

**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 FS**

**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

<b>11.1 GENERAL – Mounts</b>	
- If gymnast on 1 <sup>st</sup> attempt touches board, apparatus or runs underneath the apparatus she must then start exercise - no value awarded for mount	1.00 from FS
- 2 <sup>nd</sup> attempt to mount ( <i>with a penalty</i> ) is permitted if <b>NOT</b> touched board, Bars or run underneath	1.00 from FS
- 3 <sup>rd</sup> attempt <b>NOT</b> permitted	
- After presenting to D Panel, 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	

<b>11.2 CONTENT AND CONSTRUCTION – Root skills</b>	
- 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	

<b>11.3 COMPOSITION REQUIREMENTS (CR) - D PANEL</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>no cast, mount or dismount</i> )	award 0.50
4. Non flight element with min 360° turn ( <i>not mount</i> )	award 0.50

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

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

<b>FAULTS</b>	<b>0.10</b>	<b>0.30</b>	<b>0.50 or more</b>
<b>11.5 COMPOSITION DEDUCTIONS - E PANEL</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		
<b>11.6 SPECIFIC APPARATUS DEDUCTIONS - E PANEL</b>			
- Body alignment in handstand and cast to handstand	X	X	
- Adjusted grip position	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 (dismount)	X	X	