

Level 5 Bars Judging



Backward Stalder Circle to Clear Support .60
 ↑.20 Arch or pike
 .60 Support legs in staddle L
 ↑.10 No control into glide

Backward Sole Circle to Clear Support .60
 ↑.20 Arch or pike
 .60 Support of feet upswing
 ↑.30 Bent legs on circle
 ↑.10 No control into glide

360° Sole Circle .20
 .20 Alternate feet
 .05 Hip lift only

Pike .20
 ↑.20 No swing near horizontal

Cast Squat, Pike on or Sole Circle .20

Jump to Long Hang Kip .60

Cast Above Horizontal (Straddle cast ok) .40
 ↑.20 Body alignment
 Above No Deduction
 .05 Horizontal
 .10-15
 45°
 .20 .25-30

Clear Hip Circle Above Horizontal .60
 ↑.20 Arch or pike
 .60 Hips touch upswing
 ↑.10 No control into glide

Glide Kip .60
 ↑.10 Feet not leading
 ↑.20 Insuff. extension
 .10 Not close straddle

Cast Above Horizontal (Straddle cast ok) .40
 Above No Deduction
 .05 Horizontal
 .10-15
 45°
 .20 .25-30

Long Hang Pullover .60
 ↑.20 Body alignment
 Above No Deduction
 .05 Horizontal
 .10-15
 45°
 .20 .25-30

#9A Underswing .60
 .20 After pullover no contact of thighs
 ↑.10 Head not neutral
 ↑.20 Not straight hollow
 .20 Hips touching bar (no ded. for thighs touching)

#9B 1st Counterswing 15° Below Horizontal .60
 ↑.20 Hips not min. 15° below HB
 ↑.20 Not hollow line hands to hips
 .30 Extended feet over LB

#10A Tap Swing Forward .60
 .10 No slight arch downswing
 ↑.20 Not hollow on upswing
 ↑.20 Insuff. amplitude (feet HB height)

#10B 2nd Counterswing 15° Below Horizontal .60
 ↑.20 Hips not min. 15° below HB
 ↑.20 Not hollow line hands to hips
 .30 Extended feet over LB

Tap Swing Tuck, Pike or Layout Flyaway .60
 .10 No slight arch
 ↑.20 Not hollow on up swing
 ↑.30 Insuff. Height
 High bar height
 .05-15 1°-44° below
 .20 45° below
 .25-30 greater than 45°
 .10 Landing too close HB
 Tuck ↑.20 Insuff. tuck
 Pike ↑.20 Insuff. pike
 Layout ↑.20 Insuff. stretch
 No stretch maintain

Combine with 2nd counterswing

Combine with counterswing

Insuff. of up swing ↑.30
 No deduction
 Vertical - 45°
 .20 .05-15 .25-30

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SCORE

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