UNEVEN BARS

COMPOSITION (up to 1.0)

Consider:
- .05 - use of bwd and fwd elements
- .05 - overuse of same connections
- up to .2 - 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
- .01 - same value part used twice to fulfill difficulty
- up to .1 - space and levels
  - above/below, inside/outside bars
- up to .1 - bar changes
  - at least 2 bar changes (.05 each)
  - fall from 1 bar, continue on other bar counts as a bar change
- .01 ea - uncharacteristic elements
- up to .1 - creativity of combinations
- up to .1 - level not maintained; difficult elements 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 (incomplete attempt w/o touch of mount apparatus or bars and w/o running underneath bars)

- If touch or run underneath (-0.5 - judged as a fall)
- No deduction for first balk
- After 2 balks, 3rd attempt allowed with 0.5 deduction
  - Balk-Balk-Mount (-0.5 )
- No 4th attempt allowed

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 (CJ)
If 90° or more is missing, credit the attempts within 20° of vertical receive superior credit.

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 LB, jump to grasp HB. Deduct .05 if no backward swing of legs prior to feet contacting bar (lift of hips only).

**Anchors:**

- 90°-below deduct .30-.40
- 45°-89° deduct .05-.25
- 21°-45° no deduction
- 0° - 10° no deduction - HS
- 11° - 20° deduct .05 - HS
- 21° - 45° no deduction - S
- 46°-89° deduct .05-.25 - S
- 90°-below deduct .30-.40 - S

**AMP. AT TURN COMPLETION**

**Turns IN Handstand (180°, 360° to any grip)**

- **2.301 & 2.302**
  - Cast handstand hop to grip change
  - Cast handstand 1/2

- **2.401 & 2.402**
  - Cast handstand w/ 1/1 after (Healy)
  - Cast handstand w/ 1/1 in handstand

- **2.403 & 2.404**
  - Salto roll fwb LB to HB
  - Brause

**Casts**

- **2.501**
  - Cast handstand w/ 1/1 in handstand

**Casts to Handstands & Flight to Handstands on LB**

- **2.201 & 2.202**
  - Casts 21°-45° - no deduction (no handstand credit)
  - Casts below 45° - .05 angle deduction for lack of amplitude

**AMP. AT TURN COMPLETION**

**Turns AFTER Handstand (Healy's)**

- **2.503**
  - Cast handstand w/ 1/1 after (Healy)

**Circles/Swings**

- **7.401**
  - Stalder bwd LB, counterflight catch HB

**Uneven Bars**

- **5.401b**
  - Giant circle hop to grip change

**Giants Swings - Bwd**

- **5.301**
  - Giant circle backward on HB

**Giants Swings - Fwd**

- **6.401**
  - Giant circle forward w/wo turn

**Giants Swings**

- **5.402a**
  - Clear hip handstand 1/1 twist

**Handstands**

- **8.401a**
  - Swing 1/2 over LB (bail)

**Handstands**

- **8.301**
  - Cross grip, 1/2, inward fwd salto