

Level 10 Bars

2018-2022

FALLS AND SPOTS

Spotting Release Moves

- Coach may stand on a spotting device or the mounting apparatus
 - *Must be removed immediately afterwards*
- Coach may not stand on chairs or anything that was not made by a gymnastics company
- No penalty for coach leaning on bars to spot

BARS Mounts

- May have 2 attempts to mount bars without penalty = balks
 - Touching the board, stops = **a fall, deduct 0.5**
 - Running under the bars, stops = **a fall, deduct 0.5**
 - 3rd attempt at a mount, = **a fall, deduct 0.5**
- If after mounting the bar, the gymnast realizes the settings are wrong and jumps down = **a fall, deduct 0.5**

NO 4th attempts!

BARS General Info on Falls

- During falls, the gymnast may:
 - Chalk up
 - Adjust grips
 - Talk to coach
- During falls, the gymnast **MAY NOT**:
 - Leave competition area
 - Coach may not ask if element received VP credit

BARS General Info on Falls

- **After a fall, the gymnast may:**
 - Jump or be lifted to HB
 - Coach may push gymnast to start
 - 2 pump swings are allowed to get started
 - *The 3rd pump will receive a 0.3 penalty for an extra swing*
 - *Maximum of 2 extra swings per element = 0.6 max*
- **After a fall, judging resumes with performance of an element listed in the CoP:**
 - Glide kip on LB is an element
 - Pullover on LB is NOT an element

BARS General Info on Falls

Re-mounting with a Glide Kip:

- If stops in front support and crawls up onto LB
 - ✓ Deduct 0.1 for Uncharacteristic element, and
 - ✓ Deduct 0.1 for Lack of Continuity

- If performs a squat-on
 - ✓ Deduct 0.1 for a 2nd squat-on if applicable

BARS General Info on Falls

If during a cast squat-on a gymnast falls backward and continues with a glide kip:

- NOT a fall
- Take execution for:
 - Bent arms or legs
 - Touch/brush or hitting mat with foot/feet

Release Element with a Fall

- A Release element with a fall will be awarded VP credit if 1-2 hands grasp or touches the bar.
 - VP awarded
 - SR awarded
 - NO Bonus
 - Fall (0.5) plus execution/amplitude deductions
- If re-mounts on the other bar and performs an element, it will count as a bar change

Release Element with a Fall

- **Over LB:** Overshoot and straddle-back types:
 - If feet bear weight on the mat on the following glide, it will be considered a fall on the Glide Kip.
 - *If feet hit at the same time as hands touch, it is a fall on the release (overshot the bars)*
- **Under LB:** Pak salto:
 - If feet hit past the LB, it is a fall on the Glide Kip
 - If feet hit in between the bars, it is a fall on the release

BARS Dismount Falls

- **Never initiates salto**
 - NO VP
 - Missing Dismount SR, deduct 0.5 from SV
 - NO Dismount, deduct 0.3 from SV
 - Deduct 0.5 for the fall

BARS Dismount Falls

- **Initiates salto but falls not landing on bottom of feet 1st**
 - NO VP
 - Missing Dismount SR, deduct 0.5 from SV
 - ~~– NO Dismount, deduct 0.3 from SV~~
 - Deduct 0.5 for the fall

RECOGNITION OF VP

Recognition of VPs

If an element **Does NOT** receive VP credit:

- Can't be used for Special Requirements
- Can't be used for Bonus
- Can't be used for Composition
- *But it does receive execution/amplitude deductions!*

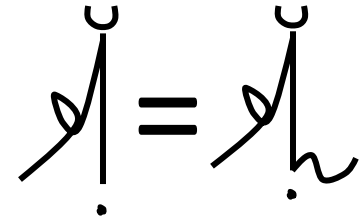
Recognition of VPs

- Elements under the same number are considered **DIFFERENT** if they have:
 - Different body positions
 - Different degrees of turn $\dot{U} \neq \ddot{U}$
 - Support on one or both arms $\dot{U} \neq \dot{U}^{\wedge}$
 - Mount performed as element during exercise
 - Legs together or straddled in Salto or Tkatchev
 - “D” vs “E”

