



## Men's Parallel Bars Special Requirements

Level 1	#1	#2		
Ages	2+ Support Swings	Front Uprise Straddle	Assisted BUR to upper arms	L Seat
5 to 8	Focus on tapping action		From 2+ Tap Swing	Momentary Hold
Level 2	#1	#2	#3	#4
Ages	L seat	Back Uprise	BUR to upper arms	2+ Support Swings
6 to 9	Hold 2sec.	With Assistance	From 2+ Tap Swing	Focus on tapping action
Level 3	#1	#2	#3	#4
Ages	2+ Support Swings	Back Uprise	Moy to Upper Arms W/Straddle	Drop Kip
7 to 10	Horizontal in Back Swing	With Assistance	From 2+ Tap Swing	With Assistance
Level 4	#1	#2	#3	#4
Ages	2+ Support Swings	Back Uprise	Moy to upper arms	Glide Kip
8 to 11	45deg in Back Swing		Start with Feet on Bars	With Assistance
Level 5	#1	#2	#3	#4
Ages	2+ Support Swings	Back roll or Front roll	Moy to upper arms or Drop Kip	1/4 Pirouette or 3/4 Diam
9 to 12	One to Handstand Hold		From 1/2 Back Swing	Dismount Either Side of Bars
Level 6	#1	#2	#3	#4
Ages	Pirouette	Front Uprise	Moy / Giant /Peach to Support W/ Assistance	3/4 Diam above horiz
10 to 13			Giant / Peach may finish W/Feet on Bars	Dismount Either Side of Bars
Level 7	#1	#2	#3	#4
Ages	Swing Pirouette	Front Uprise Swing HS	Peach Support or Giant to Support	A Value Dismount
11 to 14				
Level 8	Element Group 1	Element Group 2	Element Group 3	Element Group 4
Ages				A Value Dismount
12 to 15				
Level 9	Element Group 1	Element Group 2	Element Group 3	Element Group 4
Ages				B Value Dismount
13 to 16				
Level 10	Element Group 1	Element Group 2	Element Group 3	Element Group 4
Ages				C Value dismount
14 to 18				