

BAR TECHNIQUE CHART *Laurel Tindall*

Note: When evaluating the angle of the body when there is a shoulder angle, look at the line from the shoulders thru the midpoint of the lowest body part. When there is no shoulder angle look at the line from the hands thru the midpoint of the lowest body part. For cast/uprises with straddled legs the angle of completion is determined when the hips are extended and /or legs are joined. Degrees represent deviation from vertical.

SKILL	0 -10°	11 - 20°	21 - 30°	31 - 45°	46°or >	At or ↓horiz.
Cast Handstand	No ded.	.05	.10 No VP	.15 - .20 No VP	.25 - .30 No VP	
Circle to HS (except clear hip)	No ded.	.05	No deduction Lower VP		↑.20 Lower VP	
Clear hip circle	No ded.	.05	No deduction Lower VP		.05 -.25 Lower VP	At horiz .30 ↓ horiz .35 - .40
Flight to LB HS – Uprise Handstand	No ded.	.05	Lower Value Part			Uprise to clear support below horiz. ↑.20 for insuff. Amplitude
Turns in HS – ½, 1/1 Angle of completion determined when 2 nd hand regrasps bar	No deduction		.05 - .10	.15 - .20	.25 - .30	
Turns > HS (healy) & 1 ½ turn	No deduction			.05 - .15	.20 - .30	

HANDSTAND CHART Laurel Tindall

SKILL	Basic	HS	½ in – also to L	Healy to L / mxL	Hop – or hop healy	1/1in	1 ½ in - also to L	Other variations
CAST HS	A 2.101	B 2.201	C 2.301	C 2.301	C 2.301	D 2.401	D 2.401	Hop to L 2.401
BACK GIANTS	4.102 LB	B Also 1 arm 4.202	C Also ½- ½ t 4.303	C 4.303	C 4.302/303	D 4.403	D 4.403	Hop to L 4.402 Hop ½ - ½ 4.403 hop 1/1 4.502 Dbl turn 4.503
UPRISE HS	B 2.203	C 2.303	C 2.303	C 2.303	D 2.403	D 2.403	D 2.403	½ to clear 2.203
CLEAR HIP	B 3.204	C 3.304	C 3.305	C 3.305	D 3.404	D 3.405	E 3.505	
BACK TOE-HAND	B 7.209	C 7.309	C 7.309	C 7.309	D 7.409	D 7.409	E 7.509	
BACK STALDER	B 6.204	C 6.304	C 6.304	C 6.304	D 6.404	D 6.404	E 6.504	
FRONT GIANT	B 5.202 LB	C 5.302	C 5.302	C 5.302	D (hop to L) 5.402	D 5.402	E 5.502	in reg. grip 5.402 1/1 on 1 arm 5.502 Before HS
FRONT STALDER	B 6.201	C 6.301	C 6.301	C 6.301		D 6.401		Stalder upr 6.301 w/ reg. grip 6.401
FRONT TOE-HAND		C 7.308	C 7.308	C 7.308		D 7.408		In L grip 7.408 In L w/ ½ 7.408 In L w/ 1/1 7.508
L GRIP GIANT		D 5.407	D 5.407			E 5.507	E 5.507	
L GRIP STALDER	C 6.303	D 6.403	D 6.403			E 6.503		
CLEAR PIKE FWD/BWD		D 7.412/7.413	D 7.412/7.413			E 7.512/7.513		
WEILER	B 3.207	D 3.407	D 3.407	D 3.407				

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CAST HS	A 2.101	B 2.201	C 2.301	C 2.301	C 2.301	D 2.401	D 2.401	Hop to L 2.401
BACK GIANTS		B Also 1arm 4.202	C 4.303	C 4.303	C 4.302	D 4.403	D 4.403	Hop to L 4.402 hop 1/1 4.502 Dbl turn 4.503
UPRISE HS	B 2.203	C 2.303	C 2.303	C 2.303	D 2.403	D 2.403	D 2.403	½ to clear 2.203
CLEAR HIP BACK TOE HAND BACK STALDER	B 3.204	C 3.304	C 3.305	C 3.305	D 3.404	D 3.405	E 3.505	
FRONT GIANT	B 5.202 LB	C 5.302	C 5.302	C 5.302	D (to L) 5.402	D 5.402	E 5.502	in reg. grip 5.402 1/1 on 1 arm 5.502 Before HS
FRONT STALDER	B 6.201	C 6.301	C 6.301	C 6.301		D 6.401		Stalder upr 6.301 w/ reg. grip 6.401
FRONT TOE-HAND		C 7.308	C 7.308	C 7.308		D 7.408		In L grip 7.408 In L w/ ½ 7.408 In L w/ 1/1 7.508
L GRIP GIANT		D 5.407		D 5.407		E 5.507	E 5.507	
L GRIP STALDER	C 6.303	D 6.403		D 6.403		E 6.503		

CLEAR PIKE FWD/BWD		D 7.412/7.413		D 7.412/7.413		E 7.512/7.513		
WEILER	B 7.207	D 7.407	D 7.407	D 7.407				

