

NVGOA Uneven Parallel Bars Clinic

2004-06 Rule Changes

7-3-4i The deduction on bars for release of one hand without supplementary support has been eliminated. This was a technical error not seen since the bars were moved so far apart and it is rare that a gymnast performs a skill like a wrap of the LB then regrasps the HB in an eagle grip.

7-4 The following changes were made in skill difficulties:

Sole circle with flight, regrasp HB = S

Clear back hip circle to back salto dismount = BHS

Back giant through to a handstand on HB to back salto dismount = BHS

7-1-4 When the landing area for bars (vault or beam as well) is over a pit, the surface must provide for a solid landing and meet all other rules specifications. There must also be a solid base for mounts.

Event Requirements

1. Circling/Swinging;
2. Regrasp of superior difficulty – release of bar (with flight) followed by catching a bar with both hands simultaneously;
3. Salto or twist/turn (at least 360°);
4. At least two skills on each bar;
5. Kip;
6. Handstand (10° of vertical);
7. Dismount at least superior difficulty.

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Things to Watch for While Judging Bars

The host school shall mark the maximum dual-lock settings in red on the bars. Loudoun County schools do not have dual-lock bars, so this does not pertain to schools in Loudoun.

Extra Swings – a 0.3 deduction for every extra swing. Be sure to watch for them and take the appropriate deductions. But also be careful NOT to give them when they aren't, in actuality, extra swings. For example, "**Situation 8**" from the 2004-05 NFHS Girls Gymnastic Rules Interpretations: A gymnast performs a long hang kip to a clear support immediately to a long hang swing forward, then backward

to a long-hang uprise. The judges deduct for an extra swing and do not award back-to-back superior credit. **RULING:** Incorrect procedure. **Comment:** On skills where a forward swing is required first, but the difficult portion of the skill is performed on the backward swing following, such as a straddle back, a long uprise, or an inward salto, the forward swing performed prior to the backward swing IS considered as part of the skill. The forward swing may be performed as a long swing (as in a support on the HB, cast off and swing forward), a clear underswing (like the start of a clear hip circle and shoot legs forward), or an underswing with feet on the bar (as in sole circle and shoot legs forward). None of the above would break the back-to-back superior.

Regrasps – defined as a skill on bars consisting of a release of both hands, show of flight (momentary suspension in space), then catch either bar with both hands simultaneously. In order to receive credit for a regrasp under Event Requirements, the skill must be at least a Superior skill.

8 skills – this is usually only a problem for the beginner gymnasts, but it does sometime happen with the more experienced gymnast as well, especially at the beginning of the season. Each missing skill is a 0.5 deduction, so please bring this deduction to their attention on their score sheet (in a nice way).

NVGOA Uneven Parallel Bars Clinic

2 skills on each bar – this is an event requirement, so there is a 0.2 deduction if requirement is not met. Again, this is usually only a problem for the beginner gymnast.

Working the bars in both directions – this is something that I am a stickler on. I take .1 off in Spacing any time a gymnast facing the same direction during her entire routine. I will take of 0.05 if the only change of direction in a high level routing is during the mount, such as a kip, half-turn, kip, or jump half-turn kip.

COMPOSITION – this section is subjective and is up to the judge's discretion, so just get it set in YOUR mind what you are going to do – and BE CONSISTENT!

Judging Hints

Try to develop some sort of shorthand. Bar routines go QUICKLY so you will need it in order to feel comfortable judging this event! Below are some examples of what I use for common skills. You don't have to use these, just come up with something that is meaningful to you:

Kip

Free Hip Circle

Front Hip Circle

Handstand

Back Hip Circle

Handstand, 1/2

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Sole Circle	^	Handstand, 1/1	1 1/1
Sole Circle	N	Giant	O
Regrasp			
Long Hang Kip	S	Flyaway	U
		Flyaway, 1/1	U 1/1

Many judges simply use a “K” for kip, “LHK” for long hang kip, “FA” for flyaway, “G” for giant ... it doesn’t really matter what you use as long as YOU know what it means. New judges are encouraged to choose what to use for shorthand for two or three skills to begin with, and at each meet add to their “repertoire” of shorthand.

I write the execution deductions (and falls) as I watch the routine, right after the skill. When I look at my score sheet, once the gymnast is finished, I can perfectly (well, maybe not perfectly!) imagine her routine in my mind. For example, a simple routine such as: Kip, Front Hip Circle, Back Hip Circle, Sole Circle Regrasp, Extra Swing, Long Hang Kip, Front Hip Circle, Long Hang Flyaway would look like this on my score sheet:

^ML₁ ^MO₂ ^MO₁ ^SN₁ ^SS₂ ^MO₂ ^SU₂

I find that it helps to do things in the same order for each routine.

- As soon as the gymnast is done, I count up the execution deductions (in this case 1.4 - note the .3 off for the extra swing) and write it on the score sheet.
- Then I will be sure she has 8 skills, and if not, take the appropriate deduction (0.5 off in this case for one missing skill) and write that in under Neutral Deductions.
- I’ll then look at the Event Requirements and mark the score sheet accordingly. This gymnast is missing a handstand only, so 0.2 off.

NVGOA Uneven Parallel Bars Clinic

- Then I'll write the difficulty (M, S, HS, and BHS) on top to determine Difficulty and Bonus. In this case she gets .3 off in Difficulty for missing a HS and .6 off in Bonus.
- Then I'll go through the Composition Section, I would take off for Variety of Combinations, Rhythm (because of the extra swing), New & Unusual, Unique Choreography, All Spaces/Levels/Directions and Back-to-Back Superiors. Notice that if she HADN'T done the extra swing, she would have received .1 for BBS.
- Then, add up the total, subtract from 10, (RECHECK my math!) and write in the final score.

Find what works for you and **STICK WITH IT!** This event typically moves quickly and is very exciting to watch. Judging bars is a LOT of fun – the best event to judge, in my opinion.