

Uneven Bars: Specific Compositional Deductions 2022-2026

NOTE: Composition deductions are NOT applied at Levels 6 / 7

ea 0.10	<p>3/4 Giant Circle forward with or without a grip change <i>NOT considered an element - Will break a connection - Take execution / amplitude deductions - small faults for additional insufficient amplitude of backward swing</i></p>
No Ded 0.05 0.10	<p>Choice of Dismount - Not Up to Competitive Level <i>"D/E" Element connected to "C" Dismount OR "D/E" Dismount</i> <i>2 "C" Elements connected to "C" Dismount OR "D/E" to "C" Connection to "C" Dismount</i> <i>1 "C" element or less connected to "C" or less difficult Dismount</i></p>
No Ded 0.10 0.20	<p>Choice of Elements (Level 9 / 10 ONLY) <i>Fail to perform two (2) elements that fulfill two (2) out of four (4) of the following requirements (excluding Dsmts):</i></p> <ol style="list-style-type: none"> <i>1. Forward element (circle or release) (minimum "B")</i> <i>2. Element from Groups 3 / 6 / 7 (minimum "B")</i> <i>3. Element with minimum 180 LA turn, with or without flight (minimum "C")</i> <i>4. One single bar release (minimum "D")</i> <p><i>Two (2) out of four (4) requirements performed</i> <i>One (1) out of four (4) requirements performed</i> <i>None (0) of the four (4) requirements performed</i></p>
^0.20 No Ded 0.05 0.10 0.15 0.20 0.10	<p>Choice of Release Elements - Not Up to Competitive Level (Level 10 ONLY) <i>Apply deduction considering value of release, type of release, direct connection of releases, & total number</i> <i>Min of 2 different "D" or "E" Release Elements</i></p> <p><i>1 "D/E" Release Directly Connected to a "C" Release</i> <i>1 Isolated "D/E" Release + 1 Isolated "C" Release</i> <i>2 "C's" Directly connected OR 1 Isolated "D/E" + 1 Isolated "B" Release</i> <i>2 Isolated "C's" Releases OR 1 "B" + 1 "C" Release elements, or Less</i></p>
0.10	<p>Facing the same DIRECTION throughout exercise (Level 9/10 only) <i>Elements with 1/1 turn will NOT fulfill change of direction - Mount / Dismount will NOT fulfill change of direction</i></p>
^0.20	Lack of Elements that achieve (or pass through) vertical (Level 8 ONLY)
0.20	Lack of two (2) Bar Changes (Level 10 ONLY) (Level 9 has SR of 1 Bar Change)
ea 0.10	<p>More than one (1) squat / stoop on LB, with or without sole circle with jump to grasp HB <i>1. After a fall, judging resumes once an element listed in the COP is performed</i> <i>2. Deduct for any additional cast squat / stoop on LB that is performed, if previously performed</i></p> <p>EXCEPTION : <i>Following a fall from UB, gymnast is allowed to perform cast squat / pike-on to resume routine without receiving 0.10 deduction. Once a gymnast has performed a planned squat / stoop-on, ONLY additional planned squat / stoop on's would be subjected to the 0.10 ea deduct.</i></p>
ea 0.10	<p>Uncharacteristic elements <i>Ex: Squat / stoop on LB, stand with 1/2 turn on feet to grasp HB</i> <i>Ex: Swing forward on HB, place feet on LB to stand (with or without 1/2 turn)</i> <i>Ex: Climbing / crawling onto LB (within exercise)</i></p>

Uneven Bars: Chief Judge Deductions

<u>0.10</u>	Coach standing between bars throughout exercise
<u>2.00</u>	Complete or incomplete exercises - Fewer than five (5) VP elements
Ended	Exceeds 45-second Fall Time
<u>0.30</u>	Failure to remove board / spotting block after release or mount
<u>0.20</u>	Incorrect padding (<i>use of heel / hip pads</i>) Warn if noticed prior to mount, but deduction must be taken if heel pads are worn during exercise w/ or w/o warning.
<u>0.30</u>	Lands dismount in solid or loose foam pit

