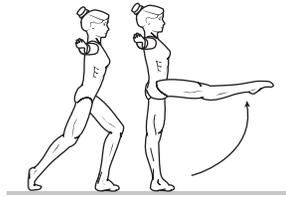


FORWARD CHASSÉ; STEP TO LEG SWING (NOT IN RELEVÉ) (CONTINUED)

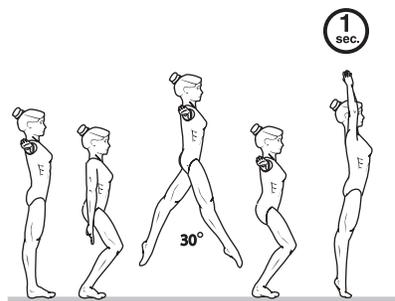


LEG SWING: Step forward onto the Left leg through demi-plié. **SWING** the Right leg forward-upward to a minimum of horizontal while simultaneously extending the Left leg to execute a **LEG SWING** (not on relevé).

ARMS: Remain side-middle.

0.05	Failure to show squared hips on Leg Swing
Points of emphasis: Posture; straight legs and squared hips	

9. SPLIT JUMP (30°) (0.40); RELEVÉ BALANCE



Step forward onto the Right foot (not in relevé) and close the Left foot beside (touching) the Right foot to finish in a straight stand.

ARMS: Remain side-middle.

Demi-plié both legs. Push off the floor, extending the legs through the hips, knees, ankles, and toes to execute a **SPLIT JUMP** with a minimum of 30° even leg separation with the Right leg forward, Left leg behind. Land simultaneously on both feet side-by-side in demi-plié, pressing through the balls of the feet to lower the heels toward the floor.

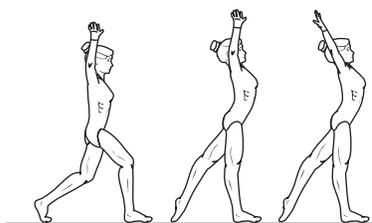
ARMS: During the plié, lower the arms sideward-downward to low. During the jump, lift sideward-upward to side-middle; remain in side-middle on landing.

Extend both legs to finish in a **RELEVÉ BALANCE** with both legs straight. **Hold one second.** Lower both heels back onto the floor with control.

ARMS: Lift both arms sideward-upward to crown.

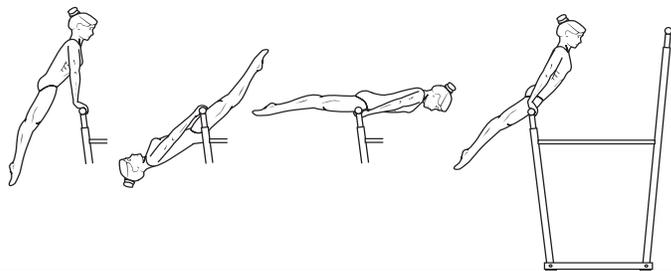
0.10	Failure to land on both feet simultaneously
Up to 0.10	Failure to land with feet closed
Up to 0.10	Failure to hold relevé stand one second
Points of emphasis for split jump: Posture; amplitude; proper leg alignment with even leg separation	

10. POSE



Demi-plié the Left leg and step forward onto a slightly turned out bent Right leg, shifting the weight through 4th

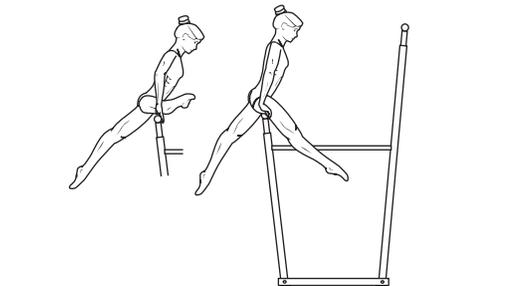
3. BACK HIP CIRCLE (0.40)



As the hips/thighs return to the bar, lean the shoulders backward, causing the body to circle backward around the bar in a straight-hollow body position to execute a **BACK HIP CIRCLE**. While maintaining straight arms and legs throughout, shift the hands to the top of the bar to finish in a momentary extended front support. Maintain a neutral head position throughout.