Recognition of VPs

- Elements under the same number are considered the **SAME** if they:

- Finish with a different grip



- Have legs together or straddled

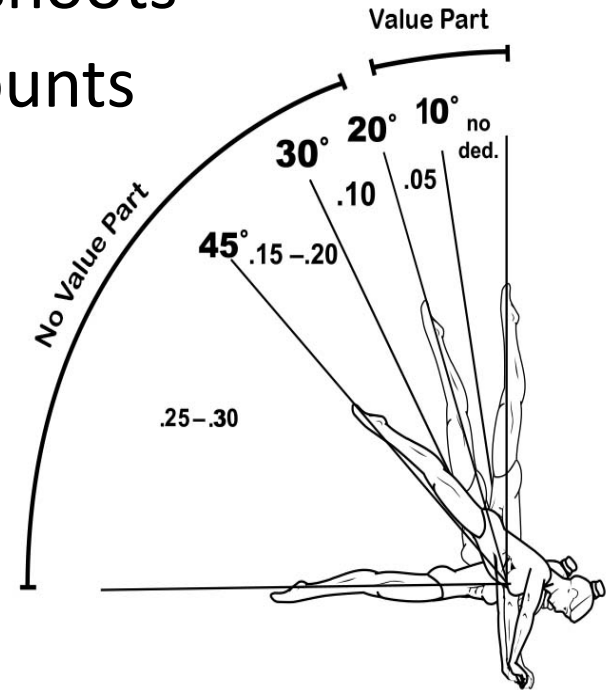
- Cast straddled = cast legs together
- Fwd Giant ½ straddled = Fwd Giant ½ legs together
- Glide kip straddled = Glide kip legs together
- *NOT Saltos or Tkatchevs*

Angles Evaluated

- **Shoulder angle:** look at line from shoulders through mid-point of the lowest body part
- **No Shoulder angle** (*near HS*): look at line from hands through mid-point of the lowest body part
- **Angle of Completion:** When hips are fully extended and/or legs are joined
 - Cast/uprise: if hips are extended but not quite joined at the peak, deduct for leg separation

Casts

- All casts are expected to achieve Handstand
 - Within “cone” of 20°
 - Casts before Underswing “Toe-shoots”
 - Casts before Underswing Dismounts
- Casts prior to a squat-on to LB are only expected to swing legs backwards
 - If just a hip lift, deduct 0.05



Uprise to Clear Support “B”

- **Closed shoulder angle & at/above horizontal**
 - Must pull shoulders in over bar
 - No VP if shoulders remain open
- Lower than horizontal, deduct ↑0.2
- “B” Uprise followed by a 3/6/7 circling element to handstand (*w/wo turn*), may be counted as:
 - 2 elements “B+C” *or*
 - 1 element “C”

