

# LEVEL 4 HORIZONTAL BAR

<b>Base Score</b>	<b>15.0</b>
<b>Specified Bonus</b>	<b>0.6</b>
<b>Virtuosity</b>	<b>0.3</b>
<b><u>Stick Bonus</u></b>	<b><u>0.1</u></b>
<b>Maximum Score</b>	<b>16.0</b>

**Note:** *Unless otherwise specified, all forward swings are to be a minimum of 45° below horizontal with toes leading at peak of swing. Backward swings are also to be a minimum of 45° below horizontal with hollowed body shape at peak of swing.*

Description	Performance Criteria
1. From hang with overgrip, pullover to support	Momentary stop in support allowed
2. Cast to Undershoot	Body hollowed but not piked during undershoot
3. Swing backward. Swing forward.	
4. Swing backward and hop (simultaneous release then regrasp) both hands.	
5. Swing forward. Swing backward	
6. Swing forward with ½ turn to mixed grip.	1/2 turn completed at 45° below horizontal with hollow body position shown at completion.
7. Swing forward in mixed grip. Swing backward and change hands to double overgrip.	
8. Swing forward. Swing backward and at peak of backswing, drop to feet.	

**Specified Bonus:** Prior to #1, one overgrip straight-body pull-up (with the chin above the level of the bar) and return to hang

**Specified Bonus:** In #1, pullover done without stop or hesitation to support