

# HANDSTAND CHART

SKILL	Basic	HS	Healy to L / mxL	½ in - also to L	Hop – or hop healy	1/1	1 ½ in - also to L	Other variations
CAST HS		B 2.201	C 2.301	C 2.301	C 2.301	D 2.401	D 2.401	Hop to L 2.401
BACK GIANTS		B Also 1arm 4.202	C 4.303	C 4.303	C 4.302	D 4.403	D 4.403	Hop to L 4.402 hop 1/1 4.502 Dbl turn 4.503
UPRISE HS	B 2.203	C 2.303	C 2.303	C 2.303	D 2.403	D 2.403	D 2.403	½ to clear 2.203
CLEAR HIP	B 3.204	C 3.304	C 3.305	C 3.305	D 3.404	D 3.405	E 3.505	
BACK TOE-HAND	B 7.209	C 7.309	C 7.309	C 7.309	D 7.409	D 7.409	E 7.509	
BACK STALDER	B 6.204	C 6.304	C 6.304	C 6.304	D 6.404	D 6.404	E 6.504	
FRONT GIANT	B 5.202 LB	C 5.302	C 5.302	C 5.302	D (to L) 5.402	D 5.402	E 5.502	in reg. grip 5.402 1/1 on 1 arm 5.502 Before HS
FRONT STALDER	B 6.201	C 6.301	C 6.301	C 6.301		D 6.401		Stalder upr 6.301 w/ reg. grip 6.401
FRONT TOE-HAND		C 7.308	C 7.308	C 7.308		D 7.408		In L grip 7.408 In L w/ ½ 7.408 In L w/ 1/1 7.508
L GRIP GIANT		D 5.407		D 5.407		E 5.507	E 5.507	
L GRIP STALDER	C 6.303	D 6.403		D 6.403		E 6.503		
CLEAR PIKE FWD/BWD		D 7.412/7.413		D 7.412/7.413		E 7.512/7.513		
WEILER	B 7.207	D 7.407	D 7.407	D 7.407				Laurel Tindall '09



# BAR TECHNIQUE CHART

**Note:** When evaluating the angle of the body look at the line from the shoulders thru the midpoint of the lowest body part. In the case of casting/circling with straddled legs, the angle of completing is determined when the legs are joined.

SKILL	0 - 10°	11 - 20°	21 - 30°	31 - 45°	46 - 90°	↓ Horiz.
Cast Handstand	No ded.	.05	.10 No VP	.15 - .20 No VP	.25 - .30 No VP	
Circle to HS	No ded.	.05	No deduction Lower VP		.05 - .20 Lower VP	↑.20 Award "A" VP
Flight to LB HS – Uprise Handstand	No ded.	.05	Lower Value Part			Uprise ↑.20
Handstand ½ - 1/1	No deduction		.05 - .10	.15 - .20	.25 - .30	
Handstand 1 ½ turn & Healy	No deduction			.05 - .15	.20 - .30	

# BAR TECHNIQUE CHART

SKILL	0 - 10°	11 - 20°	21 - 30°	31 - 45°	46 - 90°

SKILL	0 - 10°	11 - 20°	21 - 30°	31 - 45°	46 - 90°

SKILL	0 - 10°	11 - 20°	21 - 30°	31 - 45°	46 - 90°