To the benefit of the gymnast

Circle Swing Completion

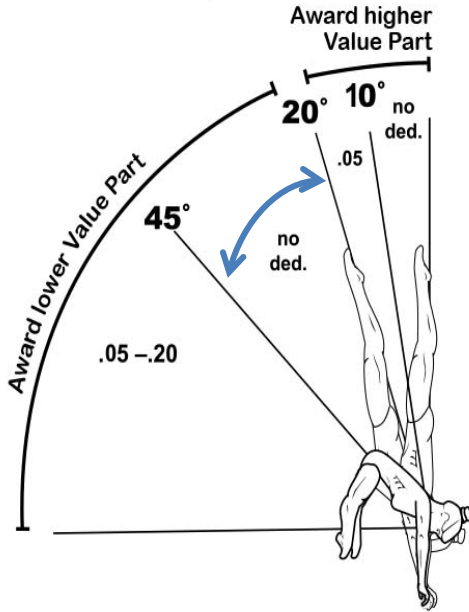
Circle Swings

↑ 0.2

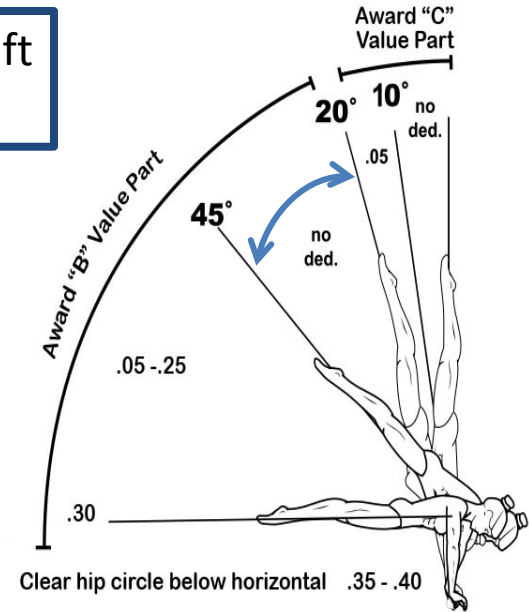
Clear Hip

↑ 0.4

When hands shift to top of bar



“B” Stalder and “B” Toe on:
Require a shoulder opening on the upswing, but NOT an open hip angle.



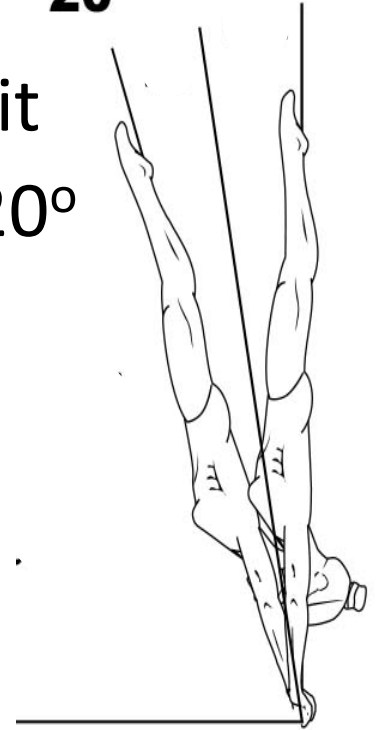
- If short of 20° on the upswing and falls
 - No VP and deduct 0.5 for fall

Backward Giants


- **Accelerated Giants** are acceptable
 - Use a “Hollow arch” technique
 - Produce an elliptical path
 - Not required to pass through stretched vertical
 - Deduct for bent arms or legs
- **LB Giants “A”**
 - May bend knees under LB
 - Legs must straighten ASAP and be straight on top
 - If performed with extended body throughout, they will retain the value as if performed on HB

Giants Bwd, Fwd, & L-grip

- Does not need to begin in handstand **20°**
- Complete within 20° vertical for VP credit
- **Backward Giant FALLS** before reaching 20°
 - No VP and deduct 0.5 for fall
- **Forward/L-grip Giant** doesn't reach 20°
but does not fall
 - No VP for $\frac{3}{4}$ Giant
 - Deduct in composition 0.1
 - Deduct in execution 0.1 if below horizontal



Weiler Kips

- **Weiler Kip**  “D” is performed in reverse grip starting from near handstand (*fwd clear hip circle*)
 - May have legs straddled or together
 - Mid to lower thighs may contact bar on upswing
- The “**Dropping-in**” phase is difficult
 - Usually from a Front Giant or Cast hop-grip change
 - If the preceding element doesn’t achieve 20° vertical then no VP and therefore no CV bonus
- If Weiler Kip doesn’t finish in 20° vertical = “B”

Upswing ½ Turns on Same Side

- Casts & Circle swings not reaching 20° of vertical
- VP is determined when turn is complete:
 - **Giant Bwd ½** **21°- 44° from vertical** **“B”**
 - Giant Bwd ½ 45°- horizontal “A”
 - Clear Hip ½ Turn prior to handstand “A”
 - Cast ½ 21°- 45° from vertical “A”
- Late completion of turn angle may be deducted

