

## Bronze - Uneven Bars

### Special Requirements (SR) .50 Ea.

1. Min. 4 "A" VP /skills
2. Cast (hips must leave bar)
3. Circling skill (no mount or dismount)
4. Dismount

### Value Parts: 4 A's/Skills

- Any "A" VP listed in the JO Code of Points.
- Any Skills listed on the Xcel Bronze chart.

### Difficulty Restrictions: Unallowable Skills -.50 Ded.

- No "B" or higher VP
- No skills on high bar
- No Salto dismounts

### Clarifications:

- When a skill is preceded by a cast, both the cast and skill receive separate VP/skill credit. JO cast angle deductions will not be used in any division.

### Timing:

- Warm-up: 30 sec.

### *Skills that can be used to fulfill "A" VP*

#### Mounts:

- Pullover (from 1 or 2 ft or run)
- Jump to front support
- Glide swing to stand
- Run out glide kip
- Single leg jam kip (from glide or run)

#### Casts:

- Cast (hips must leave bar)

#### Circles:

- Stride circle-fwd OR bwd

#### Dismounts:

- Cast off to stand
- ¾ Fwd circle to stand
- From low bar—Underswing to Stand
- From low bar—Sole Circle to Stand
- **Cast squat-on jump off forward**

#### Other Allowed Skills:

- Single leg basket swing (bent knee ok)
- Single leg swing bwd
- Single leg cut fwd OR bwd
- Cast-Shoot through = 1 "A"

### Successive (Multiple) Casts: before or after a skill/VP Bronze, Silver and Gold Divisions: NO extra swing deductions will be taken.

- 1) Two casts are allowed for "A" VP credit provided they are in different connections.
- 2) A third cast would not receive VP credit.
- 3) All casts are subject to executions deductions.
- 4) Do NOT deduct for an extra swing.

### Tap Swing – Counterswings—Bronze Division:

- *Gymnasts are not allowed to perform skills on the high bar.*

### Amplitude of Casts - J.O. cast angle deductions will NOT be used in any Division

### Bronze Division:

- No angle requirement.....No Amplitude Deduction

### **Two-part Mounts at Bronze, Silver or Gold**

Failure to maintain hand contact on the bar between a glide swing mount and the second part of the mount (pullover or jump front support), would receive a deduction of 0.10 for poor rhythm between elements.

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*This information is a compilation of Xcel Program Rules & Requirements and is NOT official.*

Kim Joye

## Silver - Uneven Bars

### Special Requirements (SR) .50 Ea.

1. Min. of 5 "A" VP /skills
2. Cast—Minimum 45° Below Horizontal
3. Circling skill (no mount or dismount)
4. Dismount

### Value Parts:5 A's/Skills

- Any "A" VP listed in the JO Code of Points.
- Any Skills listed on the Xcel Silver chart.

### Difficulty Restrictions: Unallowable Skills -.50 Ded.

- No Giants—including "A" giants on the low bar
- No "B" or higher VP
- No Salto dismounts

### Clarifications:

- When a skill is preceded by a cast, both the cast and skill receive separate VP/skill credit. JO cast angle deductions will not be used in any division.
- If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP

### Timing:

- Warm-up: 45 sec.

### *Skills that can be used to fulfill "A" VP*

#### Mounts:

- Pullover (from 1 or 2 ft or run)
- Glide swing to stand
- Run out kip
- Single leg jam kip (from glide or run out)

#### Casts:

- Cast (hips must leave bar)

#### Circles:

- Stride circle-fwd OR bwd
- Long hang pull-over (from long swing)

#### Dismounts:

- Tap swing fwd w ½ turn
- From low bar—Underswing to Stand
- From low bar—Sole Circle to Stand
- **Cast squat-on jump off forward**

#### Other Allowed Skills:

- Single leg basket swing (bent knee ok)
- Single leg swing bwd
- Single leg cut fwd OR bwd
- Cast-Shoot through = 1 "A"
- Tap swing-counterswing

### Successive (Multiple) Casts: before or after a skill/VP Bronze, Silver and Gold Divisions: NO extra swing deductions will be taken.

- 1) Two casts are allowed for "A" VP credit provided they are in different connections.
- 2) A third cast would not receive VP credit.
- 3) All casts are subject to executions deductions.
- 4) Do NOT deduct for an extra swing.

