ROUTINE WORKSHEET: BARS

SKILL – BARS – ROUTINE 1	VALUE		EXEC	COMMENTS
Kip	M		.2	Bent legs and arms
Free-hip circle	S		.3+.1	Below horizonal Free hip and form
Switch kip	M		.2 + .2	Leg bend on turn and kip
Stoop on	M		.1	Legs
Long hang kip	S		.1	Leg bend
Free-hip circle	S		.3+.1	Below horizonal Free hip and form
Long hang kip	S		.2	Leg and arm bends
Cast to tuck salto dismount	S		.1+.2	Form and large step
		TOTAL	**2.1**	

	VALUE	DED	COMMENTS:
DIFFICULTY	3.0	.30	Missing high superior
EVENT REQUIREMENTS **(Total 1.0)**			
Kip	.2		
Superior Release/Flight	.2	.20	Missing
Circle (freehip), stalder, or PSC (toe circle)	.2		
Vertical/Handstand	.2	.20	Missing
Dismount superior	.2		
COMPOSITION **(Total 0.6)**			
Variety of elements	Up to .2	.15	Basic kip set
Lack of direction change	.1		
Lack of two bar changes	.1	.10	Only one bar change
Space and levels	Up to .1		
Distribution of VP/maintain level of difficulty	Up to .1		
EXECUTION **(Total 4.6)**	4.5	2.1	
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	.20	
****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		
		3.65	**Score = 6.35**

ROUTINE WORKSHEET: BARS

SKILL – BARS – ROUTINE 2	VALUE		EXEC	COMMENTS
Kip	M		.1	Feet apart
Back-kip circle	M		.1	Form
Stoop on	M		.1	Legs apart
Long hang kip	S		.2	Incomplete kip - but good form
Long hang kip	S		.2	Incomplete kip – but good form
Cash flying back-hip circle	M		.1	Form on legs/feet
Extra swing to cast			.3	Extra swing
Tuck back salto	S		.1 +.1	Low salto and form
		TOTAL	**1.3**	

		VALUE	DED	COMMENTS:
DIFFICULTY		3.0	.30	Missing High Superior
EVENT REQUIREMENTS	**(Total 1.0)**			
Kip		.2		
Superior Release/Flight		.2	.20	
Circle (freehip), stalder, or PSC (toe circle)		.2	.20	
Vertical/Handstand		.2	.20	
Dismount superior		.2		
COMPOSITION	**(Total 0.6)**			
Variety of elements		Up to .2	.15	Basic kip set
Lack of direction change		.1		
Lack of two bar changes		.1	.05	Only one change
Space and levels		Up to .1	.05	Limited routine
Distribution of VP/maintain level of difficulty		Up to .1		
EXECUTION	**(Total 4.6)**	4.5	1.3	
BONUS	**(Total 0.8)**			
Advanced HS #1 AHS		.2	.2	
Advanced HS #2 AHS		.2	.2	
High Level – Back-to-back Superior (HS+HS or higher)		.2	.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	.1	
Low level back-to-back #2 (S + S/HS/AHS)		.1		
			3.15	**Score = 6.85**

ROUTINE WORKSHEET: BARS

SKILL – BARS – ROUTINE 3	VALUE		EXEC	COMMENTS
Kip	M		.1	Leg form
Kip 1/2 turn	M		.1	Leg form
Back hip circle	M		.1	Leg form
Stoop on	M			
Back uprise	HS		.2+.1	Lack of height and form
Back free hip circle	S		.3 +.1	below horizontal and form
Long hang kip	S		.2+.1	Short on kip and form
Long hang kip	S		.2+.1	Short on kip and form
Back salto dismount	S		.1	Height of salto
		TOTAL	**1.7**	

	VALUE	DED	COMMENTS:
DIFFICULTY	3.0		
EVENT REQUIREMENTS (Total 1.0)			
Kip	.2		
Superior Release/Flight	.2	.20	
Circle (freehip), stalder, or PSC (toe circle)	.2	.20	
Vertical/Handstand	.2	.20	
Dismount superior	.2		
COMPOSITION (Total 0.6)			
Variety of elements	Up to .2	.15	Basic kip set
Lack of direction change	.1		
Lack of two bar changes	.1	.10	Missing one change
Space and levels	Up to .1	.05	Limited skills
Distribution of VP/maintain level of difficulty	Up to .1		
EXECUTION (Total 4.6)	4.5	1.70	
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	.20	
****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		Free hip - kip
Low level back-to-back #2 (S + S/HS/AHS)	.1		Kip – back salto
		3.20	**Score = 6.80**

ROUTINE WORKSHEET: BARS

SKILL – BARS – ROUTINE 4	VALUE		EXEC	COMMENTS
Kip	M		.1 + .2	Legs and large arm bend to bar
Kip	M		.1 + .2	Legs and large arm bend to bar
Back hip circle	M		.1	Arm bend
Stoop on	M		.1	Leg form
Long hang kip (missed)			.3	Missed actual kip – below bar
Long hang kip	S		.2 +.1 +.1	Arm bend, leg bend, small pump
Back hip circle	M		.1 + .1	Legs and arm bends
Back salto (layout)	HS**		.1 + .1	Bend in layout, feet apart
**Possible Pike = superior				** Drops to S since missing 2 Superiors
		TOTAL	**1.9**	

	VALUE	DED	COMMENTS:
DIFFICULTY	3.0	0.80	Missing High superior and superior
EVENT REQUIREMENTS (Total 1.0)			
Kip	.2		
Superior Release/Flight	.2	.20	
Circle (freehip), stalder, or PSC (toe circle)	.2	.20	
Vertical/Handstand	.2	.20	
Dismount superior	.2		
COMPOSITION (Total 0.6)			
Variety of elements	Up to .2	.30	Basic kip set
Lack of direction change	.1		
Lack of two bar changes	..1	.05	Only one turn
Space and levels	Up to .1	.05	Limited skills
Distribution of VP/maintain level of difficulty	Up to .1		
EXECUTION (Total 4.6)	4.5	1.90	
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	.20	
**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	.10	
Low level back-to-back #2 (S + S/HS/AHS)	.1	.10	
		4.50	**Score = 5.50**