

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.
- 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.
 - *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' x 10'.
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
4½ 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.
 - a. 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).
 - b. A manufactured mat shaped liked the springboard (mount trainer mat) may also be used.
 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 1½ inch base mat (unfolded panel mat) placed under or on top of the competition landing mat.
 - a. The board 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 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).

All Giant circles performed on the low bar with extended body/legs throughout will receive the same value as the corresponding giant circle performed on the high bar.

4. **Large Release elements** such as the Jaeger, Deltchev, and Gienger must show a balance between height and rotation.
 - a. Deduct for insufficient amplitude on large release elements that show very little flight or very late hand release.
 - If hips are above high bar level no deduction
 - hips at high bar level, deduct 0.05
 - hips below the high bar level deduct 0.10 - 0.20
 - b. Deduct up to 0.10 for under-rotation of flight elements if, upon catching the bar, the hips/legs do not continue to rotate backward to a fully extended, stretched position.
 - c. All large single bar release elements performed on the low bar will receive one difficulty value lower than if performed on the high bar.

5. **Circle elements with release from low bar to high bar and counter movement forward in flight (#3.301, 6.305, 7.310, 7.313)**

This type of release element must also show balance between height and rotation. Look for good height with hips rising, approaching the level of the high bar and hips/legs rotating backward.

Deduct up to 0.10 for under-rotation if, upon catching the bar, the hips/legs do not continue to rotate backward to a fully extended, stretched position.

6. **#2.205 & #5.303 Counterswing to straddle or pike back over low bar ("B") & from a forward giant circle, straddle or pike back over low bar ("C")**

The element must show good flight (distance between the hips and the low bar) to a hand grasp on the low bar.

- a. When the catch occurs, the body should be in an extended position from shoulders to hips, but it is acceptable to maintain a pike in the hips. This is an exception to the principle for determining the angle by the line from the shoulders through hips and feet.
- b. The feet may be placed on the bar for a sole circle or "toe on" action AFTER flight and hand grasp. If feet hit the low bar first, or hands and feet hit simultaneously, then recognize it as an "A" element.
- c. If the feet contact the floor on the glide (following the grasp of the low bar in the Straddle Back), apply the appropriate execution deductions on the glide kip, but award the appropriate Value-part credit for the Straddle Back.
- d. If the hand grasp and foot contact on the mat occur simultaneously, the deduction will be applied to the flight element, not the glide.

Note: Principles b., c. and d. would apply to any element that transfers from high bar to low bar and are followed by a glide kip.

7. **#3.203, #3.303, #4.204, & #4.304 Underswing or long swing with ½ (180°) turn and flight over LB to hang on LB**

The element must show good flight (distance between the hips and the low bar) to a hand grasp on the low bar.

- a. When the catch occurs, the body should be in an extended position (from shoulders to feet) at horizontal or above for no deduction for insufficient amplitude.
- b. Once the hands make contact with the bar, the element is considered complete. See #6 regarding contacting the bar or mat with the feet.

Note: #4.204 receives "C" value if it immediately follows a "D" or "E" release element.

8. **#3.407 Weiler Kip**

Ideally, the Weiler kip should be performed in a reverse grip (undergrip), starting from near handstand position. It usually follows a front giant or a cast to handstand with hop-grip change. It should demonstrate the reverse circling pattern of a clear hip circle to handstand.

- 1) a clear hip circle to 45° and a cast to handstand with ½ turn: Special Requirements # 2 and #3 have been fulfilled.
- 2) a clear hip circle to handstand and clear hip circle to handstand with 1/2 turn. Special Requirements # 2 and #3 have been fulfilled.
- 3) two clear hip circles: Only one of the Level 8 Bar Special Requirements has been fulfilled. Deduct 0.50 for missing one Special Requirement (no element with turn or flight).
- 4) a backward giant and a counterswing straddle back over low bar. Only the counterswing straddle back can be used to fulfill the Special Requirement. Since the giant is not from group 3, 6 or 7, deduct 0.50 for missing one Special Requirement.
- 5) an underswing (toe-on) with ½ turn from high bar over low bar to hang on low bar (#3.203) and later a cast to handstand with ½ turn. Both elements could fulfill Special Requirement #2 since both have either turn, flight or both.
While the underswing (toe-on) with ½ turn from HB to LB is from Group 3, it is not a 360° clear circling element; therefore, deduct 0.50 for missing one Special Requirement.
- 6) only one B element – a Clear hip circle to handstand with ½ turn (“C” element that receives “B” value at Level 8). Deduct 0.50 for missing the Special Requirement of a 2nd “B” element.

4. SALTO OR HECHT DISMOUNT, MINIMUM OF “A”

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

D. LEVEL 7 SPECIAL REQUIREMENTS

1. ONE CAST TO A MINIMUM OF 45° FROM VERTICAL
- 2/3. TWO 360° CLEAR CIRCLING ELEMENTS, SAME OR DIFFERENT, ONE A MINIMUM OF “B”, ONE FROM GROUPS 3, 6 OR 7
4. SALTO OR HECHT DISMOUNT, MINIMUM OF “A”

1. ONE CAST TO A MINIMUM OF 45° FROM VERTICAL

- a. Applicable deductions for insufficient amplitude will be applied, according to the basic casting criteria.
- b. If all casts are below 45°, deduct 0.50 for missing the Special Requirement, plus 0.25 - 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. & 3. TWO 360° CLEAR CIRCLING ELEMENTS, ONE A MINIMUM OF “B”

- MAY BE THE SAME OR DIFFERENT
- ONE MUST BE FROM GROUPS 3, 6, OR 7

- a. This requirement must be fulfilled by 360° clear circling elements finishing in a handstand or clear support. Choices: Backward Giant, Clear hip circle, Stalder circle, Pike sole (toe-on and off) circle backward.
- b. One of the two 360° circling elements must be from Group 3, 6 or 7 in the *Jr. Olympic Code of Points* or *J.O. Updates*.
 - Group 3 Clear Hip Circles
 - Group 6 Stalders Circles
 - Group 7 Circle Swings

Note: This requirement may be performed on either bar.