### Tap Swing – Counterswings: Silver and Gold Divisions

- 1) Two Tap swing - Counterswings are allowed for "A" VP credit provided they are in different connections.
- 2) A third Tap swing - Counterswing would not receive VP credit
- 3) All Tap swing - Counterswings are subject to execution deductions.
- 4) Do NOT deduct for extra swing

### Amplitude of Casts - J.O. cast angle deductions will NOT be used in any Division

### Silver Division:

- No angle requirement.....No Amplitude Deduction

### **Two-part Mounts at Bronze, Silver or Gold**

Failure to maintain hand contact on the bar between a glide swing mount and the second part of the mount (pullover or jump front support), would receive a deduction of 0.10 for poor rhythm between elements.

# Gold - Uneven Bars

## Special Requirements (SR) .50 Ea.

1. Min. of 6 "A" VP/skills
2. Cast to Horizontal
3. Circling skill (no mount or dismount)
4. Dismount – High Bar

## Value Parts: 6 A's/Skills

- Any "A" or "B" VP listed in the JO Code of Points.
- Any Skills listed on the Xcel Gold chart.

## Difficulty Restrictions: Unallowable Skills -.50 Ded.

- No "C" or higher VP.
- No Giants
- No Release Moves w bar change

## Clarifications:

- When a skill is preceded by a cast, both the cast and skill receive separate VP/skill credit. JO cast angle deductions will not be used in any division.
- For cast angle deductions refer to Xcel Manual.

## Timing:

- Warm-up: 1:00 min

## *Skills that can be used to fulfill "A" VP*

### Mounts:

- Pullover (from 1 or 2 ft or run)
- Glide swing to stand
- Run out kip
- Single leg jam kip (from glide or run out)

### Casts:

- Cast (Must be performed to a minimum of 45° below horizontal)

### Circles:

- Stride circle-fwd OR bwd
- Long hang pull over (from long swing)

### Dismounts:

- Tap swing fwd w ½ turn

### Other Allowed Skills:

- Single leg basket swing
- Single leg cut fwd OR bwd
- Cast-Shoot through = 1 "A"
- Tap swing-counterswing

## Successive (Multiple) Casts: before or after a skill/VP **Bronze, Silver and Gold Divisions: NO extra swing deductions will be taken.**

- 1) Two casts are allowed for "A" VP credit provided they are in different connections.
- 2) A third cast would not receive VP credit.
- 3) All casts are subject to execution deductions.
- 4) Do NOT deduct for an extra swing.

## Tap Swing – Counterswings: Silver and Gold Divisions

- 1) Two Tap swing - Counterswings are allowed for "A" VP credit provided they are in different connections.
- 2) A third Tap swing - Counterswing would not receive VP credit
- 3) All Tap swing - Counterswings are subject to execution deductions.
- 4) Do NOT deduct for extra swing

## Amplitude of Casts - J.O. cast angle deductions will NOT be used in any Division

TO RECEIVE CREDIT FOR THE SPECIAL REQUIREMENT—THE CAST **MUST ACHIEVE HORIZONTAL**

## Two-part Mounts at Bronze, Silver or Gold

Failure to maintain hand contact on the bar between a glide swing mount and the second part of the mount (pullover or jump front support), would receive a deduction of 0.10 for poor rhythm between elements.

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## Platinum: 6 "A"s, 1 "B"

### Special Requirements (SR) .50 Ea.

1. Cast to Above Horizontal
2. Circling skill (no mount or dismount)
3. Kip
4. Dismount –High Bar

### Value Parts: 6 "A", 1 "B" VP

- Any "A" or "B" VP listed in the JO Code of Points.
- Exceptions:*
- One Tap Swing = "A" VP.
  - Cast (89° to 21° from vertical) = "A" VP.

### Difficulty Restrictions: Unallowable Skills -.50 Ded.

- No "C" or higher VP
- *Exception:* Clear Hip Handstand.

### Clarifications:

- When a skill is preceded by a cast, both the cast and skill receive separate VP/skill credit. JO cast angle deductions will not be used in any division.
- A long hang pull-over is only considered a circling skill if preceded by a cast.

### Timing:

- Warm-up: 1:30 min

## Diamond: 5 "A"s, 2 "B"s

### Special Requirements (SR) .50 Ea.

1. Cast to 45° from Vertical
2. Min "B" Circling Skill
3. Minimum of "B" skill—either a release, pirouette or 2nd different circling skill
4. Salto Dismount – High Bar

### Value Parts: 5 "A", 2 "B" VP

- Any "A", "B", "C" VP listed in the JO Code of Points.
- Exception:*
- Cast (45° to 21° from vertical) = "A" VP.