Grip Positions

- **Over-Grip** (*regular grip*)
 - Most common grip for casts and backward circles
- **Under-grip** (*reverse grip*)
 - Most common grip for forward circles
 - Elbows point away from direction of circle
- **Mixed-grip**
 - One hand in over-grip & other under-grip or
 - One hand in L-grip and the other in under-grip

Grip Positions

- **L-grip** = Arms twisted 360° from under-grip
 - Arms are usually wide
 - Thumbs point away from body
 - Elbows point in direction of circle or turned to side
 - Enter from:
 - Higgins roll / Healy turn
 - Cast Hop change
 - Grip change after completing a Fwd Giant in Mixed grip
 - A Dislocate or Shoot-through from a Fwd clear pike circle

Turn Technique

- **Blind Change (½ turn)**
 - Chest leads turn
 - Left hand remains on bar if turning left
 - Twists left arm into **Under-grip**
 - Can finish in Under-grip, Mixed grip or perform a 2nd hand change for Regular grip
- **Higgins Roll (½ turn)**
 - Back leads turn
 - Left hand remains on bar if turning right
 - Twists left arm into **L-grip**
 - Finish in Mixed grip or L-grip

Turn Technique

- **Pirouette ½ turn** – 2 hand changes
 - **Chest leads turn**
 - 1st performs a grip change to Under-grip before turn (*left hand*)
 - Left hand then remains on bar if turning left
 - Twists left arm into **Over-grip**
 - 2nd grip change for right hand after turn into Over-grip
- **Healy 1/1 turn**
 - 1st performs pirouette ½ turn
 - Left hand remains on bar, twisting during entire 1/1 twist
 - Twists left arm into **L-grip**
 - Finish in Mixed grip or L-grip

Hop Grip Change to Handstand

VP credit for hop-grip change if meets ALL criteria:

- Simultaneous release of both hands
 - Finishes in a different grip
 - Occurs on the upswing (*no credit if after handstand*)
 - Hop-grip change completed by vertical (20°)
 - Circle/Cast/Swing reaches within 20° vertical
- ★ Casts & Fwd Circles must also show extended hips in handstand with legs together
- If legs are separated but hips are extended, deduct ↑0.2

Hop Grip Change to Handstand

NO VP credit for hop-grip change if any of the listed requirements are missing

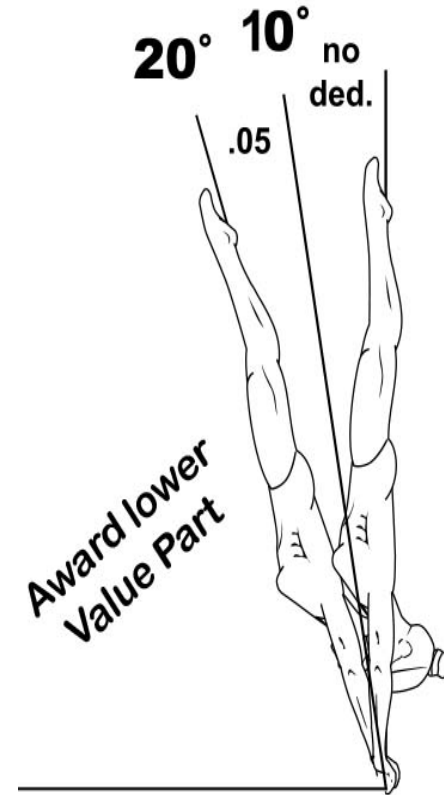
- Receive VP of root skill (*if applicable*)
 - Cannot be considered a “Flight”
 - Does not fulfill SR of a “Flight”
- Casts & Fwd circles that do not achieve extended hips in handstand, get NO credit for hop-grip change

Hop Grip Change with Turn

- Hop-grip change must be completed BEFORE initiation of a $\frac{1}{2}$ turn to be considered a Flight
- EXCEPTION: Back Giant Hop 1/1 turn (“E”)
 - *The hop may be to the same grip*

Flight to Handstand on LB

- Handstand must finish within 20° vertical
- If 21° or more, recognize as lower VP







