# ROUTINE WORKSHEET: BARS

| SKILL – BARS – ROUTINE 1 | VALUE | | EXEC | COMMENTS |
|---|---|---|---|---|
| Kip | M | | | |
| Sole circle 1/2 | M | | | |
| Kip | M | | .05 | Legs bent |
| Back hip circle | M | | .10 | Leg form |
| Squat on | M | | .05 | Leg form |
| Back uprise | HS | | .10 | Height on rise |
| Back uprise + | HS | | .10 | Height on rise |
| Clear Hip circle + | S | | .20 | Height from the bar |
| Long hang kip + | S | | .10 | Rise on kip |
| Long hang Kip + | S | | | |
| Tuck Salto | S | | .05+.05 | Hop on landing & height of salto |
| | | **TOTAL** | **.80** | |

| | VALUE | DED | COMMENTS: |
|---|---|---|---|
| **DIFFICULTY** | 3.0 | **0.0** | |
| **EVENT REQUIREMENTS (Total 1.0)** | | **0.40** | |
| Kip | .2 | | |
| Superior Release/Flight | .2 | | .2 – no flight skill |
| 1 Direction Change | .2 | | |
| Vertical/Handstand | .2 | | .2 – No handstand |
| Dismount superior | .2 | | |
| | | | |
| **COMPOSITION (Total 1.0)** | | **0.35** | |
| Choice of elements/connections | Up to .5 | | .15 – Predominately kips & circles |
| Lack of using all spaces/levels | Up to .1 | | .05 – No above high bar work |
| Lack of two bar changes | .05 ea/up to .1 | | .05 – One change |
| Uncharacteristic Elements | Up to .1 | | .10 – General repetitive set |
| Creativity in Combinations | Up to .1 | | |
| Distribution of VP/maintain level of difficulty | Up to .1 | | |
| | | | |
| **EXECUTION (Total 4.2)** | 4.5 | **.80** | |
| **BONUS (Total 0.8)** | | **.40** | |
| Advanced HS #1 AHS | .2 | | .2 – Missing |
| Advanced HS #2 AHS | .2 | | .2 - Missing |
| High Level – Back-to-back Superior (HS+HS or higher) | .2 | X | |
| | | | |
| ****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 | X | |
| Low level back-to-back #2 (S + S/HS/AHS) | .1 | X | |
| | **10.0** | **1.95** | **Score = 8.05** |

**ROUTINE WORKSHEET: BARS**

| SKILL – BARS – ROUTINE 2 | VALUE | | EXEC | COMMENTS |
|---|---|---|---|---|
| Kip | M | | | |
| Squat on | M | | .10 | Form on kip plus "stand" error |
| Long hang Kip + | S | | | |
| Cast (short of HS) | - | | .05 | |
| Giant ½ turn | AHS | | .05 | Short of vertical (but nice turn) |
| Blind change | AHS | | .1 | Leg break at end of turn |
| ¾ under grip giant + | - | | | |
| Straddle back to HS | AHS | | .05 | General position error |
| Kip | M | | .2 + .1 | Drag on the mat & form issue |
| Squat on | M | | | |
| Long hang kip | S | | | |
| Cast (short of HS) | - | | | |
| Giant swing | HS | | .05 | Slight break (total for both) |
| Giant swing | HS | | | |
| Double back salto | AHS | | .10 | Form and step |
| | | **TOTAL:** | **0.80** | |

| | VALUE | DED | COMMENTS: |
|---|---|---|---|
| **DIFFICULTY** | 3.0 | **0.00** | |
| **EVENT REQUIREMENTS (Total 1.0)** | | **0.00** | |
| Kip | .2 | | |
| Superior Release/Flight | .2 | | |
| 1 Direction Change | .2 | | |
| Vertical/Handstand | .2 | | |
| Dismount superior | .2 | | |
| | | | |
| **COMPOSITION (Total 1.0)** | | **0.00** | |
| Choice of elements/connections | Up to .5 | | |
| Lack of using all spaces/levels | Up to .1 | | |
| Lack of two bar changes | .05 ea/up to .1 | | |
| Uncharacteristic Elements | Up to .1 | | Blind change, undergrip to handstand |
| Creativity in Combinations | Up to .1 | | |
| Distribution of VP/maintain level of difficulty | Up to .1 | | |
| | | | |
| **EXECUTION (Total 4.2)** | 4.5 | **0.80** | |
| **BONUS (Total 0.8)** | | | |
| Advanced HS #1 AHS | .2 | X | |
| Advanced HS #2 AHS | .2 | X | |
| High Level – Back-to-back Superior (HS+HS or higher) | .2 | X | |
| | | | |
| ****Any Combination (up to .2 total)** | | | |
| Additional Advanced HS #3 AHS | .2 | X | |
| 2nd HL Back-to-back Superior (HS+HS or higher) | .2 | | Has two |
| Low level back-to-back #1 (S + S/HS/AHS) | .1 | | |
| Low level back-to-back #2 (S + S/HS/AHS) | .1 | | |
| | **10.0** | **0.80** | **Score = 9.20** |