### Difficulty Restrictions: Unallowable Skills -.50 Ded.

- Max. 1 "D" without penalty - no bonus awarded
- No "E" allowed

### Clarifications:

- When a skill is preceded by a cast, both the cast and skill receive separate VP/skill credit. JO cast angle deductions will not be used in any division.
- A long hang pull-over is only considered a circling skill if preceded by a cast.
- A Tap Swing will receive extra swing deduction.
- Maximum deduction of .60 for multiple swings before or after an element

### Timing:

- Warm-up: 1:30 min

## Amplitude of Casts - J.O. cast angle deductions will NOT be used in any Division

### Platinum Division—Horizontal or Above Requirement

0°- 20° vertical	No amplitude ded.	Award "B" VP/SR
21°-89° vertical	No amplitude ded.	Award "A" VP/SR
Below horizontal	No amplitude ded.	Do NOT award VP/SR

- 1) One Tap swing - Counterswing may be used for "A" VP credit
- 2) Any subsequent Tap swing - Counterswings will receive an extra swing deduction of 0.30 with a maximum deduction of 0.60 for multiple extra swings before (or after) an element
- 3) All Tap swing - Counterswings are subject to execution deductions

### Diamond Division—45°from Vertical or Above

0°- 20° vertical	No amplitude ded.	Award "B" VP/SR
21°-45° from vert.	No amplitude ded.	Award "A" VP/SR
More than 45° from vertical	No amplitude ded.	Do NOT award VP/SR



# UNEVEN BARS—EXECUTION DEDUCTIONS

- A. Third Run Approach ..... 0.50
- B. Grasp on apparatus to avoid a fall ..... 0.30
- C. **Intermediate (Extra) Swing** ..... 0.30  
(only applied at Platinum and Diamond Divisions)
- 1) If after an intermediate (extra) swing(s) is taken, the athlete jumps down from the bars, apply only the deduction of 0.50 for the fall.
  - 2) The maximum deduction for extra swings following an element is 0.60.
  - 3) The momentum of the element is stopped and the gymnast must swing forward and backward to restart her routine.
  - 4) Successive (Multiple) Casts: before or after a skill/VP
    - a. Bronze, Silver and Gold Divisions: NO extra swing deductions will be taken.
    - 1) Two casts are allowed for "A" VP credit provided they are in different connections.
    - 2) A third cast would not receive VP credit.
    - 3) All casts are subject to executions deductions.
    - 4) Do NOT deduct for an extra swing.
  - b. Platinum and Diamond Divisions:
    - 1) Each extra swing is a 0.30 deduction with a maximum deduction of 0.60 for multiple extra swings before (or after) an element.
- 5) **Tap Swing – Counterswings**: On the counterswing (backward, upward swing), if the body is arched and/or hips are open to an extended position with the feet over the low bar, deduct: ..... 0.30
- a. **Bronze Division**:
- 1) Gymnasts are not allowed to perform skills on the high bar.
- b. **Silver and Gold Divisions**:
- 1) Two Tap swing - Counterswings are allowed for "A" VP credit provided they are in different connections.
  - 2) A third Tap swing - Counterswing would not receive VP credit
  - 3) All Tap swing - Counterswings are subject to execution deductions.
  - 4) Do NOT deduct for extra swing
- c. **Platinum Division**:
- 1) One Tap swing - Counterswing may be used for "A" VP credit
  - 2) Any subsequent Tap swing - Counterswings will receive an extra swing deduction of 0.30 with a maximum deduction of 0.60 for multiple extra swings before (or after) an element
  - 3) All Tap swing - Counterswings are subject to execution deductions
- d. **Diamond Division**:
- 1) Tap swing - Counterswing is NOT a VP at Diamond Division
  - 2) All Tap swing - Counterswings will receive an extra swing deduction of 0.30 with a maximum deduction of 0.60 for multiple extra swings before (or after) an element
  - 3) All Tap swing-Counterswings are subject to execution deductions
- D. **Amplitude of Casts**: J.O. cast angle deductions will NOT be used in any Division.
- 1) **Bronze Division**: No angle requirement — No Amplitude Ded.
  - 2) **Silver Division**: Min 45° below Horizontal — No Amplitude Ded.
  - 3) **Gold Division**: Horizontal Requirement - Cast must achieve horizontal to receive SR. No other casts performed in the routine will have a cast angle requirement and would only be subject to execution deductions.
  - 4) **Platinum Division**: Above Horizontal Requirement
 

