UNEVEN BARS – GENERAL INFORMATION page 1

I. APPARATUS SPECIFICATIONS – See Rules and Policies for dimensions
- A. Height Measurement….. = plum line from floor to the bottom of the rail …… wrong specifications... = 0.3 CJ
- B. Skill Cushion (see notes)= max. 9 inches, must remove cushion after release(s).. unauthorized mats….. = 0.3 CJ
  Mat Measurements……. = 9" = 24 cm, 8" = 20 cm, 4.5" = 12 cm, 4" = 10 cm, ¾ inch = 2 cm
- C. Mats for Mounts…….. = no plywood allowed under board (NCAA OK)…… unauthorized mats….. = 0.3 CJ
  1. without board / trainer = 9" landing mats + "up to 8 inch" skill cushion; panel mat OK
  2. with board / trainer…..= 9" landing mats + sting or 4 inch throw mat (board / trainer must be removed)= 0.3 CJ

II. ATTIRE REGULATIONS
- A. Hip or Heel Pads……. = not allowed, CJ should warn before competition (compete with & deduct)…... = 0.2 CJ
- B. Bandages, grips, etc….. = allowed, broken grips = allowed to repeat, unfastened grips no repetition.

III. TIMING REGULATIONS
- A. Touch Warm-Up: only one (1) gymnast allowed on Bars.
- B. Meet Format determines Warmup Format.
  1. 30 second period.... = does not include bar settings, warning – time exceeded……(team/event)... = 0.2 CJ
  2. Prior to competing ..= may touch board / bar briefly, may not perform an element…… = 0.2 CJ
- C. Timing Falls:
  1. Remount……= 45 second time period
  2. Start……= when gymnast stands back up on her feet.
     Stop……= feet leaves the floor.
  3. Warnings…….. = "20 sec. remaining" and "10 sec. remaining" and "Time"; Fall time exceeded = Terminated

IV. BAR FALL REGULATIONS
- A. Gymnast may use chalk or adjust grips…….. = may not leave competition area.
- B. Coach may talk to gymnast…….. = without penalty.
- C. Fall and does not remount…… = 0.5 Fall, 0.5 Dismount SR, 0.3 No Dismount (off SV), 2.0 if short exercise.
- D. Coach may lift gymnast back up to bar…….. = without penalty.
  Allowed to resume with 2 pump swings……. = 0.3 for extra swings; maximum 0.6 per occurrence
- E. Resume judging optional routine……. = with first recognized element performed (L10 allowed only one squat on LB).
- F. Remount with glide kip – STOP – crawl up… = 0.1 continuity (stop), 0.1 uncharacteristic (crawl up).
- G. Remount with cast squat on (fall back) ……. = to glide kip allowed without fall deduction, take execution.

V. SPOTTING REGULATIONS
- A. Coach assists or spots with element……. = 0.5 spot, 0.5 if fall after spot……. No VP / SR / Bonus, OK Dismount.
- B. Coach spots UPON landing dismount…… = 0.5 spot, 0.5 if fall after spot……. OK VP / SR - No Bonus.
- C. Coach touches without assisting……. = 0.5 spot……. OK VP / SR - No Bonus.
- D. Coach catches falling gymnast…… = 0.5 fall ONLY.
- E. Gymnast inadvertently touches the coach…. = no penalty.
- F. Coach must use manufactured device…….. = 0.3 CJ (warning) spotting device not removed (may not use chair).
- G. Coach may stand between the rails (1 skill).. = 0.1 CJ, if coach remains throughout routine.
- H. Coach leans against the bars…….. = no penalty, if coach does not touch gymnast.

