

SECTION III

UNEVEN BARS

CHAPTER 1

GENERAL INFORMATION

I. APPARATUS REGULATIONS

Refer to the current *Women's Rules and Policies* book for exact specifications.

- A. The height of the bar is measured from the floor to the top of the rail. This measurement is not based on the length of the upright, but the actual distance from the rail to the floor, by means of a plumb line.
- There is a 0.30 deduction for competing on apparatus using incorrect specifications. The Chief Judge must take this deduction from the average before the next gymnast begins.
 - No other substance besides chalk and water may be placed on the uneven bar rails.
- B. Any combination of skill cushions (maximum of 9 inches using sting mats, 4-inch throw and / or 8-inch skill cushions) may be placed on top of the allowable competition landing mats in two separate areas (under the bars and/or at the dismount area.) If an 8-inch skill cushion is used, it must be a minimum of 5' x 10'.
1. When a 4-inch throw mat (skill cushion) is placed on the competition landing mat(s) for dismount purposes, an up to 8-inch skill cushion may be placed on top of the 4-inch throw mat for the purpose of protection on a release element; however, the up to 8-inch skill cushion **MUST BE REMOVED** immediately after the release element has been performed.
 2. The use of any unauthorized type of matting will receive a deduction of 0.30 from the average score by the Chief Judge.
 3. Conversion for inches to centimeters:
Approx. $\frac{3}{4}$ inch = 2 cm
4 inches = 10 cm
4 $\frac{1}{2}$ inches = 12 cm
8 inches = 20 cm
9 inches = 24 cm
- C. Matting regulations for mounts
1. **For mounts without the use of a board**, the gymnast may stand on one 12 cm or 20 cm mat or two 12 cm competition landing mats.
 - The gymnast may also stand on an additional "up to 8-inch" skill cushion (sting, throw mat, or 8" skill cushion) that is placed on the competition landing mat(s).
 2. **If a board or folded panel mat is used to mount**, it may be placed on one 12 cm or 20 cm, or two 12 cm competition landing mats, with or without a 1 $\frac{1}{2}$ inch base mat (unfolded panel mat) placed under or on top of the competition landing mat. *A manufactured mat shaped liked the springboard (mount trainer mat) may also be used.*
 - a. The board, *mount trainer mat* or folded panel may also be placed on top of a sting mat or 4-inch throw mat that is placed on the competition landing mats.
 - b. The board, *mount trainer mat* or folded panel mat may NOT be placed on an 8-inch skill cushion.
 - c. No plywood is permitted underneath the board (exception-collegiate meets).
 - d. The Chief Judge takes a 0.30 deduction from the average score if the springboard is placed on an unauthorized surface (e.g., 8-inch skill cushion, floor, or plywood).
- D. Warm-up regulations
- Only one gymnast at a time is allowed on the bars during any warm-up (general/ open, timed or 30-second touch).

5. Level 6 Restrictions

- a. Only "A" and "B" elements and ONE "C" - choice of Clear hip circle to handstand, back staldler circle to HS or Pike sole circle backward to HS - are allowed at Level 6.
 - If one of these three circles to handstand is performed, it would receive "B" Value-Part credit.
- b. Any other "C" (or any "D" or "E") elements performed (or attempted, even if the attempt is incomplete - for example, there is no contact of the hands on the bar in a release element, or the dismount does not land on the bottoms of the feet first):
 - 1) Will NOT receive Value-Part credit.
 - 2) CANNOT be used to fulfill Special Requirements.
 - 3) Will receive a 0.50 deduction which is reflected in the Start Value.
- c. All appropriate execution and amplitude deductions would be applied to all elements performed, regardless of whether or not they receive Value-Part credit.

I. REQUIRED TECHNIQUE FOR THE RECOGNITION OF VALUE PARTS

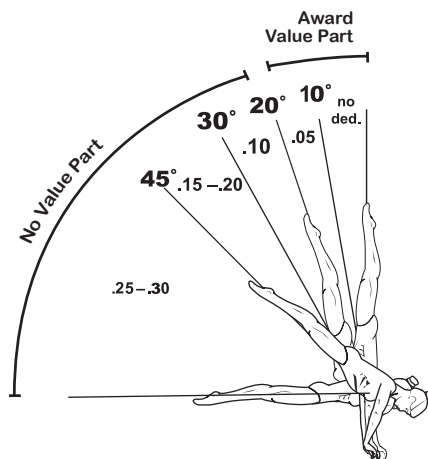
When evaluating the angle of the body when there is a shoulder angle, look at the line from the shoulders through the mid-point of the lowest body part. When there is no shoulder angle (such as the ending of a clear hip circle nearing handstand phase, look at the line from the hands through the mid-point of the lowest body part.

