

LEVEL 5 PARALLEL BARS

Base Score	15.0
Specified Bonus	0.6
Virtuosity	0.3
Stick Bonus	0.1
Maximum Score	16.0

Description	Performance Criteria
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. Swing forward	Tap swing, not glide swing (Bent knees allowed) Straight legs required at peak of backward swing.
3. Swing backward to upper arm hang	45° below horizontal on swing backward (Bent knees allowed) Straight legs required at peak of back swing
4. Swing forward in upper arm hang to upperarm "cast" position	Momentary pause in "cast" position allowed Hips at bar height in cast position
5. Cast forward to back uprise to support	Back uprise should finish with feet at bar height
6. Swing forward. Swing backward.	Both swings to horizontal
7. Swing forward. Swing backward.	Back swing to 45° above horizontal
8. Swing forward. Swing backward to nominal handstand.	(Hold of handstand allowed)
9. Push off to the side to dismount	Shifting of opposite hand to the dismount rail during dismount is allowed

Specified Bonus: In #6, Swing backward to nominal handstand

Specified Bonus: In #8, handstand held for 3 seconds before performing the dismount in #9.