

LEVEL 4 PARALLEL BARS

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

Description	Performance Criteria
1. From stand, jump to support and swing forward.	Forward swing 45° below horizontal Hips open on front swing
2. Swing backward. Swing forward.	Both swings to horizontal
3. Swing backward. Swing forward and immediately	Both swings to horizontal
4. Straddle legs to seated straddle leg position on the bars,	
5. Immediately reach hands in front of legs and lift legs off bars, (straddle travel) and swing forward to "L" support,	2 second hold on "L" support
6. Swing backward. Swing forward.	Feet at height of rails at peak of back swing. Swing forward to horizontal
7. Swing backward. Swing forward.	Both swings to horizontal
8. Swing backward to dismount over either rail	45° above horizontal at peak of swing Shifting of the opposite hand to the dismount rail during the dismount is allowed

Specified Bonus: In #5, Straight arm bent body Press from straddle sit to "L" support

Specified Bonus: In #8, Swing to nominal handstand