

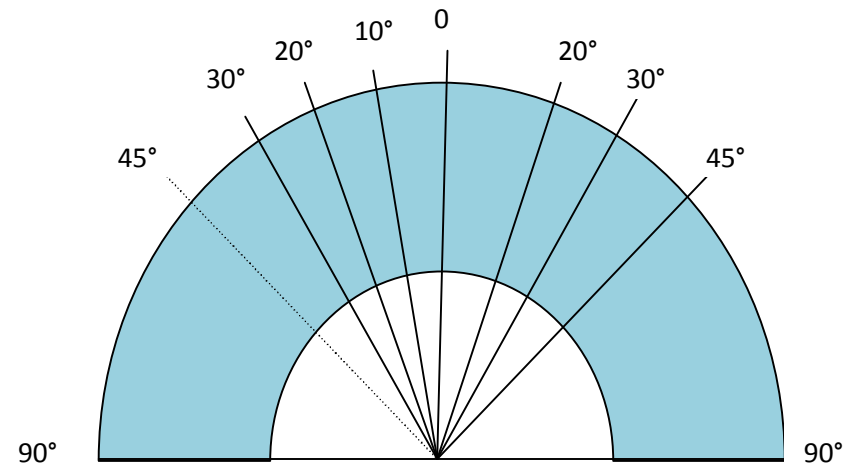
# Uneven Bars – Level 10

<b>START VALUE 9.5</b>	<b>Special Requirements – 0.50 each</b> A skill may count for more than 1 SR	<b>BONUS - Up to +.50</b> (D= +.10/E= +.20 unless fall/spot) D & E may replace a required value part and still get bonus	<b>Fall Time: 45 sec.</b> <b>Illegal/No Dismount -.30 SV</b>
Value Parts 3 – A (.10)	<b>Flight Element C</b>	<b>C+C = 0.1 – Must contain turn or flight</b>	Range 9.5 – 10.00 = .20 9.0 - 9.45 = .50 8.0 – 8.95 = .70 Under 7.975 = 1.00
3 – B (.30)	2 <sup>nd</sup> (diff) flight element, min B	<b>C+C = 0.1 – Group 3/6/7 – Must be different</b>	
2 – C (.50)	Element with LA turn, min C (not Mt/Dismt)	<b>C+D = 0.1 – C Element not required turn/flt when with D</b>	
	Salto/Hecht dismount, min C	<b>D+D = 0.2 – All C, D or E mount/dismount count for CV</b>	

Compositional Deductions		Apparatus Deductions	
Choice of Elements: (Max. .2)		Bent arms or legs >.3	Insuf. Exten of glide = >0.10
*Lack of var. in choice of elements = >↑0.10	Squat/ LB w/w-o circle 2X = <u>0.10 ea</u>	Hesitation swing to HS ↑ > 0.10	Flex/sickled feet on VP <u>each .05</u>
*Lack of balance in elements pir/flt = >↑0.10	Uncharacter or ¾ fwd. cir = <u>0.10 ea</u>	Lack of precision in HS ↑ > 0.10	
*Perform crcl & release both fwd& bkw = <u>0.05</u>	More than 1 elem. before mt = <u>0.20</u>	Poor rhythm in elements ↑ > .10	Swing fwd/bwk under hor <u>.10 ea</u>
Insufficient distribution of value parts = >↑0.10		Insuf. Amp of elem - ↑ >0.20 ea	Leg crossed <u>.10</u> / apart ↑ >.20
Insufficient change of direction = >↑0.10	Lack of two bar changes = <u>0.20</u>	Insufficient dynamics - ↑ > 0.20	Insuf. Exact of t/p/s = >0.20
Choice of release (1B, 1C or less =>.20) (2D, 2E – No Ded)		Intermediate swing = <u>0.30ea</u>	Hit on apparatus – <u>0.20</u>
		Landing too close to bar = <u>0.10</u>	Hit on mat w/ feet – <u>0.30</u>
		Insuf. Amp salto dismt - ↑ >0.30	Grasp on bar to avoid fall= <u>0.30</u>
		Failure to maintain stretch body (pike down) = ↑ >0.20	
		Failure to remove board/block after release = <u>0.30 CJ</u>	

When evaluating angle of body look at line from the shoulders to lowest body part.  
In circle or casts with straddle – the angle is determined when feet are joined.

Skill	0 – 10°	11 – 20°	21 – 30°	31 – 45°	46 - 90°
Cast Handstand	No Ded	.05	.10 No VP	.15 - .20 No VP	.25 - .30 No VP
Circle to Handstand	No Ded	.05	No Deduction Lower Value Part		.05 - .10 Lower VP
Flight to Handstand	No Ded	.05	Lower Value Part		
Handstand ½ - 1/1	No Deduction		.05 - .10	.15 - .20	.25 - .30 No VP
Handstand 1 ½ & Healy	No Deduction			.05 - .15	.20 - .30 No VP







Insuf. height of jump/leaps = each

>0.20

Leg, body posture & flex >0.30