- c. The two 360° circling elements may be the same (only if from Groups 3, 6, or 7) or different.

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:

- Gymnast predominantly faces the same direction throughout exercise or uses elements that start and finish facing in the same direction. (example - Giant 1/1 does not count as a change of direction).
- The gymnast should show a minimum of two changes of direction in the exercise.

EXAMPLES:

No elements with ½ turn or one element with a 1/1 turn: deduct 0.10

One element with ½ turn and one element with 1/1 turn: deduct 0.05

Two elements with ½ turn: No deduction

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

SECTION III

UNEVEN BARS

CHAPTER 3

EXECUTION AND AMPLITUDE FAULTS

I. SLIGHT/SMALL FAULTS	<u>0.05 – 0.10 pt.</u>
A. Flexed/ <i>sickled</i> feet on Value-Part elements	each time <u>0.05</u>
B. Slight hop, or small adjustment of feet on landing of dismounts	Up to 0.10
C. Deviation from straight direction on landing	Up to 0.10
D. Extra arm swings on landing	Up to 0.10
E. Legs crossed during salto dismounts with twist	Up to 0.10
F. Hesitation during jump to HB or swing to handstand	each Up to 0.10
G. Touch/brush on apparatus or mat with foot/feet	each Up to 0.10
H. Under-rotation of release/flight elements	each Up to 0.10
I. Precision of handstand positions throughout exercise	Up to 0.10
J. Insufficient extension of glides/swings into kips	each Up to 0.10
K. Poor rhythm in elements/connections	each Up to 0.10
L. Landing too close to the bar on dismount	<u>0.10</u>
M. Extra steps on landing (maximum 4)	each <u>0.10</u>
N. Swing forward or backward under horizontal	each Up to 0.10
II. MEDIUM FAULTS	<u>UP TO 0.20 pt.</u>
A. Leg or knee separations	each Up to 0.20
B. Insufficient exactness of body shape: tuck or pike position	each Up to 0.20
C. Insufficient amplitude of bar elements (including releases)	each Up to 0.20
Exception: Clear hip circle & salto dismount (See large faults)	
D. Failure to maintain stretched body position (pikes down dismount)	Up to 0.20
E. Incorrect body posture on landing	Up to 0.20
F. <i>Incomplete twist on twisting salto dismounts</i>	<u>Up to 0.20</u>
G. <i>Additional trunk movements to maintain balance on landing of dismount</i>	<u>Up to 0.20</u>
H. <i>Insufficient exactness of stretched position</i>	<i>Each time Up to 0.20</i>
<ul style="list-style-type: none"> • <i>arch</i> Up to 0.20 • <i>hip angle (136° - 179°)</i> Up to 0.20 	
I. Insufficient dynamics throughout - Consider:	Up to 0.20
<ul style="list-style-type: none"> • insufficient swingful execution throughout exercise • energy not maintained throughout exercise • gymnast fails to make difficult look effortless 	
J. Hit on apparatus with foot/feet	<u>0.20</u>
K. Large step or jump on landing (approximately 3 feet or more)	<u>0.20</u>
III. LARGE FAULTS	<u>UP TO 0.40 pt.</u>
A. Bent arms in support or bent legs (90° bend or greater receives 0.30) (Maximum of 0.30 for arms and 0.30 for legs on any one element)	Each Up to 0.30
B. Insufficient height (amplitude) of salto dismount	Up to 0.30
C. Squat on landing (hips even with or lower than the knees)	Up to 0.30
D. Brush/touch the landing surface with one or both hands (no support)	Up to 0.30
E. <i>Insufficient extension (open) of tuck/pike body position prior to landing dmt</i>	<u>Up to 0.30</u>
F. Grasp of bar apparatus to avoid a fall	<u>0.30</u>
G. Intermediate (extra) swing/cast	<u>0.3</u>
(Maximum of 0.6 if more than one extra swing/cast following an element)	
H. Hit on mat with foot/feet	<u>0.30</u>
I. Insufficient amplitude of "B" clear hip circle	Up to 0.40

IV. VERY LARGE FAULTS

0.50 pt.

- A. Full support on foot/feet on mat during exercise 0.50
- B. Support on mat with 1 or 2 hands upon landing 0.50
- C. Fall on mat to knee(s) or hips 0.50
- D. Fall on or against the apparatus 0.50
- E. Spotting assistance during an element No VP/SR/Bonus + 0.50
- F. Spotting assistance upon landing the dismount Award VP & SR/No Bonus + 0.50
- G. *Fall/Failure to land on the bottom of the feet first on dismount*
 - *If salto was initiated* No VP, no SR, No bonus + 0.50 for the fall
 - *If salto was never initiated* No VP, no SR, No bonus + 0.50 for the fall
plus deduct 0.30 from Start Value for no dismount

V. CHIEF JUDGE DEDUCTIONS SPECIFIC TO BARS

- A. Coach standing between the bars throughout exercise 0.10
- B. Incorrect padding (use of heel/*hip* pads) 0.20

If the CJ 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 CJ warned her previously), the deduction must be taken.
- C. Failure to remove board/spotting block after a release element 0.30
- D. Complete or incomplete exercise with fewer than five (5) Value-Part elements 2.00
- E. Gymnast exceeds the 45-second fall time Exercise terminated