

# SECTION III UNEVEN BARS

## CHAPTER 1 GENERAL INFORMATION

### I. APPARATUS REGULATIONS

Refer to the current *Women's Rules and Policies* book for exact specifications.

- A. The height of the bar is measured from the floor to the top of the rail. This measurement is not based on the length of the upright, but the actual distance from the rail to the floor, by means of a plumb line.
1. There is a 0.30 deduction for competing on apparatus using incorrect specifications. The Chief Judge must take this deduction from the average before the next gymnast begins.
  2. No other substance besides chalk and water may be placed on the uneven bar rails.
- B. Any combination of skill cushions (maximum of 9 inches using sting mats, 4-inch throw and / or 8-inch skill cushions) may be placed on top of the allowable competition landing mats in two separate areas (under the bars and/or at the dismount area.) If an 8-inch skill cushion is used, it must be a minimum of 5 **ft.** x 10 **ft.**
1. When a 4-inch throw mat (skill cushion) is placed on the competition landing mat(s) for dismount purposes, an up to 8-inch skill cushion may be placed on top of the 4-inch throw mat for the purpose of protection on a release element; however, the up to 8-inch skill cushion **MUST BE REMOVED** immediately after the release element has been performed.
  2. The use of any unauthorized type of matting will receive a deduction of 0.30 from the average score by the Chief Judge.
  3. Conversion for inches to centimeters:  
Approx.  $\frac{3}{4}$  inch = 2 cm  
4 inches = 10 cm  
4 $\frac{1}{2}$  inches = 12 cm  
8 inches = 20 cm  
9 inches = 24 cm
- C. Matting regulations for mounts
1. **For mounts without the use of a board**, the gymnast may stand on one 12 cm or 20 cm mat or two 12 cm competition landing mats.
    - The gymnast may also stand on an additional "up to 8-inch" skill cushion (sting, throw mat, or 8" skill cushion) that is placed on the competition landing mat(s).
  2. **If a board or folded panel mat is used to mount**, it may be placed on one 12 cm or 20 cm, or two 12 cm competition landing mats, with or without a 1 $\frac{1}{2}$  inch base mat (unfolded panel mat) placed under or on top of the competition landing mat. A manufactured mat shaped like the springboard (mount trainer mat) may also be used.
    - a. The board, mount trainer mat or folded panel may also be placed on top of a sting mat or 4-inch throw mat that is placed on the competition landing mats.
    - b. The board, mount trainer mat or folded panel mat may **NOT** be placed on an 8-inch skill cushion.
    - c. No plywood is permitted underneath the board (exception-collegiate meets).
    - d. The Chief Judge takes a 0.30 deduction from the average score if the springboard is placed on an unauthorized surface (e.g., 8-inch skill cushion, floor, or plywood).
- D. Warm-up regulations  
Only one gymnast at a time is allowed on the bars during any warm-up (general/open, timed or 30-second touch).

## II. ATTIRE REGULATIONS

- A. Hip or heel padding is not allowed. The Chief Judge deducts 0.20 from the average score if hip/heel padding is used.
- If the Chief Judge notices the heel pads prior to the gymnast's mount, a warning must be given. However, if the gymnast wears the heel pads during her exercise (whether or not the Chief Judge warned her previously), the deduction must be taken.
- B. Bandages, hand/wrist guards and such are allowed, but must be securely fastened. A broken or completely torn handgrip will be treated as equipment failure and the gymnast has the right to repeat the exercise or continue from the point of interruption.
- Bandages, etc. that become loose or unfastened do not constitute equipment failure; therefore, no repetition of the exercise is allowed.

