

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 .50 ea

- One (1) flight element, min. C, excluding dismount
- 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
CC Group 3,6,7 skills connected <i>Turn/Flight not required. Must be different</i>	N/A
CC Turn/Flight required both skills	DD <i>or more difficult</i>
CD/E no Turn/Flight required	

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

UB COMPOSITION LEVEL 10

CHOICE OF RELEASES

Release Elements

No Ded.	D--D <i>min. of 2 diff. D or E elements</i>
0.05	DC <i>directly connected</i>
0.1	D--C <i>isolated</i>
0.15	CC <i>directly connected</i>
	D--B <i>isolated</i>
0.2	C--C <i>isolated</i>
	C B <i>or less</i>

CHOICE OF ELEMENTS (2 OF 3 req.)

1. FWD element (circle or release)
2. Group 3/6/7 element, min. B
3. Min. 180° LA turn "C" elem., w/wout flight

Element Choices Performed

No Ded.	2 <i>Two out of the three choices</i>
0.1	1 <i>One out of the three choices</i>
0.2	0 <i>None of the three choices performed</i>

CHOICE OF DISMOUNT

Dismount Elements

No Ded.	D/E	DC <i>directly connected</i>
0.05	CCC <i>directly connected</i>	DCC <i>directly connected</i>
0.1	CC <i>"C" or less connected to "C" or less</i>	

Facing same direction entire exercise (excl. Mount/Dismt.) Full pirouette does not fulfill	.10
Lack of 2 bar changes	.20
More than 1 squat on LB w/ or w/out sole circle to grasp HB (<i>except after fall, unplanned</i>)	ea .10
3/4 Fwd Giant circle w/ or w/out grip change. Not elem. Breaks connect. (↓ <i>horiz, additional .10</i>)	ea .10
Uncharacteristic elements	ea .10

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

*Exercise w/out a dismount (from SV) .30 + .50, if • No dismount attempted • Early termination of routine • Dismount element is restricted for the level • Dismount Element is not listed in the Code

UNEVEN BARS—LEVEL 9 (3A, 4B, 1C): SV 9.7 Max. of .30 Bonus (CV +.10 D/E bonus-1st D/E)

Restriction: "A/B/C" elements & "B/C" root elements with 1/2 turn to reverse or mixed-L in HS, or with 1/1 (360°) (D/Es) are allowed

May perform ONE restricted "D/E" element from any group (receives "C" VP credit)

First D/E performed (allowed or restricted) receives +.1 D/E bonus if performed without fall or spot

More than one restricted elem. performed: No VP or SR credit. Ded. 0.50 from SV. (exec. & ampl. deductions apply)

SPECIAL REQUIREMENTS .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 elem. w/ LA turn of $\geq 180^\circ$ min. 'B' (excl. mount/dismount)
- Salto Dismount, min. 'B'

BONUS CONNECTIONS

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

D/E's serve as "C" elements in CV Bonus, if applicable

UB COMPOSITION LEVEL 9

CHOICE OF ELEMENTS (2 OF 3 req.)

1.	FWD element (circle or release)
2.	Group 3/6/7 element, min. B
3.	Min. 180° LA turn "C" elem., w/wout flight
<i>Element Choices Performed</i>	
No Ded.	2 (two of three choices)
0.1	1 (one of three choices)
0.2	0 (zero of three choices)

CHOICE OF DISMOUNT

No Ded.	C
0.05	CB
0.1	BB

Facing same direction entire exercise (excl. Mount/Dismt.) Full pirouette does not fulfill	.10
3/4 Fwd Giant circle w/ or w/out grip change. Not elem. Breaks connect. (\downarrow horiz, additional .10)	ea .10
Uncharacteristic elements	ea .10

UNEVEN BARS—LEVEL 8 (4A, 4B): SV 10.0 No Bonus

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

*Underswing 1/2 over LB to hang: If preceded by HS on HB, becomes a restricted "C". Straddle back to HS = restricted "C"

Allowed to performed ONE restricted "C" element from any group (receives "B" VP credit)

More than one restricted elem. performed: No VP or SR credit. Ded. 0.50 from SV. (exec. & ampl. deductions apply)

SPECIAL REQUIREMENTS 0.50 each

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

UB COMPOSITION LEVEL 8

Lack of elements that achieve (or pass through) vertical	^ .20
Choice of Dismount not up to the competitive level	^ .10
• '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

***1.00 is score awarded to any optional routine that will be awarded a score equal to or less than 1.00**

UNEVEN BARS—LEVEL 7 (5A, 2B): SV 10.0 No Bonus

Restriction: Only A/B elements & Cast HS 1/2, Clear hip, Stalder, and Sole circle BWD to HS (also with 1/2 turn to regular grip)
Any other restricted "C" or any "D/E" elem. performed: No VP or SR credit. Ded. 0.50 from SV. (exec. & ampl. deductions apply)