# ROUTINE WORKSHEET: BARS

| | | | VALUE | DED | COMMENTS: |
|---|---|---|---|---|---|
| **SKILL – BARS – ROUTINE 3** | **VALUE** | | **EXEC** | **COMMENTS** | |
| Long hang kip (pendle) | S | | .1 | Form on kip | |
| Cast (short of HS) | | | | Note: 10 degrees + = no deduction, 20 degrees = credit, with deduction, below 20, no credit. | |
| Clear hip HS | HS | | .1 | Arm bend on free hip to HS | |
| Clear underswing ½ turn to | AHS | | | 1/2 over from HS raises to AHS | |
| Handstand (short of HS) | | | | | |
| Kip | M | | .05 | Form on kip | |
| Clear hip circle to HS | HS | | .05 | Form, but credit HS | |
| Sole circle release to HB with flight | HS | release | .1 | Legs on release | |
| Long hang kip | S | | | | |
| Cast (short of HS) | | | | | |
| Giant | HS | | .1 | Arms & pike | |
| Giant | HS | | .1 | Arms & pike | |
| Flyaway stretched w/full twist | AHS | | .1 | Lack of finished landing | |
| | | **TOTAL** | **0.70** | | |

| | VALUE | DED | COMMENTS: |
|---|---|---|---|
| **DIFFICULTY** | 3.0 | **0.00** | |
| **EVENT REQUIREMENTS (Total 1.0)** | | **0.00** | |
| Kip | .2 | | |
| Superior Release/Flight | .2 | | |
| 1 Direction Change | .2 | | |
| Vertical/Handstand | .2 | | |
| Dismount superior | .2 | | |
| | | | |
| | | | |
| **COMPOSITION (Total 1.0)** | | **0.05** | |
| Choice of elements/connections | Up to .5 | | Good mixture of skills |
| Lack of using all spaces/levels | Up to .1 | | |
| Lack of two bar changes | .05 ea/up to .1 | | |
| Uncharacteristic Elements | Up to .1 | | 0.5 off, Unique use of FH to ½ to HS combo |
| Creativity in Combinations | Up to .1 | | |
| Distribution of VP/maintain level of difficulty | Up to .1 | | |
| Variety in choice of elements/connections | Up to .1 | | |
| | | | |
| **EXECUTION (Total 4.2)** | 4.5 | **0.70** | |
| **BONUS (Total 0.8)** | | **0.00** | |
| Advanced HS #1 AHS | .2 | X | |
| Advanced HS #2 AHS | .2 | X | |
| High Level – Back-to-back Superior (HS+HS or higher) | .2 | X | |
| | | | |
| ****Any Combination (up to .2 total)** | | | |
| Additional Advanced HS #3 AHS | .2 | X | |
| 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 | | |

# ROUTINE WORKSHEET: BARS

| | | | 10.0 | 0.70 | Score = 9.25 |
|---|---|---|---|---|---|
| **SKILL – BARS – ROUTINE 4** | **VALUE** | | **EXEC** | **COMMENTS** | |
| Kip | M | | | | |
| Cast to handstand | S | | | | |
| Clear hip to HS ½ turn | AHS | | .05 | Just over 20 degrees | |
| Kip | M | | | | |
| Stoop on | M | | | Very nicely done, straight arms/legs | |
| Long hang kip | S | | | | |
| Handstand 1/2 pirouette | HS | | | | |
| Clear underswing ½ to low bar | AHS | | | Good position (from HS raises to AHS) | |
| Kip | M | | | | |
| Stoop on | M | | .1 | Stand and adjust (possible .05) | |
| Long hang kip | S | | | | |
| Cast handstand | S | | | Perfect | |
| Giant | HS | | | Perfect | |
| Giant | HS | | | Perfect | |
| Double back salto | AHS | | 0.5 | Small adjustment on landing | |
| | **TOTAL** | | **0.20** | | |

| | VALUE | DED | COMMENTS: |
|---|---|---|---|
| **DIFFICULTY** | 3.0 | **0.00** | |
| **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)** | | **0.00** | |
| Choice of elements/connections | Up to .5 | | |
| 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 | | Could possibly deduct .05 |
| Distribution of VP/maintain level of difficulty | Up to .1 | | |
| | | | |
| **EXECUTION (Total 4.2)** | 4.5 | **0.20** | |
| **BONUS (Total 0.8)** | | **0.00** | |
| 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** | **.20** | **Score = 9.80** |

