



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



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

Special Requirements (0.5 each):

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

Value Part Requirements:

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

[USAG Cheat Sheet](#)

Composition:

Dismount up to competitive level

- (-0.1) "A" dismount
- (-0.0) "B" (or "C" awarded "B") dismount
- (-0.0) "B" element(s) connected to "A" salto dismount

[USAG Composition Table](#)

Allowable "C" Elements

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

Deductions:

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

BALANCE BEAM

Special Requirements (0.5 each):

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

Value Part Requirements:

- 4 A's -0.1 for each missing A
- 4 B's -0.3 for each missing B

Length Requirements:

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

[USAG Cheat Sheet](#)

Composition:

Dismount up to competitive level

- 0.1 Isolated "A" or non-value part dismount
- 0.05 "A" Acro directly connected to "A" Dismount
- 0.0 "B" Acro directly connected to "A" Dismount
- 0.0 Any "B" Dismount

Dance elements up to competitive level

- 0.2 Only "A" elements
- 0.15 1 "B" + 1 "A"
- 0.1 1 "B" + 2 "A's"
- 0.05 2 "B's"
- 0.0 Minimum of 2 "B's" + 1 "A"

Acro elements up to competitive level

- 0.2 Acro Series w/ 1 "B" Flight or less difficult AND No other Acro
- 0.2 No Acro Series and No other Acro
- 0.15 Acro Series w/ 1 "B" flight AND One additional "A" Acro
- 0.1 Acro Series w/ 2 "B" flight AND One additional "A" Acro
- 0.1 Acro Series w/ 1 "B" flight AND One additional "B" Acro
- 0.05 Acro Series w/ 2 "B" Flight AND Two additional "A" Acro
- 0.05 Acro Series w/ 2 "B" Flight AND One additional "B" Acro
- 0.0 Acro Series w/ 2 "B" Flight AND Two additional Acro, one a "B"

[USAG Composition Table](#)

Allowable "C" Elements

- All "C" level dance elements
- One C acro OR dismount

Deductions:

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

FLOOR EXERCISE

Special Requirements (0.5 each):

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

Value Part Requirements:

- 4 A's -0.1 for each missing A
- 4 B's -0.3 for each missing B

Length Requirements:

- 0.1 IF over 1 minute 30 seconds

[USAG Cheat Sheet](#)

Composition:

Dismount up to competitive level

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

Dance elements up to competitive level

- 0.2 Only "A" elements
- 0.15 1 "B" + 1 "A"
- 0.1 1 "B" + 2 "A's"
- 0.05 2 "B's"
- 0.0 Minimum of 2 "B's" + 1 "A"

Salto elements up to competitive level

- 0.2 No "B" Saltos
- 0.15 3 Passes: 1. B, 2. A, 3. A (any order, must be Saltos)
- 0.15 2 Passes: 1. B 2. A+A indirect or less difficult (any order, must be Saltos)
- 0.1 3 Passes: 1. B 2. A+A indirect 3. A OR 1. B, 2. B, 3. A (any order, must be Saltos)
- 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)
- 0.05 3 Passes: 1. B, 2.B, 3. A+A indirect (any order, must be Saltos)
- 0.05 2 Passes: 1. B, 2. 2 Salto pass with 1 B (any order, must be Saltos)
- 0.0 3 Passes: B-Salto in each OR 2 passes; A+A Direct in one pass (any order, must be Saltos)
- 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

- All "C" level dance elements
- One C level tumbling skill may be performed

Deductions:

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

For the Love of the Sport



VAULT

Allowable Three Vaults (all have a 10.0 start value):

1. Front handspring entry onto Table, to arrive on mat stack on the feet in a straight body position with tight arch in upper back and arms finishing high
2. ¼ - ½ twist on (Tsukahara Entry) onto Table, to arrive on mat stack on the feet in straight-hollow body position with arms finishing high
3. Round-off entry (Yurchenko) onto Table, to arrive on mat stack on the feet in straight-hollow body position with arms finishing high

[USAG Vault Values / Allowable Vaults Demo Video](#)

UNEVEN BARS

Special Requirements (0.5 each):

1. One Cast to Handstand (angle deductions will apply)
2. 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](#)

For the Love of the Sport



VAULT	
Allowable Vaults	Start Value
Squat on.....	8.0
Straddle over.....	8.5
Squat through.....	9.8
½ or ¼ on.....	10.0
Handspring.....	10.0

UNEVEN BARS	
Special Requirements (0.5 each): 1. None.	
Value Part Requirements (0.5 each): 1. Perform 6 “A” skills - One B element is allowed - 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. More than 1 allowable B 2. Any C or higher elements	
Deductions: 1. -0.5 for each missing A 2. -0.5 for each additional B element on uneven bars 3. -2.0 for each C or higher element	

BALANCE BEAM	
Special Requirements (1.0 each): 1. Must have at least one acro skill (other than dismount) 2. Must have at least one dance skill	
Value Part Requirements (0.5 each) 1. Perform 6 “A” skills (Allowable “B” skills will count as an “A”)	
Length Requirements: 1. Routines must be between 30 seconds and 1 minutes 15 seconds	
Composition: 1. No composition deductions	
Allowable “B” Elements 1. One “B” level acro element - counting as an A value part 2. Any number of “B” dance elements allowed	
Deductions 1. -0.5 for each missing A 2. -0.1 if routine less than 30 seconds or over 1 minute 15 seconds 3. -0.5 for each additional B acro element on balance beam 4. -2.0 for each C or higher element	

FLOOR EXERCISE	
Special Requirements (1.0 each): 1. Must have at least two acro skills 2. Must have at least one dance skill	
Value Part Requirements (0.5 each) 1. Perform 6 “A” skills (Allowable “B” skills will count as an “A”)	
Length Requirements: 1. Routines must be between 30 seconds and 1 minutes 15 seconds	
Composition: 1. No composition deductions	
Allowable “B” Elements 1. One “B” level acro element - counting as an A value part 2. Any number of “B” dance elements allowed	
Deductions 1. -0.5 for each missing A 2. -0.1 if routine less than 30 seconds or over 1 minute 15 seconds 3. -0.5 for each additional B acro element on floor exercise 4. -2.0 for each C or higher element	

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