

# Uneven Bars

08-09

<p><b>Judge's Initials</b> _____ <b>SJ or AJ</b></p> <p><b>Gymnast #</b> _____</p> <p><b><u>BONUS HIGH SUPERIORS</u></b></p> <p><b>Mounts:</b></p> <ol style="list-style-type: none"> <li>1) Salto mounts to catch either bar</li> </ol> <p><b>Circles:</b></p> <ol style="list-style-type: none"> <li>1) Clear back hip to handstand with ½</li> <li>2) Clear hip thru handstand LB, catch HB (Schaposchnikova)</li> <li>3) Sole circle to handstand; with ½ twist/turn</li> <li>4) From handstand on HB, ½ twist over LB, to catch LB</li> <li>5) From HB, ½ twist over LB to handstand on LB</li> <li>6) Dislocation on HB, shoot to handstand on LB</li> <li>7) Giant swing backward on HB with turn</li> <li>8) Giant swing forward on HB</li> <li>9) Stalder to handstand</li> </ol> <p><b>Passing the Legs:</b></p> <ol style="list-style-type: none"> <li>1) Counterflight over LB to handstand on LB</li> </ol> <p><b>Uprises:</b></p> <ol style="list-style-type: none"> <li>1) Long hang uprise to handstand on HB</li> </ol> <p><b>Turns/Twists/Saltos:</b></p> <ol style="list-style-type: none"> <li>1) Support on LB facing out, front salto from LB to HB</li> <li>2) Support on LB facing HB, uphill salto LB to HB</li> <li>3) Flyaway between bars from HB to LB</li> <li>4) Tkatchev; Deltchev; Jaeger; Geinger</li> </ol> <p><b>Inverted Supports</b></p> <ol style="list-style-type: none"> <li>1) Cast handstand with 1/1 turn or more IN handstand or after (Healy)</li> </ol> <p><b>Dismounts:</b></p> <ol style="list-style-type: none"> <li>1) Sole circle underswing on HB, front salto</li> <li>2) Flyaway with 1/1 twist or more (layout)</li> <li>3) Flyaway with 1 ½ twist (tuck or pike)</li> <li>4) Double salto (front or back)</li> <li>5) Inward front salto, with 1/1</li> <li>6) From front support on HB, inward front salto</li> <li>7) Comaneci</li> <li>8) Deltchev, with additional 1/1</li> <li>9) From handstand/cir hip/cir hip handstand/giant, back salto from handstand</li> </ol>	<p><b>EVENT REQUIREMENT – 1.4</b></p> <p>Cir/Sw (.2) _____</p> <p>Sup Regrasp (.2) _____</p> <p>2 Skill/bar (.2) _____</p> <p>Salto/1/1 Tw (.2) _____</p> <p>Kip (.2) _____</p> <p>Handstand (.2) _____</p> <p>Sup Dismnt (.2) _____</p> <hr/> <p><b>COMPOSITION – 0.8</b></p> <p><u>Variety</u> (up to .2) _____</p> <p>Comb diff/structure grps _____</p> <p><u>Rhythm &amp; Connections</u> (up to .2) _____</p> <p>Var in conn (up to .1) _____</p> <p>Continuity/Flow (up to .1) _____</p> <p><u>Artistry, Uniqueness</u> (up to .2) _____</p> <p>Creative skill/combination (up to .1) _____</p> <p>Direction Change (excluding mount and dismount (up to .1) _____</p> <p><u>Spacing</u> (up to .2) _____</p> <p>All Spaces/Levels ( up to .1) _____</p> <p>Prog Distr Diff (up to .1) _____</p> <hr/> <p><b>BONUS – 0.8 (+ = Give; .1 = deduction)</b></p> <p>BBS (.1-.2) _____</p> <p>Ult S/HS/BHS and/or Ult Rout (.1) _____</p> <p>Extra HS/BBS/BHS (.1) _____</p> <p>BHS (.2 if no more than .3 exec ded; .2 for second Different BHS) _____</p> <hr/> <p><b>EXECUTION &amp; AMPLITUDE – 4.0</b></p> <p>Falls (.3 - .5) _____</p> <p>Dynamics (up to .3) _____</p> <p>E/A (Other) _____</p> <p><b>Total Execution</b> _____</p>	<p style="text-align: center;"><b>TALLY</b></p> <p><b>Difficulty</b> _____ (3.0)</p> <p><b>Event Req</b> _____ (1.4)</p> <p><b>Composition</b> _____ (0.8)</p> <p><b>Bonus</b> _____ (0.8)</p> <p><b>Exec/Ampl</b> _____ (4.0)</p> <p><b>Neutral Ded</b> _____</p> <p style="text-align: center;"><b>10.00</b></p> <p><b>- Sub Total</b> _____</p>  <p><b>FINAL SCORE</b> _____</p>  <p><b>SJ Deduction</b> _____ <i>(Deduct from Average Score)</i></p>
--	---	--