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
• .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
CASTS TO HANDSTANDS & FLIGHT TO HANDSTANDS ON LB

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

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

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 (tent) 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/U P R I S E S
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 Uprose to clear support on HB, w/wo turn, or with flank/rear/straddle vault over HB
3.403 Uprose 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 Hindorf
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 (Pask)
5.403 Back tuck 1/2 - LB to HB (Laumann)
5.404 Deltchev
5.405 Geiger
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 (ball)
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/ 1/2
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

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).

Cast deductions are applied to casts between AHS and Healy’s for lands on LB.

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