## III. TIMING REGULATIONS

- A. Touch Warm-Up
1. The gymnast is allowed a 30-second touch warm-up period.
    - a. Setting of the bars and/or board is not included in the 30-second touch warm-up time.
    - b. If the warm-up time is exceeded, a warning is given.
    - c. If the gymnast continues to warm-up after a warning is issued, the Chief Judge deducts 0.20 from the average score.  
In team competitions, such as JO Nationals, this would be deducted from the team event score.  
NOTE: If the gymnast is preparing for a skill, allow her to complete the skill.
  2. Immediately prior to performing the exercise, the gymnast may run and jump onto the board and briefly touch the bars without penalty.
    - The deduction for exceeding the warm-up time (0.20) would be taken by the Chief Judge only in the instance that the gymnast actually practices an element.
- B. Timing of Falls
1. The gymnast is allowed 45 seconds to re-mount the bar after a fall.
  2. If the gymnast does not re-mount within 45 seconds, the exercise is terminated.
    - a. The fall time begins when the gymnast makes contact with the floor.
    - b. The 45-second fall period stops when the gymnast leaves the floor to re-mount in preparation to resume her routine.
  3. While the gymnast is off the apparatus following a fall:
    - The timer gives notification of "20 seconds and 10 seconds remaining" in the fall time. "Time" is called at 45 seconds.

## IV. BAR FALL REGULATIONS

- A. The gymnast may chalk up and adjust her grips during the fall time, but she may not go outside of the competition area.
- B. The coach may speak to the gymnast during the fall without penalty. Once the gymnast re-mounts, the coach may not give verbal assistance.
- *The coach is not allowed to ask the judge if the element received Value-part credit before the gymnast re-mounts the apparatus.*
- C. If the gymnast falls from the apparatus and does not re-mount to finish the exercise with a dismount element:
1. Deduct 0.50 for the fall.
  2. Deduct 0.50 from the Start Value for the missing Dismount Special Requirement:
    - No "C" dismount for Level 10
    - No "B" dismount for Level 9
    - No "A" dismount for Levels 6, 7 & 8
  3. Deduct 0.30 from the Start Value for no dismount.
  4. Any other missing Special Requirements.
  5. Value Parts missing, if applicable

6. 2.00 would be taken from the average score if the exercise consists of less than five (5) Value Parts.
  - This deduction would also apply to a completed uneven bar exercise that consists of less than five Value Parts.
- D. After a fall, the gymnast is allowed to jump (or be lifted) to the high bar and then take a maximum of two “pump” swings to initiate momentum to resume the exercise without penalty. If more than two pump swings are taken, a 0.30 deduction would be applied to the third and to the fourth pump (extra) swing(s). The maximum deduction for consecutive extra swings is 0.60.
  - If the gymnast jumps or is lifted to the high bar, the coach may push the gymnast to initiate her swing without penalty.
- E. After a fall from the bars, judging resumes with the performance of an element that is listed in the *Jr. Olympic Code of Points*.  
NOTE: Level 10’s are allowed only one cast squat/pike/straddle-on (with or without backward sole circle) to stand and jump to high bar without penalty. Therefore, after a fall, the gymnast should not use a glide kip-cast, squat-on (with or without sole circle) to re-mount unless there are no other cast squat-ons in the exercise.
- F. If, after a fall, the gymnast re-mounts with a glide kip, then stops in a front support to crawl up to stand on the low bar, take 0.10 for uncharacteristic element plus 0.10 for lack of continuity.
- G. If, when executing a cast-squat on, the gymnast falls backward, but stays on the bars to continue with a glide kip, DO NOT consider it a fall. Apply any applicable execution deductions, such as bent arms/legs, touch of mat with feet, etc..

