LEVEL 10 BARS

Range = 9.5 – 10 = .20; 9.0 – 9.475 = .50; 8.0 – 8.975 = .70; below 8 = 1.00 **10.00 SV; .60 TB; Single Bar D release or any E release **except dsmt**

VP: 3A(.10); 3B (.30); 2C (.50)

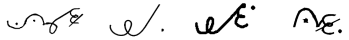
SR (.50)
Min of 1 C flight (not dsmt)
2nd different flight, min B (not dsmt)
Min C LA turn (not mt/dsmt)
C Salto Dismount

CV CC = .10 with flight/turn
CC = .10 two dif 3/6/7 no F/T req'd
CD = .10
DD = .20

D/E release + C 3-6-7 to HS = .20
LB-HB:



HB-LB:



9.20 – VP/SR _____

CV_____

D_____

E_____ _____
Max .50

CC RELEASE
2 dif D/E release (.20)
1 D/E release (.10) _____

CC DSMT
D/E or D/E + C (.10) _____

SV _____

Event Specific Composition

2 bar changes	.20
Direction (not 1/1, mt/dsmt)	.10
More than 1 squat (ex. fall)	.10
Uncharacteristic	.10
¾ giant forward	.10

2 of 4
___Fwd
___C turn w or w/o flight
___3/6/7, min B
___Single bar release D

1 VP fulfills only one choice

Only 1	.10
None	.20

Total Comp Deduct _____

Start Value _____

Execution _____

Composition _____

Dynamics ^.20 _____

Total Deducts _____

Score _____

Bonus (+.1)** _____

Score



Source: USAG Code of Points

LEVEL 9 BARS

Range = 9.5 – 10 = .20; 9.0 – 9.475 = .50; 8.0 – 8.975 = .70; below 8 = 1.00

Send corrections to cbatsche@tampabay.rr.com

VP: 3A(.10); 4B (.30); 1C (.50)

SR (.50)
- 2 bar changes
- B flight (not dismount)
- 2nd different C flight **OR** B LA turn (not mt/dsmt)
- B Salto Dismount

CV
.10 CC flight/turn not required
.20 CC both have flight/turn

DV
.10 1st restricted or allowable D

9.50 – VP/SR _____

CV _____
DV _____ _____
Max .30

CC Difficulty (.10) _____
2 C or higher VP
Dismt ok

CC Dismount (.10) _____
C or higher OR C - B

SV _____

Allowable
- All A-B-C elements
- Any # B or C root elements with ½ turn to reverse, L, or Mixed L OR with 1/1 turn to HS (D/Es)
- One restricted D/E
- D's count as C for CV

Composition
.10 Direction (not 1/1, mt/dsmt)
.10 Uncharacteristic
.10 ¾ giant forward

2 of 4: 1 VP fulfills only one choice
___Fwd (min B)
___3/6/7, min B
___C turn w/ or w/o flight
___Single bar release min D

Start Value _____

Restricted _____

Execution _____

Composition _____

Dynamics ^.20 _____

Total Deducts _____

Score

Source: USAG Code of Points

Level 8 Bars

Range = 9.5 – 10 = .20; 9.0 – 9.475 = .50; 8.0 – 8.975 = .70; below 8 = 1.00

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Allowable C's (any #): Handstand ½ Clear hip; also ½ Back stalder; also ½ Pike sole Circle; also ½ **plus** One restricted C (chronological order) If: Shoot over or straddle back to handstand, then restricted **Second restricted:** No VP, No SR, -.50 from SV	**Value Parts.** 4 A (.10). 4 B (.30) **Special Requirements (.50)** 1 cast to HS* **B flight (not dsmt) **OR** LA turn (not mt/dsmt)* **B 3/6/7 360 clear circling skill (nor dismount) A dismount: salto *SR1-2 can be fulfilled by 1 element (e.g. pirouette) **Two B requirements can be same/different	**CC Difficulty (.10)** Direct connection B+B circles, turns, release NOT Cast HS **CC Dismount (.10)** B+ or B connected to A **Composition** ¾ giant forward .10 _____ Uncharacteristic .10 _____ Lack Vertical >.20 _____	**9.80 – VP/SR** _____ Restricted _____ **Plus CC** _____ **Start Value** _____ Execution _____ Dynamics _____ **SCORE**

Source: USAG Code of Points

Level 7 Bars

Range = 9.5 – 10 = .20; 9.0 – 9.475 = .50; 8.0 – 8.975 = .70; below 8 = 1.00

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Difficulty Restrictions

Allowable Cs:
- Handstand ½
- Clear hip !; also with ½
- Back stalder !; also with ½
- Pike circle !; also with ½

Other Cs:
no VP; no SR; -.50 from SV

Value Parts

_____4 A (.10)
_____3 B (.30)

Range

9.5 – 10	.20
9.0 – 9.475	.50
8.0 – 8.975	.70
Below 8.0	1.00

Special Requirements (.50)

_____1 cast handstand min 45 degrees
angle deductions apply (>.30)

_____1 B circle (same or different)

_____1 B 360 clear circle: group 3/6/7

_____Salto dismount min A

Dynamics > .20

- VP _____
- SR _____
- RSTD _____

SV = _____

- Exec _____

- Dyn _____

Score

Source: USAG Code of Points

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LEVEL 6 BARS

Difficulty Restrictions	Value Parts	Special Requirements (.50)	
Allowable Cs: Clear hip ! Back stalder! Pike circle ! Any other C's and all D/E no VP; no SR; -.50 from SV	_____4 A (.10) _____2 B (.30) **Range** 9.5 – 10 .20 9.0 – 9.475 .50 8.0 – 8.975 .70 Below 8.0 1.00	_____1 cast handstand min 45 degrees deductions only if below 45° (^.30) _____Minimum one bar change _____1 B 360 clear circle: group 3/6/7 _____Salto dismount min A **Dynamics** > .20	- VP _____ - SR _____ - RSTD _____ SV = _____ - Exec _____ - Dyn _____ Score _____

Source: USA Gymnastics