



VAULT

Common Vaults	Start Value
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"
- 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. 4 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"
 +0.1 "D" Salto + "A" Jump
 +0.2 "C" + "D/E"
- 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"
 Extra +0.1 if 0.6 bonus and E acro element

For the Love of the Sport