

## UNEVEN BARS—LEVEL 10 (3A, 3B, 2C)

**SV 9.5 Max. of .50 Bonus (min. +.10 D/E and +.10 CV)**

*Award extra +.10 (not in SV) if exercise has a 10.0 SV and min. of .60 total bonus, incl. "E"*

### SPECIAL REQUIREMENTS

- One (1) flight element, min. C, excluding dismount SR .50 ea
- 2nd different flight element, min. B, excluding dismount
- One element w/ LA turn of 180° or more (min. "C", excl. mt/dismt)
- Salto Dismount, min. "C"

### BONUS CONNECTIONS

+1	+2
<b>CC</b> Group 3,6,7 skills connected <i>Turn/Flight not required</i> <i>Must be different</i>	N/A
<b>CC</b> Turn/Flight required both skills  <b>CD</b> no Turn/Flight required	DD

"B" release element from HB to LB raises to "C" if directly follows a "D" or "E" release without counterswing

### Uneven Bar Composition

<b>Choice of elements: failure to perform 2 elements (min. B) from following 3 requirements:</b>	<b><u>.20</u></b>
- Forward element (circle or release) excludes dismount	
- Group 3/6/7 element	
- One (1) "C" element w/min 180° LA turn, with or w/out flight (excl. mt/dismt)	
<b>Choice of release elements not up to competitive level</b>	<b><u>.20</u></b>
2 diff. D & E releases (min.)	No deduction
DC direct connect	<u>.05</u>
D & C isolated	<u>.10</u>
CC direct, or D & B isolated	<u>.15</u>
C & C, or C & B isolated (or less)	<u>.20</u>
<b>Choice of Dismount not up to the competitive level</b>	<b><u>.10</u></b>
D/E dismt. or (D/E) + C dismt.	No deduction
(C + C) + C dismt., or (D + C) + C dismt.	<u>.05</u>
(C or less) + C or less dismt.	<u>.10</u>
<b>Facing same direction entire exercise (excl. Mount/Dismt.) Full pirouette does not fulfill</b>	<b><u>.10</u></b>
Uncharacteristic elements	ea <u>.10</u>
More than 1 squat on LB w/ or w/out sole circle to grasp HB	ea <u>.10</u>
3/4 Fwd Giant circle w/ or w/out grip change. Not elem. Breaks connect. (↓ <i>horiz, additional .10</i> )	ea <u>.10</u>
<b>Lack of 2 bar changes</b>	<b><u>.20</u></b>

\*\*More than one extra swing/cast following an element      **0.50 max**

## UB EXECUTION

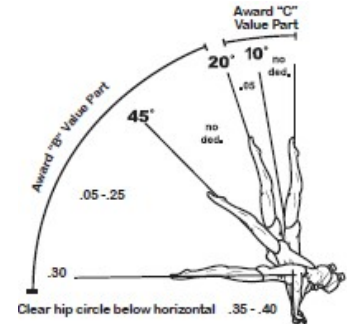
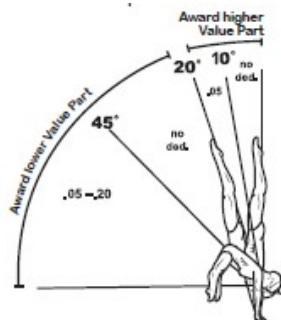
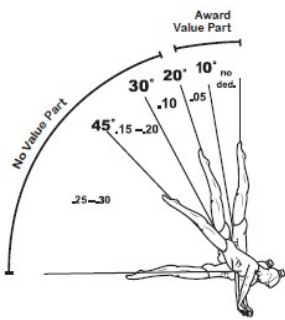
3rd run approach mount	<u>.50</u>
Intermediate (extra) swing/cast following an element	<u>each .30</u>
More than one extra swing/cast following an element	<u>0.50 max</u>
Grasp apparatus to avoid fall	<u>.30</u>
Swing FWD/BWD under horizontal	<u>each ^ .10</u>
Insufficient Amplitude of Elements ( <i>includes releases</i> )	<u>^ .20</u>
Insufficient Height of Salto dismount	<u>^ .30</u>
<i>Refer to handstand body angle deduction charts</i>	<u>^ .30</u>

## ALTERNATE SKILL CUSHION

**(Manufactured Pit Pillow)** made of softer foam is allowed at invites (required at State and above). Must be min. of 4ft. X 6ft. and eight (8) inches. May be used for 'C' or higher bar releases ONLY and must be immediately removed. It is NOT allowed for dismounts or landings on any event.

