

**FIG WTC COP 2017 – 2020 BARS (SECTION 11) December 2016** Read in conjunction with NL40

**CONTENT OF THE EXERCISE** Maximum 8 highest difficulties including dismount are counted for DV  
 No dismount count only 7 elements for DV - 0.50 deduction (D Panel) (FS)  
**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) (FS)  
**Warm up time** 50 seconds each gymnast (including preparation of the Bars)  
**Intermediate fall time** - 30 seconds Exceed 30 seconds fall time – 0.30 deduction (D Panel) (FS)  
 Exceed 60 seconds 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>11.2 CONTENT AND CONSTRUCTION – Root skills</b>	
Only 3 elements in chronological order from the same “root skill” will be counted for DV, CR and CV <i>(exception of Kips, Giants fwd/bwd and Casts to handstand)</i>	
Determined by	<ul style="list-style-type: none"> <li>• entry into the skill</li> <li>• direction of the rotation</li> </ul>

<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>not cast, mount or dismount</i> )	award 0.50
4. Non flight element with min 360° turn ( <i>not mount</i> )	award 0.50

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

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

Faults	0.10	0.30	0.50 or more
<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>			
- Body alignment in handstand and cast to handstand	X	X	
- Adjusted grip position	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		
- 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	
- Excessive flexion of hip joint in the leg tap (dismount)	X	X	