

LEVEL 10 BARS COMPOSITION

BAR RELEASES ^.2*	
<p>* When applying this deduction, consider not only the value of the release elements (excluding dismounts), but also:</p> <ul style="list-style-type: none"> • Type of Release • Direct Connection to other releases and/or other high value parts • Total Number of releases in exercise (If 3 or more releases, deductions are at your discretion as judge) 	
UTL	Minimum of 2 Different D or E Release Elements
.05	1 D release Directly connected to a C Release
.10	1 Isolated D Release + 1 Isolated C Release
.15	2 Cs Directly connected <div style="text-align: right; color: red; font-weight: bold;">OR</div> 1 Isolated D Release + 1 Isolated B Release
.20	2 Isolated C Releases <div style="text-align: right; color: red; font-weight: bold;">OR</div> 1 B and 1 C Release elementk, or less

BAR DISMPTS ^.1	
UTL	D or E element connected to a C Dismt <div style="text-align: center; color: red; font-weight: bold;">OR</div> Any D/E Dismt
.05	2 C elem. connected to C Dsmt. <div style="text-align: center; color: red; font-weight: bold;">OR</div> D to C connection to C Dismt.
.10	1 C or less connected to C or less Dsmt..

C-DSMTS	D-DSMTS	E - DSMTS
Clear/toe, fwd salto T/P & w/1/2 Clear/toe, 1/2 tw. back salto T/P Flyaway w 1 1/2 or 2/1 twist Double back T/P Front flyaway w 1 1/2-2/1 tuck/stretch Cast near HS-back salto T/P Cast near HS-Front salto pike Back giant to back salto tucked over HB Clear hip to back salto tuck or pike Tanac 1/1 to 1 1/2 Back giant w 1/2 to back salto stretched	Clear/toe salto fwd T/P w 1/1 tw. Clear/toe salto fwd stretched Clear P circle bwd to salto fwd str. w 1/2 tw. Clear/toe 1/2 back salto stretched Clear/toe 1/2 to salto bwd tuck w 1/2 Flyaway 2 1/2 Double back tuck 1/2 in 2nd salto Double flyaway pike/lay or lay/pike Fwd giant, salto fwd T/P/S w 2 1/2 tw. Fwd giant 1/2 double back tuck/pike Back hip hecht to back salto Tuck Stalder HS to back salto T/P Back giant, salto back tucked over HB w 1/1 twist Tanac 2/1 or more	Clear/Toe front T/P with 1 1/2 tw. Clear/toe 1/2 to back tuck 1/1 tw. Flyaway 3/1 Double back tucked 2/1 tw. Double back tucked, full in or out Back Layout 1/2 front pike 1/2 Triple back tucked Double back Lay, also w 1/1-2-1 tw. Double back Lay 2 1/2 tw. (Peele) Double back stretched w/scissor splits Back tuck 1/2 into front tuck/str. also w/ 1/2 1/2 twist to double front tuck Double front tuck, also w/ 1/2 Front tuck 1/2 back tuck Back hip hecht-1/2 to front salto Back hip hecht- back salto w 1/1 tw.