Up to 0.20	Failure to maintain straight-hollow body position throughout
Up to 0.20	Failure to maintain hip or upper thigh contact on bar throughout
Up to 0.10	Lack of continuity of circle
Points of emphasis: Straight arms and legs and straight-hollow body position	

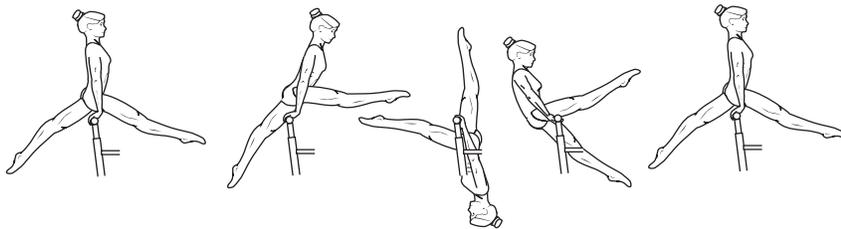
4. *SINGLE LEG CUT FORWARD (0.20)



Shift the weight to the Left arm and lift the Right leg over the bar. As the leg swings over the bar, release the Right hand and re-grasp the bar outside the Right leg to execute a **SINGLE LEG CUT FORWARD**. Finish in a stride support in overgrip. Maintain straight arms and legs throughout.

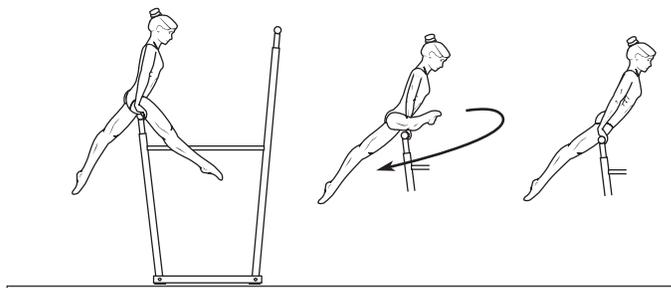
Up to 0.20	Leg/foot contacting bar on leg cut
Up to 0.10	Lack of control in re-grasp
(Value of element) 0.20	Performs a leg swing forward instead of leg cut forward
Points of emphasis: Straight arms and legs; legs stays free of the bar as leg cut action occurs	

5A. *FORWARD STRIDE CIRCLE (0.60)



From a stride sit on the bar, immediately change both hands simultaneously to an undergrip (reverse grip). Press the bar down and lift the body upward off the bar to a clear stride support position. Lift and extend the Right leg forward to initiate the circle with the thigh of the Left leg touching the bar. Execute a **FORWARD STRIDE CIRCLE** maintaining straight arms and legs, and an extended upper body. As the circle nears completion, shift the hands to the top of the bar to finish in a clear stride support. (The Right leg is allowed to touch the bar on the upswing prior to the clear stride support.) (**HOOKING THE RIGHT KNEE IS ALSO ACCEPTABLE.**)

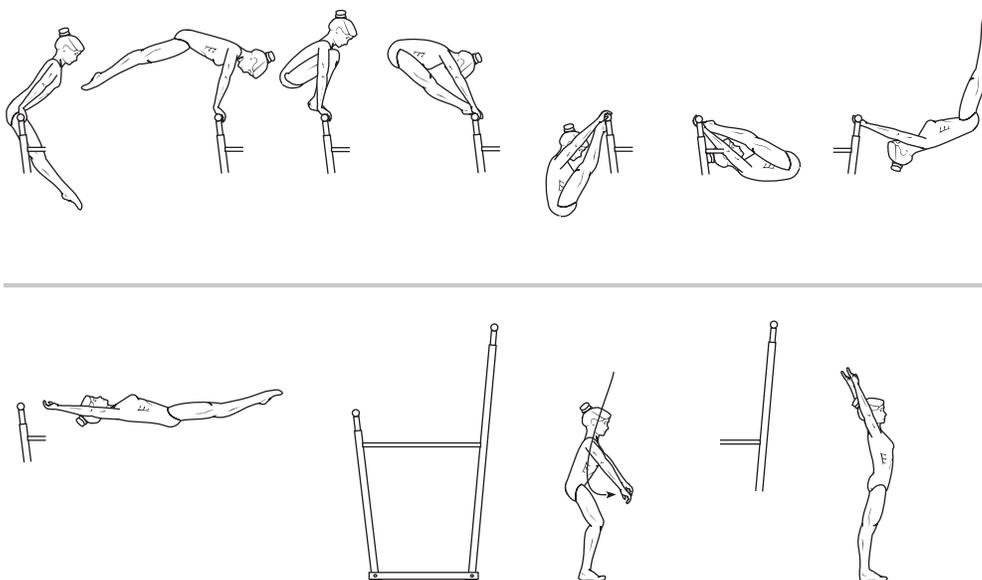
6. *SINGLE LEG SWING BACKWARD (0.20)



