



UNEVEN BARS

COMPOSITION (0.8)

Variety / Choice (up to 0.3)

Consider:

- .05 - use of bwd and fwd elements
- .05 - overuse of same connections
- up to .1 - balance of element groups
- up to .1 - overuse of variations of same element
- up to .1 - higher level VP's connected primarily to lower VP's
- 0.1 - same value part used twice to fulfill difficulty

Spacing (up to 0.2)

- up to 0.1 - space and levels
 - above/below, inside/outside bars
- up to 0.1 - bar changes
 - at least 2 bar changes (.05 each)
 - fall from 1 bar, continue on other bar counts as a bar change

Choreography (up to 0.2)

- up to 0.1 - uncharacteristic elements
- up to 0.1 - originality/creativity in elements and combinations

Distribution (up to 0.1)

- level not maintained
- value parts not spaced

RECOGNITION OF VALUE PARTS

- Elements can receive VP credit twice
- Elements are **different** if:
 - different # in the rulebook
 - saltos have different body position
 - kips end in a different position
 - different degree of turn - 1/2, 1/1, 1 1/2
 - support on 1 or 2 arms
 - legs together or straddled in saltos or Tkatchevs
 - mounts performed within routine
- Elements are the same if:
 - finish in a different grip
 - legs together or straddled (not incl. saltos/Tkatchevs)

FALL TIMING

- :45 fall time w/warning at :30
- Start with contact on floor
- Stop when feet leave floor to remount
- Coach may lift gymnast to bar after a fall
- 2 pump swings allowed to initiate swing
- Resume judging with first element performed

EVENT REQUIREMENTS (1.0)

- Deduct -0.2 for each missing requirement
- 1 element may fulfill more than 1 ER
- Elements **not** awarded VP credit may **not** fulfill ER
- **superior release** - excludes dismount
- **1 direction change** - excludes mt/dsmt
 - must be in element of value
 - must continue in opposite direction
- **kip**
- **stretched element within 20° of vertical or that passes thru vertical**
- **superior dismount**

BONUS (0.8)

- **Advanced High Superiors (0.2 each, max. 0.4)**
 - Second AHS must be different
 - No credit if fall or spot has occurred
- **High Level BBS (0.2)**
 - HS+HS, HS+AHS, AHS+AHS
- **Max. 0.2 may be earned in any of the following ways:**
 - a) Low level BBS - same or different (0.1 ea, max. 0.2)
 - S+S, S+HS, S+AHS
 - Series of 3 receives only one BBS
 - b) 2nd high level BBS - same or different (0.2)
 - c) 3rd different Advanced High Superior (0.2)
 - No credit if fall or spot has occurred

FALLS

- Contact with bar, then fall -
 - give VP, ER, BBS
 - if AHS - no Bonus but may fulfill difficulty
- No touch of bar - no VP, no ER, no Bonus
- Deduct for ex/amp errors in addition to fall
- Do not deduct for steps leading to fall on dismount
*** (if hands/bottom of feet land simultaneously - do not void, 0.5 fall is applied)

BALKS (approach w/o touch of board/bar)

- If touch (-0.5 - judged as a fall)
- No deduction for first balk
- After 2 balks, 3rd approach allowed with 0.5 deduction
 - Balk-Balk-Mount (-0.5)

NOTES

- Plywood is **not** permitted under the board
- Spotting - spotting block/folded panel mat allowed
- Only dismounts from a handgrasp are allowed
 - exception: Tanac
- Tap swings are considered extra swings (-0.3)
- When a turn follows a handstand or circling element to handstand, the turn is part of that element and all is considered as 1 element
- Less than 5 elements (short routine) = -2.0



UNEVEN BARS

CASTS TO HANDSTANDS & FLIGHT TO HANDSTANDS ON LB

0° - 10°	no deduction
11° - 20°	deduct .05
21° - 45°	no ded/no hdst
> 45°	deduct .05

Although vertical is expected of all handstands, attempts within 20° of vertical receive superior credit.

Note: Cast deductions are **not** applied to casts prior to a squat/stoop/straddle onto low bar, jump to grasp high bar. Deduct .05 if no backward swing of legs prior to squat on (lift of hips only).

AMPLITUDE AT TURN COMPLETION (Pirouettes & Hop Grip Changes) Turns IN Handstand (180°, 360° to any grip)

0° - 20°	no ded.
21° - 45°	deduct .05 - .15
> 45°	deduct .20

AMPLITUDE AT TURN COMPLETION Turns AFTER Handstand (Healy's)

0° - 30°	no ded.
31° - 45°	deduct .05 - .10
> 45°	deduct .15 - .20

DISMOUNTS w/ TWISTS

1° - 44°	.05 - .10
45° - 89°	.15 - .20

If 90° or more is missing, credit the value part for element performed.
Twists are complete when feet contact floor.

