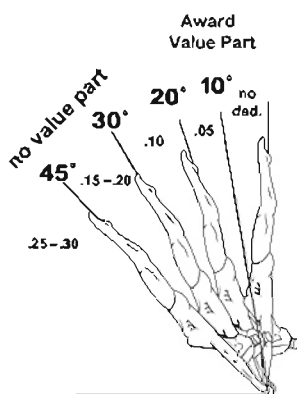


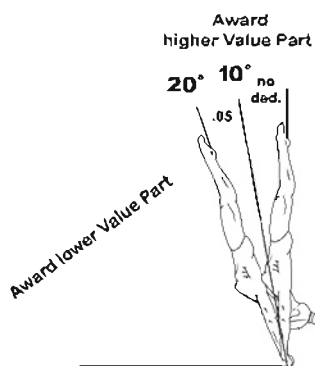
BAR TECHNIQUE CHART

SKILL	0 - 10°	11 - 20°	21 - 30°	31 - 45°	46 - 90°
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 value part		.05 - .20 Lower VP
Flight to LB Handstand	No ded.	.05	Lower value part		
Handstand ½ - 1/1	No deduction		.05 - .10	.15 - .20	.25 - .30
Handstand 1 ½ tum & Healy	No deduction			.05 - .15	.20 - .30

AMPLITUDE OF CASTS/SWINGS



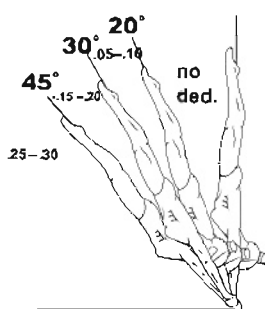
AMPLITUDE OF FLIGHTS TO HANDSTAND ON LOW BAR



AMPLITUDE OF BODY AT TURN COMPLETION

For TURNS IN HANDSTAND

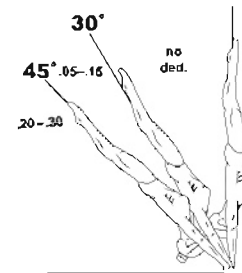
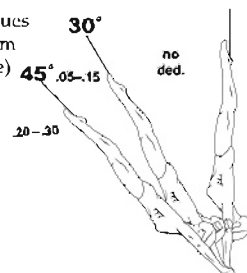
180° pirouettes-all techniques
360° or more pirouettes turning on both arms in handstand phase.



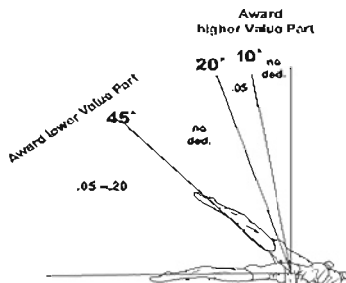
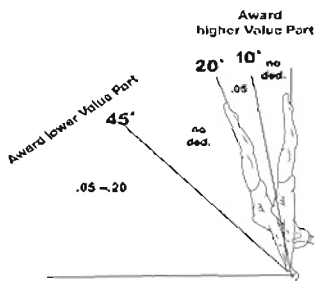
AMPLITUDE OF BODY AT TURN COMPLETION

For TURNS IN & AFTER HANDSTAND

540° & more pirouettes-all techniques
360° pirouettes turning on one arm after handstand (Healy technique)



AMPLITUDE OF CIRCLING ELEMENTS



Clear hip circle below horizontal = A
0.05 - 0.20

Clear hip circle below horizontal = A
0.05 - 0.20