Flight to Support on LB





- **Evaluate the height of the release** ↑0.2
 - *Not necessarily the Angle*
 - *When both hands contact the bar*
 - *Should be at or above horizontal*
- **Straddle-back types**
 - Catch LB with extended body, shoulders to hips
 - OK to pike
- **Overshoot types**
 - Catch LB with extended body, shoulders to feet

Overshoots vs. Straddle-backs

Overshoots ½ Turn

- Hang to hang =  "B"
- HS to hang =  "C"
- Hang to HS =  "D"
- HS to HS =  "D"

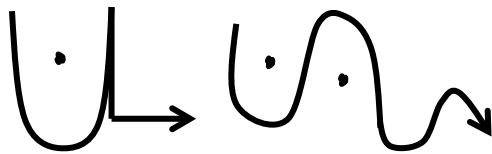
Straddle-backs

- Tap/hang to hang =  "B"
- HS to hang =  "C"
- Tap/hang to HS =  "C"
- HS to HS =  "D"

0 HS = "B" / 1 HS = "C" / 2 HS = "D"

Upgrade of Releases “B” → “C”

- A tap swing **Straddle-back to hang (B)** and a **Bail ½ Overshoot to hang (B)** are upgraded to a “C” if they are connected to a D/E release element. LEVEL 10 ONLY!



“D” “B→C”

Tkatchev

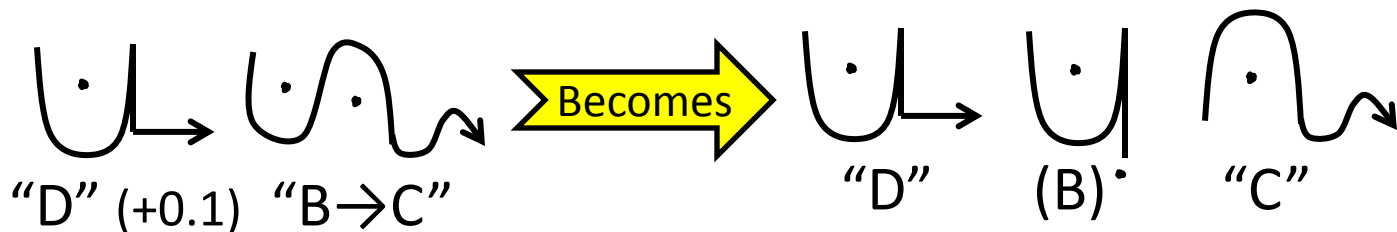


“D” “B→C”

Jaeger

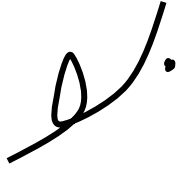
Recognition of VPs

- A swing forward or backward will be considered a separate element if reaches **within 20° of handstand**



- Tkatchev (D) to a tap swing Straddle-back (“C”) will lose CV if the tap swing reaches within 20° of vertical. The tap will be considered a Backward Giant “B”

Pak Saltos

- Pak Salto “D” is a Back Layout Flyaway between bars 
- Must finish in definite Clear Support on LB
- Hips above level of LB
- If catches LB with shoulders behind LB or with hips below LB, deduct $\uparrow 0.2$ for lack of amplitude

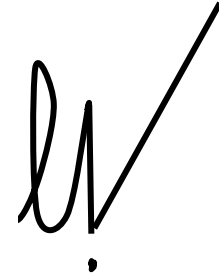
“C” Releases Under LB to HB

- “Counter up to HB” or “Toe-shoot type”
 - Clear or toe-on underswing
 - Back stalder circle
 - Clear back pike circle
- Must show balance between Height & Rotation
 - Hips rising approaching level of HB
 - Legs rotating backwards
- Deduct $\uparrow 0.1$ for under-rotation after catching bar:
 - If Hips/legs don’t rotate backward to fully extended






