ROUTINE WORKSHEET: BARS

SKILL – BARS – ROUTINE 1	VALUE		EXEC	COMMENTS
Kip	M			
Cast to HS	S			
Free hip HS	HS		.05	Slight arch
Kip	M		.05	Slight arch
Cast HS – pirouette	HS		.10	Late & flat pirouette
Kip	M			
Stoop on	M			Nice – model for how to do it.
Long Hang kip	S			
Cast HS	S		.05	Short angle in HS
Giant	HS			
Giant	HS			
Double back salto	AHS		.5 + .10	Legs apart and 1 step
		TOTAL	**.40**	

	VALUE	DED	COMMENTS:
DIFFICULTY	3.0	**0.0**	
EVENT REQUIREMENTS (Total 1.0)			
Kip	.2		
Superior Release/Flight	.2	**.20**	
1 Direction Change	.2		
Vertical/Handstand	.2		
Dismount superior	.2		
COMPOSITION (Total 1.0)			
Choice of elements/connections	Up to .5	**.10**	
Lack of using all spaces/levels	Up to .1		
Lack of two bar changes	.05 ea/up to .1	**.05**	
Uncharacteristic Elements	Up to .1		
Creativity in Combinations	Up to .1	**.10**	
Distribution of VP/maintain level of difficulty	Up to .1		
EXECUTION (Total 4.2)	4.5	**.40**	
BONUS (Total 0.8)			
Advanced HS #1 AHS	.2		
Advanced HS #2 AHS	.2	**.20**	
High Level – Back-to-back Superior (HS+HS or higher)	.2		
****Any Combination (up to .2 total)**			
Additional Advanced HS #3 AHS	.2		
2nd HL Back-to-back Superior (HS+HS or higher)	.2		
Low level back-to-back #1 (S + S/HS/AHS)	.1		
Low level back-to-back #2 (S + S/HS/AHS)	.1		
	10.0	**1.05**	**Score = 8.95**

ROUTINE WORKSHEET: BARS

SKILL – BARS – ROUTINE 2	VALUE		EXEC	COMMENTS
Kip	M			
Toe circle	M			
Long hang kip	S		.05	General form
Cast (no HS)	-		.05	General form - height
Giant with turn	AHS		.10 + .05	Short of HS, general position
Half turn over to glide	AHS		.05	Form Break
Kip	M			
Circle	M			
Long hang kip	S			
Cast – No HS	-		.05	General Form - height
Giant	HS		.05	Arm bend
Giant	HS		.05	Arm bend
Layout Salto	HS			Good
		TOTAL	**.45**	

	VALUE	DED	COMMENTS:
DIFFICULTY	3.0	**0.0**	
EVENT REQUIREMENTS (Total 1.0)			
Kip	.2		
Superior Release/Flight	.2		
1 Direction Change	.2		
Vertical/Handstand	.2		
Dismount superior	.2		
COMPOSITION (Total 1.0)			
Choice of elements/connections	Up to .5	**.10**	
Lack of using all spaces/levels	Up to .1		
Lack of two bar changes	.05 ea/up to .1		
Uncharacteristic Elements	Up to .1		
Creativity in Combinations	Up to .1	**.05**	Giant ½ + ½ Over bar
Distribution of VP/maintain level of difficulty	Up to .1	**.05**	Layout HS dismount
EXECUTION (Total 4.2)	4.5	**.45**	
BONUS (Total 0.8)			
Advanced HS #1 AHS	.2		
Advanced HS #2 AHS	.2		
High Level – Back-to-back Superior (HS+HS or higher)	.2		
****Any Combination (up to .2 total)**			
Additional Advanced HS #3 AHS	.2		
2nd HL Back-to-back Superior (HS+HS or higher)	.2		
Low level back-to-back #1 (S + S/HS/AHS)	.1		
Low level back-to-back #2 (S + S/HS/AHS)	.1		
	10.0	**.65**	**Score = 9.35**