If following a stride circle, lower to a stride sit on the bar and immediately change both hands simultaneously to an overgrip. If following a single leg basket swing, hands remain in an overgrip. Adjusting the Left hand, shift the weight to the straight Left arm, lift the Right hand and place it on the bar next to the inside of the Right leg. Lift the Right leg backward over the bar to execute a **SINGLE LEG SWING BACKWARD**. Finish in an extended straight body front support. Both legs remain straight throughout.

Up to 0.20	Leg/foot contacting bar on swing	
Up to 0.20	Failure to finish in control	
Value of element	0.20	Performs a leg cut backward instead of leg swing backward
Points of emphasis: Straight arms and legs; leg lifts free of the bar during swing backward		

7A. CAST, SQUAT-ON, PIKE SOLE CIRCLE DISMOUNT (0.60)



With the shoulders slightly in front of the bar, immediately swing the legs forward, then backward-upward. Push down against the bar, extending through the shoulders, to lift the body off the bar to execute a **CAST** with straight arms and legs together. Bend the legs and place the balls of the feet on the bar in a tuck position between the hands to execute a **SQUAT-ON**.

Immediately straighten the legs, applying pressure to the bar by pulling the bar against the bottom of the feet while rising up onto the balls of the feet (relevé).

Swing backward-downward-forward-upward, continuing to press the feet against the bar. Maintain straight arms and a hollow chest position throughout the circle. The head remains neutral with the arms near the ears. As the hips rise, release the feet from the bar and press the bar backward to achieve an extended body position. Release the hands to execute a **PIKE SOLE CIRCLE DISMOUNT**. Maintain a tight body position in flight and land in demi-plié in a balanced and controlled position ("stick").

Arms: The landing position of the arms is optional.

Extend the legs to finish in a straight stand.

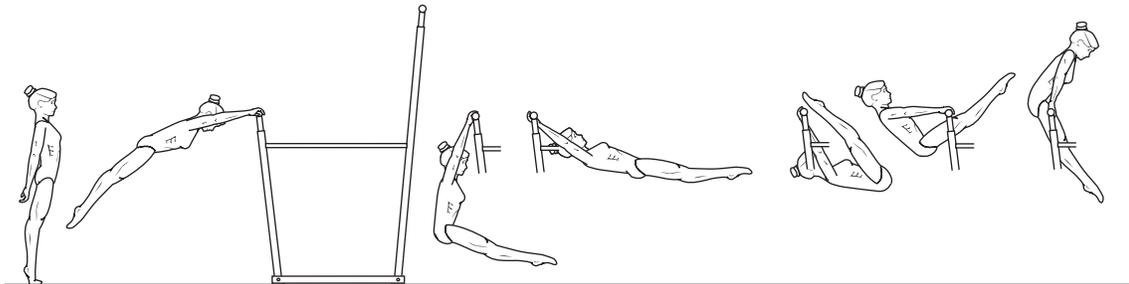
Arms: Move to high position.

LEVEL 4 UNEVEN BARS

Starting Position (SP): Stand with the feet together, outside of the bars, facing the low bar. A board or raised surface (such as a manufactured panel mat or padded spotting/skill block) may be used as a mounting surface, but must be removed as soon as possible after the gymnast has mounted.

*Indicates that the element may be reversed.

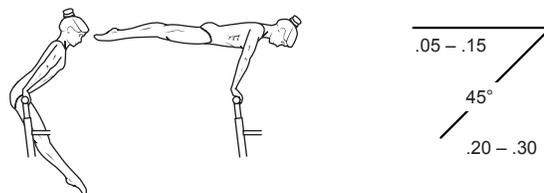
1. MOUNT: STRADDLE OR PIKE GLIDE KIP (0.60)



Jump from both feet, lifting the hips backward-upward to grasp the low bar with an over-grip, hands shoulder-width apart. Maintain a hollow-body position with the legs straight and the head neutral. Swing the body forward with the legs together (**PIKED**) or **STRADDLED**. At the completion of the forward glide swing, the legs are together and the hips are fully extended. Quickly lift the feet to the bar and pull the bar up the legs to the hips to execute a **GLIDE KIP**. While pulling downward, shift the hands to the top of the bar to arrive in a front support with the legs/feet in front of the bar (body slightly piked), shoulders forward, and the head neutral. Maintain straight arms and legs throughout.

