Updated October 2021

USAG UNEVEN BARS

Priscilla K. Hickey, Editor

	A = 100		B = 200		C = 300
	MOUNTS		**MOUNTS**		**MOUNTS**
1.101	Kip LB / Reverse Grip / Glide 1/2t. Kip	1.201	Kip --> catch HB, Kip --> 1/2t. catch HB	1.301	Kip --> 1/1t. catch HB
1.102	Jump 1/2t. Kip LB	1.202	Jump 1/2t. Kip -> HB / --> 1/2t. HB, 1/2t. Back Kip	1.302	Jump 1/2t. Kip --> 1/1t. HB
1.103		1.203	Jump 1/1t. Kip LB	1.303	Jump 1/1t. Kip --> Catch HB
1.104	Stoop (Sit) / Back Kip, LB --> HB, --> 1/2t.	1.204	Kip Cut Catch, Stoop/Strad (Clear) LB ->HB, ->1/2t.	1.304	Stoop LB --> Cut Catch HB / Stoop 1/1t. --> HB
1.105		1.205	Reverse Kip / LB -->catch HB	1.305	
1.106	Jump to HB - Kip / Reverse Grip / Drop to LB	1.206	HB - Jump 1/2t. Kip / Free Jump 1/2t. --> LB to HB	1.306	Jump 1/2t. over LB --> Kip to HB
1.107	Jump 1/2t. - 1/1t. HB hang	1.207		1.307	Jump F. Salto - HB hang; **HB - B. Salto Tuck/Strad --> LB**
1.108	Squat or Straddle Vault LB --> HB	1.208	Free Straddle or Tuck over LB --> HB	1.308	Jump Free Straddle LB --> 1/2t. (free) to L-grip HB
1.109		1.209	Hecht Jump (legs together) LB --> HB	1.309	
1.110		1.210		1.310	Front Salto --> LB sit, LB L-Hang
1.111		1.211	Roundoff Straddle over LB	1.311	Roundoff over LB --> HB hang
1.112		1.212		1.312	
1.113		1.213		1.313	
1.114		1.214	Jump Bent Hip Handstand - LB	1.314	Jump Bent Hip Handstand LB - 1/2t.
1.115		1.215	Jump HB - Underswing 1/2t. --> LB	1.315	Jump HB - Clear Hip to Handstand (Rev, Mix, Reg)
1.116		1.216		1.316	
	CAST & UPRISES		**CAST & UPRISES**		**CAST & UPRISES**
2.101	Cast to 21° - 45° with 1/2t.	2.201	Cast Handstand bent / extend	2.301	**Cast Handstand (bent/ext.)** - Hop Rev.,**1/2t.**, **1/1t. Healy****
2.102	Cast Squat, Stoop, Straddle on LB --> HB	2.202	Cast Free Straddle LB -> HB, Free Stoop 1/2t. HB	2.302	HB - Uprise Straddle or Rear Vault --> over HB **(Schier)**
2.103		2.203	HB - Uprise to Clear / Turning 1/2t. Uprise to Clear	2.303	HB - Uprise Handstand, **Uprise 1/2t.**, 1/1t. Healy ****
2.104		2.204	HB - Swing 1/1t. Hang HB	2.304	HB - Cast 1/1t. hang **(Caslavska Pirouette)**
2.105		2.205	HB - Counterswing Straddle / Pike Back --> LB	2.305	HB - Counterswing --> LB Handstand, 1/2t. IN
2.106		2.206	**(no counter swing - from D/E release = C)**	2.306	HB - Counterswing Front Salto 1/2t. --> LB clear **(Pritchard)**
	UNDERSWINGS & CLEAR HIPS		**UNDERSWINGS & CLEAR HIPS**		**UNDERSWINGS & CLEAR HIPS**
3.101		3.201	LB - Underswing / Clear 1/2t. --> HB hang	3.301	LB - Clear Swing --> F. Counter to HB, --> 1/2t
3.102	HB - Underswing 1/2t. hang	3.202	HB - Underswing / Clear 1/2t. Flair, 1/2t. Clear	3.302	Underswing / Clear 1-1/2t. hang