# ROUTINE WORKSHEET: BARS

| SKILL – TEST 1 | VALUE | | EXEC | COMMENTS |
|---|---|---|---|---|
| Kip – cast | M | | .05 | Maintained pike on kip |
| Clear hip to HS | HS | | .05 | Arm bend,Possible deduction on feet |
| Kip 1/2 turn kip | M | | .05 | Position on kip |
| Cast to HS | S | | | Nice cast to HS |
| Sole circle release with flight to HB | HS | | | |
| Long hang kip | S | | .10+.10 | Lack of swing, leg form, arms bent |
| Cast (short of handstand) | - | | | |
| Giant ½ turn | AHS | | .05 | Short & form |
| Giant ½ turn | HS | | .10 | Below 20 degrees, completed at horizontal (repeated; no AHS) |
| Giant | HS | | | |
| Giant | HS | | .05 | Slight arm bend (total for 2 giants) |
| Layout Salto | HS | | .05 + .10 | Feet and step |
| | | **TOTAL** | **0.70** | |

| | VALUE | DED | COMMENTS: |
|---|---|---|---|
| **DIFFICULTY** | 3.0 | **0.00** | |
| **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)** | | **0.15** | |
| Choice of elements/connections | Up to .5 | | |
| Lack of using all spaces/levels | Up to .1 | | |
| Lack of two bar changes | .05 ea/up to .1 | | .05 – 1 bar change |
| Uncharacteristic Elements | Up to .1 | | .10 – Not original movements |
| Creativity in Combinations | Up to .1 | | |
| Distribution of VP/maintain level of difficulty | Up to .1 | | |
| | | | |
| **EXECUTION (Total 4.2)** | 4.5 | **0.70** | |
| **BONUS (Total 0.8)** | | **0.20** | |
| Advanced HS #1 AHS | .2 | X | |
| Advanced HS #2 AHS | .2 | | Repeat of AHS and incomplete part |
| High Level – Back-to-back Superior (HS+HS or higher) | .2 | X | |
| | | | |
| ****Any Combination (up to .2 total)** | | | |
| Additional Advanced HS #3 AHS | .2 | | |
| 2nd HL Back-to-back Superior (HS+HS or higher) | .2 | X | |
| 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 - TEST 2 | VALUE | | EXEC | COMMENTS |
|---|---|---|---|---|
| Long hang kip (Pendle) | S | | | |
| Cast (no handstand) | - | | | No HS, but good form |
| Clear hip to handstand | HS | | .1 + .05 | Bent arms and arch position |
| Underswing ½ to HS | AHS | | .2 + .1 | Credit, but position issues |
| Kip | M | | | |
| Stoop on | M | | | Good transition (tempo) |
| Long hang kip | S | | | |
| Cast (no handstand) | - | | | |
| Giant swing | HS | | .1 | Arms and arch |
| Giant swing | HS | | .1 | Arms and arch |
| Flyaway stretched with 1/1 twist | AHS | | .1 + .1 +.05 | Pike position on full, incomplete twist, hop |
| | | **TOTAL** | **0.90** | |

| | VALUE | DED | COMMENTS: |
|---|---|---|---|
| **DIFFICULTY** | 3.0 | **0.00** | |
| **EVENT REQUIREMENTS (Total 1.0)** | | **0.00** | |
| Kip | .2 | | |
| Superior Release/Flight | .2 | | |
| 1 Direction Change | .2 | | |
| Vertical/Handstand | .2 | | |
| Dismount superior | .2 | | |
| | | | |
| | | | |
| **COMPOSITION (Total 1.0)** | | **0.10** | |
| Choice of elements/connections | Up to .3 | | |
| Lack of using all spaces/levels | Up to .1 | | |
| Lack of two bar changes | .05 ea/up to .1 | | |
| Uncharacteristic Elements | Up to .1 | | .1 – No original movements |
| Creativity in Combinations | Up to .1 | | |
| Distribution of VP/maintain level of difficulty | Up to .1 | | |
| | | | |
| | | | |
| **EXECUTION (Total 4.2)** | 4.5 | **0.90** | |
| **BONUS (Total 0.8)** | | **0.00** | |
| Advanced HS #1 AHS | .2 | X | |
| Advanced HS #2 AHS | .2 | X | |
| High Level – Back-to-back Superior (HS+HS or higher) | .2 | X | |
| | | | |
| ****Any Combination (up to .2 total)** | | | |
| Additional Advanced HS #3 AHS | .2 | Extra | |
| 2nd HL Back-to-back Superior (HS+HS or higher) | .2 | | |
| Low level back-to-back #1 (S + S/HS/AHS) | .1 | X | |
| Low level back-to-back #2 (S + S/HS/AHS) | .1 | X | |
| | **10.0** | **1.00** | **Score = 9.00** |