<u>0.10</u>	Failure to take off from both feet simultaneously
<u>0.30</u>	Performs run-out glide
Up to 0.10	Failure to lead with the feet in the forward glide swing (performs a long hang swing)
Up to 0.20	Insufficient extension at end of glide
<u>0.10</u>	Failure to close legs at end of straddle glide
Points of emphasis: Complete extension of glide and maintain straight arms and legs throughout	

2. CAST TO HORIZONTAL & RETURN TO FRONT SUPPORT (0.40)



With the shoulders slightly in front of the bar, immediately swing the legs backward-upward. Push down against the bar, extending through the shoulders, to lift the body off the bar to execute a **CAST TO HORIZONTAL with legs together**. Maintain a straight-hollow body position with the buttocks tight, the arms and legs straight, and the head neutral.

Upon completion of the **HORIZONTAL CAST**, maintain the forward shoulder lean while executing a controlled return of the hips to the bar.

Up to 0.30	Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part-abdomen, hips, knees or feet)
0.05 – 0.15	• 1° to 45° below horizontal
0.20 – 0.30	• 46° or more below horizontal
Up to 0.20	Incorrect body alignment (Failure to show straight line from shoulders to feet with chest hollow)
Up to 0.10	Lack of control in returning to the bar
Points of emphasis: Straight arms and legs throughout, with good body position on the cast	

EXECUTION	
UNEVEN BARS, BEAM, AND FLOOR	
Each time <u>0.05</u>	Incorrect foot form (flexed, sickled) on major elements
Up to 0.10	Lack of coordination on connections
Up to 0.20	Leg separation
Up to 0.20	Incorrect body alignment, position or posture on major elements
Up to 0.20	Movement lacking dynamics (General deduction for whole exercise)
Up to 0.30	Bent arms or legs
<u>0.30</u>	<ul style="list-style-type: none"> • Complete bend of arms or legs to 90° or more
Up to 0.30	Balance errors - small, medium, large
Up to 0.30	Incorrect body alignment, position or posture during connections (General deduction for whole exercise)
<u>0.50</u>	Fall on or off the apparatus
UNEVEN BARS	
<u>0.10</u>	Repositioning/adjustment of hands in front support or feet in squat/stoop on
<u>0.20</u>	Alternate hand grasp or regaining hand grasp without supplementary support
<u>0.30</u>	Extra cast or swing (<i>maximum of 0.60 per consecutive occurrence</i>)
<u>0.30</u>	Using supplementary support to regain position
Up to 0.50	Brush, touch or hit on apparatus or mat with foot (feet)
Up to 0.10	<ul style="list-style-type: none"> • Touch/brush on apparatus or mat with foot (feet)
<u>0.20</u>	<ul style="list-style-type: none"> • Hit on apparatus with foot (feet)
<u>0.30</u>	<ul style="list-style-type: none"> • Hit on mat with foot (feet)
<u>0.50</u>	<ul style="list-style-type: none"> • Full weight on mat with foot (feet)
BALANCE BEAM AND FLOOR EXERCISE	
Each <u>0.05</u>	Failure to mark the passé position in relevé at the completion of turns
Up to 0.10	Incorrect leg alignment in arabesque position when indicated
Up to 0.10	Failure to contract or extend when indicated
Up to 0.10	Failure to kick/swing leg to horizontal or above when required
Up to 0.10	Uneven leg separation in leaps/jumps
Up to 0.10	Failure to land with feet closed/together on 2-foot landing of jumps on FX
Each Up to 0.10	Failure to perform 180° and 360° turns on one foot in high relevé
Each Up to 0.10	Failure to use levering action in or out of elements when required (straight line - fingers to toes)
<u>0.10</u>	Failure to finish with the music
<u>0.10</u>	Performs an inward turn when an outward turn is required (changing a small part)
Up to 0.30	Incorrect foot work/form (flexed, sickled, failure to step toe-ball-heel or to show turn-out in foot positions) during connections (General deduction for whole exercise)
Up to 0.20	Insufficient split
Up to 0.20	Failure to perform steps (when indicated), and pivot turns (not major elements) in high relevé position (General deduction for whole exercise)
<u>0.30</u>	Extra kick up to handstand
Up to 0.30	Additional movement to maintain balance on the beam
<u>0.30</u>	Grasping beam to avoid a fall
<u>0.30</u>	Stop between elements in an acro (tumbling) series on floor exercise
Up to 0.30	Movement lacking artistry of presentation (General deduction for whole exercise)
Consider:	
Up to 0.15	Quality of gymnast's movement to reflect the style/musicality of the choreography
Up to 0.15	Quality of expression (i.e. projection, emotion, focus)
Up to the value of the element	Incomplete turns (apply deduction for incomplete element)