3.103		3.203	HB - Underswing (toe-on) 1/2t. --> LB	3.303	HB Handstand Underswing (toe-on) 1/2t. --> LB
3.104		3.204	Clear Back Hip Circle	3.304	**Clear Hip Handstand**
3.105		3.205		3.305	**Clear Hip Handstand 1/2t. IN**, **1/2t. Higgins**, **1/1t. Healy****
3.106	HB Inverted Pike swing - dislocate hang	3.206		3.306	HB - Inverted Pike Dislocate, Hop Hst., --> LB **(Schleudern)**
3.107		3.207	Clear Hip Forw. - above horz. (Weiler Kip) **bent hip ok**	3.306	HB - Dislocate Underswing 1/2t. --> LB **(Tai)**
3.108		3.208		3.308	
	BACK GIANTS		**BACK GIANTS**		**BACK GIANTS**
4.101	HB - Back Swing 1/2t. @ Horiz. - 45° Vertical	4.201	HB - Back Swing 1/1t. @ horizontal, L-grip	4.301	HB - Back Swing 1-1/2t. @ 45o vertical
		4.201	**HB - Swing 1/2 t. to 21 - 44° from Vertical**		
4.102	HB - Long Hang Pullover, LB Back Giant	4.202	HB - Back Giant, Cross **(Dussier)**, Bent, One-arm **(Liu)**	4.302	HB - Back Giant Hop IN - Grip Change
4.103	**(Note: all LB Giants with extended**	4.203	LB - Back Giant 1/2t. Handstand	4.303	HB - Giant 1/2t., 1/2t.-1/2t., **1/1t. Healy ****, LB 1/1t.**(Borkan)**
4.104	**body & legs = HB Giant values)**	4.204	HB - Bail Swing 1/2t. --> LB **(from D/E release = C)**	4.304	HB - Handstand Bail Swing 1/2t. --> LB
4.105		4.205	catch with extended body at horizontal	4.305	
4.206		4.206		4.306	**HB - B. Salto T./Str. --> LB/Clear,** 1/2t. --> LB mix **(Cullinan)**
4.207		4.207		4.307	LB - B. Giant 1/2t. Tuck --> HB hang **(Laumann)**
	FRONT GIANTS		**FRONT GIANTS**		**FRONT GIANTS**
5.101		5.201	HB - Handstand Front Giant 1/1t. @ horizontal	5.301	
5.102		5.202	LB - Front Giant, 1/2t. (handstand to handstand)	5.302	HB - Front Giant, HOP, 1/2t., **1/1t. Healy ****, LB 1/1t.
5.103		5.203		5.303	HB - Front Giant (reg./rev.) --> over LB
5.104		5.204		5.304	HB - B. Giant (cross grip) 1/2t. Front Giant, 1/2t. **(Shahaf)**
5.105		5.205		5.305	LB - Front Giant --> Front Salto HB
5.106		5.206		5.306	HB - F. Giant (rev.) Free stoop/str. 1/2t. HB **(Wenning/Volpi)**
5.107		5.207		5.307	
	STALDERS		**STALDERS**		**STALDERS**
6.101	Clear Straddle Forward - Clear Straddle Suppor	6.201	Clear Straddle Forward to Clear Support	6.301	**F. Stalder**, 1/2t. IN**, 1/1t. Healy ****, Kip Str. 1/2t.**(Chow)**
6.102		6.202	Clear Straddle Back HB --> LB, 1/2t. Catch HB	6.302	HB - Clear Straddle Circle Forward --> over LB
6.103		6.203		6.303	Front Stalder (L-Grip) to Clear Support
6.104	Clear Straddle Back - Clear "L" Support	6.204	Back Stalder Circle - Clear Support	6.304	**Back Stalder**, 1/2t. IN**, 1/1t. Healy ****
