March 14, 2014

From: Dusty Ritter, Junior Olympic Program Coordinator
To: Men's Gymnastics Community
Re: Parallel Bar Technical Sequence Routine

Special Exception for Parallel Bars Technical Sequence

It has been determined that a skill option must be allowed for those athletes who are physically too tall to be able to perform the Giant to Handstand contained in both the 11-14 and 15-18 Parallel Bar Sequence.

A gymnast can replace the Giant to Handstand (Part #6 in 11-14 year old PB routine, Part #4 in 15-18 year old PB routine) with a Peach Basket to Nominal Handstand if the following conditions are met:

1. The gymnast must demonstrate to the judging panel that his knees are clearly touching the mat at the regulation 20 cm height in hang position beneath the bars at the maximum FIG bar setting. The judging panel may then approve the exception if the gymnast meets the criteria.

2. All technical performance requirements relating to the Peach Basket in the Technical Sequence document will apply in addition to nominal handstand requirements specifically assigned to this part.

3. The deductions for completion angles in relation to the nominal handstand are:
   - Handstand to 15 degrees = 0.0
   - 16 – 30 degrees = 0.1
   - 31 – 45 degrees = 0.2
   - Less than 45 degrees = 0.3

The gymnast must inform the judging panel that he will be substituting the Peach Basket to Nominal Handstand for the Giant to Handstand immediately prior to performing the Technical Sequence. Both peach baskets (part #4 & #6) are eligible to receive Technical Sequence skill bonus (0.1 for each) if performed according to the stated criteria.

No other substitutions are allowed.