0°- 20° vertical	No amplitude ded.	Award "B" VP/SR
21°vertical-horiz.	No amplitude ded.	Award "A" VP/SR
Below horizontal	No amplitude ded.	Do NOT award VP/SR

    - 1) One Tap swing - Counterswing may be used for "A" VP credit
    - 2) Any subsequent Tap swing - Counterswings will receive an extra swing deduction of 0.30 with a maximum deduction of 0.60 for multiple extra swings before (or after) an element
    - 3) All Tap swing - Counterswings are subject to execution deductions
- 5) **Diamond Division—45°from Vertical or Above**
- |                    |                   |                    |
|--------------------|-------------------|--------------------|
| 0°- 20° vertical   | No amplitude ded. | Award "B" VP/SR    |
| 21°-45° from vert. | No amplitude ded. | Award "A" VP/SR    |
| >45° from vertical | No amplitude ded. | Do NOT award VP/SR |
- E. **Amplitude of Flights to Handstand on Low Bar**
- |                           |              |                 |
|---------------------------|--------------|-----------------|
| 0° - 10° from vertical    | No deduction | Award Higher VP |
| 11° - 20° from vertical   | 0.05         | Award higher VP |
| 21° or more from vertical |              | Award Lower VP  |

## F. Amplitude of Circling Elements

1. All Circling elements, EXCEPT the Clear Hip circle:
2. The following deductions for Insufficient Amplitude apply:

0° - 10° from vertical	No deduction	Award higher VP
11° - 20° from vertical	0.05	Award higher VP

No angle deduction in Platinum Division, when higher VP is a "C", because they can only receive credit for "B" VP Circles. Deduct 0.50 for an "unallowable" element. Exception: Clear Hip to Handstand.

21° - 45° from vertical	No deduction	Award lower VP
>45° from vertical	Up to 0.20	Award lower VP

3. Clear Hip Circle only:

Clear hip circles receive either "B" or "C" VP credit, depending upon the degree from vertical achieved once the hands shift to the top of the bar.

The following deductions for Insufficient Amplitude apply:		
0 - 10° from vertical	No deduction	Award "C" VP
11° - 20° from vertical	0.05	Award "C" VP

At the Platinum Division, no amplitude deductions are applied from 45° to Vertical because gymnasts receive only "B" credit for any clear hip circle, regardless of whether it achieves handstand phase or not.

21° - 45° from vertical	No deduction	Award "B" VP
46° - 89° from vertical	0.05 - 0.25	Award "B" VP
Horizontal	0.30	Award "B" VP
Below horizontal	0.35 - 0.40	Award "B" VP

## G. Amplitude of Body at Turn Completion

1. For all elements that require a Turn IN handstand phase:

The angle of completion is determined when the second hand releases the bar.

This applies to:

- a. All elements with a 180° turn (regardless of technique or grip)  
Examples: Cast Handstand with ½ turn; Clear Hip Circle to Handstand with ½ turn
- b. Any element with 360° turn in handstand phase that is NOT performed on one arm (regular pirouettes; not using a Healy technique); Example: Back giant on LB with 1/1 turn

**Angle of Completion Deduction**

>20° from vertical	No deduction	Award VP
21°--30° from vertical	-0.05 - 0.10	Award VP
31°--45° from vertical	-0.15 - 0.20	Award VP
>45° from vertical	-0.25 - 0.30	Award VP

2. For all Handstand elements with a 1/1 (360°) Turn AFTER handstand and all 1 ½ Pirouettes.

This applies to:

- a. All elements that include a 1/1 turn completed on one arm (after handstand phase) in the descent phase (Healy technique)
- b. Any element with 1 ½ (540°) turn or more (using ANY turn technique)

**Angle of Completion Deduction**

>30° from vertical	No deduction	Award VP
31°--45° from vertical	-0.05 - 0.15	Award VP
>45° from vertical	-0.20 - 0.30	Award VP

## H. Insufficient Amplitude of Uneven Bar Elements

1. Ins. Amplitude on Elements (Including Releases) ..... EACH ^ 0.20

Exceptions:

- a. "B" Clear hip circle ..... Up to 0.40
  - b. Height of dismounts: ..... Up to 0.30
- c. Refer to the General faults and penalties

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# UNEVEN BARS—EXECUTION & AMPLITUDE DEDUCTIONS (GENERAL)

## Execution and Amplitude Faults

- Execution Deductions CANNOT exceed 4.0. **This includes falls but does not include spot deductions.**
- Courtesy Score of 4.0 may be awarded for an extremely short routine due to injury or unusual circumstances.
- No routine will be awarded less than 4.0. Common sense should prevail.