ROUTINE WORKSHEET: BARS

SKILL – BARS – ROUTINE 3	VALUE		EXEC	COMMENTS
Kip	M		.10	Piked & body position
Kip 1/2 turn	M		.10	Legs bent & Position
Back hip circle	M			
Stoop on	M		.05	Small break
Long hang kip	S		.10	Position and leg break
Straddle back	S		.10 + .10	Low height, legs and arms
Kip	M			
Back hip circle	M		.10	Arms & body position
Stoop on	M			
Long hang kip	S		.05	Arms & leg form
Cast – no HS	-		.05	Low position
Giant	HS		.10	Arms & legs
Giant	HS		.10	Arms & legs
Long hang kip (3rd – no credit)	S		.05	
Layout Salto	HS		.05	Low position
		TOTAL	**1.05**	

	VALUE	DED	COMMENTS:
DIFFICULTY	3.0	**0.0**	
EVENT REQUIREMENTS (Total 1.0)			
Kip	.2		
Superior Release/Flight	.2		
1 Direction Change	.2		
Vertical/Handstand	.2		
Dismount superior	.2		
COMPOSITION (Total 1.0)			
Choice of elements/connections	Up to .5	**.20**	
Lack of using all spaces/levels	Up to .1		
Lack of two bar changes	.05 ea/up to .1		
Uncharacteristic Elements	Up to .1		
Creativity in Combinations	Up to .1	**.10**	
Distribution of VP/maintain level of difficulty	Up to .1		
EXECUTION (Total 4.2)	4.5	**1.05**	
BONUS (Total 0.8)			
Advanced HS #1 AHS	.2	**.20**	
Advanced HS #2 AHS	.2	**.20**	
High Level – Back-to-back Superior (HS+HS or higher)	.2		
****Any Combination (up to .2 total)**			
Additional Advanced HS #3 AHS	.2		
2nd HL Back-to-back Superior (HS+HS or higher)	.2		
Low level back-to-back #1 (S + S/HS/AHS)	.1		
Low level back-to-back #2 (S + S/HS/AHS)	.1		
	10.0	**1.75**	**Score = 8.25**

ROUTINE WORKSHEET: BARS

SKILL – BARS – ROUTINE 4	VALUE		EXEC	COMMENTS
Kip	M			
Cast to HS	S		.05	Arm break and position
Toe circle to HS	HS			
Toe circle to HS – 1/1 turn	AHS		.05 + .05	General form on skill
Cast to HS	S		.05 + .05	Extra hand change & form
Kip turn	M			
Kip	M			
Toe circle	M			
Long hang kip	S			
Cast to HS	S			
Giant	HS		.10	Arms & arched body
Giant	HS		.10	Arms & arched body
Double salto	AHS		.10	1 step
		TOTAL	**.55**	

	VALUE	DED	COMMENTS:
DIFFICULTY	3.0	**0.0**	
EVENT REQUIREMENTS (Total 1.0)			
Kip	.2		
Superior Release/Flight	.2	**.20**	
1 Direction Change	.2		
Vertical/Handstand	.2		
Dismount superior	.2		
COMPOSITION (Total 1.0)			
Choice of elements/connections	Up to .5	**.05**	
Lack of using all spaces/levels	Up to .1		
Lack of two bar changes	.05 ea/up to .1	**.05**	
Uncharacteristic Elements	Up to .1		
Creativity in Combinations	Up to .1	**.05**	Toe circle – full turn
Distribution of VP/maintain level of difficulty	Up to .1		
EXECUTION (Total 4.2)	4.5	**.55**	
BONUS (Total 0.8)			
Advanced HS #1 AHS	.2		
Advanced HS #2 AHS	.2		
High Level – Back-to-back Superior (HS+HS or higher)	.2		
****Any Combination (up to .2 total)**			
Additional Advanced HS #3 AHS	.2		
2nd HL Back-to-back Superior (HS+HS or higher)	.2		
Low level back-to-back #1 (S + S/HS/AHS)	.1		
Low level back-to-back #2 (S + S/HS/AHS)	.1		
	10.0	**.90**	**Score = 9.10**

