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):
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. -0.15   Acro Series w/ 2 "B" flight AND One additional "A" Acro
14. -0.15   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 indirect OR 1. B+B direct/indirect 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