

USAG UNEVEN BARS

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 (Caslavskva 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 Support	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-on or Clear Front Salto T/P, 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 (NCAA)
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

USAG UNEVEN BARS

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 HIPPS		UNDERSWINGS & CLEAR HIPPS	
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/Bhardwa)
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 (Mirgorodskaja), --> 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. Stretch 1/2t.	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