6.105		6.205		6.305	LB - Back Stalder Release --> HB **(Ray),** Hecht --> HB
	CIRCLES & HECHTS		**CIRCLES & HECHTS**		**CIRCLES & HECHTS**
7.101	Hip Circle F/B (with or without support)	7.201		7.301	LB - Clear Hip Hecht --> HB, -->1/2t.
7.102	Free Back Hip "false pop" -> regrasp bar	7.202	LB - Back Hip --> free straddle to sit **(Korbut)**	7.302	**Removed Back Hip Circle Hecht**
7.103	Sole Circles F/B, Tuck/Pike, LB -->HB	7.203	HB - Piked Back Sole Circle --> LB stand	7.303	
7.104	Front Seat Circle / LB --> HB	7.204	LB - Front Seat -> 1/2t., HB Stoop ->1/2t. / P. Salto	7.304	
7.105		7.205	Front Seat Circle --> Straddle Cut Catch	7.305	HB - (F/B) Pike Cut --> LB, LB - F. Seat --> Cut HB
7.106	Back Seat Circle / LB --> HB	7.206	LB - Back Seat --> 1/2t. HB, HB - Back Seat --> LB	7.306	HB - Clear Back Pike Circle - Clear **(Steinmann circle)**
7.107		7.207		7.307	
7.108		7.208		7.308	Front Pike Sole Circle - Handstand, 1/2t. IN, **1/1t. Healy ****
7.109		7.209	Piked Back Sole Circle - Clear Support (toe on-off)	7.309	**Back Pike Sole Circle - Handstand, 1/2t. IN**, **1/1t. Healy ****
7.110		7.210		7.310	LB - B. Pike Sole Circle --> Counter HB, 1/2t. **(Reinhardt)**
7.111		7.211		7.311	**1/1t. Healy, Uprise 1/2t.** = D (NCAA)**
7.112		7.212		7.312	**Stalder, Stalder 1/2t.** = D (NCAA)**
7.113		7.213		7.313	LB - Clear Back Pike --> Hecht / Counter to HB
		7.213	**Clear Back Pike Circle - Clear Pike Support**	7.313	**Clear Back Pike Circle - Disengage to Horizontal or above**
	DISMOUNTS		**DISMOUNTS**		**DISMOUNTS**
8.101	HB - Toe-on or Clear, 1/2t., 1/1t.	8.201	HB - Toe-on or Clear 1-1/2t., 2/1t.	8.301	HB - Toe/Clear/Stalder F. Salto T/P (**Celestine** Stalder T.1/2t.)
8.102		8.202		8.302	Underswing / Clear 1/2t. B. Salto T/P **(Comaneci)**
8.103	From HB - Flyaway - Back Salto T / P / S	8.203	Flyaway - Back Salto T/P/S, 1/2t.,1/1t.	8.303	Flyaway - B. Salto T/P/S 1-1/2t., **2/1t. = D (NCAA)**
8.104		8.204		8.304	Double Back Salto - Tuck or Pike
8.105		8.205		8.305	
8.106		8.206		**8.307**	F. Giant - Salto Tucked 1-1/2t.
8.107	HB - F.Giant - F. Salto T/P/S	8.207	Clear Front Straddle / Giant - Front Salto 1/2t., 1/1t.	**8.307**	F. Giant - Salto Layout **(Pechstein) 1-1/2t.= D, 2/1t.= E (NCA**
8.108	(allowed to counterswing into Front Salto)	8.208	Hecht or Clear Hecht	8.308	Hecht 1/1t. or Clear Hecht 1/1t.
8.109		8.209	Cast Near Handstand - F. Salto Tuck	8.309	Cast Near Handstand - F. Salto Pike, B. Salto T/P
8.110		8.210	Straddle Cut --> Whip-Salto **(Tanac)** T/P/S (LB/HB)	8.310	Clear Hip / Giant - B. Salto **(Gonzales)**, Tanac 1/1t., 1-1/2t.