In the case of casts and back uprisers with straddled legs, the angle of completion is determined when the hips are extended and/or legs are joined. If hips are extended but the legs are not fully together at the peak of the cast or uprise, a deduction for leg separation is applied.

1. CAST TO HANDSTANDS (legs straddled or together) - For Levels 6 - 10

Casts may be performed in either regular or reverse grip.

- a. 0 - 10° from vertical
 - "B" Value Part is awarded
 - NO deduction for amplitude of cast
- b. 11° - 20° from vertical
 - "B" Value Part is awarded
 - 0.05 deduction
- c. 21° - 30° from vertical
 - No Value Part is awarded
 - 0.10 deduction
- d. 31° - 45° from vertical
 - No Value Part is awarded
 - 0.15 - 0.20 deduction
- e. 46° from vertical and below
 - No Value Part is awarded
 - 0.25 - 0.30 deduction (maximum deduction = horizontal & below)
- f. All casts are expected to achieve handstand phase (within 20° of vertical), including casts prior to #7.310 Underswing (sole circle) on LB, release and counter movement forward in flight to hang on HB (toe-on-shoot to HB).
 - *Also applies to casts into all "Underswing-type" dismounts (straddle, pike and clear)*
- g. The insufficient amplitude of cast deduction is NOT applied to casts prior to a squat/stoop/straddle onto the low bar (**with or without a backward sole circle**), jump to grasp HB. However, there must be a backward swing of the legs before placing the feet on the bar.
 - If the squat-on is accomplished by merely lifting the hips up, an insufficient amplitude deduction of 0.05 will be taken each time.



It is acceptable for the mid-to-lower thighs to touch the bar on the ascending phase of the circle. The Weiler kip should not resemble a kip, cast handstand, which allows for the upper thighs, hips and abdomen to make contact with the bar.

The inherent difficulty in performing the Weiler kip is the “dropping in” phase from a handstand. If the element prior to the initiation of the Weiler kip does not achieve handstand phase (within 20° of vertical), it will not receive the Value-Part credit as listed in the *JO Code of Points* and therefore would negate the Connection Value Bonus. For example, the gymnast performs a 3/4 front giant or a cast-hop to 45° from vertical and then “drops in” to begin the forward circle for the Weiler kip. The incomplete Front Giant or incomplete cast hop to handstand have no difficulty value, so the gymnast loses the potential +0.10 Connection Value Bonus for C + D.

If the Weiler kip does not circle to within 20° of vertical, award “B” for performing #3.207-Weiler kip to clear support.

The Weiler kip elements (#3.207 & 3.407) may be performed with legs straddled (hips bent or legs together (hips extended) to receive the respective B or D Value-part credit.

9. **#4.406 Pak Salto (“D”)**

The gymnast must finish in a definite clear front support position on the low bar, with hips above the level of the low bar.

- a. If the gymnast catches the low bar with shoulders behind the low bar, in a hang or with hips below the level of the low bar, appropriate amplitude deductions should be applied.
- b. *If full support on the feet occurs on the mat BETWEEN the bars after the gymnast catches the low bar, award value-part credit for the Pak Salto. Deduct for a Fall; it is not eligible for bonus.*
- c. *If the gymnast has full support on the feet on the mat IN FRONT of the low bar (past the vertical line of the low bar), the Fall is considered on the glide, not the Pak salto.*

10. **#6.204 Stalder Circle Backward and #7.209 Pike Sole Circle Backward (“B’s”)**

The “B” stalder circle backward and Pike sole circle backward to clear front support do not require an open hip angle at the completion but should show an opening of the shoulder angle on the upward part of the circle.

- a. Consider the line from the shoulders to the hips when evaluating the amplitude of the body. This is an exception to the principle for determining the angle by the line from the shoulders through hips and feet.
- b. #6.104 Clear straddle circle backward to clear support is an “A” element and is described as a straddle seat circle to straddle “L” position, with no opening of the shoulder angle.

11. **#8.505 Double back flyaway in stretched position (“E”)**

The body shape maintained throughout the majority of the salto determines the body position.

12. **Flyaway dismounts**

All flyaway dismounts must be initiated from the high bar in order to receive Value-Part credit.

