



Boys Program

☆ 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
No angle requirements	
Additional skill Cast, Back hip circle (spotted/unspotted), Undershoot	
•JUDGING – up to 0.30 maximum deduction	
3. Swing backward, Tap swing forward	0.60
One or more swings may be used to achieve swing body position and technique	
4. Swing backward, Up-rise hop both hands	0.60
5. Tap swing forward, Swing backward	0.60
One or more	
6. Dismount – Swing backward drop to landing	0.60

LEVEL 3

Start Value

10.0

1. Long Hang Pullover to support with spotter assistance	
•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
•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
• 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	0.60

forward

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

5. Swing backward, tap swing forward**0.60**

- 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**

- Shoulders at bar height

LEVEL 4

Start

Value 10.0

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

- 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

- 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**

- 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****4. Swing forward assisted kip to support. Momentary stop in support is allowed****0.60**

- Maximum deduction (-0.2)

5. Cast to undershoot forward**0.60**

- 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

- JUDGING – up to 0.30 maximum deduction
- Continuous rhythm

6. Swing backward, tap swing forward**0.60**

- 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**

- Shoulders at bar height

May replace #9 with swing backward, tap swing forward to salto backward (flyaway) tucked, piked, or stretched dismount

- 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

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