

## BARS COMPOSITION

**LEVEL 10 RELEASES** not up to competitive level  
consider: value / type / connections / total number

↑0.2	Release Elements 'D' = D or E
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</b> <i>or No VP</i>

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

Failure to perform 2 elements (min of "B") that fulfill 2 of the 3 requirements (*excludes dismount*)

- 1) **Forward element, circle or release, min B**
- 2) **Group 3/6/7 element, min. B**
- 3) **Min 180° LA turn 'C' element, w/wo flight**

*includes cast handstand ½, giant ½, other elements to handstand ½, all pirouettes, Heals, overshoot ½ to or from handstand, Giengers, other C,D,E twisting releases.*

	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 3 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 OK to squat on

### 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)