

## UNEVEN BARS

### COMPOSITION (up to 1.0)

#### Consider:

- .05 - use of bwd and fwd elements
- .05 - overuse of same connections
- up to .3 - choice of elements
- 0.1 - same value part used twice to fulfill difficulty
- 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
- 0.1 ea - uncharacteristic elements
- up to 0.1 - creativity of combinations
- up to 0.1 - 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 -.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:**
  - 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
  - 2nd high level BBS - same or different (0.2)
  - 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

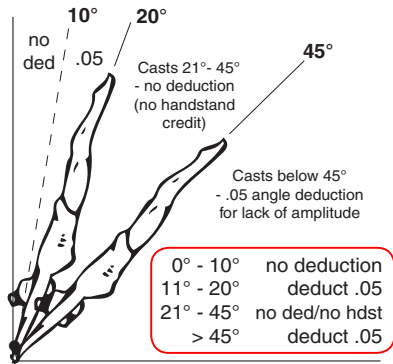
- apparatus or bars and w/o running underneath bars)
- If touch or run underneath (-0.5 - judged as a fall)
- No deduction for first balk
- After 2 balks, 3rd attempt allowed with 0.5 deduction
  - Balk-Balk-Mount (-0.5 )
- No 4th attempt allowed

### 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)
  - 2 or more consecutive extra swings (-0.5)
- 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)

## UNEVEN BARS

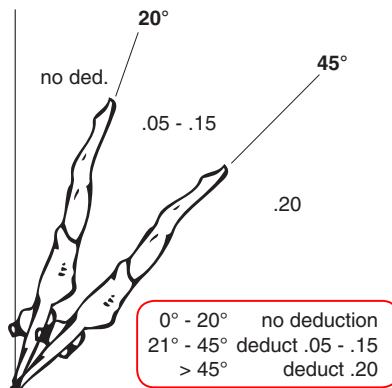
### CASTS TO HANDSTANDS & FLIGHT TO HANDSTANDS ON LB



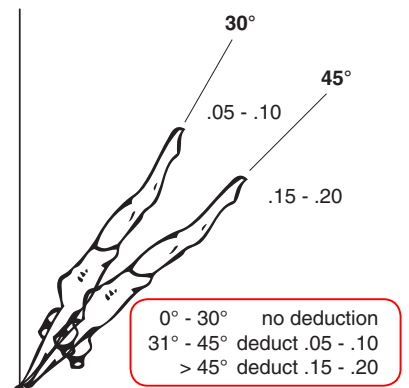
Although vertical is expected of all handstands, attempts within 20° of vertical receive superior credit.

**Note:** Cast deductions are **not** applied to casts prior to a squat/stoop/straddle onto LB, jump to grasp HB. Deduct .05 if no backward swing of legs prior to feet contacting bar (lift of hips only).

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

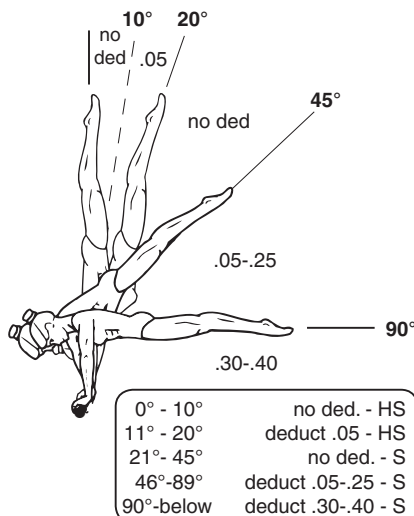


### AMPLITUDE AT TURN COMPLETION Turns AFTER Handstand (Healy's)

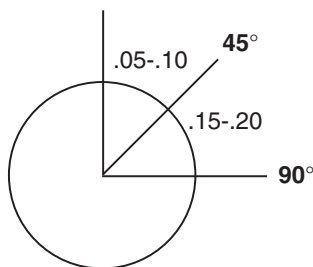


## HIGH SUPERIORS / ADVANCED HIGH SUPERIORS

### AMPLITUDE AT COMPLETION (Clear Hip Circles Only)



### DISMOUNTS w/ TWISTS



1° - 44° deduct .05 - .10  
45° - 89° deduct .15 - .20

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

### 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
- 2.404 From HB - cast front salto to catch HB

### 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 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 hdst on HB, w/wo turn or hop

### 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 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
- 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
- 8.402 Toe-on bwd thru hdst, flight to hang on 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/ 1/2 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 undrswng front salto w/wo twist
- 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 - any double salto
- 9.306a Inward fwd salto w/wo 1/2
- 9.306b Cross grip, 1/2, inward fwd salto
- 9.406a Inward fwd salto w/ 1/1 or more
- 9.406b Support on HB - cast inward salto

