

# UNEVEN BARS

# Deductions

Level 3 Bars														
Rev 7/2021:JPF														
Elements	Glide return		back hip pullover		OR Glide Kip		Castt		Back hip circle, Back hip circle		Forward hip circle		Squat on Stretch jump dismount	
Value	2		4		6		2		4 each		4		6	
Symbol														
Deductions	Not both feet	0.1	hands on bar	0.1	Not both feet	0.1	body alignment	↑.2	neutral head	e↑.1	hollow body	↑.1	alternate feet	0.2
	Run glide	0.3	step/hop/jump	e 0.1	Run glide	0.3	control	↑.1	hollow body	e↑.2	No small cast	0.2	insuff swing	0.05
	lg hng swing	↑.1	1 foot take off	0.3	lg hng swing	↑.1			maintain contact	e↑.2	control	↑.1	hollow body	↑.2
	extension	↑.2	chin rests	0.3	extension	↑.2			Lack continuity	e↑.1	front support	0.5	touch HB	0.5
	legs no close	0.1	finish extend	↑.1	leg not close	0.1			Continuity both	↑.2			Not toward HB	0.5
	bend legs	↑.3												

Level 4 Bars																		
Rev 7/2021:JPF																		
Elements	Glide Kip		Cast to Horiz		Cast squat on, pike on OR 360° back sole circle		Long hang kip		Cast to Horizontal		Back hip circle		Underswing 1st counter swing (30°)		Tap swing 2nd counter swing (30°)		Tap Swing ½ Turn DM	
Value	6		4		2		6		4		4		6		6		6	
Symbol																		
Deductions	Not both feet	0.1	amplitude	↑.3	alternate feet	0.2	horiz swing	↑.2	amplitude	↑.3	neutral head	↑.1	body hollow	↑.2	arch	0.1	arch	0.1
	Run glide	0.3	1 to 44 below	.05-.15	hip lift	0.05			1 to 44 below	.05-.15	body hollow	↑.2	neutral head	↑.1	hollow	↑.2	hollow	↑.2
	lg hng swing	↑.1	at 45 below	0.2					at 45 below	0.2	thigh contact	↑.2	hips touch	0.2	amplitude	↑.2	turn early	↑.2
	extension	↑.2	46 + below	.25-.3					46 + below	.25-.3	continuity	↑.1	30° below	↑.2	30° below	↑.2	incomplete	↑.2
	legs no close	0.1	alignment	↑.2					alignment	↑.2			piking	↑.2	piking	↑.2	hand cont	0.3
			control	↑.1									hips open	0.3	hips open	0.3		

Level 5 Bars																										
Rev 7/2021:JPF																										
Elements	Glide Kip		Cast above Horizontal		Clear hip above horizontal		OR sole circle to clear support		OR back stalder circle to clear support		Glide kip		Cast squat on, pike on OR 360° back sole circle		Long Hang Kip		Cast above Horiz		Long hang Pullover		Underswing 1st counter swing (15° below)		Tap swing 2nd counter swing (15° below)		Flyaway (tuck, pike or stretch)	
Value	6		4		6		6		6		6		2		6		4		6		6		6		6	
Symbol																										
Deductions	Not both feet	0.1	amplitude	↑.3	arch/pike	e↑.2	arch/pike	e↑.2	arch/pike	e↑.2	lg hng swing	↑.1	alternate feet	0.2	horiz swing	↑.2	amplitude	↑.3	no arch	0.1	body hollow	↑.2	arch	0.1	archtap	0.1
	Run glide	0.3	At horizontal	0.05	height	↑.3	amplitude	↑.3	amplitude	↑.3	extension	↑.2	hip lift	0.05			At horizontal	0.05	pike	↑.2	neutral head	↑.1	hollow	↑.2	hollow	↑.2
	lg hng swing	↑.1	1 to 44 below	.1-.15	hips on bar	0.6	46-89 from vert	.05-.15	46-89 from vert	.05-.15	legs no close	0.1					1 to 44 below	.1-.15	hands/bar	0.3	hips touch	0.2	amplitude	↑.2	height salto	↑.3
	extension	↑.2	at 45 below	0.2	control	↑.1	At horizontal	0.2	At horizontal	0.2							at 45 below	0.2	baby giant	1.0	15° below	↑.2	15° below	↑.2	1 to 44 below	.1-.15
	legs no close	0.1	46 + below	.25-.3			Below horizontal	.25-.3	Below horizontal	.25-.3							46 + below	.25-.3			piking	↑.2	piking	↑.2	at 45 below	0.2
			alignment	↑.2			weight/feet	0.6	legs in L	0.6							alignment	↑.2			hips open	0.3	hips open	0.3	46 + below	.25-.3
							legs bent	↑.3	control	↑.1															land close	0.1
							control	↑.1																	Shape	↑.2
																									Extension	↑.2