## V. SPOTTING REGULATIONS

- A. If the coach assists/spots the gymnast during an element:
  1. Each judge deducts 0.50 for the “spot”.
  2. If the gymnast falls after the “spot”, an additional 0.50 deduction is taken for the fall.
  3. Value-Part credit, as well as Special Requirement and/or Bonus credit, if applicable, is NOT awarded.
  4. If the spot occurs on the dismount element, even though it receives no Value-Part credit, do not deduct 0.30 from the Start Value for no dismount.
- B. If the coach spots the gymnast upon **landing** of the dismount:
  1. Each judge deducts 0.50 for the “spot”.
  2. If the gymnast falls after the spot, deduct only 0.50. Do not deduct for both the “spot” and the fall.
  3. Award Value-Part and Special Requirement credit. Bonus is not awarded.
- C. If the coach inadvertently touches the gymnast without assisting:
  1. Each judge deducts 0.50 for the “spot”.
  2. Value-Part credit is awarded.
  3. Special Requirement credit is awarded.
  4. Bonus is NOT awarded due to the 0.50 spotting deduction.
- D. If the coach catches a falling gymnast, DO NOT deduct for the spot; deduct 0.50 for the fall ONLY.
- E. There is no penalty if the gymnast inadvertently touches the coach.
- F. When a raised surface is necessary for spotting release moves, it is recommended that a spotting block or folded mat be used; however, there is no penalty for the coach standing on the mounting apparatus, provided that the mounting apparatus (or spotting device) is removed immediately after the release move is performed.
  1. **The spotting device may remain in place as long as the coach continues to stand on it.**
  2. If the spotting device is not removed, the Chief Judge takes a deduction of 0.30 from the Average Score.
  3. The coach may not use chairs or other items that are not produced by a gymnastics supply company to stand on for spotting purposes.

- A warning should be given. If the coach continues to use an inappropriate item to stand on, then a 0.30 deduction for use of unauthorized equipment.
- G. The coach may step “between” the bars (inside) to spot a particular element, but may not remain there for the entire exercise.
- If the coach remains between the bars throughout the exercise, the Chief Judge takes a deduction of 0.10 from the Average Score.
- H. There is no penalty for the coach leaning on the bars while spotting (without touching the gymnast).

## VI. MOUNT AND DISMOUNT REGULATIONS

### A. MOUNTS

1. See Bar Apparatus Specifications (Section III, Chapter I) for specific information on allowable matting for mounts.
2. The board, mount trainer mat or panel mat must be removed as soon as possible after the gymnast has mounted.
3. Mount Attempts

- a. The gymnast may have two attempts to mount the bars without penalty, provided that she has not touched the board and/or bars or run underneath the bars on either attempt. Such an attempt without mounting is considered a “balk.”

EXAMPLE: 1st attempt: Run, balks, no mount performed  
 2nd attempt: Run, mount performed  
 No deduction

- b. If the gymnast balks two times, she may take one more approach; however, on the third attempt, each judge takes a 0.50 deduction.

EXAMPLE: 1st attempt: Run, balk, no mount performed  
 2nd attempt: Run, balk, no mount performed  
 3rd attempt: Runs, performs a “D” mount  
 Each judge deducts 0.50 for third approach.

In this case, the “D” mount would still be awarded +0.10 “D/E” Bonus at Level 10.

EXAMPLE: 1st attempt: Run, balk, no mount performed  
 2nd attempt: Run, balk, no mount performed  
 3rd attempt: Run, balk, no mount performed  
 Each judge deducts 0.50 for third approach.

- c. A fourth approach is not permitted.
- d. If the gymnast runs and touches the board and/or bars or runs underneath the bars **without mounting**, a 0.50 deduction is applied (considered a fall).
  - It is acceptable for the gymnast to walk/run under the low bar to mount with a jump to the high bar from between the bars.
- e. If, in the attempt to perform a Round-off entry mount, the gymnast performs only the Round-off, she may repeat the mount and receive appropriate Value-Part credit. A 0.50 deduction for a fall will be applied, since contact was made with the board, which is considered part of the apparatus.
  - If the second attempt results in a successfully performed mount, Bonus could be awarded, if applicable.  
 Example: (Round-off) flic-flac through handstand phase on LB mount (D) + Backward staldler to handstand with ½ turn (C)

$$\begin{array}{c}
 \text{D} \quad + \quad \text{C} \quad = \quad + 0.10 \\
 \rightarrow \swarrow \curvearrowright \quad \quad \quad \times \uparrow \downarrow
 \end{array}$$

