

Bars Bronze

Warm up 30 Seconds

Special Requirement

1. Minimum 4 "A" value parts/skills
2. Cast (hips must leave bar)(no mount or D/M)
3. 360 Circling skill - no mount or dismount
4. Dismount - No Salto

Difficulty Restrictions

- No "B" or higher value parts (regardless of Amp)
- No skills on the high bar
- No Salto dismount
- No low bar giant

Other Rules

- When a skill is preceded by a cast, both receive VP/Skill credit, except Cast-Squat on, Cast - Shoot thru, and Cast to Stand Dismount are all 1 "A" skill
- No Extra Swing deductions, but $\wedge 0.10$ Rhythm
- No angle of cast deductions
- Dynamics $\wedge 0.20$
- Failure to maintain hands from glide to pullover 0.10 deduction
- Courtesy score = 4.0 Minimum

Bars Silver

Warm up 45 Seconds

Special Requirement

1. Minimum 5 "A" value parts/skills
2. Cast to a minimum of 45° below horizontal (no Mount or Dismount)
3. 360 Circling skill - no mount or dismount
4. Dismount - No Salto

Difficulty Restrictions

- No "B" or higher value parts (regardless of Amp)
- No giants (low bar or high bar)
- No Salto dismount

Other Rules

- When a skill is preceded by a cast, both receive VP/Skill credit, except Cast-Squat on-Jump to HB, and Cast - Shoot thru are each 1 "A" skill
- No Extra Swing deductions, but $\wedge 0.10$ Rhythm
- No angle of cast deductions
- Same 360 circle LB and HB are different elements Dynamics $\wedge 0.20$
- Failure to maintain hands from glide to pullover 0.10 deduction
- Courtesy score =4.0 Minimum

Additional "A" Value Parts

Mount

- Pullover (from 1 or 2 feet or run) to LB or HB
- Jump to front support
- Glide swing to stand
- Run out glide Kip
- Single leg jam Kip (glide or run out)

Casts

- Cast (hips must leave bar), 2 allowed

Circles

- Stride circle forward or backward

Dismounts

- Cast off to stand (Counts as 1 element)
- $\frac{3}{4}$ forward circle to stand
- From squat on LB, stretch jump off to stand

Other Allowed Skills

- Single leg basket swing (bent knee OK)
- Single leg swing backward
- Single leg cut forward or backward
- Cast Shoot through (Counts as 1 element)

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Underswing Dismount is in Xcel Code

Additional "A" Value Parts

Mount

- Pullover (from 1 or 2 feet or run), LB or HB
- Glide swing to stand
- Run out glide Kip
- Single leg jam Kip (glide or run out)

Casts

- Cast to 45° below horizontal for VP and SR credit, 2 allowed

Circles

- Stride circle forward or backward
- Long hang pullover (from long swing)

Dismounts

- Tap swing forward with $\frac{1}{2}$ turn
- $\frac{3}{4}$ back seat circle (pike or straddle) from LB
- From squat on low bar, stretch jump off forward to stand

Other Allowed Skills

- Single leg basket swing (bent knee OK)
- Single leg swing backward
- Single leg cut forward or backward
- Cast Shoot through (Counts as 1 element)
- Tap Swing or Underswing-Counterswing (2 allowed)

Bars Gold

Warm up 1:00

Special Requirement

1. Minimum 6 "A" value parts/skills
2. *Clear Support Skill to Horizontal (no mount or D/M)
3. *360 Circling skill - no mount or dismount
4. Dismount from High Bar
*One element can satisfy SR #2 and #3

Difficulty Restrictions

- No "C" or higher value parts (No Exceptions)
- No Giants
- No Release skills with bar change

Other Rules

- When a skill is preceded by a cast, both receive VP/Skill credit, except Cast-Squat on-Jump to HB, and Cast Shoot through are each 1 "A" skill
- No Extra Swing deductions; but ^0.10 Rhythm
- No angle of cast deductions
- No clear hip angle deduction
- Same 360 circle LB and HB are different elements
- Dynamics ^ 0.20
- Failure to maintain hands from glide to pullover 0.10 deduction
- Courtesy score = 4.0 Minimum

Bars Platinum

Warm up 1:30

Special Requirement

Need 6 "A" and 1 "B" Value Part

1. *Clear Support Skill to above horizontal (no mount or D/M)
2. *360 Circling skill - no mount or dismount
3. Kip
4. Dismount from High Bar
*One element can satisfy SR #1 and #2

Difficulty Restrictions

- No "C" or higher value parts (regardless of Amplitude), except Clear Hip Circle to HS, Stalder BKWD to HS, and Pike Sole Circle BKWD to HS

Other Rules

- When a skill is preceded by a cast, both receive VP/Skill credit, except Cast-Squat on-Jump to HB is 1 "A" skill
- No angle of cast deductions
- Same 360 circle LB and HB are different elements
- One tap swing or Underswing - Counterswing allowed (If more, take Extra Swing deduction)
- Cast above horizontal to 21° from vertical = "A"
- Long Hang Pullover preceded by a cast is a 360 circle element
- Take Extra Swing deductions

Additional "A" Value Parts

Mount

- Pullover (from 1 or 2 feet or run), LB or HB
- Glide swing to stand
- Run out glide Kip
- Single leg jam Kip (glide or run out)

Casts

- Cast to Horizontal

Circles

- Stride circle forward or backward
- Long Hang Pullover (from long swing)

Dismounts

- Tap Swing Forward with ½ turn

Other Allowed Skills

- Single leg basket swing (straight leg OK)
- Single leg cut forward or backward
- Cast Shoot through (Counts as 1 element)
- Tap Swing or Underswing-Counterswing (2 allowed)

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Note: Underswing Dismount is in Xcel Code

Bars Diamond

Warm up 2:00

Special Requirement

Need 5 "A" and 2 "B" Value Part

1. Clear Support Skill to 45 above horizontal (no mount or D/M)
2. Minimum "B" 360 Circle Skill
3. Minimum "B" Release, Pirouette, or 360 Circle Skill (Same or Different from SR #2)
4. Salto or Hecht Dismount from High Bar

Difficulty Restrictions

- One "D" Skill allowed (No Bonus), no "E" Skills (Regardless of Amplitude)

Other Rules

- When a skill is preceded by a cast, both receive VP/Skill credit, except Cast-Squat on-Jump to HB is 1 "A" skill
- No angle of cast deductions
- Same 360 circle LB and HB are different elements
- Take Extra Swing deduction
- Cast 45° - 21° from vertical = "A"
- Long Hang Pullover preceded by cast is a 360 circle element
- Cast Handstand ½ turn meets SR 1 and 3
- 1 Element can satisfy 2 SR's