

Uneven Bars

Composition

<i>Insufficient distribution of elements</i>	↑.10
<i>Insufficient change of direction</i>	↑.10
<i>Uncharacteristic elements</i>	each <u>.10</u>
<i>More than one Squat on LB w/ or w/out sole circle to jump to grasp HB (Lev. 10 only)</i>	each <u>.10</u>
<i>¾ fwd Giant circle (w/ or w/o grip change)</i>	each <u>.10</u>
<i>Choice of elements</i>	
<i>- Failure to perform both fwd. & bwd. circles &/or releases</i>	.05
<i>- Imbalance between pirouettes & flight elem.</i>	↑.10
<i>- Lack of variety of elements & connections</i>	↑.10
<i>Choice of release elements not up to competitive level (Lev. 10 only)</i>	↑.20
<i>Lack of two bar changes (Lev. 10 only)</i>	<u>.20</u>
<i>More than one element before mount</i>	<u>.20</u>

Execution

<i>Swing fwd. or bwd. under horizontal</i>	each ↑.10
<i>Under-rotation of release/flight elements</i>	↑.10
<i>Precision of handstand positions throughout</i>	↑.10
<i>Insuff. extension of glides/swing into kips</i>	↑.10
<i>Poor rhythm in elements/connections</i>	↑.10
<i>Hesitation in jump or swing to HS</i>	↑.10
<i>Touch, brush of foot/feet on apparatus/mat</i>	↑.10
<i>Landing too close to bars on dismount</i>	<u>.10</u>
<i>Insuff. amplitude of elements</i>	each ↑.20
<i>Insufficient dynamics</i>	↑.20
<i>- Insufficient swingful execution throughout</i>	
<i>- Energy maintained throughout exercise</i>	
<i>- Makes difficult look effortless</i>	
<i>Hit of foot/feet on apparatus</i>	<u>.20</u>
<i>Incorrect padding (heel/hip)</i>	CJ <u>.20</u>
<i>Insufficient height of salto dismount</i>	↑.30
<i>Insuff. Extension (open) of tuck/pike body pos. prior to landing dismount</i>	↑.30
<i>Hit of foot/feet on mat</i>	<u>.30</u>
<i>Grasp on apparatus to avoid a fall</i>	<u>.30</u>
<i>Intermediate (extra) swing/cast (Max. .60 per elem)</i>	<u>.30</u>
<i>Insuff. amplitude of "B" Clear hip circles</i>	↑.40
<i>Full support on foot/feet on mat during routine</i>	<u>.50</u>