#### **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
- kir
- 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)

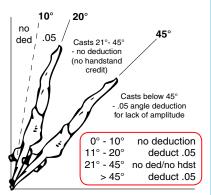
#### **NOTES**

- 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**

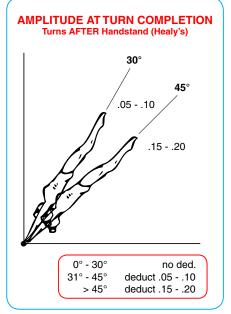
#### **CASTS TO HANDSTANDS &** FLIGHT TO HANDSTANDS ON LB

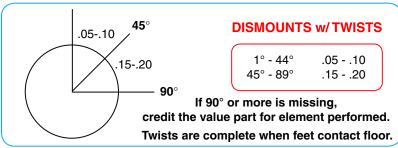


Although vertical is expected of all handstands. attempts within 20° of vertical receive superior credit.

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





> 45°

deduct .20

#### **HIGH SUPERIORS / ADVANCED HIGH SUPERIORS**

# 1.301 1.401

**MOUNTS** 

Jump (bent) to hdst on LB w/ 1/2 Jump (stretched) to hdst on LB, w/wo 1/2

Jump 1/2, flight bwd over LB 1.302a

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 Glide w/ 1/1 to catch HB

1.305 1.308 Jump 1/2, kip to HB

Glide LB, cut catch HB, also w/ 1/2 1.309

#### 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

Rear vault/stoop or straddle w/ 1/2 over HB 2.302

2 402 Salto roll fwd LB to HB

2.403 **Brause** 

#### RSWINGS/UPRISES COUNTE

Counterflight over LB (piked) to catch LB 3.301

Counterflight to handstand on LB 3.401

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**

Clear hip hecht LB to catch HB, w/wo 1/2 4.301

4.401 Schaposchnikova

Clear hip handstand 4.302

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

Tkatchev 5.406

#### **GIANT SWINGS - FWD**

6.401 Giant circle forward w/wo turn

6.402 Jaeger

6.403 Jaeger from LB to HB

From hdst - 1/2 straddle over HB (Khorkina) 6.404

#### **STRADDL** LE/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

#### SWINGS **CIRCLES**

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

Toe-on fwd or bwd to handstand 8.303

Toe-on to handstand w/turn 8.403

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

Toe-on/clr underswing front salto 9.401

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