Parallel Bars

A	B	C	D	E	F G H
EG I: Elements in or through Support on 2 Bars					
Any Handstand	Kato	Stutz	Bilozerchev	Makutz	Zonderland
Any L-Sit	Swing bwd 1/1 to upa	Diam an ½ to upa	De Freitas	Morisue Pike*	
Strad Cut Fwd sup or L	Strad Cut bwd to HS	Diamidov	Diamidov w ¼ or ½ to HS	Healy 1 rail connected	
Strad Cut Bwd to sup	Strad Cut bwd salto fwd to upa*	Makutz to upa	Zonderland to upa	Gatson 2	
HS ½ Turn fwd	Bent arm or body press HS	Back Toss	Salto bwd strad cut sup	5/4 strad fwd salto hang	
HS ½ Turn bwd	Carballo	Salto bwd ½ to upa*	Back Toss 1 rail (+Healy)	5/4 strad salto fwd sup*	
Circle or Flair on end	HS ¼ fall back ¼ to sup	HS ¾ fall back ¼ sup	Morisue*	Double salto fwd pike upa*	
	Bwd Stutz to sup	Bwd Stutz thru HS	Healy	Urzica*	
	Healy to upa	1 rail Healy to upa	3/2 salto ½ to upa*		
	Swing bwd hop ½ HS	Swing bwd hop ¾ HS	Gatson 1		
	1/1 pirouette on 2 rails	Carballo 2	5/4 strad salto fwd to upa*		
	Frm 1 rail ¾ pirouette	Salto fwd to sup	Double salto fwd to upa*		
	5/4 salto fwd tuck/pike upa*	Salto fwd t/p hang end			
	Salto fwd tuck/pike ¼ hang on 1	5/4 salto layout to upa			
	Circle or Flair in center	Russian 360 on end			
		Any Flair to HS			
		Any Flair ½ to HS			
		Dip swing Strad cut bwd hang			
EG II: Elements starting in upper arm position					
Front Uprise	Fwd uprise strad cut HS	Roll bwd strad cut sup	Harada*	Fwd uprise Stutz HS	**Fwd Uprise Makutz G**
Fwd Uprise ¼ hang 1 rail	Wantanabe	Bwd uprise hop ½ HS	Bwd uprise ¾ hop HS 1 rail	Fwd uprise Maktuz upa	Fwd uprise 3/2 HS
B uprise strad cut bent arm	Roll Bwd HS str arms	Bwd uprise ½ strad cut sup	Bwd uprise pike salto to sup	Fwd uprise Diam HS	Dimitrenko Pike*
	Salto bwd strad cut upa*	Bwd uprise 5/4 to upa*		Dimitrenko*	
	Bwd Uprise to HS and ½			Harada to Hang	
	Bwd uprise ½ strad cut to upa			Bwd uprise dbl front to upa*	
	Bwd uprise ½ to support			Bwd uprise 5/4 strad salto upa*	
	Bwd uprise strad cut str arm				
EG III: Long swings in hang on 1 or 2 bars and underswings					
Glide Kip	Moy strad ½ to upa	Tippelt to upa	Tippelt	Bhavsar	**Belle 1/1* G**
Cast to upa	Moy w bent legs to support	Moy 1/1 to upa	Moy salto fwd to upa*	Giant Diam ¼ or ½	Tanaka*
Basket w travel to hang	Giant to support	Moy w str legs to support	Giant to 1 rail (+Healy)	Giant Diamidov (+Healy)	Basket 1/1 to HS
Basket fwd to support	Giant strad salto fwd to upa	Giant (and ½)	Giant Diamidov	Giant ½ strad cut to upa	Giant Makutz
	Glide Kip ½ to support	Giant ½ to upa	Giant ½ to rear support	Belle Piked*	**Basket 5/4 to HS G**
	Glide kip strad cut bed to HS	Gienger on end	Giant Makutz to upa	Torres to support	**Basket Makutz to support G**
	1 rail lgide kip strad press HS	Glide kip Bwd to HS	Giant strad cut to support	Fokin to upa*	
	1 rail glid kip hop to other w ½	1 rail glife kip L press HS	Belle*	Basket ¼, ½, or ¾ to HS	
	Cast to Support	Felge ½ to upa	Torres to upa or hang*	Basket to HS (+Healy)	
	Cast ½ to upa	Cast w ½ to support	1 rail glide kip hop ¾ HS	Tejada*	
	Basket to support	Cast strad cut bwd to HS	Felge ½ to rear support		
	Basket Fwd ½ to support	Basket w strad cut to sup	Basket HS		
	1 rail clearhip hop to other	Basket w tuck salto ½ to upa	1 rail clrahip ¼ HS		
			1 rail Stalder to HS		
EG IV: Dismounts					
Salto Fwd Pike/Stretched	Salto Fwd Pike/Stretched ½	Salto Fwd P/S 1/1 or 3/2	Salto Fwd 2/1 or 5/2	Fwd Double Tuck	Fwd Double Pike
Salto Bwd Pike/Stretched	Salto Bwd Pike/Stretched ½	Fwd Dbl Salto Tuck off end	Salto Bwd 2/1		Fwd Double Tuck 1/2
Bwd Layout flyaway end	Bwd Double Tuck from End	Salto Bwd P/S 1/1 or 3/2	High wende dbl tuck bwd		**Fwd Double Pike 1/2 G**
	Bwd Double Tuck Flyaway End	Bwd Double Tuck	Bwd Double Pike		**Fwd Double Tuck 1/1 G**
		Bwd Double Pike flyaway	Bwd Double Tuck ½		**Bwd Double Tuck 1/1 G**
			Bwd Double tuck 1/1 flyawy		Bwd Dbl Tuck 2/1 flyaway

