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	**D--D** *Minimum of 2 different D or E Elements*
0.05	**D C** *Directly Connected*
0.10	**D--C** *Isolated (NOT connected)*
0.15	**C C** *Directly Connected*
	D--B *Isolated (NOT connected)*
0.20	**C--C** *Isolated (NOT connected)*
	C B *or less*

LEVEL 10 DISMOUNT not up to competitive level

↑0.1	Dismount Elements	
Expected NO Deduction	**D/E**	**D C** *Directly Connected*
0.05	**C C C** *Directly Connected*	**D C C** *Directly Connected*
0.10	**C C** *"C" or less connected to "C" or less dismount*	

LEVEL 9 - 8 DISMOUNT not up to competitive level

↑0.1	LEVEL 9	LEVEL 8
Expected NO Deduction	**C**	**B** *or* **B A**
0.05	**C B**	
0.10	**B B**	**A** *or No VP*

LEVELS 9-10 CHOICE of elements ↑0.2

Failure to perform 2 elements (min of "B") that fulfill 2 of the 4 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, Healys, overshoot ½ to or from handstand, Giengers, other C,D,E twisting releases.

4) **One single bar release, min. D**

Expected NO Deduction	**2** *Two out of the four choices*
0.10	**1** *One out of the four choices*
0.20	**0** *None of the 4 choices performed*

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)