ROUTINE WORKSHEET: BARS

SKILL – BARS – ROUTINE 5 EXTRA	VALUE		EXEC	COMMENTS
Kip	M			
Cast to HS	S		.05	Short & slight leg break
Stalder to HS	AHS			
Toe cast to highbar	HS		.05	Slight form break
Long hang kip	S			
Cast to HS	S		.05	Short of HS
Giant blind change	AHS		.05	Slight break in legs
Undergrip giant	AHS		.05	Slight arch in giant
HS pirouette	HS			
Salto full	AHS		.05	Slight landing error
		TOTAL	**.30**	

	VALUE	DED	COMMENTS:
DIFFICULTY	3.0	**0.0**	
EVENT REQUIREMENTS (Total 1.0)			
Kip	.2		
Superior Release/Flight	.2		
1 Direction Change	.2		
Vertical/Handstand	.2		
Dismount superior	.2		
COMPOSITION (Total 1.0)			
Choice of elements/connections	Up to .5	**0.0**	
Lack of using all spaces/levels	Up to .1		
Lack of two bar changes	.05 ea/up to .1	**.05**	
Uncharacteristic Elements	Up to .1		
Creativity in Combinations	Up to .1	**0.0**	
Distribution of VP/maintain level of difficulty	Up to .1		
EXECUTION (Total 4.2)	4.5	**.30**	
BONUS (Total 0.8)			
Advanced HS #1 AHS	.2		
Advanced HS #2 AHS	.2		
High Level – Back-to-back Superior (HS+HS or higher)	.2		
****Any Combination (up to .2 total)**			
Additional Advanced HS #3 AHS	.2		
2nd HL Back-to-back Superior (HS+HS or higher)	.2		
Low level back-to-back #1 (S + S/HS/AHS)	.1		
Low level back-to-back #2 (S + S/HS/AHS)	.1		
	10.0	**.35**	**Score = 9.65**

ROUTINE WORKSHEET: BARS

SKILL – BARS – ROUTINE 6 EXTRA	VALUE		EXEC	COMMENTS
Pendle Kip	S			
Cast to HS	S		.05	Short of HS
Toe circle to HS	HS			
½ turn over low bar	AHS		.10	No HS, but position issue
Kip	M			
Stoop on	M			
Long hang kip	S			
Cast to HS	S			
Giant	HS			
Giant	HS			
Toe front with ½ turn	AHS		.10 + .05	Step on landing and legs apart
		TOTAL	**.30**	

	VALUE	DED	COMMENTS:
DIFFICULTY	3.0	**0.0**	
EVENT REQUIREMENTS (Total 1.0)			
Kip	.2		
Superior Release/Flight	.2		
1 Direction Change	.2		
Vertical/Handstand	.2		
Dismount superior	.2		
COMPOSITION (Total 1.0)			
Choice of elements/connections	Up to .5	**.05**	
Lack of using all spaces/levels	Up to .1		
Lack of two bar changes	.05 ea/up to .1		
Uncharacteristic Elements	Up to .1		
Creativity in Combinations	Up to .1	**0.0**	Both Toe circle to ½ over & dismount
Distribution of VP/maintain level of difficulty	Up to .1		
EXECUTION (Total 4.2)	4.5	**.30**	
BONUS (Total 0.8)			
Advanced HS #1 AHS	.2		
Advanced HS #2 AHS	.2		
High Level – Back-to-back Superior (HS+HS or higher)	.2		
****Any Combination (up to .2 total)**			
Additional Advanced HS #3 AHS	.2		
2nd HL Back-to-back Superior (HS+HS or higher)	.2		
Low level back-to-back #1 (S + S/HS/AHS)	.1		
Low level back-to-back #2 (S + S/HS/AHS)	.1		
	10.0	**.35**	**Score = 9.65**