**BALANCE BEAM**

**Deductions**

Level 3 Balance Beam		Warning :45 Time :55				Rev 7/2021:JPF										
Element	Front Support Fish Pose Mount	*Cross handstand	*Heel snap (1/2) turn	Stretch jump/stretch jump	Arabesque 45*	Straight Leg Leap (90*)	2 pivot turns	*HS ¼ turn Dismount								
Value	2	6	4	4 ea	4	6	2 ea	6								
Symbol																
Deduct	extend body	↑.1	fail to join	0.1	incorrect position	0.1	land together	e 0.1	45* arabesque	↑.2	bend leg	↑.1	sharpness	e↑.1	incorrect hand	0.1
	continuity	↑.1	stagger hand	0.1	fail to lower heel	0.1	No land closed	e↑.1	fail to hold	↑.1	uneven	↑.2			vertical	↑.3
	knee scale	0.3	vertical	↑.3	incorrect tech	0.3	lack continuity	0			arabesque land	0.1			no 1/4 turn	0.2
							GENERAL								turn inc/over	↑.1
						broke connect	0.1							contact	↑.1	
														fail to complete	↑.6	

Level 4 Balance Beam		Warning :55 Time 1:05				Rev7/2021:JPF												
Element	Front Support Fish Pose Mount	*Cartwheel	*1/2 turn in forward passe	Stretch jump	Split jump (120*)	*Cross handstand	Scale (horizontal)	Straight Leg Leap (120*)	*HS ½ turn Dismount									
Value	2	6	4	2	4	6	4	6	6									
Symbol																		
Deduct	extend body	↑.1	simul hand	0.1	incor position	0.1	land together	0.1	uneven	↑.2	fail to join	0.1	min. horiz	↑.2	bend leg	↑.1	incorrect hand	0.1
	continuity	↑.1	No vertical	↑.3	use heel snap	0.3	No land closed	↑.1	land together	0.1	stagger hand	0.1	no hold 1 sec	↑.1	uneven	↑.2	vertical	↑.3
	knee scale	0.3					land closed	↑.1	vertical	↑.3			arabesq. land	0.1	Fail/hold 1 sec	↑.1		
															no 1/4 turn	0.2	turn inc/over	↑.1
														contact	↑.1			
														fail to complete	↑.6			

Level 5 Balance Beam		Warning 1:00 Time 1:10				Rev 7/2021:JPF															
Element	Front Support Fish Pose Mount	Back Walkover	OR back roll to 3/4 handstand	OR Back handspring	OR Front Walkover	1/1 turn in forward passe	Split jump (150*)/sissonne	Scale (above horizontal)	Straight Leg Leap (150*)Stretch Jump	*Cartwheel	Back Salto Tucked										
Value	2	6	6	6	6	4	4/2	4	6/2	6/2	6										
Symbol																					
Deduct	extend body	↑.1	continue leg	↑.1	min 3/4 hndstd	↑.2	SEE GENERAL	stagger hand	0.1	incor position	0.1	uneven	↑.2	above horiz	↑.2	bend leg	↑.1	simul hand	0.1	height	↑.3
	continuity	↑.1	hand	0.1	back roll	0.6		< 150 split	↑.2	use heel snap	0.3	land together	0.1	no hold 1 sec	↑.1	uneven	↑.2	No vertical	↑.3	Shape	↑.2
	knee scale	0.3	< 150 split	↑.2								land closed	↑.1			lack continuity	0	landing- foot	0.2	land/post	↑.2
												lack continuity	0			broke connect	0.1	lack continuity	0		
											broke connect	0.05			land together	0.1	broke connect	0.1			
											front leg <45*	↑.1	General	Stretch Jump	No land closed	↑.1	land together	0.1			
										bck leg horiz	↑.1					No land close	↑.1				
											arab land	0.05									

