



## VAULT

Common Vaults	Start Value
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

<p><b>Special Requirements (0.5 each):</b></p> <ol style="list-style-type: none"> <li>Minimum ONE bar change</li> <li>Two B elements, same or different                             <ol style="list-style-type: none"> <li>Min. B element w/ flight or LA turn (not Mnt or Dmt)</li> <li>Min. B 360° CLEAR circle (Groups 3/6/7, not Dmt)</li> </ol> </li> <li>Salto dismount, Minimum of "A"</li> </ol> <p><b>Value Part Requirements:</b></p> <ol style="list-style-type: none"> <li>4 A's (-0.1 for each missing A)</li> <li>4 B's (-0.3 for each missing B)</li> </ol> <p><a href="#">USAG Cheat Sheet</a></p> <p><b>Composition:</b></p> <p>Dismount up to competitive level</p> <ol style="list-style-type: none"> <li>(-0.1) "A" dismount</li> <li>(-0.0) "B" (or "C" awarded "B") dismount</li> <li>(-0.0) "B" element(s) connected to "A" salto dismount</li> </ol> <p><a href="#">USAG Composition Table</a></p> <p><b>Allowable "C" Elements</b></p> <ol style="list-style-type: none"> <li>Cast handstand half pirouette</li> <li>Clearhip/back stalder/pike sole circle (toe on) to Handstand or half pirouette</li> <li>One additional C level skill other than those indicated above may be performed</li> </ol> <p><b>Deductions:</b></p> <ol style="list-style-type: none"> <li>-0.5 for each element that violates difficulty restrictions beyond those listed above</li> </ol>			
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## BALANCE BEAM

<p><b>Special Requirements (0.5 each):</b></p> <ol style="list-style-type: none"> <li>Acro series – min. of 2 elements, 1 w/ Flight. (Excludes mnt/dmt)</li> <li>One leap/jump requiring 180° cross or side split</li> <li>Min. of 360° Group 3 Turn on One (1) Foot</li> <li>Salto/aerial Dismount, Minimum of "A"</li> </ol> <p><b>Value Part Requirements:</b></p> <ol style="list-style-type: none"> <li>4 A's -0.1 for each missing A</li> <li>4 B's -0.3 for each missing B</li> </ol> <p><b>Length Requirements:</b></p> <ol style="list-style-type: none"> <li>-2.0 IF less than 30 seconds</li> <li>-0.1 IF over 1 minute 30 seconds</li> </ol> <p><a href="#">USAG Cheat Sheet</a></p> <p><b>Composition:</b></p> <p>Dismount up to competitive level</p> <ol style="list-style-type: none"> <li>-0.1 Isolated "A" or non-value part dismount</li> <li>-0.05 "A" Acro directly connected to "A" Dismount</li> <li>-0.0 "B" Acro directly connected to "A" Dismount</li> <li>-0.0 Any "B" Dismount</li> </ol> <p>Dance elements up to competitive level</p> <ol style="list-style-type: none"> <li>-0.2 Only "A" elements</li> <li>-0.15 1 "B" + 1 "A"</li> <li>-0.1 1 "B" + 2 "A's"</li> <li>-0.05 2 "B's"</li> <li>-0.0 Minimum of 2 "B's" + 1 "A"</li> </ol> <p>Acro elements up to competitive level</p> <ol style="list-style-type: none"> <li>-0.2 Acro Series w/ 1 "B" Flight or less difficult AND No other Acro</li> <li>-0.2 No Acro Series and No other Acro</li> <li>-0.15 Acro Series w/ 1 "B" flight AND One additional "A" Acro</li> <li>-0.1 Acro Series w/ 2 "B" flight AND One additional "A" Acro</li> <li>-0.1 Acro Series w/ 1 "B" flight AND One additional "B" Acro</li> <li>-0.05 Acro Series w/ 2 "B" Flight AND Two additional "A" Acro</li> <li>-0.05 Acro Series w/ 2 "B" Flight AND One additional "B" Acro</li> <li>-0.0 Acro Series w/ 2 "B" Flight AND Two additional Acro, one a "B"</li> </ol> <p><a href="#">USAG Composition Table</a></p> <p><b>Allowable "C" Elements</b></p> <ol style="list-style-type: none"> <li>All "C" level dance elements</li> <li>One C acro OR dismount</li> </ol> <p><b>Deductions:</b></p> <ol style="list-style-type: none"> <li>-0.5 for each element that violates difficulty restrictions beyond those listed above</li> </ol>			
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## FLOOR EXERCISE

<p><b>Special Requirements (0.5 each):</b></p> <ol style="list-style-type: none"> <li>One Acro Series w/ Two (2) Saltos OR 2 directly connected Saltos (same or diff.)</li> <li>3 Diff. Saltos (not Aerials) within exercise</li> <li>Dance Passage w/ min. of 2 diff. Grp. 1 elements (direct/indirect connection) - One a LEAP requiring 180° Cross/Side Split</li> <li>Min. of A Salto -last Isolated/ in last pass</li> </ol> <p><b>Value Part Requirements:</b></p> <ol style="list-style-type: none"> <li>4 A's -0.1 for each missing A</li> <li>4 B's -0.3 for each missing B</li> </ol> <p><b>Length Requirements:</b></p> <ol style="list-style-type: none"> <li>-0.1 IF over 1 minute 30 seconds</li> </ol> <p><a href="#">USAG Cheat Sheet</a></p> <p><b>Composition:</b></p> <p>Dismount up to competitive level</p> <ol style="list-style-type: none"> <li>-0.1 Isolated A-Salto OR Non-Salto Acro Flight</li> <li>-0.05 A+A (Direct or Indirect)</li> <li>-0.0 Any B-Salto</li> </ol> <p>Dance elements up to competitive level</p> <ol style="list-style-type: none"> <li>-0.2 Only "A" elements</li> <li>-0.15 1 "B" + 1 "A"</li> <li>-0.1 1 "B" + 2 "A's"</li> <li>-0.05 2 "B's"</li> <li>-0.0 Minimum of 2 "B's" + 1 "A"</li> </ol> <p>Salto elements up to competitive level</p> <ol style="list-style-type: none"> <li>-0.2 No "B" Saltos</li> <li>-0.15 3 Passes: 1. B, 2. A, 3. A (any order, must be Saltos)</li> <li>-0.15 2 Passes: 1. B 2. A+A indirect or less difficult (any order, must be Saltos)</li> <li>-0.1 3 Passes: 1. B 2. A+A indirect 3. A OR 1. B, 2. B, 3. A (any order, must be Saltos)</li> <li>-0.1 2 Passes: 1. B 2. A+A indirect OR 1. B+B direct/indirect 2. A+A indirect (any order, must be Saltos)</li> <li>-0.05 3 Passes: 1. B, 2.B, 3. A+A indirect (any order, must be Saltos)</li> <li>-0.05 2 Passes: 1. B, 2. 2 Salto pass with 1 B (any order, must be Saltos)</li> <li>-0.0 3 Passes: B-Salto in each OR 2 passes; A+A Direct in one pass (any order, must be Saltos)</li> <li>-0.0 2 Passes: 2 Directly connected Saltos (one a "B") in both passes (any order, must be Saltos)</li> </ol> <p><a href="#">USAG Composition Table</a></p> <p><b>Allowable "C" Elements</b></p> <ol style="list-style-type: none"> <li>All "C" level dance elements</li> <li>One C level tumbling skill may be performed</li> </ol> <p><b>Deductions:</b></p> <ol style="list-style-type: none"> <li>-0.5 for each element that violates difficulty restrictions beyond those listed above</li> </ol>			
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For the Love of the Sport