

BARS Composition Deductions		BARS Execution Deductions		BARS Execution Deductions		BARS Connection Values		BARS Special Requirements		VP	Level 9	Level 10
Insufficient Distribution of Elements	→0.1	3rd Run to approach mount (each judge)	0.5	Insufficient Dynamics (thruout)	→0.2	<b>Level 9</b>		<b>2 - Bar Changes</b>	A = 0.1	3	3	
Insufficient Change of Direction	→0.1	Swing Forward / Backward Under Horizontal	→0.1	Trunk Movements to Control Landing	→0.2	One with Flight / Turn	C+C	<b>1 - B Flight</b>	B = 0.3	4	3	
Uncharacteristic Elements	each 0.1	Under-Rotation of Release Elements	→0.1	Insufficient Amplitude of Elements (each)	→0.2	Both w/o Flight / Turn	C+C	<b>1 - C Flight / Turn</b>	C = 0.5	1	2	
More than 1 Squat-on LB w/wo sole circle (L10)	each 0.1	Precision of Handstand Positions (thruout)	→0.1	Insufficient Stretch (Arch or Pike)	→0.2	Both with Flight / Turn	(different)	<b>* different flight</b>	SR	0.5	0.5	
3/4 Forward Giant w / wo grip change	each 0.1	Insufficient Extension of Glide/Swing to Kip	→0.1	Insufficient Ext. (Open) prior to Landing	→0.3	Both with Flight / Turn	C+C	<b>B - Dismount</b>	<b>SV</b>	<b>9.7</b>	<b>9.5</b>	
Choice of Elements:		Poor Rhythm in Elements	→0.1	Insufficient Height of Salto Dismounts	→0.3	<b>Level 10</b>		<b>1 - B Flight</b>	<b>Bonus</b>	0.3	0.5	
* Forward & Back Circle or Release	0.05	Hesitation in Jump, Swing to Handstand	→0.1	Insufficient Amplitude "B" Clear Hip Circles	→0.4	Both with Turn / Flight		<b>* Different Flight</b>	<b>Bonus</b>	OK without fall / spot		
* Variety of Elements & Connections	→0.1	Landing Too Close to Bars Dismount	0.1	Grasp Apparatus to Avoid a Fall	0.3	** Group 3,6,7 - Different	C+C	<b>1 - C Flight</b>	Level 9 - Bonus			
* Balance Between Piro. & Flights	→0.1	Angle of Flight to LB Handstand (11° - 20°)	0.05	Intermediate (Extra) Swing (max. 0.6)	0.3	No Turn or Flight Required		<b>* Different Flight</b>	Maximum (1 <b>Restricted</b> ) D/E			
Choice of Releases - Not up to the Level (L10)	→0.2	Angle of Circle to Handstand	→0.2	Touch / Brush Foot on Apparatus or Mat	→0.1	w / without Flight / Turn	C+D	<b>1 - C Turn</b>	D/E = C			
Lack of 2 Bar Changes (L10)	0.2	Angle of Cast to Handstand	→0.3	Hit Foot on Apparatus	0.2			<b>* No Mount / Dismount</b>	Other Restricted Element			
More than 1 Element before the Mount	0.2	Angle of Turn Deviation (Healy + 1-1/2t.)	→0.3	Hit Foot on Mat	0.3			<b>C - Dismount</b>	No VP			
		Angle of Turn Deviation (1/2 t. - 1/1 t. IN)	→0.3	Full Support on foot/feet on mat in routine	0.5				0.5 off SV			

										Exec. - _____	SV	S.V. _____
										Comp. - _____	LV: <b>9.5</b>	Ded. - _____
										A - _____	VP - _____	J1 Score _____
										B - _____	SR - _____	J2 Score _____
										C - _____	RE - _____	Average _____
										D + _____	CV+ _____	Off Ave. - _____
										E + _____	DE+ _____	Score _____
Squat on _____ For Circle _____ Variety _____ PIRO & FLT _____ 2 Bar Changes _____ Lv Releases _____ Direction _____ Distribution _____ Dynamics _____ Handstand Percision _____												

										Exec. - _____	SV	S.V. _____
										Comp. - _____	LV: <b>9.5</b>	Ded. - _____
										A - _____	VP - _____	J1 Score _____
										B - _____	SR - _____	J2 Score _____
										C - _____	RE - _____	Average _____
										D + _____	CV+ _____	Off Ave. - _____
										E + _____	DE+ _____	Score _____
Squat on _____ For Circle _____ Variety _____ PIRO & FLT _____ 2 Bar Changes _____ Lv Releases _____ Direction _____ Distribution _____ Dynamics _____ Handstand Percision _____												

										Exec. - _____	SV	S.V. _____
										Comp. - _____	LV: <b>9.5</b>	Ded. - _____
										A - _____	VP - _____	J1 Score _____
										B - _____	SR - _____	J2 Score _____
										C - _____	RE - _____	Average _____
										D + _____	CV+ _____	Off Ave. - _____
										E + _____	DE+ _____	Score _____
Squat on _____ For Circle _____ Variety _____ PIRO & FLT _____ 2 Bar Changes _____ Lv Releases _____ Direction _____ Distribution _____ Dynamics _____ Handstand Percision _____												