“D” Releases Over LB to HB

- **“Schaposch” Type** *(3/6/7 elements)*
 - Clear hip through HS *(Schaposchnikova)*
 - Toe-on Pike through HS *(Maloney)*
 - Stalder through HS
- Begins inside of bars facing LB
- Deduct $\uparrow 0.10$ if after catch body does not swing backward to horizontal



“D” Large Releases

- Jaeger  / Deltchev  / Gienger 
- Must show balance between Height & Rotation
- Deduct if hips are NOT above HB height
 - At HB level 0.05
 - Below HB level 0.10 – 0.20
- Take $\uparrow 0.1$ for under-rotation after catching bar:
 - If Hips/legs don't rotate backward to fully extend
- Large releases performed on LB = one VP lower

Recognition of VPs in Dismounts

- Dismounts must be performed from the designated bar to receive VP credit
- If performing a flyaway dismount from the LB, ***the LB is not a choice!***
 - No VP credit
 - Missing SR for Dismount, deduct 0.5 from SV
 - No Dismount, deduct 0.3 from SV

EXECUTION AND AMPLITUDE

UB Deductions: Rhythm/Extension

| | |
|--------|--|
| ↑ 0.10 | Hesitation during jump to HB or swing to Handstand |
| ↑ 0.10 | Poor Rhythm in elements/connections |
| ↑ 0.10 | Insufficient Extension of glides/swings into kips |
| ↑ 0.10 | Under-rotation of release/flight elements |
| ↑ 0.10 | Swing Fwd or Bwd, Under Horizontal (<i>each time</i>) |

UB Deductions: Brush/Hit etc

| | |
|--------------------|---|
| ↑ 0.10 | Touch/Brush on Apparatus or Mat with foot/feet |
| <u>0.20</u> | Hit on Apparatus with foot/feet |
| <u>0.30</u> | Hit on Mat with foot/feet |
| <u>0.30</u> | Grasp of the Bar Apparatus to avoid a fall |
| <u>0.30</u> | Intermediate Extra Swing / Cast (<i>max 0.6</i>) |
| <u>0.50</u> | Full Support on foot/feet on mat during exercise |

UB Extra Swings / Casts 0.30

- **Stopped**, must beat Fwd and Bwd to restart
- Max of 0.6 off for consecutive extra swings
- If falls or jumps down after extra swings, deduct 0.5 for fall only
- Extra swings will break a connection
- **NOT Extra Swings:**
 - Consecutive sole circles on LB
 - Swing down to glide kip after failed attempt at cast
 - May receive deductions for rhythm/execution

UB Extra Swings / Casts Examples

- Release catches in dead hang, pumps to re-start
- Glide Kip stops in front support, pumps to cast
- “B” Uprise brings hips to bar and stops or pumps to cast
- “B” Uprise to back hip circle, pumps to cast
- Tap Swing as in level 4-5

SPECIAL REQUIREMENTS & BONUS

UB Special Requirements

1. Flight Element “C” min.

– *Excludes Dismount*

2. 2nd Different Flight Element, “B” min

– *Excludes Dismount*

3. Long Axis (LA) Turn, “C” min

– *Excludes Mount and Dismount*

– *May be pirouettes, flights with turns, swings with turns*

4. Salto Dismount, “C” min

UB Connective Value Bonus

BARS

10

| BONUS | 0.1 | 0.2 |
|---------------------------------|-----|-----|
| Turn or Flight - <i>in both</i> | CC | |
| 2 different 3/6/7 | CC | |
| No Turn or Flight required | CD | DD |

No CV if Fall or Spot

All "C", "D", "E" Mounts & Dismounts may be used for CV

Level 10 General Info



NEW +0.1 Bonus

- Exercise must have a 10.0 SV
- Must be 0.6 or more in bonus
- Must have a “E” element
 - BB/FX: Must be an “E” **ACRO** element
- Not in SV *(just add +0.1 to your score)*

New “Up to the Level”

COMPOSITION

Composition

- **Uncharacteristic Elements** 0.1 ea
 - Squat on LB ½ turn on feet to grasp HB
 - Swing fwd on HB to place feet on LB to stand
 - Climbing/crawling onto LB
- **More than 1 Squat on LB** 0.1 ea
 - Also after a fall judging resumes with performance of element listed in CoP