Uneven Bars: Execution & Amplitude Deductions

[^] 0.20	Amplitude of UB elements (<i>including releases</i>) - Except CHC & Salto Dsmts (Larger Fault)
[^] 0.10	Arm swings on Landing
[^] 0.30	Bent Arms in Support - on any one element (<i>90° bend or greater = Max 0.30</i>)
[^] 0.30	Bent Legs in Support - on any one element (<i>90° bend or greater = Max 0.30</i>)
[^] 0.30	Brush / Touch Landing surface w/ 1 or 2 Hands (<i>no support</i>)
<u>0.50</u>	Coach catches a falling gymnast (<i>No deduction for the SPOT</i>)
[^] 0.10	Deviation from straight DIRECTION on Dismount Landing
ea <u>0.30</u>	Extra (<i>Intermediate</i>) Swing / Cast (<i>More than 1 per element: Max = 0.50</i>) (<i>See COP Bars pg 32</i>)
[^] 0.20	Failure to Maintain Stretched Body Position (<i>Pike down Dismount</i>)
<u>0.50</u>	Fall or Failure to Land on the Bottom of the Feet First on Dismount... <i>No VP / No SR / No Bonus</i>
<u>0.50</u>	Fall After Spot upon Landing
<u>0.50</u>	Fall on MAT to Knee(s) or Hips
<u>0.50</u>	Fall on or against the APPARATUS
<u>0.50</u>	Full Support on Foot / Feet on Mat during exercise
<u>0.30</u>	Grasp on Bar Apparatus to Avoid a Fall
ea [^] 0.10	Hesitation during jump to HB or swing to Handstand
<u>0.20</u>	Hit on APPARATUS with Foot / Feet
<u>0.30</u>	Hit on MAT with Foot / Feet
[^] 0.20	Incomplete Twist on Twisting Salto Dismounts
[^] 0.20	Incorrect Body Posture on Landing
[^] 0.40	Insufficient Amplitude of "B" Clear Hip Circle
[^] 0.20	Insufficient Dynamics throughout - Consider: <i>1. Insufficient Swingful execution - Energy Not Maintained - Fails to make Difficult Look Effortless</i>
ea [^] 0.20	Insufficient Exactness of Body Shape: Tuck or Pike Position
ea [^] 0.20	Insufficient Exactness of Stretched Position - <i>Arch or Hip Angle (136°-179°)</i>
ea [^] 0.10	Insufficient Extension of Glides / Swings into Kips
[^] 0.30	Insufficient HEIGHT(Amplitude) of Salto Dismount
[^] 0.30	Insufficient Extension (Open) of Tk / Pk Body Position prior to Landing Dismount
<u>0.10</u>	Landing Too Close to the Bar on Dismount

Uneven Bars: Execution & Amplitude Deductions *(Continued)*

0.30	Lands Dismount in Solid or Loose Foam Pit <i>No VP / No SR / No Bonus</i>
<u>0.10</u>	Lands with entire foot / feet sliding or lifting off floor to join.. Take as small step
<u>0.10</u>	Lands with Feet Further than Hip-width apart
<u>0.05</u>	Lands with Feet Hip-width apart or closer, but never joins the Heels
ea <u>0.20</u>	Large Step or Jump on Landing <i>(approximately 3 feet or more)</i> Max <u>0.40</u>
ea ^0.20	Leg or Knee Separations
^0.10	Legs crossed during Salto Dismounts with Twist
ea ^0.10	Poor Rhythm in Elements / Connections
^0.10	Precision of Handstand positions throughout exercise
^0.10	Slight hop, or Small Adjustment of feet, or Feet Staggered on Landing Dismounts
<u>0.50</u>	Spotting assistance during an Element <i>No VP / No SR / No Bonus</i>
<u>0.50</u>	Spotting assistance upon Landing the Dismount - <i>Award VP / Award SR / No Bonus</i>
^0.30	Squat on Landing <i>(hips lower than knees)</i> + 0.50 if Fall after landing in Squat position
ea <u>0.10 - 0.15</u>	Small or Medium Steps on Landing <i>(Max 0.40)</i>
<u>0.50</u>	Support on Mat with 1 or 2 Hands upon Landing
ea ^0.10	Swing forward or backward under horizontal
<u>0.50</u>	Third (3rd) Run approach to Mount / touch of springboard without mounting
ea ^0.10	Touch / Brush on Apparatus or Mat with Foot / Feet
^0.20	Trunk Movements to maintain balance on landing of dismount
ea ^0.10	Under-rotation of Release / Flight elements

