

## High Bar

A	B	C	D	E	F G H
<b>EG I: Long hang swings and turns</b>					
Back Uprise to HS Back Uprise to HS with ½ Front Giant Front Giant ½ Back Giant Back Giant ½ Back Giant hop to undergrip Giant w inlocation & dislocation	Back Uprise 1/1 to mix Swing Bwd full to hang Front Giant 1/1 to mix Front Flying Giant (and ½) Front Giant 1 arm Back Giant 1 arm Back Flying Giant Back Giant hop ½ to El Back Giant ½ to to El Back Giant with hop to El El Grip Giant Ono	Swing bwd full to Support Front Giant 1/1 to El Front Flying Giant 1/1 Zou Li Min Quast Rybalko to mix Russian Giant El Giant 1/1 to mix	Quast 1/1 Rybalko to El Czech Giant Czech Giant with ½		
<b>EG II: Flight Elements</b>					
	Bwd uprise straddle over Voronin Rear Vault	Markelov Tkatchev Jager Czech Giant rear vault Deltchev Gienger Staler rear vault	Yamawaki Tktachev Stretched Lynch Piatti Piatti Piked Jager Stretched Xiao Ruizhi Gaylord Kovacs Kovacs ½	Moznik Lynch to El grip Piatti Stretched Piatti ½ Yamawaki ½ Gaylord Piked Gaylord 2 Kovacs Pike or Stretched Kolman	Walstrom Liukin Piatti Stretched ½ <b>Piatti Stretched /11 G</b> Winkler <b>Jager 2/1 G</b> Pegan <b>Pegan Piked G</b> <b>Cassina G</b> Deff <b>Bretschneider H</b> <b>Kovacs 3/2 to mix G</b>
<b>EG III: In bar and Adler Elements</b>					
Kip Cast HS with ½ Freehip HS Freehip HS ½ Freehip HS hop to undergrip Back toss to dorsal hang Stoop in straddle cut to hang	Kip Cast 1/1 to mix Weiler Weiler ½ Freehip HS ½ El Endo Endo ½ Stalder Stalder ½ Stalder hop to undergrip Steinman Steineman uprise w flank Stoop in strad cut to HS	Kip Cast HS 1/1 to El Weiler 1/1 to mix Freehip hop 1/1 Endo 1/1 to mix Stalder hop 1/1 Stalder ½ to El Stalder hop to El Adler HS Stoop in and back toss dorsal Koste Endo in El grip Carballo	Weiler 1/1 to El Endo 1/1 to El Stalder Rybalko to mix <b>Adler ½</b> Adler hop to any grip <b>Adler 1/1 to mix</b> Endo in El 1/1 to mix/under Koste ½ to El Quintero	Stalder Rybalko to El <b>Adler 1/1 to undergrip</b> Quintero to El	
<b>EG IV: Dismounts</b>					
Front Pike/Stretched (and ½) Back Pike/Stretched (and ½ & 1/1) Hect (and straddle and ½)	Front Str 1/1 or 3/2 Back Str 3/2 or 2/1 Bouble Back Tuck/Pike Hect 1/1 or 3/2	Front Str 2/1 or 5/2 Double Front Tuck (and ½) Back Str 5/2 or 3/1 Double Back T/P 1/1 Double Back Stretched	Double Front T/P 1/1 or 3/2 Double Front Str (and ½) Double Back T/P 2/1 Double Back Str 1/1 Hect 2/1	Double Front T/P 2/1 or 5/2 Double Front Str 1/1 or 3/2 Double Back Str 2/1	<b>Triple Front Tuck G</b> Double Back Str 3/1 Triple Back Tuck <b>Triple Back Pike G</b> <b>Triple Back Tuck 1/1 G</b>

### Connection Bonus – Flight Skills ONLY

**C + C or Higher = +0.1**

**D or Higher + D or Higher = +0.2**

**Dismounts done over the bar forward or backward have the same value as those done conventionally.**

## High Bar

### FIG

The skills do NOT have to be in the counting elements for Connection Bonus

Flight Elements with salto(s) over the bar MUST have a giant after. Penalty for no giant = -0.3

Adler elements are NOT required to enter from Handstand

Endo and Weiler elements are required to enter from Handstand

Flight skills have the same value no matter what grip they come from or how many arms they catch with (unless specifically stated in the code boxes)

El grip or Russian giants must go over the top of the bar to be recognized. El grip endo may hop out and still receive credit.

Yamawaki ½ must continue turning in the same direction for credit.

#### Special Repetitions

- Max 2 Adler skills
- A routine may not contain more than one variation of a turning element. These are considered in Chronological order (MTC Newsletter #32)
  - o Rybalko to mix and Rybalko to El
  - o Endo 1/1 to mix and Endo 1/1 to El

### NCAA

Any tearing of the handguard (grip) will be considered outside the control of the gymnast. In the event of a torn handguard the gymnast will perform again later in the rotation. If the gymnast is last he will be allowed a minimum of two minutes to re-grip and prepare. Loss of dowel or slippage does NOT constitute failure. The tear must have occurred during the routine for which the equipment failure rule is being applied.

A 10cm mat for landing is required. If a tall gymnast hits his feet the bar should be raised 10cm for everyone and everyone other than the tall gymnast should add another 10cm mat.

A skill cushion (8" mat) may be used during the routine. It may NOT be landed on for the dismount. (Penalty = -0.5)

#### NCAA Dismount EGIV Credit

D or Higher = Full Credit (0.5)

B or C = Partial Credit (0.3)

A = Partial Credit (0.1)

All dismounts are eligible for +0.1 in Stick Bonus

Undergrip giant double hand roll to El grip = B  
EGI

### JO

#### JO Bonus Skills are Highlighted

EG I – D or Higher Adler Skill  
+0.1 for any FIG "C" Jam to HS

An Empty swing ½ turn is allowed after all no-flipping releases – it gets a JO A with no EG

Endos and Stalders do NOT have to enter from Handstand

#### Adler Table

Jam to HS	FIG "C"	No Angle Deduction
15-45 from HS	JO "B"	No Angle Deduction
44-Horizontal	JO "A"	No Angle Deduction
Below Horizontal	JO "A"	-0.5

#### Level 8

- There is NO Change of Direction deduction in Level 8
- A pullover mount is allowed for "A" value with no EG. Continuous movement is required. A full stop = -0.5

#### Special Requirements

1. FIG "A"+ in-bar skill
  2. FIG "A"+ swing ½ turn or more beginning in overgrip
  3. FIG "A"+ swing ½ turn or more beginning in undergrip
- Swing ½ turns must come from a long swing
4. FIG "A"+ Dismount
- Non-FIG dismount will receive partial credit