

NCAA Uneven Bars

Value Parts	3A 3B 2C
	no VP = no SR
Special Reqmts	2 bar changes 2 flight elem (2 diff C's or a D & B) – not dismt 1 elem w/ LA turn, min C – not dismt
0.2 ea	C salto dismount (C preceded by same 2A or 2B elem = -0.1)
Additive Value	CV or DV max 0.4 +0.1 D +0.2 E
SV	9.5 (+0.5)

Connection Value (CV)
C + C = +0.1 >both elements have LA turn /Fit or 2- diff 3/6/7
C + D = +0.1
D + D = +0.2
--includes mount/dismount

Averages trick
if both w/.05 - drop .05 from high, add to low score...then avg the score
if one w/.05 - drop .05 out, avg score..then add .025 to average

RANGE: Avg decides	
9.5 - 10.00	0.2
9.0 - 9.475	0.3
8.0 - 8.975	0.5
below 8.0	1.0

0.1 off team score if out of order

45 seconds allowed to remount

max run for mt at 27 1/2 feet -0.1 if exceeds

GENERAL COMPOSITION		
Variety of elements/connections	0.05	var
overuse of one gp, overuse spec element or variation; same connections; elem of highest value primarily to low elem		
Insufficient distribution	0.05	db
choice of elements to level competition	0.1	UTL
(specific requirements listed)		
connection off feet 2nd time to HB	each 0.1	∩
(squat/pike on/circle)		
Uncharacteristic elem (and breaks series)	each 0.1	=
-- squat on LB, 1/2 turn on feet to HB		
-- swing fwd on HB feet to LB in stand, w/w/o 1/2 turn unless followed by a circling elem		
--3/4 giant fwd under 20° w/w/o grip change (break series)		

Up To Level of competition:
single bar release min D
-or- E release
-or- 2 min D releases
-or- 2 E skills
AND a D dismt or C dismt in bonus connection
If skill receives VP despite fall, still counts for UTL

APPARATUS DEDUCTIONS		
precision of hdst positions	up to 0.1	hdst
dynamics (energy, swingful, effortless)	up to 0.2	dy
extra swing/cast (max 0.6 for 1 elem)		ea 0.3
swing fwd/bwd under horiz		ea 0.1
amplitude of bar elements		up to 0.2
amplitude of salto dismounts		up to 0.3
under rotation of release/flight elem		up to 0.1
incomplete turn/twist		up to 0.2
rhythm in element/conn		up to 0.1
hesitation in hdst or jump to HB		up to 0.1
bent arms in support or legs		up to 0.3
insuf extension of glides/sw to kip		up to 0.1
insuf exact stretch (w arch or pike)		up to 0.2
more than one element before mt.		0.2
third run approach		0.5
landing too close to bars on dismt		0.1
failure to maintain stretched body in dismt (pikes down)		up to 0.2
insuf extension (open) of N/V prior to land		up to 0.3
no dismount (from start value)		0.3
brush foot on apparatus/mat		up to 0.1
hit foot on apparatus-----	0.2 on mat----	0.3
grasp to avoid fall ----		0.3
add'l trunk movements on landing (avoid step)		up to 0.2
failure to remove bd/spot block		0.3 CJ
exercise fewer than 5 VP elem		2.0 CJ

