

UNEVEN BARS

Connection Value	0.1	0.2	Level 10: 3A, 3B, 2C	Start Value: 9.5	Level 10: No Restrictions (0.5 deduction for each unallowable element Levels 7-9)
Level 10	*C + C/D	D + D	Level 9: 3A, 4B, 1C	Start Value: 9.7	Level 9: <u>Maximum</u> 1 "D/E" element allowed which is awarded "C" for VP and CV
Level 9	*C + C	**C + C	Level 8: 4A, 4B	Start Value: 10.0	Level 8: No "C/D/E" elements allowed <u>except</u> Cast handstand ½, Clear Hip Circle to Handstand or with ½
			Level 7: 5A, 2B	Start Value: 10.0	Level 7: No "C/D/E" elements allowed <u>except</u> Cast handstand ½, Clear Hip Circle to Handstand or with ½

*Both "C" elements must have flight or turn but If "C" connected to "D/E" then "C" not required to have flight/turn -or- If 2 "C" 3/6/7 skills connected do not need turn/flight to receive CV (*Both "C" 3/6/7 skills must be different)

*LEVEL 9: If one or both "C" elements with no flight or turn reward 0.1 CV (*Both "C" skills must be different)

**LEVEL 9: If both "C" elements with flight or turn reward 0.2 CV

**Bonus may be awarded for any skill or series of skills unless gymnast falls
 -Level 8/9/10: LA turn requirement cannot be awarded if in mount or dismount
 -No "A" casts: All casts must be performed within 20 degrees to be awarded "B" value part
 -If "D/E" Salto performed directly connected to overshoot "B" → award "C" Value Part

#	_____VP _____CV _____DV _____SV Dynamics→0.2 Distribution→0.1 Variety of skills/conn→0.1 Lack vertical skills→0.2 (L8) Lack direction change→0.1 (L9/10) Balance btwn skills→0.1 (L9/10) Lack 2 bar changes (0.2)(L10) Release choice→0.2 (L10) >1squat (0.1 each) (L10) lack fwd/bkwd circles or releases 0.05 (L9/10) _____ Execution/Amplitude	LEVEL 10 _____ "C" Flight _____ 2 nd Different "B" Flight _____ "C" LA turn _____ "C" Dismount LEVEL 9 _____ 2 bar changes _____ "B" flight _____ "C" LA turn or flight _____ "B" Dismount LEVEL 8 _____ 1 bar change _____ "B" flight or turn _____ "B" 3/6/7 skill _____ "A" Dismount LEVEL 7 _____ *360° clear circling skill _____ *3/6/7 clear circle skill _____ *One of above skills must be "B" _____ 1 cast min 45° _____ "A" salto dismount
	Score:	

#	_____VP _____CV _____DV _____SV Dynamics→0.2 Distribution→0.1 Variety of skills/conn→0.1 Lack vertical skills→0.2 (L8) Lack direction change→0.1 (L9/10) Balance btwn skills→0.1 (L9/10) Lack 2 bar changes (0.2)(L10) Release choice→0.2 (L10) >1squat (0.1 each) (L10) lack fwd/bkwd circles or releases 0.05 (L9/10) _____ Execution/Amplitude	LEVEL 10 _____ "C" Flight _____ 2 nd Different "B" Flight _____ "C" LA turn _____ "C" Dismount LEVEL 9 _____ 2 bar changes _____ "B" flight _____ "C" LA turn or flight _____ "B" Dismount LEVEL 8 _____ 1 bar change _____ "B" flight or turn _____ "B" 3/6/7 skill _____ "A" dismount LEVEL 7 _____ *360° clear circling skill _____ *3/6/7 clear circle skill _____ *One of above skills must be "B" _____ 1 cast min 45° _____ "A" salto dismount
	Score:	

