

**FIG WTC COP 2013 – 2016 BARS (SECTION 11) WTC March 2015 (read with NL 34, 35 & 36)**

**CONTENT OF THE EXERCISE** Maximum 8 highest difficulties including dismount are counted for DV  
If no dismount count only 7 elements for DV and no CR

**Short exercise - 7 els or more - 0.00 / 5-6 els - 4.00 / 3-4 els - 6.00 / 1 to 2 els - 8.00 / No els - 10.00 (D Panel)**

**Warm up time 50 seconds each gymnast (including preparation of the Bars)**

**Intermediate fall time - 30 seconds Exceed fall time - exercise terminated**

<b>11.1 GENERAL – Mounts</b>	
- If gymnast on 1 <sup>st</sup> attempt touches board, apparatus or runs underneath the apparatus she must then start exercise - no value awarded for Mount	1.00 from FS
- 2 <sup>nd</sup> attempt to mount ( <i>with a penalty</i> ) is permitted if <b>NOT</b> touched board, Bars, or run underneath	1.00 from FS
- 3 <sup>rd</sup> attempt <b>NOT</b> permitted	

<b>11.3 COMPOSITION REQUIREMENTS (CR) - D PANEL</b>	
1. Flight element from HB to LB	award 0.50
2. Flight element on the same bar	award 0.50
3. Different grips ( <i>no cast, mount or dismount</i> )	award 0.50
4. Non flight element with min 360° turn ( <i>no mount</i> )	award 0.50
5. Dismount	award 0.00
• No dismount, A or B dismount	award 0.30
• C dismount	award 0.50
• D or higher	award 0.50

<b>11.4 CONNECTION VALUE (CV) - D PANEL</b> Formulas for direct connections	
<b>0.10</b>	<b>0.20</b>
<b>D + D</b> (or more)	<b>D</b> (flight - same bar or LB to HB) + <b>C or more on HB</b> (must be performed in this order) <b>D + E</b> (both flight elements)

Note: C/D elements must have flight or min ½ (180°) turn

<b>Faults</b>	<b>0.10</b>	<b>0.30</b>	<b>0.50 or more</b>
<b>11.5 COMPOSITION DEDUCTIONS - E PANEL</b>			
- Jump from LB to HB			X
- Hang on HB, put feet on LB, grasp LB			X
- More than 2 of the same element directly connected to the dismount	X		
<b>11.6 SPECIFIC APPARATUS DEDUCTIONS - E PANEL</b>			
- Adjusted grip position	X		
- Brush apparatus with feet		X	
- Brush on mat			X
- Hit on apparatus with feet			X
- Hit on mat with feet (fall)			1.00
- Uncharacteristic element (elements with take off 2 feet or thighs)			X
- Poor rhythm in elements	X		
- Insufficient height of flight elements	X	X	
- Under rotation of flight elements	X		
- Excessive flexion of hip joint in the leg tap (dismounts)	X	X	
- Insufficient extension in kips	X		
- Intermediate swing (no additional execution deductions for bent legs, arms,			X
- Empty swing swing fwd/bwd under horizontal etc)			X
- Angle of completion of elements	X	X	X
Amplitude of:			
- Swings fwd or bwd under horizontal	X		
- Casts	X	X	
- No attempt to dismount			X

NB  
• Elements 5.105, 5.506, 1.108 sole circle elements fwd & bwd - if performed with bent legs credit DV & apply deductions for bent legs

• 2.104 & 2.105 if performed with bent legs, recognise as 'A' with deductions for bent legs

• "Shaposhnikova" elements with ½ (180°) turn do not fulfil the exception rule for the allowance of empty swing without deduction into another element, the exception is only for "Shaposhnikova" elements with/without 1/1 (360°) turn

• No changes since August 2014 version