HIGH SUPERIORS / ADVANCED HIGH SUPERIORS

MOUNTS

- 1.301 Jump (bent) to hdst on LB w/ 1/2
- 1.401 Jump (stretched) to hdst on LB, w/wo 1/2**
- 1.302a Jump 1/2, flight bwd over LB
- 1.302b Roundoff, flight bwd over LB
- 1.402 Salto to sit or to catch either bar**
- 1.303 Hecht over LB to catch HB
- 1.305 Glide w/ 1/1 to catch HB
- 1.308 Jump 1/2, kip to HB
- 1.309 Glide LB, cut catch HB, also w/ 1/2

CASTS

- 2.301a Cast handstand hop to grip change
- 2.301b Cast handstand 1/2
- 2.401a Cast handstand w/ 1/1 after (Healy)**
- 2.401b Cast handstand w/ 1/1 in handstand**
- 2.302 Rear vault/stoop or straddle w/ 1/2 over HB
- 2.402 Salto roll fwd LB to HB**
- 2.403 Brause**

COUNTERSWINGS/UPRISES

- 3.301 Counterflight over LB (piked) to catch LB
- 3.401 Counterflight to handstand on LB**
- 3.402 From hdst - swing fwd w/flight over LB or to handstand on LB**
- 3.303 Uprise to clear support on HB, w/wo turn, or with flank/rear/straddle vault over HB
- 3.403 Uprise to handstand on HB**

HIP CIRCLES

- 4.301 Clear hip hecht LB to catch HB, w/wo 1/2
- 4.401 Schaposchnikova**
- 4.302 Clear hip handstand
- 4.402a Clear hip handstand w/ turn**
- 4.402b Clear hip handstand hop to grip change**
- 4.303 Clear underswing LB, counterflight catch HB
- 4.403 Hindorff**
- 4.304 Weiler kip to clear support
- 4.404 Weiler kip to handstand**

GIANT SWINGS - BWD

- 5.301 Giant circle backward on HB
- 5.401a Giant circle backward w/turn**
- 5.401b Giant circle hop to grip change**
- 5.402a Flyaway HB to LB - tuck**
- 5.402b Flyaway HB to LB - stretched (Pak)**
- 5.403 Back tuck 1/2 - LB to HB (Laumann)
- 5.404 Deltchev
- 5.405 Geinger
- 5.406 Tkatchev

GIANT SWINGS - FWD

- 6.401 Giant circle forward w/wo turn**
- 6.402 Jaeger**
- 6.403 Jaeger from LB to HB**
- 6.404 From hdst - 1/2 straddle over HB (Khorkina)**

STRADDLE/STALDER CIRCLES

- 7.301 Stalder bwd LB, counterflight catch HB (Ray)
- 7.402 Stalder fwd to handstand w/wo turn**
- 7.403 Stalder bwd to handstand w/wo turn**

CIRCLES/SWINGS

- 8.301 Dislocate w/ flight over LB
- 8.401 Dislocate w/ flight to handstand on LB**
- 8.302 Toe-on underswing LB counterflight catch HB
- 8.303 Toe-on fwd or bwd to handstand
- 8.403 Toe-on to handstand w/turn**
- 8.304a From hang - swing 1/2 over LB (bail)
- 8.304b From support on HB - swing 1/2 over LB
- 8.404a Swing 1/2 to handstand on LB**
- 8.404b From hdst - swing 1/2 over LB**
- 8.404c From hdst - swing 1/2 to hdst on LB**
- 8.306 Swing fwd w/ 1 1/2 twist
- 8.307 From HB - cast bwd w/ 1/1 to recatch HB

DISMOUNTS

- 9.301 Underswing 1 1/2
- 9.401 Toe-on/clr underswing front salto**
- 9.302a Hecht with 1/1 twist
- 9.302b Clear hip hecht w/wo twist
- 9.402 Comaneci**
- 9.403a Near hdst - salto bwd from hands**
- 9.403b Clear hip - salto bwd from hands**
- 9.403c Stalder - salto bwd from hands**
- 9.403d Giant - salto bwd from hands**
- 9.304 Tanac w/ 1/1
- 9.305a Flyaway - tuck/pike w/ 1/1
- 9.305b Flyaway - stretched w/wo 1/2
- 9.405a Flyaway - tuck/pike w/ 1 1/2**
- 9.405b Flyaway - stretched w/ 1/1 or more**
- 9.405c Flyaway - double salto**
- 9.306 Inward fwd salto w/wo 1/2
- 9.406a Inward fwd salto w/ 1/1 or more**
- 9.406b Support on HB - cast inward salto**

Bold = AHS's