

Uneven Bars

Composition

Insufficient distribution of elements _____

Insufficient change of direction _____

Uncharacteristic elements _____

More than one Squat on LB w/ or w/out
sole circle to jump to grasp HB (Lev. 10 only) _____

¼ fwd Giant circle (w/ or w/o grip change) _____

Choice of elements _____

- Failure to perform both fwd. & bwd.
circles &/or releases _____

- Imbalance between pirouettes & flight elem. _____

- Lack of variety of elements & connections _____

Choice of release elements not up to
competitive level (Lev. 10 only) _____

Lack of two bar changes (Lev. 10 only) _____

More than one element before mount _____

Execution

Swing fwd. or bwd. under horizontal _____

Under-rotation of release/flight elements _____

Precision of handstand positions throughout _____

Insuff. extension of glides/swing into kips _____

Poor rhythm in elements/connections _____

Hesitation in jump or swing to HS _____

Touch, brush of foot/feet on apparatus/mat _____

Landing too close to bars on dismount _____

Insuff. amplitude of elements _____

Insufficient dynamics _____

- Insufficient swingful execution throughout _____

- Energy maintained throughout exercise _____

- Makes difficult look effortless _____

Hit of foot/feet on apparatus _____

Incorrect padding (heel/hip) _____

Insufficient height of salto dismount _____

Insuff. Extension (open) of tuck/pike body pos.
prior to landing dismount _____

Hit of foot/feet on mat _____

Grasp on apparatus to avoid a fall _____

Intermediate (extra) swing/cast (Max. .60 per elem) _____

Insuff. amplitude of "B" Clear hip circles _____

Full support on foot/feet on mat during routine _____