



**Boys Program 2018-19**  
**☆ PARALLEL BARS ☆**

**LEVEL 2**      **May be performed on Parallel Bar Blocks**

Start Value 10.0

<b>1. Jump to support, Swing forward, Swing backward</b> (No height requirement)	<b>0.60</b>
•No height requirement. Hips are to be extended in the forward swing	
<b>2. Swing forward, Straddled support</b>	<b>0.60</b>
•No height requirement. Hips are to be extended in the forward swing	
<b>3. Forward straddled sit (1 second hold is allowed)</b>	<b>0.60</b>
Legs should lift momentarily off the rails	
<b>4. Move through the sit, Cast</b>	<b>0.30</b>
<b>5. Swing backward, Swing forward</b>	<b>0.60</b>
• One or more swings, No height requirement, to achieve hips extended in the forward swing	
	<b>0.60</b>
<b>6. Swing backward, land between rails</b>	<b>0.60</b>
<b>ALLOWABLE SKILL: Rear flank dismount on regular rails</b>	
•JUDGING – up to 0.20 maximum deduction	

**LEVEL 3**

Start Value 10.0

<b>1. From stand, jump to support swing forward, swing backward</b>	<b>0.60</b>
•Swing forward and backward with feet at bar height	
<b>2. Swing forward to straddle support on bars</b>	<b>0.60</b>
•Extended body in rear support with straight legs	
<b>3. Lift legs into a forward straddle “L” with one second hold</b>	<b>0.60</b>
•Hips should be in line with or forward of hands	
May replace #3 with lift legs into a forward straddled “V” hold for two seconds	
•JUDGING – up to 0.30 maximum deduction    •Hips should be in line with or forward of hands	
<b>4. Bring legs together and extend forward to straight body</b>	<b>0.60</b>
<b>5. Swing backward, swing forward</b>	<b>0.60</b>
•One or more swings to achieve body position and technique. Swing forward with feet at bar height, Backward swings to above horizontal	

<b>6. Swing backward and dismount between the bars/mats or over either bar to stand</b>	<b>0.60</b>
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- Swing backward to horizontal
- Moving a hand to the dismount bar is allowed

<b>May replace #6 with swing backward to handstand with one second old and dismount between the bars/mats or over either bar to stand</b>
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- JUDGING – up to 0.20 maximum deduction
- Moving hand to the dismount bar is allowed

## LEVEL **AK GOLD**

Start Value 10.0

<b>1. From stand or short run, jump to long hang swing forward</b>	<b>0.60</b>
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- Long hang swing forward to 45° below horizontal
- Bent knees allowed

<b>2. Long hang swing backward, long hang swing forward</b>	<b>0.60</b>
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- Straight legs required at peak of long hang swing backward
- Long hang swing forward to 45° below horizontal
- Bent knees allowed

<b>3. Long hang swing backward, up-rise to upper arm hang</b>	<b>0.60</b>
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- Long hang swing backward to 45° below horizontal
- Straight legs required at peak of swing backward

<b>4. Upper arm swing forward, upper arm swing backward</b>	<b>0.60</b>
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- One or more Upper arm swings forward and backward with shoulders even with elbows

<b>5. Upper arm swing forward to straddled front up-rise to support and immediately lift legs off bars</b>	<b>0.60</b>
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- Straight legs required
- Finish with arms straight and hips extended

<b>May replace #5 with upper arm swing forward to forward up-rise to support</b>
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- JUDGING – up to 0.30 maximum deduction
- Finish with straight body and straight arms
- Feet at bar height

<b>6. Swing backward</b>	<b>0.60</b>
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- Swing backward with feet at bar height

<b>7. Swing forward to “L” hold for 2 seconds</b>	<b>0.60</b>
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- Hips should be in line with or forward of hands

<b>May replace #7 with swing forward to “V” or Manna hold for 2 seconds</b>
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- JUDGING – up to 0.20 maximum deduction

<b>8. Extend forward and swing backward</b>	<b>0.60</b>
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- Swing backward with feet at bar height

<b>9. Swing forward, Swing backward</b>	<b>0.60</b>
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- One or more swings forward and backward to achieve 45 above horizontal w/proper body position and technique

<b>10. Swing forward, swing backward to <b>momentary forty five degree handstand</b> and push off either side to stand</b>	<b>0.60</b>
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- Swing forward to horizontal or higher
- Moving a hand to the dismount bar is allowed

<b>May replace #10 with swing forward, swing backward to handstand hold for 2 seconds and push off either side to stand</b>
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- JUDGING – up to 0.20 maximum deduction
- Swing forward to horizontal or higher
- Moving a hand to the dismount bar is allowed

# LEVEL 4

Start Value 10.0

<b>1. From stand, jump to support swing forward, swing backward</b>	<b>0.60</b>
•Swing forward and backward with feet at bar height	
<b>2. Swing forward to straddle support on bars</b>	<b>0.60</b>
•Extended body in rear support with straight legs	
<b>3. Lift legs into a forward straddle “L” with one second hold</b>	<b>0.60</b>
•Hips should be in line with or forward of hands	
<b>May replace #3 with lift legs into a forward straddled “V” hold for two seconds</b>	
•JUDGING – up to 0.30 maximum deduction •Hips should be in line with or forward of hands	
<b>4. Bring legs together and extend forward to straight body</b>	<b>0.60</b>
<b>5. Swing backward, swing forward</b>	<b>0.60</b>
•One or more swings to achieve body position and technique. Swing forward with feet at bar height, Backward swings to above horizontal	
<b>6. Swing backward and dismount between the bars/mats or over either bar to stand</b>	<b>0.60</b>
•Swing backward to horizontal •Moving a hand to the dismount bar is allowed	
<b>May replace #6 with swing backward to handstand with one second old and dismount between the bars/mats or over either bar to stand</b>	
•JUDGING – up to 0.20 maximum deduction •Moving hand to the dismount bar is allowed	

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