Level 9 Quick Guide

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

Level 9 Quick Guide

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