

BARS Composition Deductions		BARS Execution Deductions		BARS Execution Deductions		BARS Connection Values		BARS Special Requirements		VP	Level 9	Level 10
Lack of Handstands or Pass thru Hst. (Lv 8)	→ 0.2	3rd Run to approach mount (each judge)	0.5	Insufficient Dynamics (thruout)	→ 0.2	Level 9		2 - Bar Changes	A = 0.1	3	3	
Uncharacteristic Elements	each 0.1	Swing Forward / Backward Under Horizontal	→ 0.1	Trunk Movements to Control Landing	→ 0.2	One with Flight / Turn	C+C	1 - B Flight	B = 0.3	4	3	
3/4 Forward Giant w/wo grip change	each 0.1	Under-Rotation of Release Elements	→ 0.1	Insufficient Amplitude of Elements (each)	→ 0.2	Both w/o Flight / Turn	C+C (different)	1 - C Flight / B Turn * different flight	C = 0.5	1	2	
Dismount – Not up to Comp Level	→ 0.1	Precision of Handstand Positions (thruout)	→ 0.1	Insufficient Stretch (Arch or Pike)	→ 0.2	Both with Flight / Turn	C+C	B - Salto Dismount	SR	0.5	0.5	
Facing Same Direction throughout (L9,10)	0.1	Insufficient Extension of Glide/Swing to Kip	→ 0.1	Insufficient Ext. (Open) prior to Landing	→ 0.3	Level 10		1 - B Flight	SV	9.7	9.5	
Choice of Elements : Requirements (L9,10)		Poor Rhythm in Elements	→ 0.1	Insufficient Height of Salto Dismounts	→ 0.3	Both with Turn / Flight		1 - C Flight * Different Flight	Bonus	0.3	0.5	
1. Forward (Circle or Release), min. B	0 / 3 = 0.2	Hesitation in Jump, Swing to Handstand	→ 0.1	Insufficient Amplitude "B" Clear Hip Circles	→ 0.4	No Turn or Flight Required		1 - C Turn * No Mount / Dismount	Bonus	OK without fall / spot		
2. Group 3 / 6 / 7, min. B	1 / 3 = 0.1	Landing Too Close to Bars Dismount	0.1	Grasp Apparatus to Avoid a Fall	0.3	w / without Flight / Turn	C+C		Level 9 - Bonus			
3. Element, minimum ½ t., min C	2 / 3 = 0.0	Angle of Flight to LB Handstand (11° - 20°)	0.05	Intermediate (Extra) Swing (max. 0.6)	0.3				Maximum (1 Restricted) D/E D/E = C			
Squat-on LB w/wo sole, more than 1 (L10)	each 0.1	Angle of Circle to Handstand	→ 0.2	Touch / Brush Foot on Apparatus or Mat	→ 0.1				Other Restricted Element			
Releases - Not up to Comp. Level (L10)	→ 0.2	Angle of Cast to Handstand	→ 0.3	Hit Foot on Apparatus	0.2				No VP			
Lack of 2 Bar Changes (L10)	0.2	Angle of Turn Deviation (Healy + 1-1/2t.)	→ 0.3	Hit Foot on Mat	0.3				0.5 off SV			
		Angle of Turn Deviation (1/2 t. - 1/1 t. IN)	→ 0.3	Full Support on foot/feet on mat in routine	0.5							

<u> </u> <u> </u>	Exec. - _____	SV LV: 9.7	S.V. _____
	Comp. - _____	VP - _____	Ded. - _____
	A - _____	SR - _____	J1 Score _____
	B - _____	RE - _____	J2 Score _____
	C - _____	CV+ _____	Average _____
	D + _____	DE+ _____	Off Ave. - _____
	E + _____		Score _____
	*FWD _____ *3,6,7 _____ *C-Turn _____ Lv Dismount _____ Direction _____ Uncharacteristic _____ 3/4 Front Giant w/wo grip _____ Dynamics _____		
<u> </u> <u> </u>	Exec. - _____	SV LV: 9.7	S.V. _____
	Comp. - _____	VP - _____	Ded. - _____
	A - _____	SR - _____	J1 Score _____
	B - _____	RE - _____	J2 Score _____
	C - _____	CV+ _____	Average _____
	D + _____	DE+ _____	Off Ave. - _____
	E + _____		Score _____
	*FWD _____ *3,6,7 _____ *C-Turn _____ Lv Dismount _____ Direction _____ Uncharacteristic _____ 3/4 Front Giant w/wo grip _____ Dynamics _____		
<u> </u> <u> </u>	Exec. - _____	SV LV: 9.7	S.V. _____
	Comp. - _____	VP - _____	Ded. - _____
	A - _____	SR - _____	J1 Score _____
	B - _____	RE - _____	J2 Score _____
	C - _____	CV+ _____	Average _____
	D + _____	DE+ _____	Off Ave. - _____
	E + _____		Score _____
	*FWD _____ *3,6,7 _____ *C-Turn _____ Lv Dismount _____ Direction _____ Uncharacteristic _____ 3/4 Front Giant w/wo grip _____ Dynamics _____		