














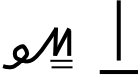



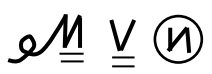






COMPULSORY UNEVEN BARS



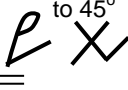

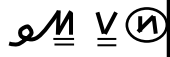





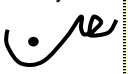

D. Hanford 8.3.2023

| Level 1 Bars | | | | |
|---------------------|---|---|---|--|
| MOUNT: | Back Hip Pullover | Cast | Back Hip Circle | Underswing DISMOUNT or Cast Straddle-on, Sole circle Dismount |
| |  |  |  |  |
| | 0.6 | 0.4 | 0.4 | 0.6 |

| Level 2 Bars | | | | | |
|---------------------|---|---|---|---|---|
| MOUNT | Back Hip Pullover | Cast | Cast | Back Hip Circle | Underswing DISMOUNT |
| Glide & Return |  |  |  |  |  |
| 0.2 | 0.4 | 0.4 | 0.4 | 0.4 | 0.4 |

| Level 3 Bars | | | | | | | |
|---------------------|---|--|---|---|---|--|---|
| MOUNT: | Back Hip Pullover | Straddle or Glide Kip | Cast | Back Hip Circle | Back Hip Circle | Front Hip Circle, Small Cast, return | Cast Squat-on, Stretch Jump DISMOUNT |
| Glide & Return |  | OR  |  |  |  |  |  |
| 0.2 | 0.4 | 0.6 | 0.4 | 0.4 | 0.4 | 0.4 | 0.6 |

| Level 4 Bars | | | | | | | | |
|-----------------------|---|---|---|---|---|---|---|---|
| MOUNT: | Cast horizontal | Cast Squat-on, Pike-on or Bwd Sole Circle | Long Hang Kip | Cast Horizontal | Back Hip Circle | Underswing 1st Counterswing 30° | Tap Swing, 2nd Counterswing 30° | Tap Swing ½ Turn DISMOUNT |
| Straddle or Glide Kip |  |  |  |  |  |  |  |  |
| 0.6 | 0.4 | 0.2 | 0.6 | 0.4 | 0.4 | 0.6 | 0.6 | 0.6 |

| Level 5 Bars | | | | | | | | | | | | |
|-----------------------|---|---|---|---|---|---|---|---|---|---|---|---|
| MOUNT: | Cast Above Horizontal | Clear Hip ↑ horizontal | Stalder clear Sole circle to 45° | Straddle or Glide Kip | Cast Squat-on or Pike-on or Bwd Sole Circle | Long Hang | Cast Above Horizontal | Long Hang Pullover | Underswing 1st Counterswing 15° | Tap Swing, 2nd Counterswing 15° | 10.0 DISMOUNT Flyaway -Tuck, Pike or Layout | 9.5 SV Tap swing ½ Turn |
| Straddle or Glide Kip |  |  |  |  |  |  |  |  |  |  |  |  |
| 0.6 | 0.4 | 0.6 | 0.6 | 0.6 | 0.2 | 0.6 | 0.4 | 0.6 | 0.6 | 0.6 | 0.6 | 0.6 |