UNEVEN BARS

COMPOSITION (0.7)

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
- .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 0.1)
- up to 0.1 - choreography
- consider uncharacteristic elements and creativity of 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)

NO DISMOUNT
- Terminates intentionally and does not continue
  - .3 no dismount, -.2 no superior dismount
- Dismount of no value (not in rulebook)
  - .3 no dismount, -.2 no superior dismount
- Falls and does not continue
  - .5 fall, -.3 no dismount, -.2 no superior dismount
- Dismount that does not land on the feet first
  - .5 fall, -.2 no superior dismount, do not deduct for no dismount

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 one 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 (CJ)

2016-2018
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)

DISMOUNTS w/TWISTS

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

CIRCLES/SWINGS

9.301 Dislocate w/ flight over LB
9.401 Dislocate w/ flight to handstand on LB
9.302 Toe-on underswing LB counterflight catch HB
9.303 Toe-on fwd or bwd to handstand
9.403 Toe-on to handstand w/turn
9.304 From hand - 1/2 straddle over HB (A. Khorkina)
9.305 From HB - cast bwd w/1 1/2 to recatch HB
9.306 Swing fwd w/1/2 or more

CIRCUIT/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
8.304 From hand - 1/2 straddle over LB (bail)
8.305 From support on LB - swing 1/2 over LB
8.404 Swing 1/2 to handstand on LB
8.404b From handst - swing 1/2 over LB
8.405c From handst - 1/2 straddle over HB (Ray)
8.306 Swing fwd w/1 1/2 twist
8.307 From HB - cast bwd w/1/1 to recatch HB

UNEVEN BARS

CASTS TO HANDSTANDS & FLIGHT TO HANDSTANDS ON LB

AMPLITUDE AT TURN COMPLETION
(Turns IN Handstand (Healy’s))

DISMOUNTS

9.301 Underswing 1 1/2
9.401 Toe-on/clr undrsng frnt slt w/o twist
9.302a Hecht w/1 1/2 twist
9.303a Clear hip hecht w/o twist
9.402 Comaneci
9.304 Near hdst - salto bwd from hands
9.305 giant - salto bwd from hands
9.306 Giant - salto bwd from hands
9.307a Tanac w/1 1/2
9.308a Flyaway - tuck/pike w/1 1/2
9.309a Flyaway - stretched w/1 1/2 or more
9.405a Flyaway - double salto
9.306 Support on HB - cast inward salto

CASTS

2.301a Cast handstand hop to grip change
2.301b Cast handstand 1/2
2.302a Cast handstand w/1 1/2 after (Healy)
2.302b Cast handstand w/1 1/2 in handstand
2.302c Rear vault/stoop or straddle w/1 1/2 over HB
2.401a Salto roll fwd LB to HB
2.401b Brause
2.404 From HB - cast front salto to catch HB

COUNTERSWINGS/UPIRSES

3.301 Counterflight over LB (piked) to catch LB
3.401 Counterflight to handstand on LB
3.402 From handst - swing fwd w/flight over LB or to handstand on LB
3.403a Uprise to clear support on HB, w/o twist, or with flank/rear/straddle vault over HB
3.403b Uprise to handstand on HB

STRADDLE/STALDER CIRCLES

7.301 Stalder bwd LB, counterflight catch HB
7.402 Stalder f/wd to handstand w/o twist
7.403 Stalder bwd to handstand w/o twist

HIP CIRCLES

4.301 Clear hip hecht LB to catch HB, w/o 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
4.403 Hindorff
4.404a Weiler kip to clear support
4.404b Weiler kip to handstand

GIANT SWINGS - BWD

5.301 Giant circle backward on HB
5.401a Giant circle backward w/turn
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 Delchev
5.405 Geinger
5.406 Tkatchev

GIANT SWINGS - FWD

6.401 Giant circle forward w/o twist
6.402a Jaeger
6.403 Jaeger from LB to HB
6.404 From handst - 1/2 straddle over HB (Khorkina)

CABORTS

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 1/2 after (Healy)
2.401b Cast handstand w/1 1/2 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
2.404 From HB - cast front salto to catch HB

COUNTERSWINGS/UPIRSES

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

Bold = AHS's

2016-18

HIGH SUPERIORS / ADVANCED HIGH SUPERIORS

DISMOUNTS

9.301 Underswing 1 1/2
9.401 Toe-on/clr undrsng frnt slt w/o twist
9.302a Hecht w/1 1/2 twist
9.303a Clear hip hecht w/o twist
9.402 Comaneci
9.403a Near hdst - salto bwd from hands
9.403b Clear hip - 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/1/2
9.405a Flyaway - tuck/pike w/1 1/2
9.405b Flyaway - stretched w/1 1/2 or more
9.405c Flyaway - double salto
9.306 Inward fwd salto w/o 1/2
9.406a Inward fpwd slt w/o 1/4 or more
9.406b Support on HB - cast inward salto

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 1/2 after (Healy)
2.401b Cast handstand w/1 1/2 in handstand
2.302 Rear vault/stoop or straddle w/1 1/2 over HB
2.402 Salto roll fwd LB to HB
2.403 Brause
2.404 From HB - cast front salto to catch HB

COUNTERSWINGS/UPIRSES

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

Bold = AHS's

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