

Level 3 Bars Judging



p

- .10 Not keeping hand on bar between glide & pullover
- Each .10 Extra step or jump between
- .30 Not jumping from 2 feet
- .30 Chin resting on bar prior to leg lift
- ↑.10 Not finish in extended front support

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Back Hip Pullover

- .50 Not begin from stand outside facing LB
- .10 Must jump 2 feet
- .30 Run out glide
- ↑.10 Feet not leading
- ↑.20 Insuff. extension
- .10 Straddle legs not closed
- ↑.30 Bending legs on back swing

.20

Glide Swing

or

- .50 Not begin from stand outside facing LB
- .10 Must jump 2 feet
- .30 Run out glide
- ↑.10 Feet not leading
- ↑.20 Insuff. extension
- .10 Straddle legs not closed

.60

Straddle or Pike Glide Kip

- ↑.20 Not straight hollow
- ↑.10 No control returning to LB

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Cast

- Each ↑.10 Head not neutral
- Each ↑.20 Not straight hollow
- Each ↑.20 No Hip or thigh contact
- Each ↑.10 Continuity of circle
- ↑.20 Continuity between circles

.40 + .40

Back Hip Circle Hip Circle

- ↑.10 Not straight hollow
- .20 No small cast after front hip (half the value)

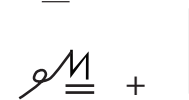
- ↑.10 No control returning to bar
- .50 Not returning to front support (performs immediate squat on)



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Front Hip Circle, Small Cast

- .20 Alternate feet
- .05 Hip lift only
- ↑.20 Not straight hollow
- .50 Touches HB



.60

Cast Squat On Stretch Jump DMT

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SCORE

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SCORE

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SCORE

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SCORE