7. **CASTS, UPRISES, AND CIRCLE ELEMENTS PERFORMED WITH 1/2 (180°) TURN ON THE UPSWING - TO DESCEND ON THE SAME SIDE OF THE BAR:**

In order to receive the value as listed in the *Jr. Olympic Code of Points* or *J. O. Updates*, a cast, back uprise or circle element **must first reach within 20° of vertical on the upswing**. The timing of the initiation of the turn is irrelevant as long as the long swing/circle is completed to within 20° of vertical. When the higher Value-Part credit is awarded to the root element, the angle of completion of the turn determines the deduction for late completion of turn.

- If the element never swings/circles up into the handstand phase (within 20° of vertical), but still completes a 1/2 (180°) turn, the value will be based on the value of the root skill. Depending upon the angle of completion of the turn, deductions for late completion may be appropriate.

EXAMPLES:

- a. Clear hip circle backward with 1/2 (180°) turn performed prior to reaching handstand phase = "A" (#3.102).
- b. **Back Giant swings up to within 21°- 44° from vertical with 1/2 (180°) turn = "B" (#4.201). If the forward upswing finishes 45° from vertical to horizontal, "A" Value-Part credit is awarded (#4.101). If the forward upswing finishes below horizontal, no Value-Part credit is awarded, even if a 1/2 (180°) turn is completed.**
- c. Cast to 21° - 45° from vertical with 1/2 (180°) turn (descends on same side of bar) = "A" (#2.101), with appropriate deductions for amplitude of cast. If the cast finishes more than 45° from vertical, no Value-Part credit is awarded, even if a 1/2 (180°) turn is completed.
- d. Front Giant to 21° or more from vertical with 1/2 (180°) turn has no value.

8. **ELEMENTS WITH HOP-GRIP CHANGE TO HANDSTAND**

- a. In order for elements with hop-grip change to handstand to receive Value-Part credit as listed in the *Jr. Olympic Code of Points* or *JO Updates*, the hop-grip change **MUST**:
  - 1) show a simultaneous release of the bar with both hands.
  - 2) finish in a different grip (mixed, reverse, mixed-L, L, etc.).
  - 3) occur as the body is ascending (that is, on the upswing)
  - 4) be completed by vertical, provided that the circle/cast/swing reaches within 20° of vertical with hips extended.
- b. If any or all of the above requisites are missing, the element is not recognized as an element with a hop-grip change, and therefore:
  - 1) receives the value of the root skill (if applicable),
  - 2) cannot be considered a "flight" element to fulfill the "flight" Special Requirement, if applicable for the level.
- c. The hop-grip change, as well as the handstand position (with hips extended), must be completed to within 20° of vertical to receive Value-Part credit.
  - 1) If the hop-grip change to handstand is incomplete (that is, the gymnast is unable to continue over the top of the bar), the Value-Part credit listed may be awarded, provided that the upswing is to within 20° of vertical and the requirements listed in 8.a. are fulfilled.
  - 2) If the hop grip change occurs on the upswing, but the element lacks enough swing to achieve a position within 20° of vertical, then the element is considered incomplete and Value-Part credit is NOT awarded.

EXAMPLES:

- a) Gymnast casts and hops to reverse grip on the way up, but does not swing to within 20° of vertical and falls from the bar. No Value-Part credit is awarded.
- b) Gymnast performs a clear hip circle and hops on the upswing, but the body does not swing to within 20° of vertical. No Value-Part credit is awarded.