Uneven Bars: Specific Execution Deductions

^0.30	<p>Amplitude of Casts (Legs straddled or together) Levels 7 / 8 / 9 / 10</p> <p><i>0° - 10° from vertical - "B" VP & No Deduction for Amplitude of Cast</i></p> <p><i>11° - 20° from vertical - "B" VP & 0.05 Deduction</i></p> <p><i>21° - 30° from vertical - "0" VP & 0.10 Deduction</i></p> <p><i>31° - 45° from vertical - "0" VP & 0.15 - 0.20 Deduction</i></p> <p><i>46° & more from vertical - "0" VP & 0.25 - 0.30 Deduction</i></p>
^0.30	<p>Angle of Body at Turn Completion <i>(Elements with 1/1 turn AFTER HS and all 1 1/2 turns/pirouettes)</i></p> <p><i>^30° from vertical - No Deduction</i></p> <p><i>31° - 45° from vertical - 0.05 - 0.15</i></p> <p><i>46 or more from vertical - 0.20 - 0.30</i></p>
^0.30	<p>Angle of Body at Turn Completion <i>(Elements that require turn IN Handstand)</i></p> <p><i>^20° from vertical - No Deduction</i></p> <p><i>21° - 30° from vertical - 0.05 - 0.10</i></p> <p><i>31° - 45° from vertical - 0.15 - 0.20</i></p> <p><i>46 or more from vertical - 0.25 - 0.30</i></p>

Uneven Bars: Specific Execution Deductions *(Continued)*

^0.40	Angle of Completion of Clear Hip Circle to HS ONLY <i>0° - 10° from vertical - No Deduction - "C" VP</i> <i>11° - 20° from vertical - 0.05 Deduction - "C" VP</i> <i>21° - 45° from vertical - No Deduction - "B" VP</i> <i>46° - 89° from vertical - 0.05 - 0.25 Deduction - "B" VP</i> <i>90° from vertical (horizontal) - <u>0.30</u> Deduction - "B" VP</i> <i>More than 90° from vertical (below horizontal)- 0.35 - 0.40 Deduction - "B" VP</i>
^ Lower VP	Angle of Completion of Circling Elements <i>(Except Clear Hip Circles)</i> <i>0° - 10° from vertical - No Deduction - Award Higher VP</i> <i>11° - 20° from vertical - 0.05 Deduction - Award Higher VP</i> <i>21° - 45° from vertical - No Deduction - Award Lower VP</i> <i>46° & more from vertical - ^0.20 - Award Lower VP</i>
^ Lower VP	Insufficient Angle of Arrival on Flights to HS on LB <i>0° - 10° from vertical - No Deduction - Award Higher VP</i> <i>11° - 20° from vertical - 0.05 Deduction - Award Higher VP</i> <i>21° - 30° from vertical - Award Lower VP</i>
ea 0.30	Intermediate or Extra Swing
ea 0.05	Lifting the Hips up to squat on (Insufficient Amplitude)
Max 0.50	More than one consecutive extra swing(s) after an element
ea ^0.10	Swing forward or backward under horizontal
0.50	Third run approach to mount / touch springboard without mounting

Uneven Bars: Connection Value Bonus - Level 10

Max 0.40 CV or 0.40 DV - 0.10 must come from other one for 10.00 SV

Direct Connection of at least 2 Directly Connected Elements:

"C" + "C" = +0.10 Both "C" Elements must have either Flight or LA Turn of at least 180°

Except: Connection of 2 Elements from Groups 3/ 6/ 7, Flight or Turn is NOT required but the elements must be DIFFERENT.

"C" + "D/E" or "D/E" + "C" = +0.10 "C" connected to "D/E"; "C" NOT required to have Flight or

Turn - "D/E" are NEVER required to have Flight or Turn for CV **Note - Level 10 ONLY** : "B" Release Element from HB to LB raises to "C" if it directly follows a "D/E" release without Counterswing

"D" + "D" or more difficult = +0.20

Direct Connection of at least 3 Directly Connected Elements:

Second element (and following elements) may be used twice...first time as last element of first connection and second time as first element beginning new connecton. Applies only for elements with VP credit.

Extra Bonus of +0.10 available (**NOT in SV**) if exercise has:
10.00 SV with Min of 0.60 Bonus & "E" Element

Uneven Bars: Connection Value Bonus - Level 9

Max 0.30 CV for 10.00 SV

Direct Connection of at least 2 Directly Connected Elements:

"C" + "C" = +0.10 One or Both "C" Elements **WITHOUT** Turn or Flight **OR** if Both Elements are **WITHOUT** Turn or Flight, the elements must be **DIFFERENT**.

"C" + "C" = +0.20 Both "C" Elements **WITH** Turn or Flight

Direct Connection of at least 3 Directly Connected Elements:

Second element (and following elements) may be used twice...first time as last element of first connection and second time as first element beginning new connecton. Applies only for elements with VP credit.

D/E Bonus for Level 9: Max +0.10 Awarded

ONLY the 1st "D/E" allowable or restricted "D/E" element RECEIVING VP CREDIT is eligible for "D/E" Bonus. The 1st restricted "D/E" & any allowable "D/E" elements will be awarded "C" VP credit and are eligible to fulfill CV Bonus principle (if applicable).