

## 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

#### Spacing / Direction (up to 0.2)

- up to 0.1 - space and levels
  - above/below, inside/outside bars
- up to 0.1 - direction / bar changes
  - .05 - at least 1 direction chg
    - must be in element of value
    - must continue in opposite direction
    - excludes mount and dismount
  - .05 - at least 2 bar changes
    - 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 (1.2)

- 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
- **180° or more LA twist/turn** - excludes mt/dsmt
- **2 elements on each bar**
- **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 BHS 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 (0.1 each, max. 0.2)
    - S+S, S+HS, S+AHS
    - Series of 3 receives only one BBS
  - b) 2nd high level BBS (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 and ER
- 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/soles of feet land simultaneously - do not void, 0.5 fall is applied)

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

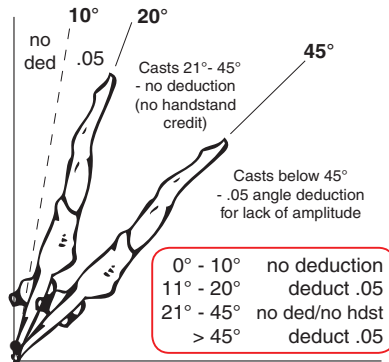
- If touch (-0.5 -judged as a fall)
- No deduction for first balk
- After 2 balks, 3rd approach allowed with 0.5 deduction
  - Balk-Balk-Mount (-0.5)

### 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

## UNEVEN BARS

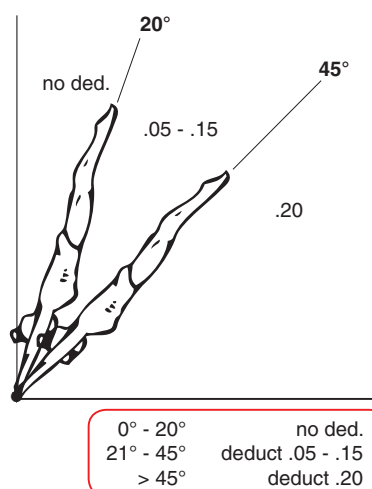
### CASTS TO HANDSTANDS & FLIGHT TO HANDSTANDS ON LB



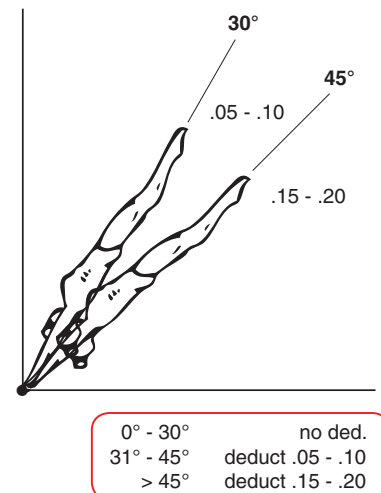
Although vertical is expected of all handstands, attempts within 20° of vertical receive superior credit.

**Note:** Cast deductions are **not** applied to casts prior to a squat/stoop/straddle onto low bar, jump to grasp high bar.

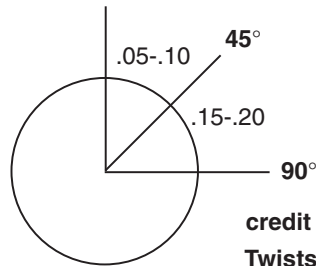
### AMPLITUDE AT TURN COMPLETION (Pirouettes & Hop Grip Changes) Turns IN Handstand (180°, 360° to any grip)



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



### DISMOUNTS w/ TWISTS



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**
- 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
- 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 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**