



Boys Program
☆ PARALLEL BARS ☆

LEVEL 2 **May be performed on Parallel Bar Blocks**
Start Value 10.0

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

LEVEL 3 Start Value 10.0

1. From stand, jump to support swing forward, swing backward	0.60
•Swing forward and backward with feet at bar height	
2. Swing forward to straddle support on bars	0.60
•Extended body in rear support with straight legs	
3. Lift legs into a forward straddle “L” with one second hold	0.60
•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	
4. Bring legs together and extend forward to straight body	0.60
5. Swing backward, swing forward	0.60
•One or more swings to achieve body position and technique. Swing forward with feet at bar height, Backward swings to above horizontal	

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

May replace #6 with swing backward to handstand with one second old and dismount between the bars/mats or over either bar to stand

- JUDGING – up to 0.20 maximum deduction
- Moving hand to the dismount bar is allowed

LEVEL 4

Start

Value 10.0

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

2. Long hang swing backward, long hang swing forward	0.60
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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

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

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

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

May replace #5 with upper arm swing forward to forward up-rise to support

- JUDGING – up to 0.30 maximum deduction
- Finish with straight body and straight arms
- Feet at bar height

6. Swing backward	0.60
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- Swing backward with feet at bar height

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

May replace #7 with swing forward to “V” or Manna hold for 2 seconds

- JUDGING – up to 0.20 maximum deduction

8. Extend forward and swing backward	0.60
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- Swing backward with feet at bar height

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

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

May replace #10 with swing forward, swing backward to handstand hold for 2 seconds and push off either side to stand

- JUDGING – up to 0.20 maximum deduction
 - Swing forward to horizontal or higher
 - Moving a hand to the dismount bar is allowed
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Updated July 26, 2017