VI. MOUNT AND DISMOUNT REGULATIONS
- A. Mounts:
  1. Rules and Polices for mats allowed…… = may stand on 8" mat.
  2. Board must be removed after mount…... = 0.3 CJ – mounting apparatus not removed after mount / spotting.
  3. Mount Attempts:
     - a. Balk (2 allowed)…….. = did NOT touch board, bars or run under the bars.
     - b. Third attempt…… = 0.5 penalty, OK Bonus.
     - c. Fourth attempt……. = not permitted.
     - d. No mount…… = 0.5 penalty – touch board, bars or runs under (may walk under - jump HB)
     - e. Attempt Roundoff only…… = 0.5 penalty – may remount, OK Bonus.
  4. Incorrect Bar Settings, fall…… = 0.5 penalty – 45 seconds to adjust bars and remount.
  5. One element prior to mount allowed…… = 0.2 penalty – more than one element performed.
- B. Dismounts: (sole = any part of the bottom of the foot)
  1. Dismounts (designated bar) …… = Flyway dismount must be from HB No VP, SR, No Dismount
  2. Flyaway Dismounts VP…….. = regardless of starting position (from handstand / cast), body position = VP.
  3. No Salto (Level 6, 7, 8, 9, 10)…….. = 0.5 SR. (sole circle dismount)
  4. No Value Part or Restricted Element..... = 0.5 SR, 0.3 No Dismount; 0.5 R.E. (front salto from feet = "0")
  5. Fall, early Termination (5 elements)..... = 0.5 SR, 0.3 No Dismount, 0.5 fall. (fall, does not remount)
  6a. Fall, no Salto (not to bottom of feet)..... = 0.5 SR, 0.3 No Dismount, 0.5 fall. (flyaway swing to seat)
  6b. Fall, Salto (not to bottom of feet)..... = 0.5 SR,……,0.5 fall. (flyaway salto to knees)

VII. RECOGNITION OF VALUE PARTS
- A. Any VP may be used 2 times for VP…… = in different connection (preceded or followed by different element).
- B. Elements DIFFERENT, if different…….. = #, body position, degree of turn, 1 or 2 arms, mount in routine.
  = legs together or apart in Saltos or Tkatchevs.
- C. Elements SAME, if same # AND…… = finish in different grip, legs together or apart (ex: Saltos or Tkatchevs).
- D. Swing to Handstand…….. = within 20° of vertical = VP.
- E. Cast On with Circle - Jump to HB…… = Two ("A") elements (Squat / Stoop / Straddle) + Sole Circle
- F. Release Element with Fall:
  1. Grasp/touch with one/two hands….. = OK – VP / SR / Composition, No Bonus, flight requirement OK with touch.
  2. No grasp or touch …….. = NO – VP / SR / Composition / Bonus, may repeat element for credit.
- G. Award VP if Simultaneous…… = Hands and Bottoms of Feet at the same time.

H. REQUIRED TECHNIQUE FOR VP RECOGNITION: 20° of Vertical = VP

1. Cast to Handstand (Lv 7-10) … = Exc: Cast Squat On (w/wo sole) → HB; Lv. 7/8 Cast → Underswing 1/2t., Peach Drop).
2. Uprise Handstand ……..... = 20° of Handstand (VP), closed shoulder angle over the bar.
3. Flight to LB Non-Hst …….... = 21° or more (VP), → 0.2 amplitude, both hands contact = completed.
4. Flight to LB Handstand ……. = 20° of Handstand (VP)
5. Clear Circle to Handstand …… = 20° of Handstand (VP) Clear Hip Circle = → 0.4 (45° = 0.0; Horizontal = - 0.3)
6. Giants & L-Grip Handstand …. = 20° of Handstand (VP)
7. Upswing ½ t. …….. = 20° of Handstand (VP) PRIOR to Turn, (Cast 21°+ ½ t. = "A", Clear Hip ½ t. prior = "A")
8. Hop Grip Change …….. = 20° Simultaneous, different grip, on upswing, flight, hips extended (others = root skill)
9. Twisting Salto Dismount …….. = 90°+ missing (Lower VP) Twist is complete when feet land

(Degree from Vertical)
Cast Handstand (LEVEL 7-10)

..0° – 10°	= 0.0	= "B" credit
11° – 20°	= 0.05	= "B" credit
21° – 30°	= 0.1	= "0" credit
31° – 45°	= 0.15 – 0.2	= "0" credit
46° +	= 0.25 – 0.3	= "0" credit

Cast to 45° – LEVEL 6 – REQUIREMENT

0° – 45°	= 0.0	= SR credit
46° – Horizontal	= → 0.3	= SR credit
Below Horizontal	= 0.3	= NO SR

(Degree from Vertical)
1/2t. or 1/1t. (Non-Healy)

0° – 20°	= 0.0
21° – 30°	= 0.05 – 0.1
31° – 45°	= 0.15 – 0.2
46° +	= 0.25 – 0.3

(Degree from Vertical)
1/1t. (Healy) or 1-1/2t.