## UNEVEN BARS

### **a. Slight/Small Faults - - - 0.05-0.10**

1. Flexed/sickled feet during Value Parts - - - each time 0.05
2. No backward swing of legs prior to squat on (lift of hips only) - - - 0.05
3. Slight hop, or small adjustment of feet or feet staggered on landing of elements or dismounts - - - Up to 0.10
4. Deviation from straight direction on landing - - - Up to 0.10
5. Extra arm swings on landing - - - Up to 0.10
6. Legs crossed during dismounts with twist - - - Up to 0.10
7. Hesitation during jump to HB or swing to handstand - - - each Up to 0.10
8. Touch/brush on apparatus or mat with foot (feet) - - - each Up to 0.10
9. Under-rotation of release/flight elements - - - each Up to 0.10
10. Precision of handstand positions throughout exercise - - - Up to 0.10
11. Poor rhythm in elements/connections - - - each Up to 0.10
12. Insufficient extension of glides/swings into kips - - - each Up to 0.10
13. Landing too close to the bar on dismount - - - 0.10
14. Extra steps on landing (maximum of 4) - - - each 0.10

### **b. Medium Faults - - - Up to 0.20**

1. Leg or knee separations - - - each Up to 0.20
  2. Insufficient exactness of tuck or pike position - - - each Up to 0.20
  3. Insufficient exactness of stretched position - - - each time
    - a. arch - - - Up to 0.20
    - b. hip angle (136° - 179°) - - - Up to 0.20
  4. Insufficient amplitude of bar elements (including releases) - - - each Up to 0.20
  5. Incorrect body posture on landing - - - Up to 0.20
  6. Additional trunk movements to maintain balance/control upon landing of dismount - - - Up to 0.20
- NOTE: This applies to stuck landings, but uses trunk movements to avoid steps.
7. Insufficient dynamics throughout – Consider - - - Up to 0.20
    - a. insufficient swingful execution throughout exercise
    - b. energy not maintained throughout exercise
    - c. gymnast fails to make difficult look effortless
  8. Hit on apparatus with foot (feet) - - - 0.20
  9. Large step or jump on landing (approximately 3 feet; maximum of 2) - - - each 0.20
  10. Incomplete twist on twisting salto dismounts - - - Up to 0.20
  11. Failure to maintain stretched body position (pikes down dismount) - - - Up to 0.20

### **c. Large Faults - - - Up to 0.30**

1. Bent arms in support or bent knees - - - each Up to 0.30
  - a. 90° or more bend - - - maximum deduction of 0.30
  - b. Maximum on any one element - - - 0.30 bent arms and 0.30 bent legs
2. Insufficient height (amplitude) of salto dismounts - - - Up to 0.30
3. Insufficient extension (open) of body prior to landing of dismount (tuck/pike) - - - Up to 0.30
4. Squat on landing (hips even with or lower than the knees) - - - Up to 0.30
5. Brush/touch of landing surface with one or both hands (no support) - - - Up to 0.30
6. Grasp of apparatus to avoid a fall - - - 0.30
7. Hit on mat with foot (feet) - - - 0.30
8. Intermediate (extra) swing - - - 0.30
9. No more than 2 consecutive extra swings should be taken on any single element (maximum of 0.5).

### **Difficulty Required 1 HS/**

AHS@	.3	.3
3 S	@ .5	1.5
4 M	@ .3	<u>1.2</u>
Total		3.0

- Higher value elements may be used to replace missing lower value elements on a one-to-one basis and will retain their value

### **Spotting**

- **Touch with Assist**
  - deduct .5 for spot (assist)
  - no VP credit is given
  - no credit for ER/Bonus
- **Touch w/ No Assist**
  - deduct .5 for spot (touch)
  - give VP credit
  - give credit for ER/BBS
- **Catch Falling Gymnast**
  - if fall and spot occur simultaneously, deduct only for the fall

### **Equipment Failure**

**Includes broken/torn handgrip (not incl. bandages or footwear)**

- **If Gymnast Stops**
  - may repeat entire routine or continue from point of interruption after reasonable amount of rest (CJ determines time)
- **If Routine is Completed**
  - gymnast decides whether or not to repeat prior to receiving score
  - if repeated, second score is final

### **d. Very Large Faults - - - 0.50**

2. Support on mat with 1 or 2 hands - - - 0.50
3. Full support on foot/feet on mat during exercise - - - 0.50
4. Fall on mat to knee(s) or hips (includes steps before fall) - - - 0.50
5. Fall on or against the apparatus - - - 0.50
  1. Fall/Failure to land on any part of the bottom of the feet first on dismount - - - 0.50
    - a. no Value Part/Event Requirement/ Bonus Credit
  2. If the gymnast lands on bottom of feet and the hands or knees simultaneously, award Value Part credit and Event Requirement credit, if appropriate, and deduct for a fall.