

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	Level 9		2 - Bar Changes	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	1 - B Flight	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	1 - C Flight / B Turn	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)	* different flight	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 - Dismount	SV	9.7	9.5	
Choice of Elements:		Poor Rhythm in Elements	→0.1	Insufficient Height of Salto Dismounts	→0.3	Level 10		1 - B Flight	Bonus	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		1 - C Flight	Bonus	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	* Different Flight	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		1 - C Turn	Maximum (1 Restricted) 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	* No Mount / Dismount	Other Restricted Element			
Lack of 2 Bar Changes (L10)	0.2	Angle of Cast to Handstand	→0.3	Hit Foot on Apparatus	0.2			C - Dismount	No VP	0.5 off SV		
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							
		Angle of Turn Deviation (1/2 t. - 1/1 t. IN)	→0.3	Full Support on foot/feet on mat in routine	0.5							
Squat on _NO_ Forward Circle _____ Variety _____ Balance PIRO & FLT _____ 2 Bar Changes _NO_ Level of Releases _NO_ Direction _____ Distribution _____ Dynamics _____ Handstand Precision _____												
										Exec. - _____	SV LV: 9.7	S.V. _____
										Comp. - _____	VP - _____	Ded. - _____
										A - _____	SR - _____	J1 Score _____
										B - _____	RE - _____	J2 Score _____
										C - _____	CV+ _____	Average _____
										D + _____	DE+ _____	Off Ave. - _____
										E + _____		Score _____
Squat on _NO_ Forward Circle _____ Variety _____ Balance PIRO & FLT _____ 2 Bar Changes _NO_ Level of Releases _NO_ Direction _____ Distribution _____ Dynamics _____ Handstand Precision _____												
										Exec. - _____	SV LV: 9.7	S.V. _____
										Comp. - _____	VP - _____	Ded. - _____
										A - _____	SR - _____	J1 Score _____
										B - _____	RE - _____	J2 Score _____
										C - _____	CV+ _____	Average _____
										D + _____	DE+ _____	Off Ave. - _____
										E + _____		Score _____
Squat on _NO_ Forward Circle _____ Variety _____ Balance PIRO & FLT _____ 2 Bar Changes _NO_ Level of Releases _NO_ Direction _____ Distribution _____ Dynamics _____ Handstand Precision _____												
										Exec. - _____	SV LV: 9.7	S.V. _____
										Comp. - _____	VP - _____	Ded. - _____
										A - _____	SR - _____	J1 Score _____
										B - _____	RE - _____	J2 Score _____
										C - _____	CV+ _____	Average _____
										D + _____	DE+ _____	Off Ave. - _____
										E + _____		Score _____