1° – 30°	= 0.0
31° – 45°	= 0.05 – 0.15
46° +	= 0.20 – 0.30

(Degree from Vertical)
Circle to Handstand / Uprise

0° – 10°	= 0.0	
11° – 20°	= 0.05	
21° – 45°	= 0.00	Lower VP
46° – 90°	= 0.05 – 0.20	Lower VP

Clear Hip Circle ("B") = → 0.4

45° above	= 0.0
Horizontal	= 0.3

Dismount Saltos with Twists

1° – 44°	= 0.05 – 0.10
45° – 89°	= 0.15 – 0.20
90° +	= Lower VP

Flight to LB Handstand

0° – 10°	= 0.0
11° – 20°	= 0.05
21° +	= Lower VP

I. SELECTED ELEMENT REQUIREMENTS:

1. # 1.414 (D) = Jump Extended 1/2t. LB… = Stretched with legs together (not straddled)
2. # 4.202 (B) = Back Giants……. = Accelerated Giant allowed, no vertical stretch required, split legs = OK
3. # 4.102 (A) = LB Giants……. = Legs must quickly straighten by vertical, same VP as HB
4. # 5.405 (D) = Large Release Elements... = Height above HB, at HB = .05, below HB = 0.1 - 0.2, under rotate = 0.1
5. # 3.301 (C) = LB to HB Release…….. = Under rotation, rotate to full stretch = 0.1
6. # 2.205 (B) = Straddle Back……. = Flight before hands, feet may be placed after hands, touch floor = OK VP
7. # 3.203 (B) = Underswing ½ t……= Contact LB completed at or above horizontal.
8. # 3.207 (B) = Weiler Kip……. = Forward Clear Hip to Handstand
9. # 4.406 (D) = Pak Salto…….. = To Clear Support on LB, (Fall = full support on feet between LB - HB)
10. # 6.204 (B) = Back Stalder Circle……. = Shoulders to hip angle, Clear Straddle Circle to "L" support = A
11. # 8.505 (E) = Double Layout Flyaway…..= Stretch through majority of Salto
12. # 8.103 (A) = Flyaway Dismounts…… = From HB for Value Part Credit
13. # 3.401 (D) = Shaposhnikova …… = → 0.1 backward swing does not achieve horizontal

J. HAND GRIP DESCRIPTIONS:

1. Overgrip… or Regular Grip…… = Palms Down – Knuckles Up…….. - Backward Circles
2. Undergrip. or Reverse Grip…….. = Palms Up – Knuckles Down…….. - Forward Circles
3. Mixed Grip…… = One Regular – One Reverse……. - ½ t. Re-grasps
4. L-Grip…… = 360° Reverse Grip …… - Forward Invert Giants (Thumbs away)
5. Mixed L-Grip…… = One L-Grip – One Undergrip……. - ½ t. Re-grasps
6. Slip Grip…… = Regular Grip – Slide/Slip Grip…... - Front Giant # 5.402
7. Cross Hand Grip…… = Regular Grip over Reverse Grip… - Backward Circle ½ t. Forward Circle

K. TURNS IN OR AFTER HANDSTAND:

1. Blind Change…... ½ t…… = Turn – Chest Leading…… - Backward Giant ½ t. Forward Giant
2. Pirouette…….. ½ t., 1/1 t, 1 ½ t.. = Turn – Back Leading…….. - Two Hand Changes
3. Higgins Roll……..½ t. after……= Turn – Back Leading…….. - To Mixed Grip (No Handstand ½ t. A)
4. Healy …… 1/1t. after……. = Turn – Back Leading…….. - Front Giant to 1-arm 1/1t.

UNEVEN BARS – COMPOSITION – EXECUTION – BONUS page 3

I. CONTENT: Mounts, Kips, Casts, Counterswing, Underswing, Clear Hip, B./F. Giants, Stalder, Circles, Hechts, Dismounts

II. SPECIAL REQUIREMENTS (0.5 each, off SV), One (1) element may fulfill more than one SR.

SR	Level 6	Level 7	Level 8	Level 9	Level 10	NCAA = 0.2 each
1….	One Cast…… Above Horizontal	One Cast…….. 45° to Vertical	Bar Change…….. (1-LB, 1-HB)	1st Bar Change….. 2nd Bar Change	C – Flight……..	1st Bar Change 2nd Bar Change
2….	Bar Change…..…..B – Clear Circle…..		B – Flight / Turn…..	B – Flight……..	B – Flight……..	C – Turn
3….	Gr. 3, 6, 7……..… Clear 360° Circle	A/B – Gr. 3, 6, 7…..	B – Gr. 3, 6, 7……..	C – Flight OR…….. B – Turn Element	C – Turn…… Element	C or B – Flight C or D – Flight
4….	A – Salto….....	A – Salto……..	A – Salto….....	B – Salto……..	C – Salto.....	C – Salto B+B+C = - 0.1