## CHIEF JUDGE DEDUCTIONS

Coach standing between bars through exercise	<u>.10</u>
Incorrect padding ( <i>no warning</i> )	<u>.20</u>
Fail to remove spotting device after release	<u>.30</u>
Fail to remove board after mount	<u>.30</u>
Short exercise—Less than 5 elements (L6 exception)	<u>2.00</u>
Gymnast exceeds 45 second fall time	<u>Terminate</u>



### Casts & Swings to Handstand

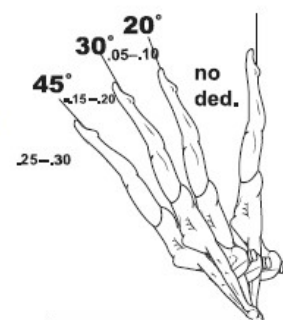
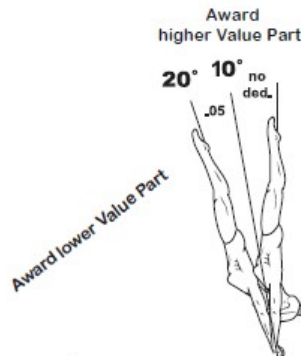
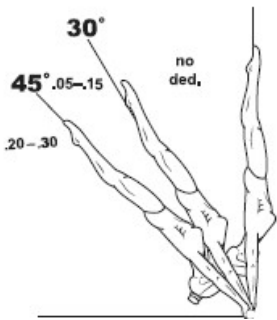
0° - 10°	No deduction
11° - 20°	0.05
21° - 30°	0.1 (no VP)
31° - 45°	.15 - .2 (no VP)
46° +	.25 - .3 (no VP)

### All Circle Elements except Clear Hip

0° - 10°	No deduction
11° - 20°	0.05
21° - 45°	Lower VP, no deduction
46° - ↓	.05 - .2

### Clear Hip Circle Only

0° - 10°	No deduction
11° - 20°	0.05
21° - 45°	"B" VP, no deduction
46° - H.	.05 - .25 (B)
Horizontal	0.3 (B)
↓ Horizontal	.35- .40 (B)



### 540° & more and Healy technique

0° - 30°	No deduction
31° - 45°	.05 - .15
46° +	.2 - .3

### Flights to Handstand on LB

0° - 10°	No deduction
11° - 20°	0.05
21° +	Lower VP

### Turns in Handstand (1/2 and 1/1 - both arms)

0° - 20°	No deduction
21° - 30°	.05 - .1
31° - 45°	.15 - .2
46° +	.25 - .3

## UNEVEN BARS—LEVEL 9 (3A, 4B, 1C)

### SV 9.7 Max. of .30 CV Bonus

*Restriction: Only "A/B/C" elements & "B/C" root elements with full pirouette (D) are allowed  
May perform ONE restricted "D/E" element from any group (receives "C" VP credit)*

### SPECIAL REQUIREMENTS (0.50 each)

- Minimum two (2) bar changes
- One (1) flight element, min. 'B' (exclude dismount)
- 2nd different flight element, min. 'C' (exclude dismount) **OR**  
One element w/ LA turn of  $\geq 180^\circ$  min. 'B' (exclude mount/dismount)
- Salto Dismount, min. 'B'

### BONUS CONNECTIONS

+1 CC	+2 CC
One or both 'C's w/o turn or flight <i>(both w/o turn or flight must be different)</i>	Turn/Flight required both skills

### Uneven Bar Composition

<b>Choice of elements: failure to perform 2 elements (min. B) from following 3 requirements:</b>	<b>^.20</b>
- Forward element (circle or release) excludes dismount	
- Group 3/6/7 element	
- One (1) "C" element w/min 180° LA turn, with or w/out flight (excl. mt/dismt)	
<b>Choice of Dismount not up to the competitive level</b>	<b>^.10</b>
'C' dismt. or 'D/E' dismt. awarded 'C'	No deduction
'C' (or more) + 'B' dismt.	.05
'B' (or less) + 'B' (or less) dismt.	.10
<b>Facing same direction entire exercise (excl. Mount/Dismt,) Full pirouette does not fulfill</b>	<b>.10</b>
Uncharacteristic elements	ea .10
3/4 Fwd Giant circle w/ or w/out grip change. Not elem. Breaks connect. ( $\downarrow$ horiz, additional .10)	ea .10