13. **Shaposhnikova-type elements (#3.401, 6.405, 7.410): An “up to 0.10 deduction is applied if the backward swing does not achieve a minimum of horizontal.**

K. DESCRIPTION OF VARIOUS HAND GRIP POSITIONS

1. **Overgrip, or Regular Grip**

The most common grip, used for basic kips, casts, hip circles, backward giants, etc. When the gymnast is in a front support, the knuckles are facing upward, palms down.

2. **Undergrip, or Reverse Grip**




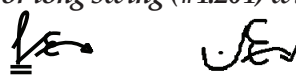

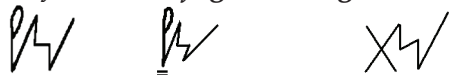
Used for basic front giants, forward stride (mill) circles, front seat circles and the like. When the gymnast is in a front support, the knuckles are facing downward, palms upward or forward. Gymnasts sometimes attain an undergrip by means of a “hop change” from overgrip. She may also simply perform a “cast, change-change”, re-grasping to reverse grip alternately; however, this method may result in a rhythm deduction.

3. **Mixed Grip**

One hand is in overgrip and the other is in undergrip. This often results from a half-turning element during which the gymnast releases one hand and regrips, such as an underswing ½ turn or a back giant with ½ turn (blind change). Most often, the gymnast either subsequently regrips the other hand or continues with some type of release element.

C. LEVEL 8 SPECIAL REQUIREMENTS

1. MINIMUM OF ONE (1) BAR CHANGE
- 2./3. TWO "B" ELEMENTS, SAME OR DIFFERENT;
 - ONE AN ELEMENT WITH FLIGHT, EXCLUDING THE DISMOUNT, OR AN ELEMENT WITH MINIMUM OF 180° LA (LONG AXIS) TURN, EXCLUDING THE MOUNT AND/OR DISMOUNT
 - ONE 360° CIRCLING ELEMENT FROM GROUPS 3, 6 OR 7, EXCLUDING THE DISMOUNT
4. SALTO OR HECHT DISMOUNT, MINIMUM OF "A"

1. MINIMUM OF ONE (1) BAR CHANGE
 - a. Must perform Value Parts on both bars. (Minimum of HB-LB or LB-HB)
 - b. No bar change = 0.50 deduction for missing a Special Requirement.
 - c. See Level 9 for specifics.
2. & 3. TWO "B" ELEMENTS, SAME OR DIFFERENT
 - a. ONE "B" FLIGHT ELEMENT, EXCLUDING THE DISMOUNT, OR ONE "B" ELEMENT WITH A LA (LONG AXIS) TURN OF 180° OR MORE, EXCLUDING THE MOUNT AND/OR DISMOUNT
 - 1) Turns must be contained in an element listed in the *Jr. Olympic Code of Points* or *J.O. Updates*. The turn may be in a pirouette on the hands or in an element from a long hang swing.
 - 2) Flight includes:
Elements with release and flight from LB to HB or the reverse, as well as elements that release and catch the same bar.
Examples:
 - a) Straddle cut catch to hang (#1.204) 
 - b) Swing backward with release and 1/1 turn to hang on HB (#2.204) 
 - c) From front support - swing backward with release and 1/1 turn (Caslavka pirouette - #2.304) 
 - d) Underswing (#3.203) or long swing (#4.204) with 1/2 turn over LB to hang on LB 
 - e) Counterswing backward in straddle or pike with flight over LB to hang on LB (#2.205) 
 - f) Underswing [clear (#3.301) or pike sole circle (#7.310)] or staldler (#6.305) with counter movement forward in flight to hang on HB 
 - b. ONE "B" 360° CIRCLING ELEMENT FROM GROUPS 3, 6 OR 7
 - 1) Includes:
 - Group 3 Clear Hip Circles
 - Group 6 Stalders Circles
 - Group 7 Circle Swings
 - 2) This requirement must be fulfilled by a "B" 360° circling element finishing in a handstand or clear support. Choices are: Clear hip circle, staldler circle, or pike sole (toe-on and off) circle backward.
Note: If the circle element finishes within 11° - 20° of vertical, the 0.05 deduction for insufficient amplitude of "C" circles is NOT applied at Level 8.
 3. This requirement may be performed on either bar.

4. If the gymnast's attempt to perform a clear hip circle severely lacks amplitude and the circle finishes with the hips on the bar (never passing through a clear support), deduct 0.50 for missing one Special Requirement.

"A" Value Part credit (for back hip circle) would be awarded. The Special Requirement would not be fulfilled because the circling element was not a "B."

