



Boys Program **2018-19**

★ HORIZONTAL BAR ★

LEVEL 2

(Gymnast is allowed to use the girls bar)

Start

Value 10.0

1. Pullover to support	0.60
<ul style="list-style-type: none"> •Coach may assist •Hands should be in overgrip 	
2. Small Cast, Undershoot	0.60
<p style="margin-left: 20px;">No angle requirements</p>	
<p>Additional skill Cast, Back hip circle (spotted/unspotted), Undershoot</p> <ul style="list-style-type: none"> •JUDGING – up to 0.30 maximum deduction 	
3. Swing backward, Tap swing forward	0.60
<p style="margin-left: 20px;">One or more swings may be used to achieve swing body position and technique</p>	
4. Swing backward, Up-rise hop both hands	0.60
5. Tap swing forward, Swing backward	0.60
<p style="margin-left: 20px;">One or more</p>	
6. Dismount – Swing backward drop to landing	0.60

LEVEL 3

Start Value

10.0

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

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

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

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

LEVEL **AK GOLD**

Start Value 10.0

1. From a hang position in over-grip, beat swing stem rise	0.60
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Or pullover to support Cast to back hip circle to undershoot forward	0.60
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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

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

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

5. Cast to undershoot forward	0.60
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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

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

7. Swing backward to up-rise and release hands dismounting to stand	0.60
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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

From a still hang in over grip, hanging 1/2 turn to mixed grip change second hand to overgrip	
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1. Long Hang Pullover to support with spotter assistance	
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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

- JUDGING – up to 0.20 maximum deduction
- Continuous rhythm in pullover

2. Cast to undershoot forward	0.60
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- Undershoot with hollow body and straight arms

May replace #2 with cast to back hip circle to undershoot forward

- JUDGING – up to 0.20 maximum deduction
- Back hip circle with straight body
- Undershoot with hollow body and straight arms

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

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

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

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

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