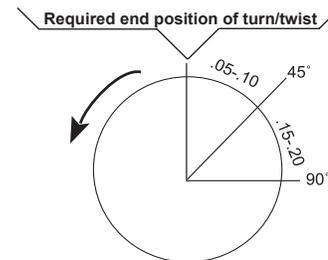
- 3) If the cast (or any forward circling element) is performed with legs straddled and hips bent, the hop-grip change must be completed before or by vertical, showing a handstand position with extended hips and legs closed.
  - a) If the legs are separated throughout or close after vertical, but the hips are extended through the handstand position, deduct "up to 0.20" for leg separation.
  - b) If the handstand position with extended hips is never achieved, it will retain the value of the root skill, if applicable and will not meet the requirement of a "flight" element.
- d. If the hop-grip change occurs after the handstand position is achieved; that is, on the descending (downswing) phase, it will retain the value of the root skill and will not meet the requirement of a "flight" element.
 

EXAMPLE: Gymnast performs a cast to handstand, and as the body passes through vertical over the bar and begins the descent phase, the hands hop simultaneously to a reverse grip. Award "B" for cast to handstand.
- e. If an element with a hop-grip change also has an LA (longitudinal axis) turn, the hop-grip change to a different grip must be completed prior to the initiation of the turn to be considered a flight element. (exception: Back Giant hop 1/1)

## 9. TWISTING SALTO DISMOUNTS

Incomplete LA (longitudinal axis) twist:

- If 1° to 44° of the twist are missing, deduct 0.05 - 0.10
- If 45° to 89° of the twist are missing, deduct 0.15 - 0.20
- If 90° or more of the twist is missing, award Value-Part credit for the element performed, as listed in the *J. O. Code of Points* or *J.O. Updates*.



EXAMPLE:

Gymnast attempts a 1½ twisting flyaway dismount (C) and is missing 90° of the twist.

- Award "B" Value-Part credit for a 1/1 twisting flyaway dismount.
- Deductions for balance, execution and amplitude errors are also applied.

*Clarification regarding the completion of Twists: Once the feet land on the floor at the finish of the salto, it is considered complete. Appropriate Value-Part credit is awarded for the degree of twist completed at the moment the feet land on the floor. The placement of the front foot is decisive for the awarding of the Value-Part credit.*

## J. SELECTED INDIVIDUAL ELEMENT REQUIREMENTS

### 1. #1.414 Mount (D) Jump with extended body and 180° turn to handstand on LB:

Must be performed to a stretched handstand on low bar with legs together (not straddled) before moving into another position.

### 2. #4.202 Backward Giants (B)

Accelerated giant circles backward into a release element or dismount are technically acceptable. This type of giant uses a "hollow arch" technique and produces an "elliptical" shape rather than a symmetrical circle. It is not required to pass through a stretched vertical position. However, execution errors such as bent arms/legs are unacceptable and will be deducted.

- If a backward giant is performed with a splitting of the legs through vertical, then placing the feet alternately on the bar to initiate an underswing type element, there is no deduction. This is considered an acceptable technique to accomplish a late toe-on.

### 3. Low Bar Giants:

It is permissible to bend the knees as the body circles under the low bar; however, the legs must begin to straighten as soon as possible and must be completely straight and body stretched by vertical.

# SECTION III UNEVEN BARS

## CHAPTER 2 COMPOSITIONAL CATEGORIES

### I. CONTENT

The exercise should be composed of elements from different groups:

- A. Mount element
- B. Kips (as mount or in the exercise)
- C. Cast, Counter swings
- D. Underswing, Clear hip circles
- E. Giant swings - circles backward
- F. Giant swings - circles forward
- G. Stalder circles
- H. Circle swings, hechts

### II. SPECIAL REQUIREMENTS each worth 0.50

One element may fulfill more than one Special Requirement, unless specified.

