

Level 4 Bars Judging

↑.10 hesitation to jump to HB

- .10** Must jump 2 feet
- .30** Run out glide
- ↑.10** Feet not leading
- ↑.20** Insuff. extension
- .10** Not close straddle

.60

Glide Kip
Pike or Straddle

↑.20 Body alignment

↑.10 Lack of control to bar

Horizontal No Deduction
.05-.15
45°
.20 .25-.30

.40

Cast Horizontal
Return to Front
Support

.20 Alternate feet
.05 Hip lift only

360° Sole Circle

.20 Pike

.20 Cast Squat,
Pike on
or Sole Circle

↑.20 No swing to
horizontal

.60

Jump to
Long Hang
Kip

Horizontal No Deduction
.05-.15
45°
.20 .25-.30

.40

Cast Horizontal

↑.10 Head not neutral
↑.20 Not straight hollow
↑.20 No Hip or thigh contact
↑.10 Continuity of circle

.40

Back Hip Circle

#7A  Underswing
↑.10 Head not neutral
↑.20 Not straight hollow
.20 Hips touching bar
(no ded. for thighs touching)

.60

Combine with counterswing

↑.20 Hips not min. 30° below HB
↑.20 Not hollow line hands to hips
.30 Extended feet over LB

#7B  1st Counterswing
30° Below Horizontal

#8A  Tap Swing Forward
.10 No slight arch downswing
↑.20 Not hollow on upswing
↑.20 Insuff. amplitude
(feet HB height)

.60

Combine with 2nd counterswing

↑.20 Hips not min. 30° below HB
↑.20 Not hollow line hands to hips
.30 Extended feet over LB

#8B  2nd Counterswing
30° Below Horizontal

.10 No slight arch
↑.20 Not hollow on upswing
↑.20 Turn before 45°
↑.20 Incomplete 180° turn
.30 No hand touch

.60

Tap Swing
1/2 Turn
Dismount

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SCORE

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↑.20 Insuff. amplitude
(feet HB height)

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Combine with 2nd counterswing

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#8B  2nd Counterswing
30° Below Horizontal

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↑.20 Not hollow on upswing
↑.20 Turn before 45°
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.30 No hand touch

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Tap Swing
1/2 Turn
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.05 Hip lift only

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.20 Cast Squat,
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Jump to
Long Hang
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45°
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↑.20 Not straight hollow
↑.20 No Hip or thigh contact
↑.10 Continuity of circle

.40

Back Hip Circle

#7A **P** Underswing
↑.10 Head not neutral
↑.20 Not straight hollow
.20 Hips touching bar
(no ded. for thighs touching)

.60

Combine with counterswing

↑.20 Hips not min. 30° below HB
↑.20 Not hollow line hands to hips
.30 Extended feet over LB

#7B **P** 1st Counterswing
30° Below Horizontal

#8A **U** Tap Swing Forward
.10 No slight arch downswing
↑.20 Not hollow on upswing
↑.20 Insuff. amplitude
(feet HB height)

.60

Combine with 2nd counterswing

↑.20 Hips not min. 30° below HB
↑.20 Not hollow line hands to hips
.30 Extended feet over LB

#8B **U** 2nd Counterswing
30° Below Horizontal

.10 No slight arch
↑.20 Not hollow on upswing
↑.20 Turn before 45°
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Tap Swing
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