

XCEL UNEVEN BARS

UB	Bronze	Silver	Gold	Platinum	Diamond
Warm-up:	30 seconds	45 seconds	1:00 minute	1:30 minutes	2:00 minutes
Deduct - 0.5 from SV for each restricted skill performed			— Courtesy score = 4.0		
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 = OK Stalder Bwd to HS = OK Pike sole cir bwd to HS = OK	No 'E' VP 1 'D' element allowed No Bonus
Skill preceded by a cast = both receive VP credit — DO NOT use DP cast angle deductions!					
<u>Exceptions:</u> Cast-Squat/Stoop/Straddle on w/wo jump to HB / Cast Shoot-thru = one (1) 'A' VP for all divisions — Cast off DMT = one (1) 'A' VP for Bronze					
VP Clarifications		Long hang pullover from a long swing = 360° circle	Long hang pullover from a long swing = 360° circle	Long hang pullover from a cast = 360° circle	Long hang pullover from a cast = 360° circle
	Cast squat-on to Jump-off DMT are 2 "A" Skills	Cast squat-on to Jump-off DMT are 2 "A" Skills		One tap/underswing-counterswing allowed = "A" with no extra swing deduction	Any Tap/underswing-counterswings receive a - 0.3 extra swing deduction
	No extra swing deduction	No extra swing deduction	No extra swing deduction	Extra swing deductions apply	Extra swing deductions apply
Value Parts Subtract from SV for each missing VP	Bronze 4 A (0.1 each)	Silver 5 A (0.1 each)	Gold 6 A (0.1 each)	Platinum 6 A (0.1 each) 1 B (0.3 each)	Diamond 5 A (0.1 each) 2 B (0.3 each)
VP & SR credit given for casts finishing within 10° of requirement. Deduct up to 0.1 for amplitude deficiency.					
Special Requirements Deduct -0.5 from SV for each missing SR	1. Mount LB	1. Mount	1. Skill that finishes in clear support - Min. horizontal (10°) - Not Mt/Dmt	1. Skill that finishes in clear support - Above horizontal (10°) - Not Mt/Dmt	1. Skill that finishes in clear support - Min 45° from vertical (10°) - Not Mt/Dmt
	2. Cast - Hips must leave bar - Not Mt/Dmt	2. Cast - Min 45° below Horz. - Not Mt/Dmt	2. 360° Circling Skill - Not Mt/Dmt	2. 360° Circling Skill - Not Mt/Dmt	2. 360° Circling Skill - 'B' - Minimum 'B' - Not Mt/Dmt
	3. 360° Circling Skill - Not Mt/Dmt	3. 360° Circling Skill - Not Mt/Dmt	3. 2nd 360° Circling Skill - Not Mt/Dmt - same or diff	3. Kip	1. Minimum 'B' skill - Release, Turn, or 2nd 360° Circle (same or diff)
	4. Dismount - LB - No saltos	4. Dismount - HB or LB - No saltos	4. HB Dismount	4. HB Dismount	4. HB Dismount - Salto / Hecht / or any B dismount
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 • Jump to squat on • 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 • Jump to squat on • Glide swing to stand • Run-out glide kip • Single leg Jam kip - From glide or run 	<ul style="list-style-type: none"> • Jump to squat on 	<ul style="list-style-type: none"> • Jump to squat on
'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 - SR/VP credit if within 10° 	<ul style="list-style-type: none"> • Cast - Min horizontal - SR/VP credit if within 10° 	<ul style="list-style-type: none"> • Cast - $89^\circ - 21^\circ$ from vertical - SR/VP credit if within 10° 	<ul style="list-style-type: none"> • Cast - $45^\circ - 21^\circ$ from vertical - SR/VP credit if within 10°
'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 = 360° circle 	<ul style="list-style-type: none"> • Stride Circle Fwd • Stride Circle Bwd • Long hang pullover - From long swing = 360° circle 	<ul style="list-style-type: none"> • Long hang pullover - From cast = 360° circle 	<ul style="list-style-type: none"> • Long hang pullover - From cast = 360° circle
'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 Fwd/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 Fwd/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 	<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 VP} - Release bar before landing - 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