


Xcel Uneven Bars

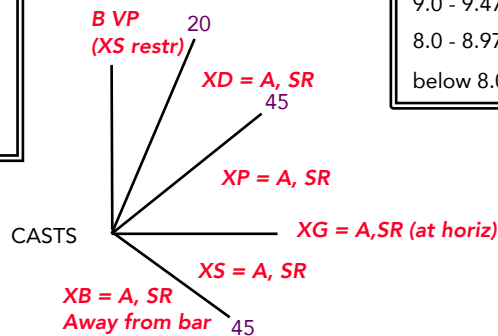
	Bronze	Silver	Gold	Platinum	Diamond
Value Parts	As	As	As & Bs	6A 1B	5A 2B
Special Reqmts 0.5 each; (#2,#3 no mt/dismt) No VP = no SR	4 As Cast (hip off bar) 360° circle skill Dismount - LB	5 As Cast min 45° below horiz 360° circle skill Dismount	6 As Clear support skill min horiz 360° circle skill Dismount - HB	Kip Clear support skill above horiz 360° circle skill Dismount - HB	Clear support skill min 45° from vertical Min B 360° circle skill Min B skill – release, pirouette, or circle (same or diff) Salto/hecht dismount
Restricted -.5 SV, no VP, no SR, take exec	No Bs + No HB skills No giants No salto dismt	No Bs + No giants (LB) No salto dismt	No Cs + No giants No release elem with bar change	No C +  except (=B)	1 D allowed No E No bonus
notes	No extra swing	No extra swing	No extra swing No clear hip angle deductions	One tap-countersw allowed w/o ded. Extra swing ded Circles and turns in hdst angles apply	Extra swing ded Circles and turns in hdst angles apply
Warm up	30 sec	45 sec	1:00	1:30	2:00

CLARIFICATIONS

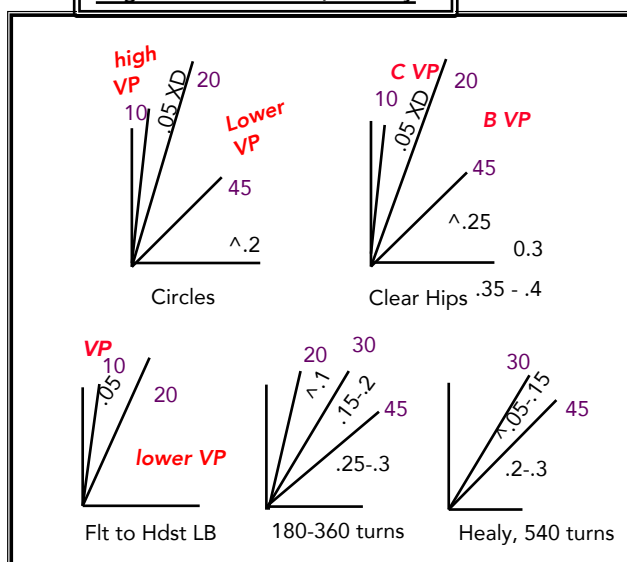
Cast + skill = 2 elements, **except** for cast to sq/pk/str on- jump to HB; cast shoot thru; cast to stand dismt = 1 element
 unallowable skill (below reqmts) – no VP, no SR (-0.5). If restricted (above reqmts), take add'l -.5 SV. If restricted dismount, also take 0.3 no dismt of value
 Long hand pull over = circle skill if preceded by cast (XP, XD)
 One skill can count for 2 SRs – cast hdst ½; clear hip (circle and clear elem)
 With no extra swings, remember 3rd cast does not count VP
 No composition; max 4.0 execution; courtesy score 4.0

45 sec fall time

Range (avg)	
9.5 - 10.0	0.2
9.0 - 9.475	0.5
8.0 - 8.975	0.7
below 8.0	1.0



Angle deductions – XP, XD only



APPARATUS DEDUCTIONS

dynamics (energy, swingful, effortless)	up to 0.2
rhythm in element/conn	up to 0.1
extra swing/cast (max 0.6 for 1 elem)	ea 0.3
fail to maintain hand contact 2-part mt	0.1
insuf extension of glide/swing to kip	up to 0.1
amplitude of bar elements, releases	up to 0.2
amplitude of salto dismounts	up to 0.3
under rotation of release/flight elem	up to 0.1
Countersw body arched, hips open over LB	0.3
swing fwd/bwd under horiz	NO ded.
hesitation in hdst or jump to HB	up to 0.1
bent arms in support or bent legs	up to 0.3
insuf exact stretch (w arch or pike)	up to 0.2
incomplete turn/twist salto dismt	up to 0.2
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
landing too close to bars on dismt	0.1
no dismount of value (from SV)	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	up to 0.2
third run approach	0.5
Coach between bars throughout exercise	NO PENALTY
failure to remove mount/spot block	0.3 CJ