

# LEVEL 5 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 indicated, all swings forward are tap-swings and are to be a minimum of 45° below horizontal.. Failure to show proper tap-swing will result in a small deduction per occurrence. Unless otherwise specified, all backward swings are to minimum 45° below horizontal with a hollowed body shape at the peak of the swing.**

Description	Performance Criteria
1. From hang or small preliminary swing in overgrip, cast forward (Stemme) to swing backward	
2. Swing forward. (tap-swing) Swing backward	Back swing to horizontal
3. Swing forward and tap to swinging pullover (3/4 giant)	
4. Undershoot and swing backward	Body hollowed but not piked during undershoot
5. Swing forward and kip to support	No tap-swing required on swing forward before kip Stop allowed after kip
<i>If kip is attempted without a spot and missed, the maximum deduction for the entire skill including the coach's spot to help the athlete to a support will NOT exceed 0.5. Exception will be if the gymnast falls off the bar, then an additional 0.8 deduction should be taken</i>	
6. Cast to back hip circle	Cast to horizontal
7. Undershoot and swing backward	Body hollowed but not piked during undershoot
8. Swing forward, Swing backward.	Back swing to horizontal
9. Swing forward and ½ turn to mixed grip. Immediately block bar in mixed grip and drop to stand.	½ turn completed at horizontal Body hollowed at peak of ½ turn and block.

**Specified Bonus: In #5, kip (without spot) and immediate cast to any height**

**Specified Bonus: In #6, cast to free hip circle (body hollowed and hips completely clear of the bar)**