EXAMPLES: A Level 8 gymnast performs:

- 1) a clear hip circle to 45° and a cast to handstand with ½ turn: Special Requirements # 2 and #3 have been fulfilled.
- 2) a clear hip circle to handstand and clear hip circle to handstand with 1/2 turn. Special Requirements # 2 and #3 have been fulfilled.
- 3) two clear hip circles: Only one of the Level 8 Bar Special Requirements has been fulfilled. Deduct 0.50 for missing one Special Requirement (no element with turn or flight).
- 4) a backward giant and a counterswing straddle back over low bar. Only the counterswing straddle back can be used to fulfill the Special Requirement. Since the giant is not from group 3, 6 or 7, deduct 0.50 for missing one Special Requirement.
- 5) an underswing (toe-on) with ½ turn from high bar over low bar to hang on low bar (#3.203) and later a cast to handstand with ½ turn. Both elements could fulfill Special Requirement #2 since both have either turn, flight or both.
While the underswing (toe-on) with ½ turn from HB to LB is from Group 3, it is not a 360° clear circling element; therefore, deduct 0.50 for missing one Special Requirement.
- 6) only one B element – a Clear hip circle to handstand with ½ turn ("C" element that receives "B" value at Level 8). Deduct 0.50 for missing the Special Requirement of a 2nd "B" element.

4. SALTO OR HECHT DISMOUNT, MINIMUM OF "A"

- Refer to the Bar Dismount Regulations section under Bars - General Information.

D. LEVEL 7 SPECIAL REQUIREMENTS

1. ONE CAST TO A MINIMUM OF 45° FROM VERTICAL
- 2/3. TWO 360° CLEAR CIRCLING ELEMENTS, SAME OR DIFFERENT, ONE A MINIMUM OF "B", ONE FROM GROUPS 3, 6 OR 7
4. SALTO OR HECHT DISMOUNT, MINIMUM OF "A"

1. ONE CAST TO A MINIMUM OF 45° FROM VERTICAL
 - a. Applicable deductions for insufficient amplitude will be applied, according to the basic casting criteria.
 - b. If all casts are below 45°, deduct 0.50 for missing the Special Requirement, plus 0.25 - 0.30 for insufficient amplitude of each cast.
 - c. This is an exception to the rule that Special Requirements must be fulfilled with Value-Part elements. (Casts more than 20° from vertical have no value.)
2. & 3. TWO 360° CLEAR CIRCLING ELEMENTS, ONE A MINIMUM OF "B"
 - MAY BE THE SAME OR DIFFERENT
 - ONE MUST BE FROM GROUPS 3, 6, OR 7
 - a. This requirement must be fulfilled by 360° clear circling elements finishing in a handstand or clear support. Choices: Backward Giant, Clear hip circle, Stalder circle, Pike sole (toe-on and off) circle backward.
 - b. One of the two 360° circling elements must be from Group 3, 6 or 7 in the *Jr. Olympic Code of Points* or *J.O. Updates*.
 - Group 3 Clear Hip Circles
 - Group 6 Stalders Circles
 - Group 7 Circle Swings
 Note: This requirement may be performed on either bar.
 - c. The two 360° circling elements may be the same (only if from Groups 3, 6, or 7) or different.

- d. If the circle element finishes within 11° - 20° of vertical, the 0.05 deduction for insufficient amplitude of "C" circles is NOT applied at Level 7.
- e. If the gymnast's attempt to perform a clear hip circle severely lacks amplitude and the circle finishes with the hips on the bar (never passing through a clear support), deduct 0.50 for missing one Special Requirement.

"A" Value-Part credit (for back hip circle) would be awarded. The Special Requirement would not be fulfilled because the circling element was not "clear."

EXAMPLES for Special Requirement consideration at Level 7:

If a Level 7 gymnast performs:

- 1) a clear hip circle and a backward giant circle: Special Requirements # 2 and 3 have been fulfilled.
- 2) two "B" clear hip circles: Special Requirements # 2 and 3 have been fulfilled.
- 3) one clear hip circle to within 20° of vertical ("C" receives "B" credit) and one clear hip circle below horizontal ("B"): Special Requirements # 2 and 3 have been fulfilled.
- 4) two backward giant circles: Only one can be used to fulfill the Special Requirement, since the giant circle is not from Group 3, 6 or 7. Deduct 0.50 for missing one Special Requirement.

4. SALTO OR HECHT DISMOUNT, MINIMUM OF "A"

- Refer to the Bar Dismount Regulations section under Bars - General Information.

