

Middle School Compulsory Routines Horizontal Bar – Level 4

Base Score: 9.2

Available Bonus: +.8

Total Score: 10.00

Bonus earned can not exceed +.8

Specified Bonus: +.4, Virtuosity: +.2, GPA: +.1, Stick: +.1

Note: Tap swing required on all forward swings. Failure to perform tap swing on any forward swings will result in 0.1 deduction per swing.

1. From hang with overgrip, pullover to support
Specified Bonus: +.2 Pullover done with out stop or hesitation to support
2. Cast to back hip circle (Cast – toes at or above bar height)
Specified Bonus: +.2 Cast to free hip circle
3. Undershoot
4. Swing backward and hop (simultaneous release) both hands
(Backward swing and hop at 45* below horizontal with hollow body position at peak of swing.
5. Swing forward (Forward swing to 45* below horizontal. Toes leading at peak)
6. Swing backward (Swing requirements same as #4)
7. Swing Forward (Swing requirements same as #5)
8. Swing backward (Swing requirements same as #4)
9. Swing forward with ½ turn to mixed grip swing forward and backward and push against bar to release and drop dismount to stand.
(Forward swing requirements same as #5)
(1/2 turn completed at 45* below horizontal with hollow body position at peak of swing).
Bonus: +.1 Stick

Middle School Compulsory Routines Horizontal Bar – Level 5

Base Score: 9.2

Available bonus: +.8

Total Score: 10.00

Bonus earned can not exceed +.8

Specified Bonus: +.4, Virtuosity: +.2, GPA: +.1, Stick: +.1

Note: Tap swings required on all forward swings. Failure to perform tap swing on any forward swings will result in 0.1 deduction per swing.

1. From hang or small preliminary swing in overgrip, cast forward to swing backward.
(Backward swing 45* below horizontal with hollow body position at peak of swing)
2. Swing forward with ½ turn to mixed grip
(Front swing 45* below horizontal. Toes leading at peak of swing)
3. Swing forward in mixed grip
(Swing requirements same as #2)
4. Swing backward in mixed grip, changing hands to double overgrip at top of swing
(Swing requirements same as #1)
5. Swing forward and kip to support
(No tap swing required on forward swing before kip.) (Stop permitted)
(If kip is performed independently and fails to reach support position, the maximum deduction is 0.5 including subsequent spot.
(Spotting deduction from the onset is 0.5 for assistance on kip plus any presentation errors.)

Specified Bonus: +.2 Kip to immediate cast

(No bonus awarded if there is any deduction for spotting the kip up.)

(Cast at or above horizontal)

6. Cast to back hip circle (Cast at or above horizontal)

Specified Bonus: +.2 Cast to free hip circle (hips must show daylight between hips and bars).

7. Undershoot and swing backward (Hollow body shape – swing must be horizontal and hollow body at peak of swing)
8. Tap Swing forward and backward
9. Tap swing forward and swing backward to release and drop dismount to stand.
Release at top of swing)

Bonus: +.1 Swing Forward and Tucked or layout dismount

Bonus: +.1 Stick

Middle School Compulsory Routines Horizontal Bar – Modified H.S.

Base Score: 9.4

Available Bonus: +1.0

Total Score: 10.00

Bonus earned can not exceed +.6.

1. From hang in under grip, pull over to support
Bonus: +.2 Stem rise (pop start) to Giant
Bonus: +.1 Stem rise to support
2. Cast to nominal handstand forward to
3. One under grip giant to
(No giant - deduct 0.5)
Bonus: +.1 Completed Giant
4. One under grip giant to
(No giant - deduct 0.5)
Bonus: +.1 Completed Giant
5. Hop to over grip, swing forward, kip cast
Bonus: +.1 hop to handstand
Bonus: +.1 kip to handstand
Bonus: +.1 pirouette (on third giant)
Bonus: +.2 pirouette 45* above horizontal
6. One over grip giant to
(No giant – deduct 0.5)
Bonus: +.1 Completed giant
7. One over grip giant to
(no giant – deduct 0.5)
Bonus: +.1 Completed Giant
8. Swing ½ turn to horizontal
Bonus: +.1 Turn completed 45* above horizontal
Bonus: +.2 Turn completed to nominal handstand
9. Change both hands to over grip swing forward to
Bonus: +.1 One over grip giant after grip change
10. Flyaway in any position (center of gravity at bar height)
Bonus: +.1 Above bar height