

BARS LEVEL 10 COMPOSITION

RELEASE elements not up to competitive level ↑0.2

Release Elements	
Expected NO Deduction	D--D <i>Minimum of 2 different D or E Elements</i>
0.05	D C <i>Directly Connected</i>
0.10	D--C <i>Isolated (NOT connected)</i>
0.15	C C <i>Directly Connected</i>
	D--B <i>Isolated (NOT connected)</i>
0.20	C--C <i>Isolated (NOT connected)</i>
	C B <i>or less</i>

DISMOUNT not up to competitive level ↑0.2

Dismount Elements		
Expected NO Deduction	D/E	D C <i>Directly Connected</i>
0.05	C C C <i>Directly Connected</i>	D C C <i>Directly Connected</i>
0.10	C C <i>"C" or less connected to "C" or less dismount</i>	

CHOICE of elements ↑0.2

Failure to perform 2 of the following 3 choices:

- 1) Forward circle or release element, *minimum B*
 - Not in Dismount
- 2) Group 3/6/7 element, *minimum B*
- 3) Pirouette element, *minimum 180° LA turn*

Element choices performed	
Expected NO Deduction	2 <i>Two out of the three choices</i>
0.10	1 <i>One out of the three choices</i>
0.20	0 <i>None of the the three choices performed</i>

0.10 Facing same direction throughout exercise

- Not in Mount / Dismount
- 1/1 turn will NOT fulfill

0.10 More than 1 Squat / Stoop on LB

- W/wo Sole Circle, jump to HB
- After fall included

0.10 Uncharacteristic Element (*each time*)

- Squat-on LB ½ turn
- Climbing onto LB within exercise
- Swing fwd from HB place feet on LB w/wo ½ turn

0.10 ¾ Giant Circle Fwd, w/wo grip change (*each time*)

- Not horizontal also ↑0.1
- Breaks connection

0.20 Lack of two bar changes