

FIG COP 2022-2024 (CYCLE 15) - BARS (SECTION 11) - BG WTC July 2021

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 Panel from Final Score**

Short exercise D Panel 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 second fall time - 0.30 neutral deduction is applied**

Exceed 60 second fall time - exercise terminated

11.1 GENERAL – Mounts	
- If gymnast on 1 st attempt touches springboard, apparatus or runs underneath the apparatus she must then start exercise - no value awarded for mount	1.00 from FS
- 2 nd attempt to mount (<i>with a penalty</i>) is permitted if NOT touched springboard, Bars or run underneath	1.00 from FS
- 3 rd attempt NOT 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 of Kips, Giants fwd/bwd and Casts to handstand</i>). Determined by entry into the skill & direction of the rotation	
- Only 1 “Tkatchev” type element without turn from each line in Table of Elements will be recognised	

11.3 COMPOSITION REQUIREMENTS (CR) - D PANEL	
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>not mount</i>)	award 0.50

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

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

11.4 d) If empty or intermediate swing performed between 2 elements, or after the 2nd/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)

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 PANEL			
- 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 PANEL			
- 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	