Composition

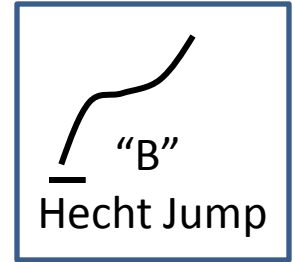
- **$\frac{3}{4}$ Giant Circle Forward** 0.1 ea
 - NOT an Element
 - Will break a connection
 - May also receive a deduction for a swing under horizontal
- **Facing same direction throughout** 0.1
 - Mount/Dismount cannot be used
 - Elements with 1/1 turn will NOT fulfill

Composition

Lack of 2 Bar changes

0.2

- Must perform VP on both bars
- Fall from HB, re-mount LB & performs a VP = Bar change
- Mounts with hand support on LB with flight over LB to catch HB = Bar change



- *If jump over LB is free (no hand support) = NOT a bar change*
- *Climbing up on LB and jumping to HB = NOT a BAR CHANGE*

Composition

Choice of Elements “Not up to the Level” ↑0.2

- Must perform 2 elements off the list of 3 below,
Minimum “B”
 - Forward Circle or Release
 - A Group 3/6/7 Element
 - Pirouette Element (*must be on top of bar*)
- Performing only 1 = 0.1
- Performing none = 0.2

Levels 8, 9, 10

Composition Quiz

What is the deduction for the choice of elements in a routine that has a Weiler kip $\frac{1}{2}$ turn?



Composition Quiz

What is the deduction for the choice of elements in a routine that has a Weiler kip $\frac{1}{2}$ turn?



0.1

Remember there must be 2 separate elements for no deduction!

Composition Quiz

What is the deduction for the choice of elements in a routine that has:

- Bwd Stalder to Staddle L
- Bwd Giant swing $\frac{1}{2}$ turn 30° from vertical

Composition Quiz

What is the deduction for the choice of elements in a routine that has:

- Bwd Stalder to Straddle L
- Bwd Giant swing $\frac{1}{2}$ turn 30° from vertical

0.2

Remember the elements must be a minimum of “B” (Straddle L = “A”) and the turn although a “B”, it must be performed on top of the bar!

“Up to the Level” Releases ↑0.2

| | Isolated | Directly Connected | Deduct |
|-------|---|---|------------|
| BEST | D--D | D+D | 0.0 |
| | <i>Jaeger & later Gienger</i> | <i>Shaposhnikova + Pak Salto</i> | |
| LEAST | C--C | B+C | 0.2 |
| | <i>Cast handstand “hop” & later Stalder-shoot</i> | <i>Swing, bail ½ overshoot, short of HS (B) + Toe-shoot (C)</i> | |

ONLY Level 10

“Up to the Level” Dismount ↑0.1

| | Single | Directly Connected | Deduct |
|-------|----------------------|---|------------|
| BEST | D/E | D+C | 0.0 |
| | <i>Double layout</i> | <i>1/1 Pirouette to Double tuck</i> | |
| LEAST | C | C+C | 0.1 |
| | <i>Double Tuck</i> | <i>Clear hip handstand to Double tuck</i> | |

SV and Composition

QUIZ

1. Find SV and Composition Deductions:

$L \equiv \neg \exists x (A(x) \wedge B(x)) \rightarrow \forall x (A(x) \rightarrow \neg B(x))$

