

# FIG COP 2025-2025 (CYCLE 16) - BARS (SECTION 11) - BG WTC July 2024

**CONTENT OF THE EXERCISE** Maximum 8 highest difficulties including dismount are counted for DV  
If no dismount count only 7 elements for DV - **0.50 deduction D Jury** from Final Score

**Short exercise** D **Jury** deduction from Final Score

7 elements or more - 0.00 ded / 5-6 els - 4.00 ded / 3-4 els - 6.00 ded / 1-2 els - 8.00 ded / No els - 10.00 ded

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

**Intermediate fall time** - 30 seconds **Exceed 30 seconds fall time - 0.30 neutral deduction is applied (warnings at 10/20/30 secs)**  
**Exceed 60 seconds fall time - exercise terminated**

11.1 GENERAL – Mounts	
- If gymnast on 1 <sup>st</sup> attempt touches springboard, apparatus or runs underneath the apparatus she must then start exercise - no value awarded for mount	1.00 E <b>Jury</b>
- 2 <sup>nd</sup> attempt to mount ( <i>with a penalty</i> ) is permitted if <b>NOT</b> touched springboard, Bars or run underneath	1.00 from FS
- 3 <sup>rd</sup> attempt <b>NOT</b> permitted	
- A gymnast may not run/walk under LB to perform her mount	0.30 from FS
- Mounts can fulfill CR 1 for flight from HB to LB	
- Mount elements can be performed in the exercise [or vice versa] but receive DV only once	

11.2 CONTENT AND CONSTRUCTION
- Only 3 elements in chronological order from the same “root skill” will be counted for DV, CR and CV ( <i>exception Kips, Giants fwd/bwd and Casts to handstand</i> ). Determined by entry into the skill & direction of the rotation
- Only 1 “Tkatchev” type element <b>with or without</b> turn from each line in Table of Elements will be recognised
- <b>Only 1 “Jaeger” with or without turn in the Table of Elements will be recognised</b>

11.3 COMPOSITION REQUIREMENTS (CR) - D <b>JURY 2.00</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

11.4 CONNECTION VALUE (CV) & DMT BONUS – D <b>JURY</b>	Formulas for direct connections
0.10	0.20
D + D (or more)	D (flight - same bar or LB to HB) + C or more ( <b>on HB</b> and must be performed in this order) E + E (one must have flight) F + D (both must have flight)

Note: C/D elements must have flight or min ½ (180°) turn. Direct connections can be performed as mount connections

11.4 d) If empty or intermediate swing performed between 2 elements, or after the 2<sup>nd</sup>/last element, CV can **NOT** be awarded

**7.4.3 Bonus of 0.20 awarded for DMT with D value and higher (must be performed without a fall), added to D Score**

FAULTS	0.10	0.30	0.50 or more
<i>If there is no fall the maximum execution deduction may not exceed 0.80 per element</i>			
11.5 COMPOSITION DEDUCTIONS - E <b>JURY</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		
11.6 SPECIFIC APPARATUS DEDUCTIONS - E <b>JURY</b>			
- Body alignment in handstand and cast to handstand	X	X	
- Adjusted grip position	X		
- Brush on mat		X	
- Hit on apparatus with feet			X
- Hit on mat with feet (fall)			1.00
- Uncharacteristic element ( <i>elements with take off 2 feet or thighs</i> )			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 ( <i>dismount</i> )	X	X	