#### A. LEVEL 10 SPECIAL REQUIREMENTS

- 1. FLIGHT ELEMENT, MINIMUM OF "C", EXCLUDING DISMOUNT
- 2. A SECOND (DIFFERENT) FLIGHT ELEMENT, MINIMUM OF "B", EXCLUDING DISMOUNT
- 3. ELEMENT WITH LA (LONG AXIS) TURN, MINIMUM OF "C", EXCLUDING MOUNT & DISMOUNT
- 4. SALTO OR HECHT DISMOUNT, MINIMUM OF "C"

- 1. FLIGHT ELEMENT - MINIMUM OF "C", EXCLUDING DISMOUNT
- 2. A SECOND (DIFFERENT) FLIGHT ELEMENT, MINIMUM OF "B", EXCLUDING DISMOUNT

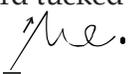
For Special Requirements #1 and #2 - Flight elements include:

- a. Elements with release and flight from LB to HB or reverse.
- b. Elements with release to counter flight, vault, or salto followed by a re-grasp on the same or other bar.
- c. Elements performed with release (hop-grip change) in which both hands release the bar simultaneously and finish in a different grip (mixed, reverse, mixed-L, L, etc.) with the hop completed by vertical, provided that the circle/cast/swing reaches within 20° of vertical with hips extended.
  - 1) If there is not a simultaneous release of both hands to finish in a different grip, it will not fulfill the Special Requirement of a flight element.
  - 2) A Backward giant, hop with ½ turn to the same grip (#4.303) will NOT be considered flight.
- d. The following elements listed in the *Jr. Olympic Code of Points* do not fulfill the requirements of the above descriptions of flight elements, but **WILL BE CONSIDERED FLIGHT** elements for the Jr. Olympic Program:

- 1) Straddle cut catch to hang (#1.204) 
- 2) Backward giant with hop 1/1 turn in handstand phase (#4.502) 

- 3) Swing backward with release and 1/1 turn to hang on HB (#2.204) 
  - 4) From front support - swing backward with release and 1/1 turn (Caslavka pirouette - #2.304) 
- e. If a Level 10 gymnast performs the same flight element two times, she has fulfilled ONLY ONE of the flight Special Requirements.
  - f. The mount may be considered if it fulfills the definition of flight, including the straddle cut catch performed as a mount.

EXAMPLES OF MOUNTS WITH FLIGHT:

- 1) #1.307 (C) Jump to brief hang on HB, salto roll backward tucked or straddled with grip change to hang on LB 
  - 2) #1.209 (B) Hecht mount with hand repulsion over LB to hang on HB 
- g. The dismount may NOT be considered as a flight element for Special Requirements .
3. **ELEMENT WITH LA (LONG AXIS) TURN, MINIMUM OF "C"**
    - 1) May NOT be the mount or dismount element.
    - 2) May be a pirouette on the hands, a turn in a flight element, a turn from a long hang swing, or a turn in an underswing with feet on bar and 1/2 (180°) turn.
  4. **SALTO OR HECHT DISMOUNT, MINIMUM OF "C"**
    - Refer to the Bar Dismount Regulations section under Bars - General Information.

## B. LEVEL 9 SPECIAL REQUIREMENTS

1. **MINIMUM OF TWO (2) BAR CHANGES**
2. **ONE (1) FLIGHT ELEMENT, MINIMUM "B", EXCLUDING DISMOUNT**
3. **A SECOND (DIFFERENT) FLIGHT ELEMENT (MINIMUM "C"- EXCLUDING DISMOUNT), OR ONE ELEMENT WITH LA TURN OF 180° OR MORE (MINIMUM OF "B"- EXCLUDING THE MOUNT AND/OR DISMOUNT)**
4. **SALTO OR HECHT DISMOUNT, MINIMUM OF "B"**