AMPLITUDE	
UNEVEN BARS	
Up to 0.20	Insufficient internal body amplitude (stretch/tightness) during extended positions
Up to 0.20	Insufficient external amplitude away from bar during swinging/circling movements
BALANCE BEAM AND FLOOR EXERCISE	
Up to 0.10	Insufficient amplitude on non value part choreography/dance steps (general deduction for whole exercise)
Up to 0.20	Insufficient height (hip rise) on leaps and jumps
Up to 0.20	Insufficient quickness off hands in flight elements with hand support
Up to 0.30	Insufficient height (hip rise) on salto elements
RHYTHM	
UNEVEN BARS, BEAM AND FLOOR	
<u>0.10</u>	Concentration pause (more than 2 seconds)
Up to 0.20	Lack of continuity (tempo) between elements in a directly connected series
Up to 0.20	Gymnast not performing in time with the music (<i>General deduction throughout Floor Exercise routine</i>)
Up to 0.20	Lack of sureness (<i>General deduction throughout Balance beam routine</i>)
DIRECTION AND PLACEMENT OF ELEMENTS	
BALANCE BEAM AND FLOOR EXERCISE	
Up to 0.10	Error in line of direction or spacing of a single element
Up to 0.20	Error in line of direction of acrobatic, dance or dance/acro series
Up to 0.30	Error in line of direction or placement of whole section of floor pattern
LANDING OF ELEMENTS & DISMOUNTS	
<i>Landing Clarification for Vault and Bar/Beam Dismounts</i>	<i>There is NO deduction for landing with feet a maximum of hip-width apart, provided that they join (slide) the heels together on the controlled extension. If the entire foot/feet are sliding or lifting off the floor to join, it is considered a small step (Up to 0.10)</i>
0.05	<i>Lands with feet hip-width apart or closer but never joins feet (V, & UB/BB dismnts)</i>
Up to 0.10	<i>Lands with feet staggered (one in front of the other) (V & UB/BB dismnts)</i>
<u>0.10</u>	<i>Lands with feet further than hip-width apart (V & UB/BB dismnts)</i>
Up to 0.10	Slight hop or small adjustment of feet
Up to 0.10	Extra arm swing(s) upon landing
Each <u>0.10</u> (Max. <u>0.40</u>)	Taking steps after landing
Each <u>0.20</u> (Max. <u>0.40</u>)	Very large step or jump
Up to 0.20	Additional trunk movements to maintain balance (for UB, BB (dismounts) & FX)
Up to 0.30	Squat upon landing
	Contacting the mat or apparatus with one or both hands or with body after landing
Up to 0.30	• Brush, touch or hit
<u>0.50</u>	• Support on hand(s) or fall onto mat or against apparatus
Up to the value of the element + <u>0.50</u> for fall	Failure to land on the feet first for UB, BB and FX saltos and/or dismounts = failure to complete a major element
NEUTRAL DEDUCTIONS TAKEN BY EACH JUDGE FOR ASSISTANCE (SPOTTING) FROM COACH	
Up to the Value of the Element + 0.50	• Coach assists (touches) during element
<u>0.50</u>	• Coach assists (touches) on landing only

LEVEL 2 UNEVEN BARS TABLE OF PENALTIES

Refer to General Faults and Penalties for additional deductions.