Parallel Bars

FIG

Elements performed to 1 bar (Chiarlo, Piasecky, ect) are in the same box as their 2 bar counter-parts. They will be upgraded by one letter (and to their own box) if they are directly connected to a Healy type Element.
- The Healy upgrades as well
- Healy element cannot have large deduction
- Healy must have 360 turn or more

Legs may not bend on long hang skills until the body is horizontal

Makutz Type Elements

Performance	D-Jury	E-Jury
Pause after the first part of the element	Give Value	-0.1 for pause
1 sec-<2sec hold after first part of the element	Give Value	-0.3 for stop
2sec or more hold after first element	No Value	-0.5 for stop

Special Repetitions
- Max 2 Giant Swings to HS
- Max 2 Basket Swings to HS

A routine may not include more than one variation of the same element:
- Morisue Tuck and Pike
- Belle Tuck and Pike
- 5/4 salto fwd straddle to upper arm hand and to bent are support

NCAA

Competitors may use a piece of plywood or similar material under the spring board for mounts. It must be removed with the board.

A springboard may be used for mounts, but a section of mat may not.

A 10cm/4in mat or Sting mat is allowed for landings

The head judge may allow the bars to be raised or the matting under the bars to be lowered if a gymnast can demonstrate that he hits his feet when in upper arm hang or his knees in hang. If the mats are lowered the floor area beneath the bars must still be covered with mats.

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

Peach ½ to upper arm in a stretched position (Gagnon Layout) = D in EGIII

JO

* Denotes Elements not allowed at Jr. FIG

JO Bonus Skills are Highlighted
- EG I – D or Higher
- EGIII – E or Higher

Special Exceptions
- Virtual Box for Levels 8/9 Stutz to Support is a "B" EGI
- Virtual Box for Levels 8/9 Giant to Support is a "B" EGIII
- For all levels an empty ½ swing is allowed before any Peach, Giant, Cast, or Moy (EGIII)

Level 8
Special Requirements
1. "B"+ Long Hang Skill
2. FIG "A"+ Upper Arm Skill
   FIG "A"+ ½ turn or more in or through Support
3. FIG "A" Dismount
   Non-FIG gets partial credit