

2015 MS Routines
High Bar - Silver

Base Score	9.40
Specified Bonus	0.60
Maximum Score	10.00

** This routine can be done on strap bar or on real bar.

	Skills	Descriptions	Performance Criteria	Specified Bonus
1	Preliminary Swing and Kip	Up to 5 swings allowed overgrip position	Spot allowed on kip Stop allowed after kip	Kip w/o spot +0.1
2	Cast	cast	full extension of the body at or above horizontal on downswing	45* w/o spot +0.1
3	Swing forward	swing forward	tap swing forward top of front swing should be hollow swing to bar height	45* above horizontal +0.1
4	Swing backward	swing backward	tap swing backward top of back swing should be hollow swing to bar height	45* above horizontal +0.1
5	Swing forward	swing forward	tap swing forward top of front swing should be hollow swing to bar height	45* above horizontal +0.1
6	Swing backward	swing backward	tap swing backward top of back swing should be hollow swing to bar height	45* above horizontal +0.1
7	Swing forward	swing forward	tap swing forward top of front swing should be hollow swing to bar height	45* above horizontal +0.1
8	Swing backward	swing backward	tap swing backward top of back swing should be hollow swing to bar height	45* above horizontal +0.1
9	Swing forward 3/4 giant	Swing to 3/4 giant swing (baby giant)	hip contact allowed	No hip contact +0.1
10	Under shoot to swing back and stop	undershoot, back swing, controlled stop of swing	Hollow body position during undershoot	
Height of front swing and back swing should be measured from the bar to the hips				

2015 MS Routines
High Bar -Gold

Base Score	9.40
Specified Bonus	0.60
Maximum Score	10.00

	Skills	Descriptions	Performance Criteria	Specified Bonus
1	Pullover	From hang in under grip, pullover to support		
2	Cast in under-grip	Cast to straight extended body	Body extended above bar height	Cast to 45* or Hand 0.1
3	Swing up and hop to over grip	swing up in back swing, hop to over grip	Minimum hop height is 45* below bar height	Under grip giant 0.1
4	Swing forward, swing back	swing forward, swing backward	Tap swing forward All swings 45* below level	
5	Swing forward and 1/2 turn or hop	swing forward to swing 1/2 turn	After the 1/2 turn both Hands finish in overgrip	
6	Swing forward and Kip	swing forward and kip	Kip with straight arms Maximum deduction for a kip with a spot is 0.3	unassisted kip 0.1
7	Cast in over-grip	Cast to straight extended body	Body extended above bar height	Cast at 45* or higher 0.1
8	3/4 swing to baby giant to under shoot	swing forward to a 3/4 giant swing (baby giant), undershoot	Body extended with small or no hip touch on bar	Over grip giant 0.1
9	Swing backward, swing forward	swing backward swing forward	Tap swing All swings 45* below level	
10	Swing back, release and dismount	swing back, release to landing	Pull down with hollow body, shoulders above bar on release	Stick +0.1

Alternate Dismount for Bonus

Swing back, swing forward and salto	Tuck, pike, stretch allowed Salto must show lift	Flyaway +0.1 Salto Bar height +0.1 Stick 0.1
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