1. **MINIMUM OF TWO (2) BAR CHANGES**
  - a. Must perform Value Parts on both bars (performing a minimum of two times on one rail and once on the other rail.) HB-LB-HB or LB-HB-LB  
Example: Mount on the HB, transition to LB and back up to the HB to dismount = two (2) bar changes.
  - b. The movement used to transfer from one bar to the other is not required to have a value to fulfill the bar change.
  - c. If, following a fall from the high bar, the gymnast continues the routine by performing a Value Part on the Low Bar, it is considered a bar change.
    - Climbing onto the Low Bar, then jumping to High Bar is NOT considered a bar change because no element was performed on the LB.
  - c. Free mounts over Low Bar (no contact with low bar) are not considered a bar change.
  - d. Mounts with hand support on Low Bar to catch High Bar are considered a bar change.
  - e. No bar changes or only one bar change = 0.50 deduction.
2. **ONE (1) FLIGHT ELEMENT, MINIMUM "B", EXCLUDING DISMOUNT**  
Refer to Level 10 for specifics.
3. **A SECOND (DIFFERENT) FLIGHT ELEMENT, MINIMUM "C"- EXCLUDING DISMOUNT, OR ONE ELEMENT WITH LA (LONG AXIS) TURN OF 180° OR MORE, MINIMUM OF "B"- EXCLUDING THE MOUNT AND/OR DISMOUNT.**  
**Note: Special Requirements # 2 and 3 must be fulfilled by two different elements.**
4. **SALTO OR HECHT DISMOUNT, MINIMUM OF "B"**
  - Refer to the Bar Dismount Regulations section under Bars - General Information.

- d. If the circle element finishes within 11° - 20° of vertical, the 0.05 deduction for insufficient amplitude of "C" circles is NOT applied at Level 7.
- e. If the gymnast's attempt to perform a clear hip circle severely lacks amplitude and the circle finishes with the hips on the bar (never passing through a clear support), deduct 0.50 for missing one Special Requirement.

"A" Value-Part credit (for back hip circle) would be awarded. The Special Requirement would not be fulfilled because the circling element was not "clear."

**EXAMPLES for Special Requirement consideration at Level 7:**

**If a Level 7 gymnast performs:**

- 1) a clear hip circle and a backward giant circle: Special Requirements # 2 and 3 have been fulfilled.
- 2) two "B" clear hip circles: Special Requirements # 2 and 3 have been fulfilled.
- 3) one clear hip circle to within 20° of vertical ("C" receives "B" credit) and one clear hip circle below horizontal ("B"): Special Requirements # 2 and 3 have been fulfilled.
- 4) two backward giant circles: Only one can be used to fulfill the Special Requirement, since the giant circle is not from Group 3, 6 or 7. Deduct 0.50 for missing one Special Requirement.

**4. SALTO OR HECHT DISMOUNT, MINIMUM OF "A"**

- Refer to the Bar Dismount Regulations section under Bars - General Information.

**E. LEVEL 6 SPECIAL REQUIREMENTS**

<ol style="list-style-type: none"> <li>1. ONE CAST TO A MINIMUM OF HORIZONTAL</li> <li>2. MINIMUM OF ONE BAR CHANGE</li> <li>3. ONE 360° CLEAR CIRCLING ELEMENT FROM GROUPS 3, 6, OR 7</li> <li>4. DISMOUNT, MINIMUM OF "A"</li> </ol>
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**1. ONE CAST TO A MINIMUM OF HORIZONTAL**

- a. Applicable deductions for insufficient amplitude will be applied, according to the basic casting criteria.
- b. If all casts are below horizontal, deduct 0.50 for missing the Special Requirement, plus 0.30 for insufficient amplitude of each cast.
- c. This is an exception to the rule that Special Requirements must be fulfilled with Value-Part elements. (Casts more than 20° from vertical have no value.)

**2. MINIMUM OF ONE (1) BAR CHANGE**

- a. Must perform Value Parts on both Low Bar and High Bar to fulfill this requirement.
- b. No bar change = 0.50 deduction for missing a Special Requirement.
- c. See Level 9 for specifics.