* Indicates a reversal is allowed

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	BACK HIP PULLOVER MOUNT (0.60)	0.30	Failure to lift both legs simultaneously (1-foot take-off)
		0.30	Supplemental support (chin resting on bar prior to leg lift)
		Up to 0.10	Failure to finish in extended front support
	CAST (0.40)	Up to 0.20	Incorrect body alignment
		Up to 0.10	Lack of control in returning to bar
	BACK HIP CIRCLE (0.40)	Up to 0.20	Failure to maintain straight-hollow body position throughout
		Up to 0.20	Failure to maintain hip or upper thigh contact on bar throughout
		Up to 0.10	Lack of continuity of circle
	*SINGLE LEG CUT FORWARD (0.20)	Up to 0.20	Leg/foot contacting bar on leg cut
		Up to 0.10	Lack of control in re-grasp
		Value of element 0.20	Performs a leg swing forward instead of leg cut forward
	*FORWARD STRIDE CIRCLE/ SINGLE LEG BASKET SWING (0.60)	Up to 0.20	Failure to show clear stride support at start of circle/basket swing
		Up to 0.20	Failure to show clear stride support at the completion of the stride circle (or basket swing) (The leg is allowed to touch the bar before clear support with NO deduction.)
	*SINGLE LEG SWING BACKWARD (0.20)	Up to 0.20	Leg/foot contacting bar on swing
		Up to 0.20	Failure to finish in control
		Value of element 0.20	Performs a leg cut backward instead of leg swing backward
	CAST, SQUAT-ON, PIKE SOLE CIRCLE DISMOUNT (0.60)	0.20	Placing feet outside of hands
		0.20	Alternate foot placement
		Up to 0.20	Lack of control in squat-on
		Up to 0.10	Failure to tuck (performs a pike-on)
		Up to 0.20	Failure to maintain straight-hollow body position
		Up to 0.10	Failure to maintain neutral head position
		Up to 0.20	Insufficient extension of body in flight
		Up to 0.20	Insufficient amplitude of flight
OR		Up to 0.10	Insufficient distance
	UNDERSWING DISMOUNT (0.60)	Up to 0.20	Failure to maintain a straight-hollow body position throughout
		0.20	Hips contacting bar (no deduction for thighs touching bar)
		Up to 0.10	Failure to maintain neutral head position
		Up to 0.20	Insufficient extension of body in flight
		Up to 0.20	Insufficient amplitude of flight
		Up to 0.10	Insufficient distance

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	*FORWARD STRIDE CIRCLE (0.40)	Up to 0.20	Failure to show clear stride support at start of circle
		<u>0.50</u>	Hooking knee on the bar to complete stride circle
		Up to 0.20	Failure to show clear stride support at the completion of the circle. (The leg is allowed to touch the bar before clear support with NO deduction.)
			If the gymnast falls backward or forward from a support position to end in a hang, either from the hands or the hands and knee, it is considered a FALL. <ul style="list-style-type: none"> Do not deduct for any extra pump swings taken to enable the gymnast to return to stride support. The coach may, without penalty for a spot, assist the gymnast from this hanging position to return to the support position in order to continue the exercise.
OR			
	*SINGLE LEG BASKET SWING (0.40)	Up to 0.20	Failure to show clear stride support at start of basket swing
		<u>0.50</u>	Hooking knee on the bar to complete the basket swing
		Up to 0.20	Failure to show clear stride support at the completion of the basket swing. (The leg is allowed to touch the bar before clear support with NO deduction.)
			If the gymnast falls backward or forward from a support position to end in a hang, either from the hands or the hands and knee, it is considered a FALL. <ul style="list-style-type: none"> Do not deduct for any extra pump swings taken to enable the gymnast to return to stride support. The coach may, without penalty for a spot, assist the gymnast from this hanging position to return to the support position in order to continue the exercise.
	*SINGLE LEG CUT BACKWARD (0.20)	0.20 (Value of element)	Performs a leg swing backward instead of a leg cut backward (changing the element)
		<u>0.10</u>	Failure to change hand grip prior to leg cut backward
	CAST (0.40)	Up to 0.20	Incorrect body alignment (Failure to show a straight line from shoulders to feet with chest hollow)
	BACK HIP CIRCLE (0.40)	Up to 0.20	Failure to maintain straight-hollow body position throughout circle
		Up to 0.20	Failure to maintain hip or upper thigh contact on bar throughout circle
		Up to 0.10	Lack of continuity of circle
	UNDERSWING DISMOUNT (0.60)	Up to 0.20	Failure to maintain a straight-hollow body position throughout
		Up to 0.10	Failure to maintain neutral head position
		<u>0.20</u>	Hips contacting bar (no deduction for thighs touching bar)
		Up to 0.20	Insufficient extension of body in flight
		Up to 0.20	Insufficient amplitude of flight
		Up to 0.10	Insufficient distance