				8.310	Back Giant 1/2t. - Back Salto Tuck

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	D = 400		E = 500
	MOUNTS		**MOUNTS**
1.401		1.501	
1.402		1.502	
1.403		1.503	
1.404		1.504	
1.405		1.505	
1.406		1.506	
1.407		1.507	
1.408		1.508	
1.409		1.509	
1.410	Free Front Tuck / Pike Salto over LB --> HB hang, 1/2t. --> LB Hang	1.510	
1.411	Roundoff over LB --> 1/1t. HB hang	1.511	
1.412	Roundoff Back Tuck --> LB **(Jentsch)**, LB Handstand **(Gonzalez)**	1.512	Roundoff Flic Flac 1/1t. Clear / Handstand LB **(Gurova)**
1.413	Roundoff Arabian Tuck / Pike - LB sit	1.513	Roundoff Arabian Tuck / Pike over LB --> HB
1.414	Bent Hip Handstand 1/1t., Extended Handstand or 1/2t. IN	1.514	
1.415	Jump HB - Clear Hip Handstand 1/2t. IN **(McNamara)**	1.515	
1.416	Jump LB - Clear Support (Rev Grip) - Clear Forward Hip Circle Hst. 1/2t. **(Garner)**	1.516	
	CAST & UPRISES		**CAST & UPRISES**
2.401	**Cast Handstand** 1/1t. **(Pacheco)**, Hop to L-grip, 1-1/2t. Healy, **1-1/2t. (Miller)****	2.501	**Note: Handstand 1-1/2t.** = E (NCAA)**
2.402	LB in/out - Cast Front Salto --> HB **(Brause)**, B. Giant 1/2t.-1/2t. Rear Vault HB **(Janz)**	2.502	LB - Cast Front Salto 1/1t. -> HB (Brause 1/1t.), Cast Front Salto **(Comaneci)**
2.403	**Uprise** -1/1t., Hop **(McCalla),** Hop 1/1t.Healy, 1-1/2t.Healy, **1-1/2t. (Reeder)****	2.503	
2.404	Turning Uprise - Straddle Forw. 1/2t. **(Wilson),** 1/2t. Straddle Back **(Franzella)**	2.504	
2.405	Counterswing --> LB Handstand 1/1t. IN, 1/2t. --> LB Handstand	2.505	
2.406	Counterswing --> F. Salto Stretch 1/2t. to LB **(Cox)**, Straddle Salto -> HB **(Bullock)**	2.506	
2.406	Counterswing --> F. Salto --> catch LB in reverse grip (**Montell**)		
	UNDERSWINGS & CLEAR HIPS		**UNDERSWINGS & CLEAR HIPS**
3.401	LB - Clear Hip --> HB **(Schaposchnikova)**	3.501	LB - Clear Hip --> 1/2t. HB **(Khorkina)**
3.402		3.502	Clear Hip Handstand - Counter Straddle **(Hindroff),** Piked **(Jones)**
3.403	HB - Underswing (toe-on) 1/2t. --> LB Handstand	3.503	Underswing / Clear 1-1/2t. flight --> LB **(Strong)**
3.404	Clear Hip Hop - IN Handstand phase	3.504	
3.405	Clear Hip Circle - Handstand 1/1t. IN **(Ma)**	3.505	Clear Hip Handstand 1-1/2t.
3.406	HB - Inverted Pike Swing Dislocate --> LB Handstand **(Zuchold-Schleudern)**	3.506	
3.407	Clear Hip Forw. Hst. **(Weiler Kip Hst.) bent hip ok**, 1/2t. IN, 1/1t. Healy **(McAllister)**	3.507	
3.408	LB - Clear Hip Forward --> F. Salto over LB to HB **(Pelaez)**	3.508	Clear Hip Forward - Front Salto Straddled **(Sims)**
	BACK GIANTS		**BACK GIANTS**
4.401		4.501	
4.402	HB - Back Giant - Hop to L-grip IN **(Dochney)**	4.502	HB - Back Giant - Hop 1/1t. **(Chusovitina)**
4.403	**HB - Back Giant** 1/1t., 1/2t. +1/1t. Healy, Hop 1/2t.-1/2t., **1-1/2t.(Dawes)****	4.503	Back Giant 2/1t.
