



# Boys Program 2018-19

## ★ HORIZONTAL BAR ★

### LEVEL 2

(Gymnast is allowed to use the girls bar)

Start

Value 10.0

<b>1. Pullover to support</b>	<b>0.60</b>
<ul style="list-style-type: none"> <li>•Coach may assist      •Hands should be in overgrip</li> </ul>	
<b>2. Small Cast, Undershoot</b>	<b>0.60</b>
<p style="background-color: yellow;">No angle requirements</p>	
<p>Additional skill Cast, Back hip circle (spotted/unspotted), Undershoot</p> <ul style="list-style-type: none"> <li>•JUDGING – up to 0.30 maximum deduction</li> </ul>	
<b>3. Swing backward, Tap swing forward</b>	<b>0.60</b>
<p style="background-color: yellow;">One or more swings may be used to achieve swing body position and technique</p>	
<b>4. Swing backward, Up-rise hop both hands</b>	<b>0.60</b>
<b>5. Tap swing forward, Swing backward</b>	<b>0.60</b>
<p style="background-color: yellow;">One or more</p>	
<b>6. Dismount – Swing backward drop to landing</b>	<b>0.60</b>

### LEVEL 3

Start Value

10.0

<b>1. Long Hang Pullover to support with spotter assistance</b>	
<ul style="list-style-type: none"> <li>•Momentary stop in support is allowed</li> </ul>	
<p>Additional skill long hang pullover to support without spotter assistance. Momentary stop in support is allowed</p> <ul style="list-style-type: none"> <li>•JUDGING – up to 0.20 maximum deduction    •Continuous rhythm in pullover</li> </ul>	
<b>2. Cast to undershoot forward</b>	<b>0.60</b>
<ul style="list-style-type: none"> <li>•Undershoot with hollow body and straight arms</li> </ul>	
<p>May replace #2 with cast to back hip circle to undershoot forward</p> <ul style="list-style-type: none"> <li>•JUDGING – up to 0.20 maximum deduction    •Back hip circle with straight body    •Undershoot with hollow body and straight arms</li> </ul>	
<b>3. Swing backward, tap swing forward</b>	<b>0.60</b>
<ul style="list-style-type: none"> <li>• One or more Swings backward and forward to achieve 45° below horizontal with correct body position</li> </ul>	
<b>4. Swing backward and up-rise to hop with both hands, tap swing forward</b>	<b>0.60</b>

- Hop with simultaneous hand release and regrasp
- Swing backward and forward to 45° below horizontal

<b>5. Swing backward, tap swing forward</b>	<b>0.60</b>
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- One or more Swings backward and forward to achieve 45° below horizontal with correct body position

<b>6. Swing backward to uprise and release hands dismounting to stand</b>	<b>0.60</b>
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- Shoulders at bar height

## LEVEL AK GOLD

Start Value 10.0

<b>1. From a hang position in over-grip, beat swing stem rise</b>	<b>0.60</b>
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<b>Or pullover to support Cast to back hip circle to undershoot forward</b>	<b>0.60</b>
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- Cast to horizontal
- Back hip circle with straight body
- Undershoot with hollow body and straight arms

May replace back hip circle with cast to free hip circle to undershoot forward
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- JUDGING – up to 0.30 maximum deduction
- Cast to horizontal
- Free hip with hollow body and hips clear of the bar
- Undershoot with hollow body and straight arms

<b>2. Swing backward, tap swing forward with 1/2 turn to mixed grip</b>	<b>0.60</b>
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- Swing backward and forward to 45° below horizontal
- Maintain hollow body shape during turn

<b>3. Tap swing forward, swing backward and change hand to double overgrip</b>	<b>0.60</b>
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<b>4. Swing forward assisted kip to support. Momentary stop in support is allowed</b>	<b>0.60</b>
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- Maximum deduction (-0.2)

<b>5. Cast to undershoot forward</b>	<b>0.60</b>
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- Cast to horizontal
- Undershoot with hollow body and straight arms

Following #5, add swing backward, tap swing forward to swinging pullover (3/4 giant swing backwards) to undershoot forward
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- JUDGING – up to 0.30 maximum deduction
- Continuous rhythm

<b>6. Swing backward, tap swing forward</b>	<b>0.60</b>
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- One or more Swings backward and forward to achieve 45° below horizontal w/correct body position

<b>7. Swing backward to up-rise and release hands dismounting to stand</b>	<b>0.60</b>
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- Shoulders at bar height

May replace #9 with swing backward, tap swing forward to salto backward (flyaway) tucked, piked, or stretched dismount
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- JUDGING – up to 0.30 maximum deduction
- For safety reasons, a spotter is required to follow, but not assist, the gymnast during the execution of the skill

# LEVEL 4

Start Value

10.0

<b>From a still hang in over grip, hanging 1/2 turn to mixed grip change second hand to overgrip</b>	
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<b>1. Long Hang Pullover to support with spotter assistance</b>	
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- Momentary stop in support is allowed

Additional skill long hang pullover to support without spotter assistance. Momentary stop in support is allowed
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- JUDGING – up to 0.20 maximum deduction
- Continuous rhythm in pullover

<b>2. Cast to undershoot forward</b>	<b>0.60</b>
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- Undershoot with hollow body and straight arms

May replace #2 with cast to back hip circle to undershoot forward
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- JUDGING – up to 0.20 maximum deduction
- Back hip circle with straight body
- Undershoot with hollow body and straight arms

<b>3. Swing backward, tap swing forward</b>	<b>0.60</b>
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- One or more Swings backward and forward to achieve 45° below horizontal with correct body position

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<b>4. Swing backward and up-rise to hop with both hands, tap swing forward</b>	<b>0.60</b>
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- Hop with simultaneous hand release and regrasp
- Swing backward and forward to 45° below horizontal

<b>5. Swing backward, tap swing forward</b>	<b>0.60</b>
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- One or more Swings backward and forward to achieve 45° below horizontal with correct body position

<b>6. Swing backward to uprise and release hands dismounting to stand</b>	<b>0.60</b>
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- Shoulders at bar height

Updated September 2018