III. SPECIFIC COMPOSITIONAL DEDUCTIONS (Lv. 8, 9, 10)

Lack of Handstands or Pass thru Hst. (Lv 8)	*→ 0.2*
Uncharacteristic Elements	*each 0.1*
3/4 Forward Giant w/wo grip change	*each 0.1*
Dismount – Not up to Comp Level	*→ 0.1*
Facing Same Direction throughout (L9.10)	*0.1*
Choice of Elements: Requirements (L9.10)	***No Dismt.***
1. Forward Element (Circle or Release)	*0 / 3 = 0.2*
2. Element from Groups 3 / 6 / 7)	*1 / 3 = 0.1*
3. C-Turn with or without Flight	*2 / 3 = 0.0*
Squat-on LB w/wo sole, more than 1 (L10)	*each 0.1*
Releases – Not up to Comp. Level (L10)	*→ 0.2*
Lack of 2 Bar Changes (L10)	*0.2*

IV. SPECIFIC EXECUTION DEDUCTIONS

Failure to Remove Board / Spotting Block	*(CJ) 0.3*
3rd Run to approach mount (each judge)	*0.5*
Insufficient Dynamics	*→ 0.2*
** Insufficient Swingful Execution thruout*	
** Energy Not Maintained thruout*	
** Failure to Make Difficult Look Effortless*	
Poor Rhythm in Elements	*→ 0.1*
Intermediate (Extra) Swing/Cast (max. 0.5)	*0.3*

V. SPECIFIC EXECUTION DEDUCTIONS

Angle of Flight to LB Handstand (11°-20°)	*0.05*
Angle of Circle to Handstand	*→ 0.2*
Angle of Cast to Handstand	*→ 0.3*
Angle of Circle Hip Circle Elements	*→ 0.4*
Angle of Turn Deviation (1/2t. – 1/1t.)	*→ 0.3*
Angle of Turn Deviation (Healy + 1-1/2t.)	*→ 0.3*
Hesitation in Jump, Swing to Handstand	*→ 0.1*
Precision of Handstand Positions thruout	*→ 0.1*
Insufficient Extension of Glide/Swing to Kip	*→ 0.1*
Incorrect Posture on Landing	*→ 0.2*
Insufficient Amplitude of Elements	*→ 0.2*
Insufficient Stretch (Arch / Pike)	*→ 0.2*
Insufficient Ext (Open) prior to Landing	*→ 0.3*
Insufficient Height of Salto Dismounts	*→ 0.3*
Swing Forward Under Horizontal	*→ 0.1*
Swing Backward Under Horizontal	*→ 0.1*
Under-Rotation of Release Elements	*→ 0.1*
Landing Too Close to Bars Dismount	*0.1*
Touch / Brush Foot on Apparatus or Mat	*→ 0.1*
Hit Foot on Apparatus	*0.2*
Trunk Movement to Control Landings	*→ 0.2*
Hit Foot on Mat	*0.3*
Grasp Apparatus to Avoid a Fall	*0.3*
Land in foam pit (No VP, SR, Bonus)	*0.3*

I. CONNECTION VALUE – without Fall, Spot or Extra swing between elements, CV Rules.

II. CONNECTION VALUE (CV) PRINCIPLES **NCAA: +-0.1 CV = Same Bar "D" or Any "E" Release**

A. Flight Criteria:
1. LB → HB or HB → LB
2. Counter flight, Vault or Salto → same or other bar
3. Release Hop → Change Grip, completed within 20°of handstand
4. Flight Exceptions: straddle cut # 1.204, giant hop 1/1t. # 4.402, swing 1/1t. # 2.204, cast 1/1t. # 2.304.

Level 10 "C" elements must have Flight or Turn, all "C, D ,E" mounts and dismounts may be used for CV
C + C = 0.1….. Both elements…..... WITH **…….Turn or Flight, ** Gr. 3,6,7 different elements – Turn / Flight not required
C + D = 0.1….. "C" elements…… WITHOUT….Turn or Flight, when connected to "D/E" elements.
D + D = 0.2….. "D/E" elements…….. Turn or Flight, not required.

B. Level 9 "D/E" element will be considered as "C" elements for CV – Maximum of ONE Restricted "D/E" allowed.
C + C = 0.1….. ONE element……..WITHOUT….Turn or Flight.
C + C = 0.1…..Both elements……. WITHOUT….Turn or Flight, "C" elements must be different.
C + C = 0.2….. Both elements……. WITH…….Turn or Flight.