**3. ONE 360° CLEAR CIRCLING ELEMENT FROM GROUPS 3, 6, OR 7**

- a. May NOT be an element performed with hips on the bar during or at the completion of the circle or with feet on the bar at the completion of the circle.
  - Front/back hip circles (#7.101) and front/back sole circles (#7.103) do not fulfill this SR.
- b. The following circle elements are the only allowable "C" elements for Level 6 and will receive "B" Value-Part credit:
  - Clear hip circle to handstand
  - Stalder circle backward to handstand
  - Pike sole circle backward to handstand
- c. If the circle element finishes within 11° - 20° of vertical, the 0.05 deduction for insufficient amplitude of "C" circles is NOT applied at Level 6.

**4. MINIMUM OF "A" DISMOUNT**

- a. A salto or hecht dismount is not required at Level 6.
- b. Refer to the Bar Dismount Regulations section under Bars - General Information.
- c. *The Level 4 dismount (tap swing forward with ½ turn) is not listed as an "A" in the JO Code and cannot fulfill the Level 6 dismount SR.*

### III. SPECIFIC COMPOSITIONAL DEDUCTIONS

Note: Composition deductions are NOT applied at Levels 6 and 7.

**A. Insufficient distribution of the elements** Up to 0.10

Consider:

1. Level of difficulty not maintained throughout the exercise.
2. Most difficult elements placed in the same section of the exercise.

**B. Insufficient change of direction (applicable to Level 9 & 10 only)** Up to 0.10

Consider:

1. Gymnast predominantly faces the same direction throughout exercise or uses elements that start and finish facing in the same direction. (example - Giant 1/1 can count as only one of the two turning elements).
2. The gymnast should show a minimum of **two elements with change of direction** in the exercise. EXAMPLES:  
Deduct 0.10 - No elements with a minimum of 180° turn  
Deduct 0.05 - Only one element with 180° or 540° turn  
Deduct 0.05 - Only one element with 360° turn  
Deduct 0.05 - Both elements with 360° turn  
No deduction - Two elements with 180° and/or 540° turn  
No deduction - One element with 180° or 540° turn and one element with 360° turn
3. The mount and/or dismount may not be considered in fulfilling the two changes of direction.

**C. Uncharacteristic elements** each 0.10

EXAMPLES:

1. Squat/stoop on Low bar, stand with ½ turn on feet to grasp high bar
2. Swing forward on HB, place feet on low bar to stand with or without a ½ turn
3. Climbing/crawling onto the LB within the exercise

**D. More than one squat/stoop on LB, with or without sole circle, to stand & jump to grasp high bar (applicable to Level 10 only)** each 0.10

- Level 10's: After a fall, judging resumes once the gymnast performs an element listed in the *Jr. Olympic Code of Points*; therefore, if she resumes with a glide kip, cast squat on, and has already performed a squat/stoop on, the deduction will be applied.

**E. ¾ Giant circle forward with or without a grip change** 0.10

1. This is not considered an element.
2. It will break a connection.
3. If swing backward is under horizontal, an up to 0.10 deduction would also be applied for insufficient amplitude.

**F. Choice of elements** Deduct for any/all applicable considerations

Consider:

1. **Failure to perform elements (circles, releases) both forward and backward within the exercise (Levels 9/10 only)** 0.05
  - Must move forward around an axis (either around the bar or the BA axis of the body)  
Examples: Back & front giants, Jaeger salto, Deltchev & Mixed-grip Deltchev
  - #3.301, 6.305, 7.310 and similar release elements on LB with release & counter movement to HB are NOT forward elements (all stem from a backward circle).

**2. Lack of balance between elements with pirouettes and flight phase (Level 9 & 10 only)** Up to 0.10

- a. Consider the quantity and difficulty of the pirouettes & flights
- b. If missing one category completely, deduct 0.10.

**3. Lack of variety of elements and connections** Up to 0.10

Consider:

- a. Overuse of elements from one structure group
- b. Overuse of specific element or variation of that element
  - Majority of the elements are variations of the backward giant
- c. Overuse of same element for connections  
Example: Kips, same transition elements from Low bar to High bar
- d. Elements of highest value connected primarily to elements of lowest value