4.404	HB - Bail Swing 1/2t. --> LB Handstand	4.504	Bail Swing 1-1/2t. --> over LB
4.405	HB - Reverse Hecht Straddle **(Tkatchev)**	4.505	Back Giant - Reverse Hecht - Pike, 1/2t.-1/2t., 1/1t. **(Schuschonova)**
4.406	HB - Back Salto Stretch --> LB **(Pak)** regular or cross grip	4.506	Swing --> F. Salto **(Counter Kim)**, Pak Salto 1/1t. T/S **(Phillips/Bhardwaj)**
4.407	HB - Back Salto 1/2t., T./Str. **(Deltchev)**, Pike **(Gienger)**, Pike 1/2t. **(O'Neal)**	4.507	Layout Back Salto 1-1/2t. (**Hristakieva)**, 1/2t. **(Hubbard/Martinjak)**
		4.507	**Piked Deltchev (Bardes)**
	FRONT GIANTS		**FRONT GIANTS**
5.401		5.501	
5.402	Front Giant - Slip Grip **(Galloway)**, 1/1t. **(Portocarreo)**, Hop to L-grip **(Estella)**	5.502	Front Giant (one arm) 1/1t. to Handstand, Front Giant 1-1/2t.
5.403	Front Giant (reg./rev.) --> LB Handstand, Front Giant 1/2t. --> LB **(Ejova)**	5.503	
5.404	Back Swing - Cross Grip 1/2t. Front Salto Straddle / Tuck (Mixed Grip Deltchev)	5.504	HB Handstand Swing Cross Grip 1/2t. --> F. Salto Pike catch HB **(Garrett)**
5.405	F. Giant (rev./L) - F.Salto Tuck, Str. **(Jaeger)**, LB - F.Salto 1/1t.-> HB (**Graeble**)	5.505	F. Giant - Salto Pike, Tuck --> over HB **(Mo),** Straddle **(Cappuccitti)** / 1/2t.
5.406	Front Giant (rev.) - 1/2t. Free Straddle --> HB **(Khorkina)**	5.506	F. Giant (L-grip) 1/2t. Free Straddle --> HB **(Perret)**
5.407	Front Giant (L-grip) Pike / Stretched, 1/2t. **(Zaytseva)**	5.507	F. Giant (L-grip) 1/1t., **(Karpenko)** to L-grip **(Ling),** 1-arm flair **(Bi)**, 1-1/2t., 2/1t.
	STALDERS		**STALDERS**
6.401	**F. Stalder - Handstand 1/1t. IN****, F. Stalder Overgrip **(Boniforti)**	6.501	**Note: Stalders 1/1t.** = E (NCAA)**
6.402	(HB) - Clear Straddle Circle (F/B) -> LB Hst., (LB out) F. Stalder -> F. Salto HB	6.502	
6.403	L-grip Front Stalder Handstand, 1/2t. **(White)**	6.503	Front Stalder (L-grip) Handstand 1/1t.
6.404	**Back Stalder - Hop IN, 1/1t. IN** (Frederick)**	6.504	Back Stalder 1-1/2t. Mix **(Chow),** L-grip **(Khorkina)**
6.405	(LB) Back Stalder --> HB Hang	6.505	(LB) Back Stalder --> 1/2t. HB hang / B. Stalder --> Rev. Hecht **(Ricna)**
	CIRCLES & HECHTS		**CIRCLES & HECHTS**
7.401	Free Hecht / Clear Hecht over bar --> 1/2t. hang	7.501	
7.402		7.502	
7.403		7.503	
7.404	Clear Pike Forward L-grip Handstand **(Adler)**, 1/2t.	7.504	Clear Pike Forward IN L-grip Handstand **(Luo)**; 1/2t.