SPECIAL REQUIREMENTS .50 ea

- One (1) Cast to HS- (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

Only A/B elements & One Clear hip, Stalder or Sole circle BWD to H.S. allowed

Restricted: Flight elements from bar to bar and C/D/E VP's (other than listed above)

Restricted element performed or attempted: No VP or SR credit. Ded. 0.50 from SV. (exec. & ampl. deductions apply)

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 finishes 11° to 20° of vertical: The ded. of .05 for insufficient amplitude of circles is not applied at levels 6/7

Composition deductions DO NOT apply at levels 6 and 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	0.50 max
Grasp apparatus to avoid fall	.30
Swing FWD/BWD under horizontal	each ^ .10
Insufficient Amplitude of Elements (<i>includes releases</i>)	^ .20
Insufficient Height of Salto dismount	^ .30
<i>Refer to handstand body angle deduction charts</i>	^ .30

***1.00 is score awarded to any optional routine that will be awarded a score equal to or less than 1.00**

CHIEF JUDGE DEDUCTIONS

Coach remaining between bars through exercise	.10
Incorrect padding (<i>no warning</i>)	.20
Incorrect attire (<i>after warning</i>)	.20
<i>Incorrect specs. Or additional matting</i>	.30
Gymnast exceeds warm-up time (<i>after warning</i>)	.20
Failure to present before and after exercise	each .10
Technical/verbal cues by coach or teammates to own gymnast (<i>after warning</i>)	.20
Fail to remove spotting device after release	.30
Fail to remove board after mount or Board on unauthorized surface	.30
Starting exercise before signal is given (stop, repeat)	.50
Short exercise—Less than 5 elements	2.00
Gymnast exceeds 45 second fall time	Terminate

UB EXECUTION

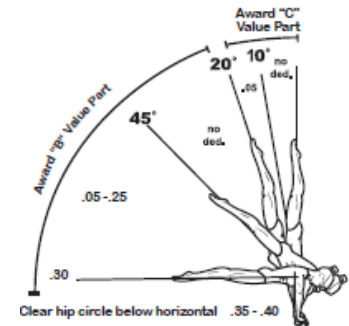
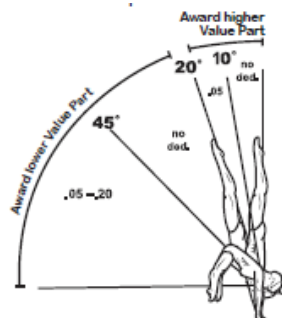
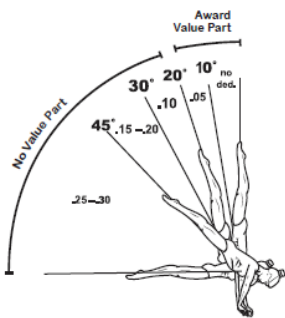
3rd run approach mount	<u>.50</u>
Intermediate (extra) swing/cast following an element	<u>each .30</u>
More than one extra swing/cast following an element	<u>0.50 max</u>
Grasp apparatus to avoid fall	<u>.30</u>
Swing FWD/BWD under horizontal	<u>each ^ .10</u>
Insufficient Amplitude of Elements (<i>includes 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	Terminate
**Fall time begins when gymnast stands on her feet	



Casts & Swings to Handstand

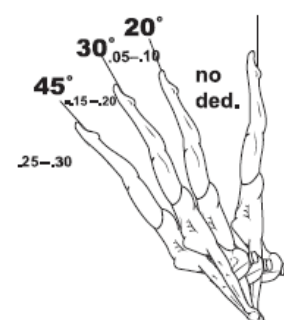
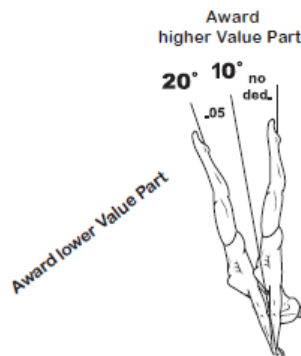
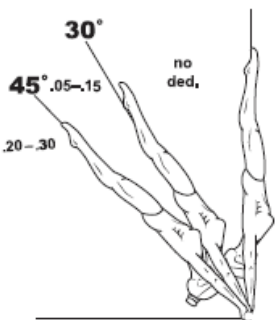
0° - 10°	No deduction
11° - 20°	0.05
21° - 30°	0.1 (no VP)
31° - 45°	.15 - .2 (no VP)
46° +	.25 - .3 (no VP)

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