1. -0.1 “B” or less difficult element connected to “B” Salto Dismount
2. -0.0 “C” or more difficult element connected to a “B” Salto Dismount
3. -0.0 Any “C” or more difficult dismount

[USAG Composition Table](#)

### Bonus

1. +0.1 “C”+”C” - No turn/flight (must be different elements)
2. +0.2 “C”+”C” - Turn/flight in both skills
3. +0.1 “D” element
4. +0.1 “E” element
5. *Extra +0.1 if 0.6 bonus and E element*



## BALANCE BEAM

### Special Requirements (0.5 each):

1. Acro Series – min. of 2 elements w/ Flight (Excludes mnt/dmt)
2. One (1) Leap/Jump requiring 180° Cross or Side Split
3. Min. of 360° Group 3 Turn on One (1) Foot
4. Min. B Salto/Aerial Dmt

### Value Part Requirements:

1. 3 A's -0.1 for each missing A
2. 4 B's -0.3 for each missing B
3. 1 C -0.5 for missing C

### Length Requirements:

1. -2.0 IF less than 30 seconds
2. -0.1 IF over 1 minute 30 seconds

[USAG Cheat Sheet](#)

### Composition:

Dismount up to competitive level

1. -0.1 Isolated "B" or and "A" Dismount
2. -0.05 "A" Acro OR "B" dance directly connected to "B" Dismount
3. -0.0 Minimum "B" Acro OR "C" dance directly connected to "B" Dismount
4. -0.0 Any "C" Dismount

Dance elements up to competitive level

5. -0.2 1 "B"
6. -0.15 2 "B's"
7. -0.1 1 "C"
8. -0.05 1 "C" and 1 "B"
9. -0.0 Minimum of 2 "C's" OR 1 "C" & 1 "D/E"

Acro elements up to competitive level

10. -0.2 Acro Series w/ 1 or 2 "B" Flight AND No other "B" or higher Acro
11. -0.2 No Acro Series and No other "B" or higher Acro
12. -0.15 Acro Series w/ 1 or 2 "B" Flight AND 1 "C" Salto or Aerial
13. -0.1 Acro Series w/ 2 Flight, one a "C" AND 1 or more "B" Acro Flight
14. -0.05 Acro Series w/ 2 Flight, one a "C" AND 1 additional "C" Acro Flight with hand support
15. -0.0 Acro Series w/ 2 Flight, one a "C" AND 1 additional "C" Salto or Aerial
16. -0.0 Acro Series w/ 2 Flight, one a "C" AND 1 additional "D/E" Flight with hand support
17. \*If acro series includes salto/aerial, additional acro can be "C" with hand support

[USAG Composition Table](#)

### Bonus

Dance: +0.1 "A" Turn + "C" Turn  
+0.1 "A" + "D" OR "B" + "C"  
+0.2 "B" + "D" OR "C" + "C"

General: +0.1 Any "D" element  
+0.2 Any "E" element

Acro: +0.1 "B" + "C" (Salto)  
+0.1 "B" + "D" OR "C" + "C"

*Extra +0.1 if 0.6 bonus and E acro element*



## FLOOR EXERCISE

### Special Requirements (0.5 each):

1. One Acro Series w/ Two (2) Saltos OR 2 directly connected Saltos (same or diff.)
2. 3 Diff. Saltos (not Aerials) within exercise
3. Dance Passage w/ min. of 2 diff. Grp. 1 elements (direct/indirect connection) - One a LEAP requiring 180° Cross/Side Split
4. Min. of B **Salto** -last Isolated/ in last pass

### Value Part Requirements:

1. 3 A's -0.1 for each missing A
2. 4 B's -0.3 for each missing A
3. 1 C -0.5 for missing C

### Length Requirements:

1. -0.1 IF over 1 minute 30 seconds

[USAG Cheat Sheet](#)

### Composition:

Dismount up to competitive level

1. -0.1 Isolated B-Salto OR "B" + "A" (Indirect)
2. -0.05 "B" + "B" (Direct) OR "B" + "A" (Indirect)
3. -0.0 Any C-Salto Or "B" + "B" direct

Dance elements up to competitive level

4. -0.2 1 "B"
5. -0.15 2 "B"s
6. -0.1 1 "C"
7. -0.05 1 "C" + 1 "B"
8. -0.0 Minimum of 2 "C's" OR 1 "C" + 1 "D"

Salto elements up to competitive level

9. -0.2 No "C" Saltos
10. -0.15 3 Passes: 1. B, 2. C, 3. B+B (Direct)
11. -0.15 2 Passes: 1. C 2. C+A (Indirect)
12. -0.1 3 Passes: 1. C 2. B+B (Direct) 3. B+B (Direct) OR 1. C, 2. B, 3. C (any order, must be Saltos)
13. -0.1 2 Passes: 1. C 2. C+B (Indirect)
14. -0.05 3 Passes: 1. C, 2. C, 3. B+A (Direct) (any order, must be Saltos)
15. -0.05 2 Passes: 1. C, 2. C acro bonus connection (any order, must be Saltos)
16. -0.0 3 Passes: C-Salto in each pass OR C-Salto in 2 passes; B+B Direct in one pass (any order, must be Saltos)
17. -0.0 2 Passes: 2 Directly connected Saltos (one a "C") in both passes (any order, must be Saltos)

[USAG Composition Table](#)

### Bonus

|        |      |                               |      |                                                   |                               |
|--------|------|-------------------------------|------|---------------------------------------------------|-------------------------------|
| Dance: | +0.1 | "B" + "D/E"                   | +0.1 | "C" + "C"                                         | General: +0.1 Any "D" element |
|        | +0.1 | "D" Salto + "A" Jump          | +0.2 | "C" + "D/E"                                       | +0.2 Any "E" element          |
| Acro:  | +0.1 | Direct "B" + "B" OR "A" + "C" | +0.2 | Direct "B/C" + "C" (Salto)                        |                               |
|        | +0.2 | Direct "A" + "D"              | +0.1 | Indirect "A/B" + "D/E"                            |                               |
|        | +0.2 | Indirect "C" + "D/E"          |      | <i>Extra +0.1 if 0.6 bonus and E acro element</i> |                               |