

2015 MS Compulsory Routines

Parallel Bars - Silver

Base Score	9.40
Specified Bonus	0.60
Max. Score	10.00

	Skills	Descriptions	Performance Criteria	Specified Bonus
1	Jump to upper arm support	Jump up to upper arm support with legs behind body in preparation for swing	catch and swing with good rhythm	
2	Baby front uprise	Upper arm swing forward to straddle support on bars	Straight Legs Momentary hold allowed Bent arms allowed	Front uprise +0.1
3	Swing back, Swing forward	swing backwards, swing forward	Body Stretched No height requirement	
4	Swing back and bail, moy to upper arm	swing back and bail to long hang swing forward, release catch in upper arm position	No height requirement	
5	Back uprise	Upper arm swing backward and lift into back up rise to support	swing backward to 45 degrees below horizontal	Legs above bar +0.1
6	Swing forward	swing forward	extended hips to horizontal	Hips shoulder height +0.1
7	Swing backward	swing backward	swing to horizontal	Swing to handstand +0.1
8	Swing forward	swing forward	extended hips to horizontal	Hips shoulder height +0.1
9	Swing backward	swing backward	swing to 45 degrees above horizontal	Swing to handstand +0.1
10	Swing forward and swing backward to handstand and dismount	swing forward, swing backward to handstand, push off bars at the top of the back swing over either bar to the side to landing	swing to handstand no hold required	2 second handstand +0.1 Wende dismount +0.1 Any flip dismount +0.1 Stick +0.1

2015 MS Compulsory Routines
Parallel Bars - Gold

Base Score	9.40
Specified Bonus	0.60
Max. Score	10.00

	Skills	Descriptions	Performance Criteria	Specified Bonus
1	Glide Kip Support Swing	From stand or short run, glide kip to support swing backward	Body horizontal and stretched at completion of back swing	Swing to Handstand 0.1
2	Drop Cast	Swing forward, drop and cast to upper arms	Early drop allowed	Hips above bar height on catch of cast 0.1
3	Back Uprise	Back uprise to	Body horizontal at completion of back uprise	45* above horizontal 0.1
4	L Support	L support (hold)	2 second hold	
5	Bent arm Press	Press out of L support to above horizontal	Arms must be straight on press out	Bent arm Press +0.1 Str. Arm Press +0.1 2 second hold +0.1
6	Swing Forward Swing Backward	Swing forward and swing backward to handstand	Swings stretched, hips above horizontal	
7	Layaway Front Uprise	Layaway, front uprise		
8	Swing Backward	Swing backward to horizontal		Swing to handstand 0.1
9	Swing Forward		Swings stretched, hips above horizontal	
#	Swing Backward Wendy dismount	Swing backward to Wendy dismount		Bk Salto in any position 0.1 Frt Salto in any position 0.1 Stick +0.1

Replaces Back Swing and Wendy