

Uneven Bars Execution Deductions 2018-2022

5/30/18

Additional Trunk movements to Maintain Balance on Landing of Dismounts	^0.20
Arm swings on Landing	^0.10
Bent Arms in Support - on any one element (90° bend or greater = Max 0.30)	^0.30
Bent Legs in Support - on any one element (90° bend or greater = Max 0.30)	^0.30
Brush / Touch Landing surface w/ 1 or 2 Hands (<i>no support</i>)	^0.30
Deviation from straight direction on Landing	^0.10
Failure to Maintain Stretched Body Position (Pikes down Dismount)	^0.20
Fall / Failure to Land on the Bottom of the Feet First on Dismount if Salto was Initiated: <i>No VP / No SR / No Bonus</i>	Fall <u>0.5</u>
Fall / Failure to Land on the Bottom of the Feet First on Dismount if Salto was never Initiated: <i>No VP / No SR / No Bonus / 0.30 for No Dismount off SV</i>	Fall <u>0.5</u>
Fall occurs After Spot upon Landing	<u>0.50</u>
Fall on Mat to Knee(s) or Hips	<u>0.50</u>
Fall on or against the Apparatus	<u>0.50</u>
Flexed/Sickled feet on Value Part elements	each time <u>0.05</u>
Full Support on Foot / Feet on Mat during exercise	<u>0.50</u>
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Grasp on Apparatus to Avoid a Fall	<u>0.30</u>
Hesitation during jump to HB or swing to Handstand	each ^0.10
Hit on Apparatus with Foot / Feet	<u>0.20</u>
Hit on Mat with Foot / Feet	<u>0.30</u>
Incomplete Twist on Twisting Salto Dismounts	^0.20
Incorrect Body Posture on Landing	^0.20
Insufficient Amplitude / Angle of Completion of "B" Clear Hip Circle	^0.40
Insufficient Amplitude/Angle of Completion of Circling Elements (<i>Except Clear Hip Circles - see Large Faults</i>)	^0.20
Insufficient Amplitude of Bar Elements (including Releases) <i>Exceptions: Clear Hip Circle & Salto Dismount - See Large Faults</i>	each ^0.20
Insufficient Amplitude of Casts and Swings	^0.30
Insufficient Angle of Arrival on Flights to HS on LB	<u>0.05</u>
Insufficient Dynamics throughout - Consider: 1. <i>Insufficient Swingful execution - throughout exercise</i> 2. <i>Energy Not Maintained - throughout exercise</i> 3. <i>Fails to make Difficult Look Effortless</i>	^0.20
Insufficient Exactness of Body Shape: Tuck or Pike Position	each ^0.20
Insufficient Exactness of Stretched Position - Arch or Hip Angle (136-179)	each ^0.20
Insufficient Extension of Glides / Swings into Kips	each ^0.10
Insufficient Height (Amplitude) of Salto Dismount	^0.30
Insufficient Extension (Open) of Tuck / Pike Body Position prior to Landing Dismount	^0.30
Intermediate Extra Swing / Cast (Max = <u>0.60</u> / element)	<u>0.30</u>
Landing Dismount with Feet wider than Hip-width apart	<u>0.10</u>

Specific Uneven Bars Execution Deductions (continued)	
Landing Too Close to the Bar on Dismount	0.10
Lands Dismount in Solid or Loose Foam Pit <i>No VP / No SR / No Bonus</i>	0.30
Lands with Feet Hip-width apart or closer, but never joins the Heels	0.05
Large Step or Jump on Landing (approximately 3 feet or more) <i>Max 0.40</i>	0.20
Leg or Knee Separations	each ^0.20
Legs crossed during Salto Dismounts with Twist	^0.10
Lifting the Hips up to squat on (Insufficient Amplitude)	each time 0.05
More than one (1) Extra Swing / Cast following an element	Max 0.60
Poor Rhythm in Elements / Connections	each ^0.10
Precision of Handstand positions throughout exercise	^0.10
Slight hop, or Small Adjustment of feet, or Feet Staggered on Landing Dismounts	^0.10
Spotting assistance during an Element - <i>No VP / No SR / No Bonus</i>	0.50
Spotting assistance upon Landing the Dismount - <i>Award VP / Award SR / No Bonus</i>	0.50
Squat on landing (Hips even with or lower than Knees)	^0.30
Steps on Landing <i>(Max 0.40)</i>	each 0.10
Support on Mat with 1 or 2 Hands upon Landing	0.50
Swing forward or backward under horizontal	each ^0.10
Third (3rd) Run approach for Mounts	0.50
Touch / Brush on Apparatus or Mat with Foot / Feet	^0.10
Under-rotation of Release / Flight elements	each ^0.10

