

# UNEVEN BARS – GENERAL INFORMATION

## I. APPARATUS SPECIFICATIONS / RULINGS

- A. Rules and Policies..... = Wrong specifications..... = 0.3 CJ
- B. **Supplemental Mats**..... = **Sting Mat, 4" Throw Mat, 8" Skill cushion** – additional or 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**..... = 8" skill cushion or **plywood under board (NCAA OK)**..... unauthorized mats = 0.3 CJ
- 1. **without board / trainer** = 9" Landing mats + Supplemental mats = OK
- 2. **with board / trainer**..... = 9" Landing mats + Sting or 4 inch throw mat (board 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. **Warm-Up Regulations**: 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 to remount
  - 2. Start..... = **when gymnast stands back up on her feet, after injury assessment.**
  - Stop..... = feet leaves the floor.
  - 3. Warnings..... = "20 sec. remaining" and "10 sec. remaining" and "Time"; Fall time exceeded = Terminated
  - 4. **Remount & Fall**..... = **0.5 second fall (allowed 45 seconds to remount)**

## 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. Resume judging optional routine..... = with first recognized element performed.
- Lifted / pushed** with 2 pump swings allowed = 0.3 for extra swings: maximum 0.5 per occurrence.
- Lever 6,7,8,9** ..... = **allowed more than 1 squat-on (w/wo sole circle) jump to HB.**
- Level 10 (except after a fall, squat on OK)** ... = **more than 1 planned squat-on (w/so sole circle) = 0.1** deduction.
- Remount with glide kip – STOP – crawl up... = 0.1 uncharacteristic (crawl up), 0.1 lack of continuity (stop).
- Remount with cast squat on (fall back) ..... = to glide kip allowed without fall deduction, take execution.

## V. SPOTTING REGULATIONS

- A. Coach assists or spots during an 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 **inadvertent contact**..... OK VP / SR - No Bonus.
- D. Coach catches falling gymnast..... = 0.5 fall ONLY. OK if gymnast inadvertently touches the coach.
- E. Coach may use **block, mat or board \*\***..... = 0.3 CJ (warning) spotting device **not** removed (may **not** use chair).
- F. Coach may stand between rails (1 element)..... = 0.1 CJ, if coach remains throughout routine.
- G. Coach leans against the bars..... = no penalty if coach does **not** touch gymnast.

## VI. MOUNT AND DISMOUNT REGULATIONS

- A. **Mounts**:
  - 1. Board must be removed after mount..... = 0.3 CJ (warning) spotting device **not** remove.
  - 2. **Mount Attempts**:
    - a. Balk..... = attempt without mounting.
    - b. Two (2) attempts allowed ..... = did NOT touch board, bars or run under the bars.
    - c. 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. **Touch Board, under HB, under LB** = **0.5** penalty (Fall).
    - f. Attempt Roundoff only..... = 0.5 penalty – may remount, OK Bonus.
  - 3. Incorrect Bar Settings, fall..... = 0.5 penalty – 45 seconds to adjust bars and remount.
  - 4. 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, No 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, Ok Dismount (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, 2.00 CJ (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, Ok Dismount,..... 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, turn, arms, legs in Saltos (**See Short Cast Examples**)
- 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, 0.5 Fall.

# UNEVEN BARS – TECHNIQUE

- H. **REQUIRED TECHNIQUE FOR VP RECOGNITION:** 1. Shoulder - Lowest BP, 2. Hands - Midpoint, 3. Turn = Hips and Legs.
4. Cast to Handstand (Lv 7-10) ... = Exc: Cast Squat On (w/wo sole) → HB; Lv. 7/8 Cast → Underswing 1/2t., Peach Drop).
  5. Uprise Handstand ..... = 20° of Handstand (VP), closed shoulder angle over the bar.
  6. Flight to LB Non-Hst ..... = 21° or more (VP), → 0.2 amplitude, both hands contact = completed.
  7. Flight to LB Handstand ..... = 20° of Handstand (VP)
  8. Clear Circle to Handstand ..... = 20° of Handstand (VP) Clear Hip Circle = → 0.4 (45° = 0.0; Horizontal = - 0.3)
  9. Giants & L-Grip Handstand .... = 20° of Handstand (VP)
  10. Upswing ½ t. .... = 20° of Handstand (VP) PRIOR to Turn, (Cast 21°+ ½ t. = "A", Clear Hip ½ t. prior = "A")
  11. Hop Grip Change ..... = 20° Simultaneous, different grip, on upswing, flight, hips extended (others = root skill)
  12. 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

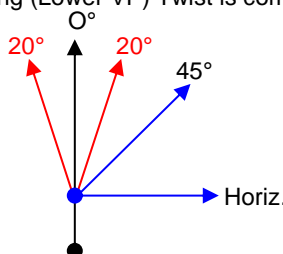
(Degree from Vertical)

## 1/1t. (Healy) or 1-1/2t.

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

## Dismount Saltos with Twists

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



(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)

