BARS CYCLE 12 CODE OF POINTS

B. Hardy 15/6/09

D PANEL EVALUATION

For DV the maximum 8 highest elements including the dismount are awarded.

COMPOSITION REQUIREMENTS [CR] 0.50 each 2.50 maximum

1	Flight from HB to LB and LB to HB
2	Flight element on the same bar
3	Minimum 2 different grips* [No Cast/Mount/Dismount] and a Close Bar Circle Element [non flight] * *Not regular mixed grip*
4	Non flight element with 360º turn [performed on the bar] Not Mount
5	Dismount No Dismount/A or B Dismount Award 0.00 points C Dismount Award 0.30 points D or Higher Dismount Award 0.50 points

MOUNTS

- Can fulfil CR 1
- Cannot be used for CV as a flight element
  Eg Back uprise clear hip circle to handstand into Tkatchev
  D + D = 0.10
- Can be performed within the exercise or vice versa but will receive DV only once

CONNECTION VALUE [CV] 0.10/0.20 **Mount/within Exercise/Dismount Connections**

For CV, all C & D elements must have flight or minimum ½ [180º] turn

0.10	0.20
D [with flight from HB to LB] + C Must be performed in this order	D [Flight on Same Bar or LB to HB] + C or more on HB Must be performed in this order
D + D or more	D + E [One Element with Flight]
	E + E

E PANEL EVALUATION

SPECIFIC APPARATUS DEDUCTIONS

SHORT EXERCISE **MAXIMUM EXECUTION** ***10.00 if 7 or more elements are performed***
6.00 if 5 - 6 elements 4.00 if 3 - 4 elements
2.00 if 1 -2 elements 0.00 if no elements

FAULTS	0.10	0.30	0.50 +
Third run approach or touch springboard without mounting bar			1.00
Adjusted grip position	x		
Brush on Apparatus with feet		x	
Brush on mat			0.50
Hit on Apparatus with feet			0.50
Hit on Mat with feet			1.00
Uncharacteristic Movement [Eg Legs split before arrival in Handstand]		x	
Poor rhythm in elements	x		
Insufficient height of flight elements	x	x	
Under rotation of flight elements	x		
Insufficient extension in kips	x		
Empty swing		x	
Intermediate swing			0.50
Angle of completion of elements	x	x	x
Amplitude of • Swings forward and backward under horizontal • Casts	 x x	 x	
Bar change without performing an element		x	
Overuse [+3] of Forward Giant elements with 1/1 or more	x		
More than 2 of the same elements directly into the dismount	x		
No attempt to dismount*			0.50

* if salto **HAS NOT** begun [no initiation of rotation] + fall or no attempt for DMT at all [landing on feet or falling after landing on feet]
eg Underswing with no rotation to land on back or feet
- No CR D Panel
- No DV - count 7 elements only D Panel
- 0.50 No attempt to dismount E Panel
- Apply landing deductions E Panel

* if salto HAS begun + fall
eg Underswing salto fwd not landing on feet
- No CR D Panel
- No DV count 7 elements only D Panel
- Apply landing deductions E Panel