Chief Judge Deductions Specific to Bars	
Board on Unpermitted surface	0.30
Coach standing Between Bars throughout exercise	0.10
Complete or Incomplete Exercise - Fewer than Five (5) Value Part Elements	2.00
Exceeds 45 second fall time	Exercise Terminated
Excessive use of magnesia (chalk)	0.20
Failure to Remove Board / Spotting Block after a Release or Mount	0.30
Incorrect Padding (use of Heel / Hip Pads) <i>Chief Judge notices the Heel Pads prior of the Mount, a warning must be given. Deduction must be taken if Heel Pads are worn during the exercise (w/ or w/o Warning).</i>	0.20
Lands Dismount in Solid or Loose Foam Pit <i>No VP, No SR, No Bonus</i>	0.30
Use of Unauthorized, or Additional Mats, or Springboard on Unauthoized Surface	0.30

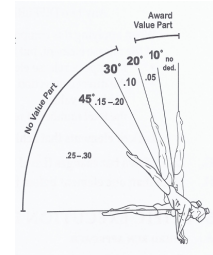
Amplitude of Casts and Swings

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0°-10° from vertical	"B" VP awarded	NO deduction for amplitude of cast
11°-20° from vertical	"B" VP awarded	<u>0.05</u> deduction
21°-30° from vertical	No VP awarded	<u>0.10</u> deduction
31°-45° from vertical	No VP awarded	0.15 - 0.20 deduction
46° from vertical & below	No VP awarded	0.25 - 0.30 deduction

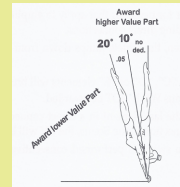
(Maximum = Horizontal & Below)

^0.30



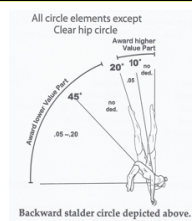
Insufficient Angle of Arrival on Flights to Handstand on Low Bar

0°-10° from vertical	0.00	Award Higher Value Part
11°-20° from vertical	<u>0.05</u>	Award Higher Value Part
21° or more from vertical		Award Lower Value Part



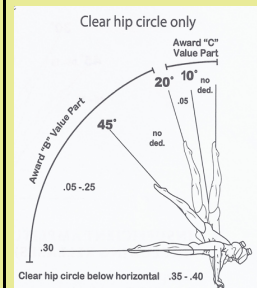
Amplitude / Angle of Completion of Circling Elements - Except Clear Hip Circles

0°-10° from vertical	0.00	Award Higher Value Part
11°-20° from vertical	<u>0.05</u>	Award Higher Value Part
21°-45° from vertical	0.00	Award Lower VP
46° from vertical	^0.20	Award Lower VP



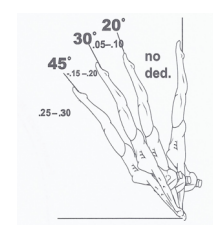
Amplitude / Angle of Completion of Circling Element - Clear Hip Circle Only

0°-10° from vertical	0.00	"C" VP
11°-20° from vertical	<u>0.05</u>	"C" VP
21°-45° from vertical	0.00	"B" VP
46 - 89° from vertical	0.05 - 0.25	"B" VP
90° from vertical (horizontal)	<u>0.30</u>	"B" VP
More than 90° from vertical (below horizontal)	0.35 - 0.40	"B" VP



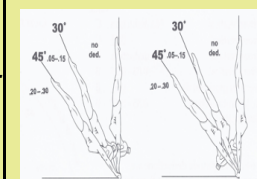
Angle of Body at Turn Completion for Turns IN Handstand

^20° from vertical	No deduction
21°-30° from vertical	Deduct 0.05 - 0.10
31°-45° from vertical	Deduct 0.15 - 0.20
46° from vertical	Deduct 0.25 - 0.30



Amplitude of Body at Turn Completion for 1/1 Turn AFTER HS & 1½ Pirouettes

^30° from vertical	No deduction	31°-
45° from vertical	Deduct 0.05 - 0.15	
46° from vertical	Deduct 0.20 - 0.30	



