

Horizontal Bar - 10-12 year olds - Level 6 JE Future Stars

Note: On all listed parts: Incorrect grip deduction is (-0.2) a medium deduction each time.

#	Skill(s) Description	Performance Criteria	Technical Reference Item(s)
1	From hang in undergrip, pullover to support, cast forward to handstand,	Momentary stop in support allowed Extended straight body at vertical in hang and support in handstand	Undergrip cast to handstand
2	Two giant swings forward	Straight body at vertical positions	Giant swing forward
3	Giant swing forward with ½ turn through handstand (pirouette)	Shift of weight to post arm during upswing Maintain pressure against the bar & open shoulder angle during turn	Giant swing forward with ½ turn through handstand (pirouette)
4	Two giant swings backward	Straight body at vertical positions Hollow body tap is allowed	Giant swing backward
5	Free hip circle to handstand	Hollow body, hips clear of the bar	Free hip circle to handstand
6	Two giant swings backward	Straight body at vertical positions Hollow body tap is allowed	Giant swing backward
7	Swing ½ turn to handstand,	Hollow body position during ½ turn Shift wrists to support during ½ turn	Swing ½ turn to handstand
8	Two giant swings backward	Straight body at vertical positions Hollow body tap is allowed	Giant swing backward
9	Salto backward straight dismount	Center of mass at or above bar Vertical direction shown Gymnast is permitted to do undershoot and swing backward, swing forward to salto backward straight dismount (-0.5 deduction)	Salto backward straight

Specific Emphasis Elements (SEE)

SEE's are evaluated only to award virtuosity bonus. Each SEE may receive +0.1 in virtuosity bonus if criteria are fulfilled

SEE #1	Giant swings forward show rounded back to handstand, finishing in a straight handstand	Parts 2 & 3
SEE #2	Straight bodyline at vertical during giant swings to handstand	Parts 2-4, 6 & 8
SEE #3	Swing ½ turn shows hollow chest position and head neutral	Part 7

Major Elements - 1.0 Value

Must demonstrate completion of 50% of Major Element for credit. If less than 50% completed (-1.0) May repeat for credit

Part 3 - Pirouette	Part 5 - Free hip circle through handstand	Part 7 - Swing ½ turn to HS
	Parts 9 - Salto backward straight	