E. LEVEL 6 SPECIAL REQUIREMENTS

<ol style="list-style-type: none"> 1. ONE CAST TO A MINIMUM OF HORIZONTAL 2. MINIMUM OF ONE BAR CHANGE 3. ONE 360° CLEAR CIRCLING ELEMENT FROM GROUPS 3, 6, OR 7 4. DISMOUNT, MINIMUM OF "A"
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1. ONE CAST TO A MINIMUM OF HORIZONTAL

- a. Applicable deductions for insufficient amplitude will be applied, according to the basic casting criteria.
- b. If all casts are below horizontal, deduct 0.50 for missing the Special Requirement, plus 0.30 for insufficient amplitude of each cast.
- c. This is an exception to the rule that Special Requirements must be fulfilled with Value-Part elements. (Casts more than 20° from vertical have no value.)

2. MINIMUM OF ONE (1) BAR CHANGE

- a. Must perform Value Parts on both Low Bar and High Bar to fulfill this requirement.
- b. No bar change = 0.50 deduction for missing a Special Requirement.
- c. See Level 9 for specifics.

3. ONE 360° CLEAR CIRCLING ELEMENT FROM GROUPS 3, 6, OR 7

- a. May NOT be an element performed with hips on the bar during or at the completion of the circle or with feet on the bar at the completion of the circle.
 - Front/back hip circles (#7.101) and front/back sole circles (#7.103) do not fulfill this SR.
- b. The following circle elements are the only allowable "C" elements for Level 6 and will receive "B" Value-Part credit:
 - Clear hip circle to handstand
 - Stalder circle backward to handstand
 - Pike sole circle backward to handstand
- c. If the circle element finishes within 11° - 20° of vertical, the 0.05 deduction for insufficient amplitude of "C" circles is NOT applied at Level 6.

4. MINIMUM OF "A" DISMOUNT

- a. A salto or hecht dismount is not required at Level 6.
- b. Refer to the Bar Dismount Regulations section under Bars - General Information.
- c. *The Level 4 dismount (tap swing forward with ½ turn) is not listed as an "A" in the JO Code and cannot fulfill the Level 6 dismount SR.*

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| 4. | Choice of release elements not up to the competitive level (for Level 10 only) | Up to 0.20 |
| | Guidelines: Gymnast performs: | |
| | 1 "B" and 1 "C" release element | deduct <u>0.20</u> |
| | Any two DIFFERENT "D" release elements | no deduction |
| | When applying this compositional deduction, consider not only the Value of the release element, but also: | |
| | <ul style="list-style-type: none"> • the type of release element • the direct connection of other release elements and/or other elements of higher value • the total number of release elements in the exercise | |
| 5. | Lack of elements that achieve (or pass through) vertical (Level 8 only) | Up to 0.20 |
| G. | Lack of two bar changes (Level 10 only) - See Level 9 Special Requirement #1 | <u>0.20</u> |
| H. | More than one element before the mount (take-off from springboard) | <u>0.20</u> |

IV. SPECIFIC EXECUTION DEDUCTIONS

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|----|---|--------------------|
| A. | THIRD RUN APPROACH | <u>0.50</u> |
| B. | GRASP ON APPARATUS TO AVOID A FALL | <u>0.30</u> |
| C. | INTERMEDIATE (<i>EXTRA</i>) SWING OR CAST | <u>0.30</u> |

The momentum of the element is stopped and the gymnast must beat forward and back to re-start her routine.

Examples of Intermediate (Extra) Swings:

1. If the gymnast catches a release element in a dead hang, momentum of the element has stopped, and the gymnast must beat ("pump") forward and back to restart the routine. This is considered an extra swing.
2. If the gymnast finishes a glide kip; stops in a front support, and brings the legs forward to initiate a cast to handstand. This is considered an extra swing.
3. If the gymnast performs an uprise to clear support, and either brings the hips to the bar to a front support, or performs a back hip circle, then swings the legs forward and backward again for the cast, it would constitute an extra swing.
4. A tap swing - counterswing (as performed in Level 4 and 5 compulsory) is NOT a Value Part listed in the *Jr. Olympic Code of Points* and would be considered as an extra swing in an optional exercise (Levels 6 - 10).