Specific Compositional Deductions (COP Bars pg 29)	
3/4 Giant Circle Forward w/ or w/o grip change 1. Not considered an element 2. Will break a connection 3. Refer to Execution/Amplitude Deductions - Small faults for additional insufficient amplitude of backward swing deduction	0.10
Choice of DISMOUNT elements not up to competitive level "D" or "E" Element to "C" Dismt OR "D" or "E" Dismt 2 "C" Elements connected to a "C" Dismt OR "D" to "C" Connection to "C" Dismt 1 "C" Element (or less difficult) connected to "C" (or less difficult) dismount	^0.10
	No Deduction
	<u>0.05</u>
	<u>0.10</u>
Choice of Elements - Levels 9 / 10 Only - Failure to perform two (2) elements (min "B") that fulfill two (2) of the three (3) following requirements: 1. One (1) Forward element (Circle or Release excluding dismounts) 2. One (1) Pirouette element (Turn through Handstand position - min 180 LA Turn) 3. One (1) Element from Groups 3, 5, 7	
Two (2) out of 3 Requirements Performed	No Deduction
One (1) out of 3 Requirements Performed	<u>0.10</u>
None (0) of the 3 Requirements Peformed	<u>0.20</u>
Facing same DIRECTION throughout entire exercise Elements with 1/1 (360) turn will NOT fulfill change of direction nor will Mount / Dismount	0.10
Choice of RELEASE Elements - Not up to Competitive level (10 only) - Apply Compositional Deductions, considering Value of Release Element, AND: Type of Release element, Direct Connection with Release Elements and / or Elements of Higher Value, and Total Number of Release Elements.	^0.20
Min of 2 Different "D" or "E" Release elements	No Deduction
1 "D" Release directly connected to "C" Release	<u>0.05</u>
1 Isolated "D" Release + 1 Isolated "C" Release	<u>0.10</u>
2 "C's" directly connected OR 1 Isolated "D" Release + 1 Isolated "B" Release	<u>0.15</u>
2 Isolated "C" Releases OR 1 "B" and 1 "C" Release or Less	<u>0.20</u>
Lack of Elements that achieve (or pass through) Vertical (Level 8 only)	^0.20
Lack of 2 bar changes (Level 10 only) (See Level 9 SR #1)	<u>0.20</u>
More than 1 Squat / Stoop on LB (Level 10 only) w/ or w/o Sole Circle w/ jump to grasp HB (10 only) 1. After a Fall, judging resumes once an element listed in the Code is performed. 2. Deduct for any additional Cast Squat / Stoop o LB that is performed, if Cast Squat / Stoop on LB was previously performed.	each <u>0.10</u>
Uncharacteristic elements: 1. Squat / Stoop on LB, stand with 1/2 Turn on feet to grasp HB 2. Swing Forward on HB, place feet on LB to stand (w/ or w/o a 1/2 Turn) 3. Climbing / Crawling onto LB (within the exercise)	each <u>0.10</u>

General Uneven Bars Information - Level 10

Value Parts Required - 3 A, 3 B, 2 C - **No Restrictions**

Start Value - 9.50 w/ Max of 0.50 Bonus (Min +0.10 D/E & Min +0.10 CV)

Special Requirements - Deduct 0.50 for each missing SR. (COP Bars pg 21)

1. Flight Element, Min "C" (not Dismount)
2. A 2nd (Different) Flight Element, Min "B"
3. Min "C" element with LA turn (not in Mount/Dismount)
4. Salto Dismount, Min "C"

Bonus - Max 0.40 CV or 0.40 DV - 0.10 must come from other one for 10.00 SV

"C" + "C" = +0.10 Both "C" Elements must have either Flight Phase or LA Turn of at least 180- Exception: Connection of 2 Elements from Groups 3/ 6/ 7, Flight or Turn is NOT required but the elements must be DIFFERENT.

"C" + "D/E" or "D/E" + "C" = +0.10 "C" connected to "D/E", "C" NOT required to have Flight or Turn - "D/E" are NEVER required to have Flight or Turn for CV

Note: "B" Release Element from HB to LB raises to "C" OR if it directly follows a "D/E" release without Counterswing

"D" + "D" or more difficult = +0.20

Extra Bonus of +0.10 available (**NOT in SV**) if exercise has:
Min of 0.60 Bonus & "E" Element

Allowable Range of Scores

9.500 - 10.00	0.20
9.000 - 9.475	0.50
8.000 - 8.975	0.70
Below 8.00	1.00