UNEVEN BARS

COMPOSITION (up to 1.0)
Consider:
- .05  - use of bwd and fwd elements
- .05  - overuse of same connections
- up to .3  - choice of elements
- .1  - same value part used twice to fulfill difficulty
- up to .1  - space and levels
- above/below, inside/outside bars
- up to .1  - bar changes
- at least 2 bar changes (.05 each)
- fall from 1 bar, continue on other bar counts as a bar change
- .1 ea  - uncharacteristic elements
- up to .1  - creativity of combinations
- up to .1  - level not maintained; difficult elements not spaced

RECOGNITION OF VALUE PARTS
- Elements can receive VP credit twice
- Elements are different if:
  - different # in the rulebook
  - saltos have different body position
  - kips end in a different position
  - different degree of turn - 1/2, 1/1, 1 1/2
  - support on 1 or 2 arms
  - legs together or straddled in saltos or Tkatchevs
  - mounts performed within routine
- Elements are the same if:
  - finish in a different grip
  - legs together or straddled (not incl. saltos/Tkatchevs)

NO DISMOUNT
- Terminates intentionally and does not continue
  - .3 no dismount, .2 no superior dismount
- Dismount of no value (not in rulebook)
  - .3 no dismount, .2 no superior dismount
- Falls and does not continue
  - .5 fall, .3 no dismount, .2 no superior dismount
- Dismount that does not land on the feet first
  - .5 fall, .2 no superior dismount, do not deduct for no dismount

FALL TIMING
- .45 fall time w/warning at :30
- Start with contact on floor
- Stop when feet leave floor to remount
- Coach may lift gymnast to bar after a fall
- 2 pump swings allowed to initiate swing
- Resume judging with first element performed

EVENT REQUIREMENTS (1.0)
- Deduct -0.2 for each missing requirement
- 1 element may fulfill more than 1 ER
- Elements not awarded VP credit may not fulfill ER
- superior release - excludes dismount
- 1 direction change - excludes mt/dsmt
- must be in element of value
- must continue in opposite direction
- kip
- stretched element within 20° of vertical or that passes thru vertical
- superior dismount

BONUS (0.8)
- Advanced High Superiors (0.2 each, max. 0.4)
  - Second AHS must be different
  - No credit if fall or spot has occurred
- High Level BBS (0.2)
  - HS+HS, HS+AHS, AHS+AHS
- Max. 0.2 may be earned in one of the following ways:
  a) Low level BBS - same or different (0.1 ea, max. 0.2)
    - S+S, S+HS, S+AHS
    - Series of 3 receives only one BBS
  b) 2nd high level BBS - same or different (0.2)
  c) 3rd different Advanced High Superior (0.2)
    - No credit if fall or spot has occurred

FALLS
- Contact with bar, then fall -
  - give VP, ER, BBS
  - if AHS - no Bonus but may fulfill difficulty
- No touch of bar - no VP, no ER, no Bonus
- Deduct for ex/amp errors in addition to fall
- Do not deduct for steps leading to fall on dismount
  *** (if hands/bottom of feet land simultaneously - do not void, .5 fall is applied)

BALKS (incomplete attempt w/o touch of mount apparatus or bars and w/o running underneath bars)
- If touch or run underneath (-0.5 - judged as a fall)
- No deduction for first balk
- After 2 balks, 3rd attempt allowed with 0.5 deduction
  - Balk-Balk-Mount (-0.5 )
- No 4th attempt allowed

NOTES
- Plywood is not permitted under the board
- Spotting - spotting block/folded panel mat allowed
- Only dismounts from a handgrasp are allowed
  - exception: Tanac
- Tap swings are considered extra swings (-0.3)
  - 2 or more consecutive extra swings (-0.5)
- When a turn follows a handstand or circling element
to handstand, the turn is part of that element and all
is considered as 1 element
- Less than 5 elements (short routine) = -2.0 (CJ)
**UN-EVEN BARS**

**Cast deductions are not applied to casts prior to a squat/stoop/straddle onto LB, jump to grasp HB. Deduct .05 if no backward swing of legs prior to feet contacting bar (lift of hips only).**

**HIGH SUPERIORS / ADVANCED HIGH SUPERIORS**

**MOUNTS**

1.301 Jump (bent) to hdst on LB w/ 1/2
1.401 Jump (stretched) to hdst on LB, w/wo 1/2
1.302a Roundoff, flight bwd over LB
1.302b Jump 1/2, flight bwd over LB
1.402 Salto to sit or to catch either bar
1.303 Hecht over LB to catch HB
1.305 Glide w/ 1/1 to catch HB
1.308 Jump 1/2, kip to HB
1.309 Glide LB, cut catch HB, also w/ 1/2

**Casts**

2.301a Cast handstand hop to grip change
2.301b Cast handstand 1/2
2.401a Cast handstand w/ 1/1 after (Healy)
2.401b Cast handstand w/ 1/1 in handstand
2.302 Rear vault/stoop or straddle w/ 1/2 over HB
2.402 Salto roll fwd LB to HB
2.403 Brause
2.404 From HB - cast front salto to catch HB

**COUNTERSWINGS/UPERISUES**

3.301 Counterflight over LB (piked) to catch LB
3.401 Counterflight to handstand on LB
3.402 From hdst - swing fwd w/flight over LB or to handstand on LB
3.303 Uprise to clear support on HB, w/wo turn, or with flank/ear/straddle vault over HB
3.403 Uprise to hdst on HB, w/wo turn or hop

**HIP CIRCLES**

4.301 Clear hip hecht LB to catch HB, w/wo 1/2
4.401 Schaposchnikova
4.302 Clear hip handstand
4.402a Clear hip handstand w/ turn
4.402b Clear hip handstand hop to grip change
4.303 Clear underswing LB, counterflight catch HB
4.403 Hindorf
4.304 Weiler kip to clear support
4.404 Weiler kip to handstand

**GIANT SWINGS - BWD**

5.301 Giant circle backward on HB
5.401a Giant circle backward w/turn
5.401b Giant circle hop to grip change
5.402a Flyway HB to LB - tuck
5.402b Flyway HB to LB - stretched (Pak)
5.403 Back tuck 1/2 - LB to HB (Laumann)
5.404 Deltchev
5.405 Geinger
5.406 Tkatchev

**DISMOUNTS w/TWISTS**

If 90° or more is missing, credit the value part for element performed. Twists are complete when feet contact floor.

**UNEVEN BARS**

**AMPLITUDE AT TURN COMPLETION**

**Note:** Cast deductions are not applied to casts prior to a squat/stoop/straddle onto LB, jump to grasp HB. Deduct .05 if no backward swing of legs prior to feet contacting bar (lift of hips only).

**CIRCULES/SWINGS**

8.301 Glide w/ 1/1 to catch HB
8.401 Jump (stretched) to hdst on LB
8.402 Jump to hdst on LB
8.403 Jump to handstand w/turn
8.404a Cross grip, 1/2, inward fwd salto
8.404b Cross grip, 1/2, inward handstand
8.405a Flyaway - tuck/pike w/ 1/1
8.405b Flyaway - stretched w/wo 1/2
8.406a Flyaway - any double salto
8.406b Flyaway - any double handstand