

XCEL UNEVEN BARS

UB	Bronze	Silver	Gold	Platinum	Diamond
Value Parts VP A = 0.1 B = 0.3	"A" VP in Xcel code <i>and/or</i> Bronze Skills Chart	"A" VP in Xcel code <i>and/or</i> Silver Skills Chart	"A/B" VP in Xcel code <i>and/or</i> Gold Skills Chart <i>*giants/releases that change bars are NOT allowed</i>	6 A / 1 B VP "A/B" VP in Xcel code <i>and/or</i> Platinum Skills Chart	5 A / 2 B VP "A/B/C" VP in Xcel code <i>and/or</i> Diamond Skills Chart
VP Clarifications	No extra swing deductions	No extra swing deductions	No extra swing deductions	Long hang pullover is a 360° circle if preceded by a cast One tap/underswing-counterswing allowed = NO extra swing deduction	Long hang pullover is a 360° circle if preceded by a cast Any Tap/underswing-counterswings receive a - 0.3 extra swing deduction
Skill preceded by a cast = both receive VP credit — DO NOT use JO cast angle deductions!					
<u>Exceptions:</u> Cast-Squat/Stoop/Straddle on jump to HB — Cast Shoot-thru — Cast to Stand Dismount — Each = one (1) 'A' VP					
Difficulty Restrictions	No 'B' or higher VP No Skills on HB No Salto Dismounts No LB Giants	No 'B' or higher VP No Giants (LB or HB) No Salto Dismounts	No 'C' or higher VP No Giants (LB or HB) No release move with bar change	No 'C' or higher VP Except: Clear Hip HS	No 'E' VP 1 'D' element allowed No Bonus
Deduct - 0.5 from SV for each restricted skill performed — Courtesy score = 4.0					
Special Requirements Deduct -0.5 from SV for each missing SR	1. Four (4) 'A' VP	1. Five (5) 'A' VP	1. Six (6) 'A' VP	1. Kip	1. Minimum 'B' skill - Release, Pirouette, or 2 nd 360° Circle (same or diff)
	2. Cast - Hips must leave bar - Not Mt/Dmt	2. Cast - Min 45° below Horz. - Not Mt/Dmt	2. Skill that finishes in clear support - Min. horizontal - Not Mt/Dmt	2. Skill that finishes in clear support - Above horizontal - Not Mt/Dmt	2. Skill that finishes in clear support - Min 45° from vertical - Not Mt/Dmt
	3. 360° Circling Skill - Not Mt/Dmt	3. 360° Circling Skill - Not Mt/Dmt	3. 360° Circling Skill - Not Mt/Dmt	3. 360° Circling Skill - Not Mt/Dmt	3. 360° Circling Skill - 'B' - Minimum 'B' - Not Mt/Dmt
	4. Dismount - LB - No saltos	4. Dismount - HB or LB - No saltos	4. HB Dismount	4. HB Dismount	4. HB Dismount - Salto / Hecht
Warm-up Time:	30 seconds	45 seconds	1:00 minute	1:30 minutes	2:00 minutes
UB	Bronze	Silver	Gold	Platinum	Diamond

XCEL UNEVEN BARS

UNEVEN BARS - Additional 'A' Value Part Chart

UB	Bronze	Silver	Gold	Platinum	Diamond
'A' MOUNTS	<ul style="list-style-type: none"> • Pullover LB - 1 or 2 feet or run • Jump to front support • Glide swing to stand • Run-out glide kip • Single leg Jam kip - From glide or run 	<ul style="list-style-type: none"> • Pullover LB or HB - 1 or 2 feet or run • Glide swing to stand • Run-out glide kip • Single leg Jam kip - From glide or run 	<ul style="list-style-type: none"> • Pullover LB or HB - 1 or 2 feet or run • Glide swing to stand • Run-out glide kip • Single leg Jam kip - From glide or run 		
'A' CASTS	<ul style="list-style-type: none"> • Cast - Hips must leave the bars 	<ul style="list-style-type: none"> • Cast - $\geq 45^\circ$ below horizontal 	<ul style="list-style-type: none"> • Cast - Min horizontal 	<ul style="list-style-type: none"> • Cast - $89^\circ - 21^\circ$ from vertical 	<ul style="list-style-type: none"> • Cast - $45^\circ - 21^\circ$ from vertical
'A' CIRCLES	<ul style="list-style-type: none"> • Stride Circle Fwd • Stride Circle Bwd 	<ul style="list-style-type: none"> • Stride Circle Fwd • Stride Circle Bwd • Long hang pullover - From long swing 	<ul style="list-style-type: none"> • Stride Circle Fwd • Stride Circle Bwd • Long hang pullover - From long swing 		
'A' SWINGS & OTHER SKILLS	<ul style="list-style-type: none"> • Basket Swing - 1 leg - Bent knee OK • Cast shoot-through • Single leg cut Fwd/Bwd • Single leg swing Bwd 	<ul style="list-style-type: none"> • Tap/Under Swing - Counterswing • Basket Swing - 1 leg - Bent knee OK • Cast shoot-through • Single leg cut Fwd/Bwd • Single leg swing Bwd 	<ul style="list-style-type: none"> • Tap/Under Swing - Counterswing • Basket Swing - 1 leg - Straight leg only • Cast shoot-through • Single leg cut Fwd/Bwd 	<ul style="list-style-type: none"> • Tap/Under Swing - Counterswing - Only one (1) allowed 	
'A' DISMOUNTS	<ul style="list-style-type: none"> • Cast-off to Stand - 1 single element - No cast VP / No cast SR • $\frac{3}{4}$ Fwd Circle to stand • Stretch Jump Off - Forward to stand - From squat, straddle or stoop on LB 	<ul style="list-style-type: none"> • Tap Swing fwd $\frac{1}{2}$ turn • $\frac{3}{4}$ Bwd Seat Circle - Pike or Straddle from LB • Stretch Jump Off - Forward to stand - From squat, straddle or stoop on LB 	<ul style="list-style-type: none"> • Tap Swing fwd $\frac{1}{2}$ turn 		
UB	Bronze	Silver	Gold	Platinum	Diamond