## Circle to Handstand / Uprise

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

Lower VP

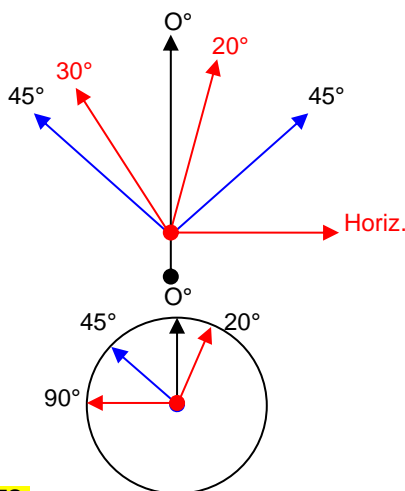
Lower VP

## Clear Hip Circle ("B") = → 0.4

45° above	= 0.0
Horizontal	= 0.3

## 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 (hips at HB) ..... = 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 (others)... = → 0.1 backward swing does not achieve horizontal
14. Acceptable Entry Techniques ..... = Group 6 (Stalder) and Group 7 (Sole Circle)

## J. HAND GRIP DESCRIPTIONS:

1. Overgrip... or Regular Grip..... = Palms Down – Knuckles Up.....
2. Undergrip. or Reverse Grip..... = Palms Up – Knuckles Down.....
3. Mixed Grip..... = One Regular – One Reverse.....
4. L-Grip..... = 360° Reverse Grip .....
5. Mixed L-Grip..... = One L-Grip – One Undergrip.....
6. Slip Grip..... = Regular Grip – Slide/Slip Grip.....
7. Cross Hand Grip..... = Regular Grip over Reverse Grip...

- Backward Circles
- Forward Circles
- ½ t. Re-grasps
- Forward Invert Giants (Thumbs away)
- ½ t. Re-grasps
- Front Giant # 5.402
- Backward Circle ½ t. Forward Circle

## K. TURNS IN OR AFTER HANDSTAND:

1. Blind Change..... ½ t..... = Turn – Chest Leading.....
2. Pirouette..... ½ t., 1/1 t, 1 ½ t.. = Turn – Back Leading.....
3. Higgins Roll..... ½ t. after..... = Turn – Back Leading.....
4. Healy ..... 1/1t. after..... = Turn – Back Leading.....

- Backward Giant ½ t. Forward Giant
- Two Hand Changes
- To Mixed Grip (No Handstand ½ t. A)
- Front Giant to 1-arm 1/1t.

# UNEVEN BARS – COMPOSITION – EXECUTION – BONUS

- I. **CONTENT:** Mounts, Kips, Casts / Counterswing, Underswing / Clear Hip, Giants, Stalders, Pike Circles / Hechts
- II. **SPECIAL REQUIREMENTS** (0.5 each, off SV), One (1) element may fulfill more than one SR (unless listed).

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)	1 <sup>st</sup> Bar Change..... 2 <sup>nd</sup> Bar Change	C – Flight.....	1 <sup>st</sup> Bar Change 2 <sup>nd</sup> 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 <b>Element</b>	C – Turn..... <b>Element</b>	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)	
1. Forward Element (Circle / Release) min. B	0 / 3 = 0.2
2. Element from Groups 3 / 6 / 7) min B	1 / 3 = 0.1
3. C-Turn with or without Flight	2 / 3 = 0.0
<b>** after a fall allowed to squat on to resume **</b>	
Squat-on LB w/wo sole, more than 1 <b>**</b> (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
3 <sup>rd</sup> 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)	(CJ) 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:**

- LB → HB or HB → LB
- Counter flight, Vault or Salto → same or other bar
- Release Hop → Change Grip, completed within 20° of handstand
- 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...

- ¾ Forward Giant..... – hop change grip = “O” VP, NO CV, - 0.1 composition, - 0.1 if below horizontal
- Forward Giant to 20° of vertical... – hop change grip = “C” VP, OK CV, No composition deduction.

## III. **D/E BONUS (Level 9 =1 D/E / 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.

# UNEVEN BARS –DIFFICULTY – ALLOWABLE and RESTRICTED

## LEVEL 10 Difficulty Allowable and Restrictions - no Difficulty Restrictions

### LEVEL 9 Difficulty Allowable and Restrictions

- a. Allowed ("A/B/C") elements + any ("B/C") with 1/2t. IN or 1/1t. IN Handstand ("D's")
- b. Maximum of One (1) Restricted ("D/E") from any group allowed.
- c. Allowable ("D/E") elements:  
("C") VP, SR awarded, ("C") in (CV), first ("D/E") performed = D/E Bonus.
- d. Restricted ("D/E") element ONLY first performed considered  
("C") VP, SR awarded, ("C") in (CV), first ("D/E") performed = D/E Bonus.
- e. Any Other Restricted ("D/E") element performed or attempted:  
No VP, No SR, Deduct 0.50 from SV
- f. Execution and Amplitude deductions applied.

### LEVEL 8 Difficulty Allowable 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 Allowable and 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 Allowable and 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