## UNEVEN BARS—LEVEL 8 (4A, 4B)

### SV 10.0 No Bonus

*Restriction: Only A/B elements & Cast ! 1/2, Clear hip, Stalder and Sole circle BWD to ! (also with 1/2)  
Allowed to performed ONE restricted "C" element from any group (receives "B" VP credit)*

### SPECIAL REQUIREMENTS (0.50 each)

- Minimum one (1) bar change
- One (1) B element with Flight (excl. dismt) **OR** One (1) with Turn (excl. mt/dismt)
- One 'B' 360° Clear Circle from Grp 3/6/7 (excl. dismount)
- Salto Dismount, min. 'A'

### Uneven Bar Composition

<b>Lack of elements that achieve vertical</b>	<b>^.20</b>
<b>Choice of Dismount not up to the competitive level</b>	<b>^.10</b>
• 'B' dismt. or 'C' dismt. awarded 'B'	No deduction
• One 'A' element (or non VP) connected to any 'A' dismt.	.10
Uncharacteristic elements	ea .10
3/4 Fwd Giant circle w/ or w/out grip change. Not elem. Breaks connect. ( $\downarrow$ horiz, additional .10)	ea .10

### **More than one (1) Restricted Element Performed:**

*No VP credit, no SR credit. Deduct 0.50 reflected in SV*

*Appropriate execution/amplitude deductions applied to all, regardless of receiving VP credit*

**\*\*More than one extra swing/cast following an element (all levels)      0.50 max**

## UNEVEN BARS—LEVEL 7 (5A, 2B)

### SV 10.0 No Bonus

Restriction: Only A/B elements & Cast ! 1/2, Clear hip, Stalder and Sole circle BWD to ! (also with 1/2)

#### SPECIAL REQUIREMENTS

.50 ea

- One (1) Cast to ! (Award SR if angle is min. 45°). Angle deductions apply (up to .30 each)
- One 'B' 360° Clear Circle from Grp 3/6/7 (may not be performed w/hips on bar during/at circle completion or w/feet on bar at circle completion)
- One 'B' Circle element (same or different)
- Salto Dismount, min. 'A'

## UNEVEN BARS—LEVEL 6 (5A, 1B)

### SV 10.0 No Bonus

Restriction: Only A/B elements & Cast ! 1/2, Clear hip, Stalder and Sole circle BWD to ! (also with 1/2)

#### SPECIAL REQUIREMENTS

.50 ea

- One (1) Cast, minimum 45° above horizontal (award SR if above horizontal)\*
- One (1) Bar change (must perform VP on both LB & HB to fulfill)
- One (1) 360° Clear Circle from Grp 3/6/7 (may not be performed w/hips on bar during/at circle completion or w/feet on bar at circle completion)
- Salto Dismount, min. 'A'

**\*Level 6 Cast: no amplitude deductions for cast if angle is 45° from vertical or higher\***

- ^ .30 amplitude deductions begin at BELOW 45° from vertical
- Deduct 0.30 (max) w/horizontal or below cast
- If all casts are horizontal or below, deduct 0.50 missing SR and 0.30 insuf. amplitude (each cast)

(Group 3—Clear Hip Circles Group 6—Stalder Circles Group 7—Circle Swings)

**360° Circle element finishes 11° to 20° of vertical: the deduction of .05 for insufficient amplitude of 'C' circles is not applied at levels 6 or 7.**

#### UB EXECUTION

3rd run approach mount	.50
Intermediate (extra) swing/cast following an element	each .30
More than one extra swing/cast following an element	<b>0.50 max</b>
Grasp apparatus to avoid fall	.30
Swing FWD/BWD under horizontal	each ^ .10
Insufficient Amplitude of Elements (includes releases)	^ .20
Insufficient Height of Salto dismount	^ .30
Refer to handstand body angle deduction charts	^ .30

#### CHIEF JUDGE DEDUCTIONS

Coach standing between bars through exercise	.10
Incorrect padding (no warning)	.20
Fail to remove spotting device after release	.30
Fail to remove board after mount	.30
Short exercise—Less than 5 elements (L6 exception)	2.00
Gymnast exceeds 45 second fall time	Terminate

#### **Restricted Element Performed:**

No VP credit, no SR credit. Deduct 0.50 reflected in SV

Appropriate execution/amplitude deductions applied to all, regardless of receiving VP credit