7.406	Clear Back Pike - rear inverted pike support	7.505	
7.406	Clear Back Pike - hang **(Mirgorodskaia)**, --> LB salto **(Teza)**, 1/2t. LB Hst. **(Teza)**	7.506	
7.407	Clear Back Pike --> Reverse Hecht Straddle / Stoop **(Li-Li)**	7.507	
7.408	(L-grip) Front Pike Sole to Handstand or 1/2t., Front Pike Sole 1/1t. to Handstand	7.508	(L-grip) Front Pike Sole 1/1t. to Handstand
7.409	Back Pike Sole - Hop IN, Sole 1/1t. L-grip **(Maloney)**	7.509	Back Pike Sole Circle - Handstand 1-1/2t., L-grip **(Lucke)**
7.410	Back Pike Sole (LB out) --> HB **(Maloney)**; Toe Shoot 1/1t. **(Oster)**	7.510	Back Pike Sole (LB in/out) --> 1/2t. HB **(Byhovsky),** 1/1t. HB **(Ramier)**
7.411		7.511	Back Pike Sole Circle --> Reverse Hecht Strad. **(Ray),** 1/2t. **(Tweedle),** Piked
7.412	Clear Pike Forward to Handstand, 1/2t. (Endo Pike)	7.512	Clear Pike Forward to Handstand 1/1t. (Endo Pike Full)
7.413	Clear Pike Backward to Handstand, 1/2t.	7.513	Clear Pike Backward to Handstand 1/1t.
7.413	**Clear Back Pike Circle - Handstand (within 20° of Vertical)**		
	DISMOUNTS		**DISMOUNTS**
8.401	HB Toe-on or Clear F. T/P 1/1t., Stretch (**Kennedy**), Clear B. Pike Cir. -> F. Stretch1/2t.	8.501	HB Toe-on or Clear Front Salto Tuck / Pike 1-1/2t.
8.402	Underswing / Clear - 1/2t. Back Salto Stretch **(Okino),** 1/2t. Back Salto 1/2t. **(Haba)**	8.502	Underswing - 1/2t. Back Salto Tuck 1/1t. **(Kraeker)**
8.403	Back Salto Stretched 2-1/2t. **(Ji)**	8.503	Flyaway - Back Salto Stretched 3/1t. **(Bar)**
8.404	Double Back Salto Tuck - 1/2t. in 2nd Salto **(Elmore)**	8.504	Double Back Tuck 1/1t. **(Ch),** 2/1t. **(Fab),** 1/2t.B.-F.Pike1/2t. **(Var),** 3x Back **(Mag)**
8.405	Double Back Salto Pike-Layout or Layout-Pike	8.505	Double Back Salto - Stretched, Scissor **(Rickett)**, 1/2t. **(Peele)**, 1/1t., 2/1t. **(Ray)**
8.406		8.506	Back 1/2t. - F.Tuck **(Fontaine)**, 1/2t. **(Beckman)**, F.Stretch **(Bianco)**, D.F.Tuck
8.407	HB - Forward Swing -> Front Salto Stretched 2-1/2t., 1/2t. Double Back T/P **(Goerlitz)**	8.507	Front Giant - Double Front Tuck, 1/2t., Front 1/2t. Back Out
8.408	Hecht or Clear Hecht - Back Salto Tuck **(Muchina)**	8.508	Hecht / **Clear Hecht** - 1/2t. Front Salto, Hecht Back Salto 1/1t. **(Ma)**
8.409		8.509	
8.410	Back Stalder Hst. - B.Tuck / Pike, Back Giant -> B.Tuck 1/1t. Over HB **(Harriman)**	8.510	
8.410	Straddle Cut to Whip-Salto (Tanac) 2/1t. **(Bronson)**		Note: Any Double Salto flyaway with twists on first or second salto = E