

LEVEL 6 POMMEL HORSE

Base Score:	Mushroom 7.5	+	Pommel Horse 7.5	= 15.0
Specified Bonus:	Mushroom 0.3	+	Pommel Horse 0.3	= 0.6 Bonus
Virtuosity:				= 0.3 Bonus
Stick Bonus:				= 0.1 Bonus
	7.8		7.8	16.0 Maximum Score

Note: Both dismounts must be stuck to receive Stick Bonus

This event will be performed and evaluated on two separate apparatus. The apparatus may be performed in either order:

- 1. The mushroom - divided into quadrants**
- 2. The standard pommel horse.**

Mushroom:

Note: The routine is written for counter-clockwise circles. The routine may be reversed in its entirety.

Description	Performance Criteria
1. Step to side and jump to one double leg circle,	
2. One double leg circle,	The body should show a stretched position with legs together throughout the exercise.
3. Direct Stockli A	DSA should be executed as if there were pommels attached to the top of the mushroom. The hand placements will be the same.
4. One double leg circle,	
5. One double leg circle,	
6. One flaired double leg circle,	
7. One flaired double leg circle,	
8. One flaired double leg circle,	
9. One double leg circle	
10. Half double leg circle with 90° turn left to dismount (flank dismount).	

Specified Bonus: Complete a 180° spindle within the flaired double leg circles (#7 and #8)