### I. Slight/Small Faults (0.05 - 0.10)

- A. Flexed/sickled feet on Value-Part or Skill elements (each) ..... 0.05
- B. Slight hop, or small adjustment of feet on landing of dismounts. ^0.10
- C. Deviation from straight direction on landing.....^0.10
- D. Extra arm swings on landing.....^0.10
- E. Legs crossed during Salto dismounts with a twist.....^0.10
- F. Hesitation during jump to HB or swing to handstand .....^0.10
- G. Touch/brush on apparatus or mat with foot/feet .....^0.10
- H. Under-rotation of release/flight elements.....^0.10
- I. Precision of handstand positions throughout exercise ..... ^0.10
- J. Insufficient extension of glides/swings into kips.....^0.10
- K. Poor rhythm in elements/connections.....^0.10
- L. Landing too close to the bar on dismount..... 0.10
- M. Extra steps on landing (maximum 0.4) (each) ..... 0.10
- N. Uncharacteristic elements (each) ..... 0.10
- O. Swing forward or backward below horizontal..... No Ded.

### II. Medium Faults (up to 0.20)

- A. Leg or knee separations (each) .....^0.20
- B. Insufficient exactness of body shape: tuck or pike position .....^0.20
- C. Insufficient amplitude of bar elements (including releases) .....^0.20
- Exception: Clear Hip & all dismounts (see large faults)*
- D. Failure to maintain stretched body (pikes down dismount).....^0.20
- E. Insufficient exactness of stretched position.....^0.20
- Arch..... ^ 0.20
- Hip angle (136°-179°)..... ^ 0.20
- F. Incorrect body posture on landing.....^0.20
- G. Insufficient dynamics throughout ..... ^0.20
- *Insufficient swinging execution throughout exercise*
- *Energy not maintained throughout exercise*
- *Gymnast fails to make difficult look effortless*
- H. Hit on apparatus with foot/feet ..... 0.20
- I. Large step or jump on landing (approx 3 ft or more)..... 0.20
- J. Additional trunk movements to maintain balance/control upon landing  
dismount.....^0.20
- K. Incomplete turn or twist.....^0.20

### III. Large Faults (up to 0.40)

- A. Bent arms in support or bent legs.....^0.30  
*(90° bend or greater receives 0.30)*
- *Maximum on any one element = 0.30 bent arms & 0.30 bent legs*
- B. Insufficient height (amplitude) of salto dismount ..... ^0.30
- C. Squat on landing (hips even with or lower than the knees).....^0.30
- D. Brush/touch the landing surface with one or both hands (no support)  
..... ^0.30
- E. Grasp of bar apparatus to avoid a fall ..... 0.30
- F. Intermediate (extra) swing (Platinum/Diamond only)..... 0.30  
*(Max. 0.60 per skill)*
- G. Hit on mat with foot/feet ..... 0.30
- H. Insufficient amplitude of "B" clear hip circle..... ^0.40
- I. Insufficient extension (open) of the body prior to landing the dismount  
(tuck/pike) ..... ^0.30
- J. Counterswing (backward, upward swing), if the body is arched and/or  
hips are open to an extended position with the feet over the low bar,  
deduct..... 0.30

### IV. Very Large Faults (0.50)

- A. Full support on foot/feet on mat during exercise .....^0.50
- B. Support on mat with 1 or 2 hands upon landing.....^0.50
- C. Fall on mat to knee(s) or hips..... 0.50
- D. Fall on or against the apparatus ..... 0.50
- E. Spotting assistance during an element - Do not award VP or SR credit,  
and apply the deduction..... 0.50
- F. Spotting assistance upon landing the dismount - Award VP and SR, but  
take the deduction..... 0.50
- G. Fail/Failure to land on the bottom of the feet first on dismount
1. Salto initiated - No VP, No SR and take the deduction ..... 0.50
2. Salto never initiated - No VP, No SR and take the deduction .... 0.50
- No Dismount ..... 0.30

### V. Chief Judge Deductions Specific to Bars

- A. Coach standing between the bars throughout the exercise ..... No Ded.
- B. Incorrect padding (use of heel/hip pads) ..... 0.20
- If the CJ notices the padding, prior to the gymnast's mount, a warning  
must be given.
- However, if the gymnast wears the heel pads during her exercise  
(whether or not the CJ warned her previously), the deduction must  
be taken.
- C. Failure to remove board/spotting block after a release element .... 0.30
- D. Gymnast exceeds the 45 second fall time - *Exercise terminated*