

## BARS COMPOSITION

### LEVEL 10 RELEASES not up to competitive level

↑0.2	Release Elements
Expected NO Deduction	<b>D--D</b> <i>Minimum of 2 different D or E Elements</i>
0.05	<b>D C</b> <i>Directly Connected</i>
0.10	<b>D--C</b> <i>Isolated (NOT connected)</i>
0.15	<b>C C</b> <i>Directly Connected</i>
	<b>D--B</b> <i>Isolated (NOT connected)</i>
0.20	<b>C--C</b> <i>Isolated (NOT connected)</i>
	<b>C B</b> <i>or less</i>

### LEVEL 10 DISMOUNT not up to competitive level

↑0.1	Dismount Elements	
Expected NO Deduction	<b>D/E</b>	<b>D C</b> <i>Directly Connected</i>
0.05	<b>C C C</b> <i>Directly Connected</i>	<b>D C C</b> <i>Directly Connected</i>
0.10	<b>C C</b> <i>"C" or less connected to "C" or less dismount</i>	

### LEVEL 9 - 8 DISMOUNT not up to competitive level

↑0.1	LEVEL 9	LEVEL 8
Expected NO Deduction	<b>C</b>	<b>B or B A</b>
0.05	<b>C B</b>	
0.10	<b>B B</b>	<b>A or A A</b>

### LEVELS 8-9-10 CHOICE of elements ↑0.2

Failure to perform 2 of the following 3 choices:

- 1) Forward circle or release element, *minimum B*
  - Not in Dismount
- 2) Group 3/6/7 element, *minimum B*
- 3) Pirouette element, *minimum 180° LA turn*
  - Must be on top of the bar

	Element choices performed
Expected NO Deduction	<b>2</b> <i>Two out of the three choices</i>
0.10	<b>1</b> <i>One out of the three choices</i>
0.20	<b>0</b> <i>None of the the three choices performed</i>

### 0.10 Uncharacteristic Element *(each time)*

- Squat-on LB ½ turn
- Climbing onto LB within exercise
- Swing fwd from HB place feet on LB w/wo ½ turn

### 0.10 ¾ Giant Circle Fwd, w/wo grip change *(each time)*

- Not horizontal also ↑0.1
- Breaks connection

### 0.10 Facing same direction throughout exercise

- Not in Mount / Dismount
- 1/1 turn will NOT fulfill (Levels 9 & 10 only)

### 0.10 More than 1 Squat / Stoop on LB (Level 10 only)

- W/wo Sole Circle, jump to HB
- After fall included

### 0.20 Lack of two bar changes (Level 10 only)

### ↑ 0.20 Lack of Elements that Achieve Vertical *or pass through vertical* (Level 8 only)