

Middle School Compulsory Routines Parallel Bars – Level 4

Base Score: 9.2

Available Bonus: +.8

Total Score: 10.00

Bonus earned can not exceed +.8.

Specified Bonus: .4, Virtuosity: .2, GPA: +.1, Stick: +.1

1. From stand, jump to support and swing forward with open hips. (Forward swing 45* below horizontal)
2. Swing backward (Backward swing horizontal)
3. Swing forward (Forward swing horizontal)
4. Swing backward (Backward swing horizontal)
5. Swing forward to straddle leg position on bars,
6. Immediately reach hands in front of legs and lift lets off bars, (straddle travel) and swing forward to “L’ position, (2second hold on L)
Specified Bonus: +.2 Press from straddle sit to “L” position (arms must be straight on press. Press to handstand allowed.)
7. Swing backward (Backward swing 45* below horizontal)
8. Swing forward (Forward swing horizontal)
9. Swing backward (Backward swing horizontal)
10. Swing forward (Forward swing horizontal)
11. Swing Backward to dismount over either rail (45* above horizontal at peak of swing, hand may be moved to other bar on dismount)
Specified Bonus: +.2 Swing backward to handstand to dismount over either rail. (Momentary hold of handstand allowed.)
Bonus: +.1 Stick

Middle School Compulsory Routines Parallel Bars – Level 5

Base Score: 9.2

Available Bonus: +1.0

Total Score: 10.00

Bonus earned can not exceed +.8

Specified Bonus: +.4, Virtuosity: +.2, GPA: +.1, Stick: +.1, **Added Bonus: +.2**

1. From stand or short run, long hang swing forward (tap swing, not glide swing), (Forward long hang swing to 45* below horizontal) (bent knees allowed)
2. Swing backward to upper arm hang (45* below horizontal on swing backward – bent knees allowed)
3. Swing forward in upper arm hang to upperarm “cast” position (Momentary pause in cast position)
4. Cast forward to back uprise to support (Back uprise should finish with feet at bar height)
5. Swing forward, swing backward (Swing to horizontal)
6. Swing forward (Body extended)
Bonus: +.1 Replace forward swing in #6 with a front uprise finishing in forward swing.
7. Swing backward (Body 45* above horizontal)
Specified Bonus: +.2 Swing in #7 goes to nominal handstand
8. Swing forward (Body extended)
9. Swing backward to nominal handstand
Specified Bonus: +.2 Swing backward in #9 goes to handstand (2 second hold)
10. Push off to the side dismount. (May move hand over to other bar on dismount)
Bonus: +.1 Wende dismount
Bonus: +.1 Stick

Middle School Compulsory Routines Parallel Bars – Modified H.S.

Base Score: 9.4

Available Bonus: +1.0

Total Score: 10.00

Bonus earned can not exceed +.6

1. From stand or short run, glide kip to support and swing backward (Body horizontal and stretched at completion of back swing)
Bonus: +.1 Swing to handstand
2. Swing forward and drop cast to upper arm support (early drop allowed)
Bonus: +.1 Hips above bar height on catch of cast
3. Back uprise (Body horizontal at completion of back uprise)
Bonus: +.1 Back uprise 45* above horizontal
Bonus: +.2 Back uprise to handstand
4. Swing forward to L support (2 second hold)
5. Press out of L support to above horizontal (Arms must be straight on press out)
Bonus: +.1 Bent arm press to handstand (Momentary hold)
Bonus: +.2 Straight arm press to handstand (Momentary hold)
Bonus: +.1 2 second hold in handstand
6. Swing forward and swing backward (Swing should be stretched, hips above horizontal)
Bonus: +.1 After forward swing in #6, Stutz (Body above horizontal)
Bonus: +.2 After forward swing in #6, Stutz (Body 45* above horizontal)
7. Layaway, front uprise
Bonus: +.1 Layaway from handstand
8. Swing backward to horizontal
Bonus: +.1 Swing to handstand
9. Swing forward (Swing should be stretched, hips horizontal)
10. Swing backward to Wendy dismount
Bonus: +.1 At completion of forward swing in #9, back flip (any position)
Bonus: +.1 Stick