VP = 4A, 3B, 3C, 1 D

CV = 0.2

D/E = 0.1

SV = 9.8



Direction Change: Yes

2 Bar changes: Yes

Choice of Elements: Pirouette & 3/6/7 = **0.0**

Releases ≠CL: D+C = **0.05**

Dismount ≠CL: C = **0.1**

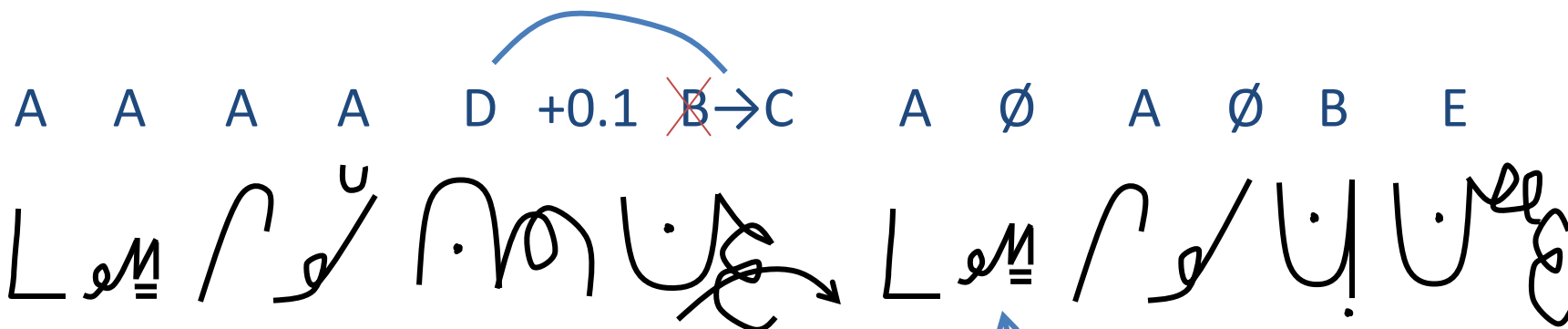
VP = 6A, 1B, 1C, 1D, 1E

CV = 0.1

D/E = 0.3

SV = 9.6

Minus 1B = 0.3



Direction Change: Yes

2 Bar changes: Yes

Choice of Elements: Forward only = **0.1**

Releases ≠ CL: D+C = **0.05**

Dismount ≠ CL: E = **0.0**

2nd Squat on: **0.1**

3. Find SV and Composition Deductions:

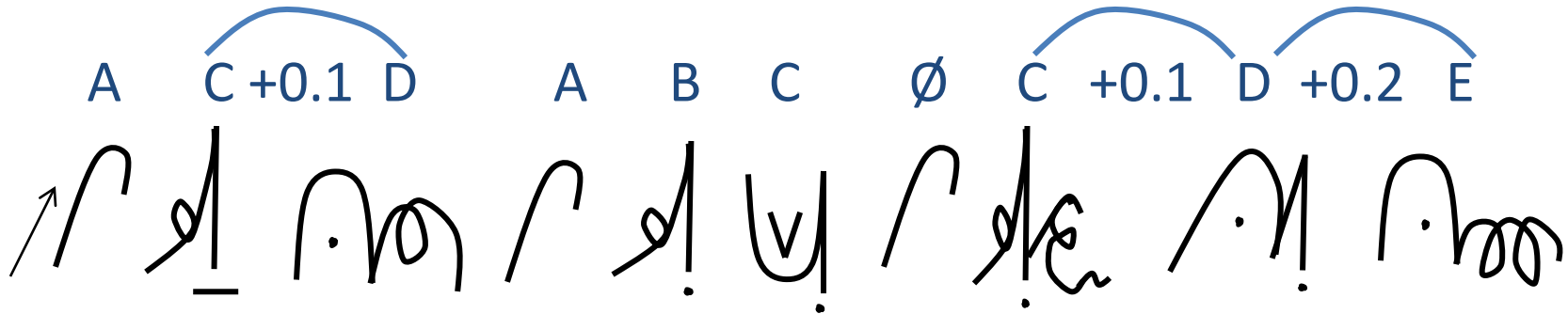
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VP = 2A, 1B, 3C, 2D, 1E

CV = 0.4

D/E = 0.4

SV = 10.0



Direction Change: No = **0.1**

2 Bar changes: No = **0.2**

Choice of Elements: Forward & 3/6/7 = **0.0**

Releases ≠CL: D+C = **0.05**

Dismount ≠CL: E = **0.0**

 **+0.1 BONUS!**