

BARS		BARS		BARS		BARS		BARS			Level	Level	
Composition Deductions		Execution Deductions		Execution Deductions		Connection Values		0.1	0.2	Special Requirements	VP	9	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						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 w/o Flight / Turn	C+C			1 - C Flight / B Turn	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		(different)			* different 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 Flight / Turn		C+C		B - Salto Dismount	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	Level 10				1 - B Flight	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	Both with Turn / Flight					Level 9 = +.1 D/E 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	** Group 3,6,7 - Different	C+C			1 - C Flight	Maximum (1 Restricted ) D/E		
** after a fall allowed to squat on to resume **		Angle of Circle to Handstand	→ 0.2	Touch / Brush Foot on Apparatus or Mat	→ 0.1	No Turn or Flight Required				* Different Flight	D/E = C		
Squat-on LB w/wo sole, more than 1 (L.10) **	each 0.1	Angle of Cast to Handstand	→ 0.3	Hit Foot on Apparatus	0.2					1 - C Turn	Other Restricted Element		
Releases - Not up to Comp. Level (L10)	→ 0.2	Angle of Turn Deviation (Healy + 1-1/2t.)	→ 0.3	Hit Foot on Mat	0.3	w / without Flight / Turn	C+D	D+D		* No Mount / Dismount	No VP		
Lack of 2 Bar Changes (L10)	0.2	Angle of Turn Deviation (1/2 t. - 1/1 t. IN)	→ 0.3	Full Support on foot/feet on mat in routine	0.5					C - Salto Dismount	0.5 off SV		

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\*FWD \_\_\_\_\_ \*3,6,7 \_\_\_\_\_ \*C-Turn \_\_\_\_\_ Lv Dismount \_\_\_\_\_ Direction \_\_\_\_\_ Uncharacteristic \_\_\_\_\_ 3/4 Front Giant w/wo grip \_\_\_\_\_ Dynamics \_\_\_\_\_

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 \_\_\_\_\_

11

\*FWD \_\_\_\_\_ \*3,6,7 \_\_\_\_\_ \*C-Turn \_\_\_\_\_ Lv Dismount \_\_\_\_\_ Direction \_\_\_\_\_ Uncharacteristic \_\_\_\_\_ 3/4 Front Giant w/wo grip \_\_\_\_\_ Dynamics \_\_\_\_\_

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 \_\_\_\_\_

11

\*FWD \_\_\_\_\_ \*3,6,7 \_\_\_\_\_ \*C-Turn \_\_\_\_\_ Lv Dismount \_\_\_\_\_ Direction \_\_\_\_\_ Uncharacteristic \_\_\_\_\_ 3/4 Front Giant w/wo grip \_\_\_\_\_ Dynamics \_\_\_\_\_

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 \_\_\_\_\_