

LEVEL 6 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, glide kip to support	
2. Swing backward. Swing forward.	Both swings to horizontal
3. Swing backward and bail to Moy to upper arm hang.	Backward swing to horizontal prior to bail Hand-on-hand spot allowed on Moy Hips at bar height at catch of the Moy An open or pike position can be shown at the catch of the Moy
4. Swing backward in upper arm hang to back uprise.	Feet above rails with arms straight at completion of the back uprise
5. Swing forward. Swing backward to controlled lower to Straddled "L" support	Forward swing hips at or above horizontal Backward swing to 45° above horizontal prior to leg separation for straddled "L" support 2 second hold of straddled "L" support required
6. Press hips up to above horizontal. Join legs and extend hips to,	feet should clear the bar with toes pointed and legs straight
7. Swing forward. Swing backward to handstand.	Hips at or above horizontal at peak of forward swing. 2 second hold of handstand required.
8. Swing forward. Swing backward.	Forward swing hips above horizontal
9. Swing forward and straddle legs to seated straddle leg position on the bars	Legs straight in seated straddle leg position
10. Immediately reach hands in front of legs (to end of bars) and lift legs off bars, (straddle travel) and swing forward. Swing backward and bail to long hang tap-swing forward to tucked flyaway from the end of the bars.	Hand-on-hand spot allowed on bail for flyaway.

Specified bonus: In #2, swing backward to nominal handstand

Specified bonus: In #6, Press to handstand (2 second hold) Press must be held for bonus to be awarded.