Exceptions:

- At Level 6 and 7, no penalty for an extra swing is applied if a tap swing-counterswing is performed prior to a salto forward dismount (Front Flyaway).
 - If after a turn (1/1 or 1½ turn ending in a mixed L-grip, L-grip, or reverse grip), the gymnast swings backward and does a hop-grip change before she swings forward to do the next element, it would NOT be considered an extra swing. Refer to Specific Compositional Deductions for penalties that apply to amplitude of backward swings and to clarifications regarding direct connections.
5. If after an extra swing(s) is taken, the athlete jumps down from the bars, apply only the deduction of 0.50 for the fall.
 6. An extra swing BETWEEN two "C", "D" or "E" elements will break the direct connection; therefore, Connection Value Bonus WILL NOT be awarded.
 7. If an extra swing occurs after the last element in a direct connection of "C", "D" or "E" elements that is eligible for Connection Value Bonus, the CV will be awarded.
 8. Whenever more than one extra swing is performed consecutively after an element, the maximum deduction is 0.60.
 9. *The following occurrences are NOT considered extra swings/casts and would possibly receive deductions for rhythm and execution:*
 - a. *Performing consecutive sole circles on LB in the attempt to stand and jump to HB*
 - b. *In the attempt to perform a cast handstand ½ pirouette, the gymnast does not reach handstand, swings down to another glide kip and casts again (one or more times).*

**SECTION III
UNEVEN BARS
CHAPTER 3
EXECUTION AND AMPLITUDE FAULTS**

I. SLIGHT/SMALL FAULTS	<u>0.05 – 0.10 pt.</u>
A. Flexed/sickled feet on Value-Part elements	each time <u>0.05</u>
B. Slight hop, or small adjustment of feet <i>or feet staggered</i> on landing of dismounts	Up to 0.10
C. Deviation from straight direction on landing	Up to 0.10
D. Extra arm swings on landing	Up to 0.10
E. Legs crossed during salto dismounts with twist	Up to 0.10
F. Hesitation during jump to HB or swing to handstand	each Up to 0.10
G. Touch/brush on apparatus or mat with foot/feet	each Up to 0.10
H. Under-rotation of release/flight elements	each Up to 0.10
I. Precision of handstand positions throughout exercise	Up to 0.10
J. Insufficient extension of glides/swings into knees	each Up to 0.10
K. Poor rhythm in elements/connections	each Up to 0.10
L. Landing too close to the bar on dismount	<u>0.10</u>
M. Extra steps on landing (maximum 4)	each <u>0.10</u>
N. Swing forward or backward under horizontal	each Up to 0.10
O. Landing dismount with feet wider than hip-width apart	<u>0.10</u>
II. MEDIUM FAULTS	<u>UP TO 0.20 pt.</u>
A. Leg or knee separations	each Up to 0.20
B. Insufficient exactness of body shape: tuck or pike position	each Up to 0.20
C. Insufficient amplitude of bar elements (including releases) Exception: Clear hip circle & salto dismount (See large faults)	each Up to 0.20
D. Failure to maintain stretched body position (pikes down dismount)	Up to 0.20
E. Incorrect body posture on landing	Up to 0.20
F. Incomplete twist on twisting salto dismounts	Up to 0.20
G. Additional trunk movements to maintain balance on landing of dismount	Up to 0.20
H. Insufficient exactness of stretched position	Each time Up to 0.20
• arch	Up to 0.20
• hip angle (136° - 179°)	Up to 0.20
I. Insufficient dynamics throughout - Consider:	Up to 0.20
• insufficient swingful execution throughout exercise	
• energy not maintained throughout exercise	
• gymnast fails to make difficult look effortless	
J. Hit on apparatus with foot/feet	<u>0.20</u>
K. Large step or jump on landing (approximately 3 feet or more)	<u>0.20</u>
III. LARGE FAULTS	<u>UP TO 0.40 pt.</u>
A. Bent arms in support or bent legs (90° bend or greater receives 0.30) (Maximum of 0.30 for arms and 0.30 for legs on any one element)	Each Up to 0.30
B. Insufficient height (amplitude) of salto dismount	Up to 0.30
C. Squat on landing (hips even with or lower than the knees)	Up to 0.30
D. Brush/touch the landing surface with one or both hands (no support)	Up to 0.30
E. Insufficient extension (open) of tuck/pike body position prior to landing dmt	Up to 0.30
F. Grasp of bar apparatus to avoid a fall	<u>0.30</u>
G. Intermediate (extra) swing/cast (Maximum of 0.6 if more than one extra swing/cast following an element)	<u>0.30</u>
H. Hit on mat with foot/feet	<u>0.30</u>
I. Insufficient amplitude of "B" clear hip circle	Up to 0.40