C. Direct Connections: Swing between elements…
1. ¾ Forward Giant……. – hop change grip = "O" VP, NO CV, - 0.1 composition, - 0.1 if below horizontal
2. Forward Giant to 20° of vertical… – hop change grip = "C" VP, OK CV, No composition deduction.

III. D/E BONUS (Level 10 only): may replace VP, no fall/spot, maximum +0.4, same ("D") or ("E') one (D/E) Bonus.

IV. ADDITIONAL BONUS +0.1 (Level 10 only): Total Bonus = + 0.6 or more and minimum one ("E") element.

V. BONUS RESTRICTIONS: Fall / Spot, Extra swing, Repeated, Same Connection, Level 9 (CV) only, Level 6/7/8 no Bonus.

LEVEL 10 Difficulty Restrictions - no Difficulty Restrictions

LEVEL 9 Difficulty Restrictions

a. Only (“A”) / (“B”) / (“C”) elements and any (“B”) or (“C”) with a Full Pirouette (“D’s”)
b. Maximum of One (1) Restricted (“D”) / (“E”).
c. All allowable (“D”) / (“E”) elements:
(“C”) VP, SR awarded, (“C”) in (CV), No (“D/E”).
d. Only first Restricted (“D”) / (“E”) element may be used.
e. Any Other Restricted (“D”) or (“E”) element performed or attempted:
No VP, No SR, Deduct 0.50 from SV
f. Execution and Amplitude deductions applied.

LEVEL 8 Difficulty Restrictions

a. Only (“A”) and (“B”) elements and any number of selected (“C”) elements are allowed:
1) #2.301 (“C”) Cast to Handstand ½ (180°) Turn
2) #3.304 (“C”) Clear Hip Circle to Handstand
3) #3.305 (“C”) Clear Hip Circle to Handstand ½ (180°) Turn
4) #6.304 (“C”) Back Stalder Circle to Handstand
5) #6.304 (“C”) Back Stalder Circle to Handstand ½ (180°) Turn
6) #7.309 (“C”) Sole Circle Backward to Handstand
7) #7.309 (“C”) Sole Circle Backward to Handstand ½ (180°) Turn
NOTE: #4.204 (“B”) Underswing ½ t., from HB Handstand, = Restricted (“C”) (#4.304).
#2.205 (“B”) Counterswing, Straddle Back to LB Handstand = Restricted (“C”) (#2.305).
b. Maximum of One (1) Restricted (“C”) element.
c. All allowable (“C”) elements:
(“B”) VP awarded, SR awarded.
d. Only the first Restricted (“C”) element in the exercise may be used:
(“B”) VP, SR awarded
e. Any Other Restricted (“C”) or any (“D”) / (“E”) performed or attempted
No VP, No SR, Deduct 0.50 from SV.
f. Execution and Amplitude deductions.

LEVEL 7 Difficulty Restrictions

a. Only (“A”) and (“B”) elements, and any number selected (“C”) elements are allowed:
1) #2.301 (“C”) Cast to Handstand with ½ (180°) Turn
2) #3.304 (“C”) Clear Hip Circle to Handstand
3) #3.305 (“C”) Clear Hip Circle to Handstand ½ (180°) Turn
4) #6.304 (“C”) Back Stalder Circle to Handstand
5) #6.304 (“C”) Back Stalder Circle to Handstand ½ (180°) Turn
6) #7.309 (“C”) Sole Circle Backward to Handstand
7) #7.309 (“C”) Sole Circle Backward to Handstand ½ (180°) Turn
b. All allowable (“C”) elements:
(“B”) VP awarded, SR awarded.
c. Any other Restricted (“C”) or any (“D”) / (“E”) element performed or attempted
No VP, No SR, Deduct 0.50 from SV.
d. Execution and Amplitude deductions would be applied

LEVEL 6 Difficulty Restrictions

a. Only (“A”) and (“B”) elements and
ONE (1) of the following selected (“C”) elements are allowed:
1) #3.304 (“C”) Clear Hip Circle to Handstand
2) #6.304 (“C”) Back Stalder Circle to Handstand
3) #7.309 (“C”) Pike Sole Circle Backward to Handstand
b. All allowable (“C”) elements:
(“B”) VP awarded, SR awarded.
c. Any other (“C”) / (“D”) / (“E”) element that is performed or attempted
No VP, No SR, Deduct 0.50 from SV.
d. Flight / Release elements that transfer from HB → LB or LB → HB are not allowed, regardless of value.
e. Execution and Amplitude deductions would be applied