FLOOR EXERCISE

Deductions

Level 3 Floor Exercise											Rev7/2021:JPF	
Element	*Handstand forward roll (straight arms)	Straight Leg Leap (90°)	Stretch Jump	Split Jump (90°)	*Handstand/Bridge kick over	Forward split	*1/2 turn in forward passe	Back roll to 45° above horizontal lower to push up	*Round off	Flic Flac (2 feet) -Rebound		
Value	6	6	2	4	6	2	4	4	4	6		
Symbol												
Deduct	vertical ↑.3 No close 0.1 hold 1 sec ↑.1 touch 0.3	bend leg ↑.1 uneven ↑.2	legs joined 0.1 land together 0.1 No land closed ↑.1 lack continuity 0 broke connect 0.05	uneven ↑.2 land together 0.1 land closed ↑.1	legs joined 0.1 shoulder ↑.2 land simul. 0.1 xtra kicks e.3 tic tok 0.3	180 split ↑.2	foot pos 0.1 heel snap 0.3	touch floor 0.3 fingers 0.1 > shoulder 0.1 No 45° ↑.2 push up 0.2 to HS 0.4	vertical ↑.3 2 feet 0.1	squat ↑.2 2 feet 0.1 rebound 0.1 stick 0.05		
												lack acceleration ↑.2 Not taken if .3 for stop is applied

Level 4 Floor Exercise											Rev 7/2021:JPF	
Element	*Back walkover (150°)	*Front handspring step out	*Cartwheel	Back roll to Handstand (straight arms)	*Stretch jump 1/2 turn	Straight Leg Leap (120°)	Straddle jump (120°)	forward split	*1/1 turn in forward passe	Round off	Flic Flac, Flic Flac (2 feet)	
Value	4	6	4	4	4	6	4	2	4	4	6 ea	
Symbol												
Deduct	leg lift ↑.1 staggered 0.1 < 150° ↑.2	stag hands ↑.1 join legs 0.1 dive ↑.2 no step out 0.2 fast WO 0	hand place 0.1 vertical ↑.3 head align ↑.1	fingers 0.1 > shoulder 0.1 vertical ↑.3 Back roll 0.4	legs joined ↑.1 land together 0.1 No land closed ↑.1	bend leg ↑.1 uneven ↑.2	uneven ↑.2 land together 0.1 land closed ↑.1	uneven ↑.2	incor position 0.1 use heel snap 0.3	vertical ↑.3 2 feet 0.1	squat ↑.3 2 feet 0.1 rebound 0.1 stick 0.05	
				change element								lack acceleration ↑.2 Not taken if .3 for stop is applied

Level 5 Floor Exercise														Rev 7/2021:JPF	
Element	Front Salto Tucked	OR *Free (Aerial) Cartwheel OR Free walkover	*Front Handspring stepout, Front Handspring stepout	*Cartwheel	Back roll to Handstand (straight arms)	*Stretch jump full turn	Straight Leg Leap (150°)	OR switch leg leap (150°)	Straddle jump (150°)	forward split	1/1 turn in forward passe	Round off	Flic Flac (2 feet)	Back salto tucked	
Value	6	6	6ea	4	4	4	6	6	4	2	4	4	4	6	
Symbol															
Deduct	no tuck 0.6 bend hips & legs e↑.2	vertical ↑.3 See General	stag hands ↑.1 join legs 0.1 dive ↑.2 no step out 0.2 acceleration ↑.2 fast WO 0	hand place 0.1 vertical ↑.3 head align ↑.1	touch floor 0.3 fingers 0.1 > shoulder 0.1 vertical ↑.3 Back roll 0.4	legs joined ↑.1 land together 0.1 land closed ↑.1	bend leg ↑.1 uneven ↑.2	bend leg ↑.1 45° leg 0.1 uneven ↑.2	uneven ↑.2 land together 0.1 land closed ↑.1	uneven ↑.2	leg pos 0.1 heel snap 0.3	accel 0.2 vertical ↑.3 2 feet 0.1	squat ↑.2 2 feet 0.1	no tuck 0.6 extend ↑.2 stick 0.05	
					change element										lack acceleration ↑.2 Not taken if .3 for stop is applied