



# Level 7 Quick Guide

## 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., 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 stalder/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

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## 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

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## 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

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