



**Notice re Compulsory Level 2 Bars:**

Whilst, all VM elements are requirements, the items in black are to provide clarity and understanding for coaches and judges.

VALUE	ELEMENTS (performed in optional order)	NOTES
	Mount From long hang, regular grip, trolley swing	-
1.00	Long upstart directly into: Cast to handstand	Cast with straddle and/or hips bent is allowed No tolerance in handstand VM
1.00	Giant circle backwards to handstand [Regular]	(deductions taken on the upswing side) GBR circle penalties apply
1.00	Giant circle forwards (in reverse or 'L' grip) <b>This is a mandatory element and MUST be performed without turn</b>	(deductions taken on the upswing side) GBR circle penalties apply Straddled forward giants are permitted with a 0.30 deduction
1.00	<b>Close bar circle element to handstand **</b> <b>This is a mandatory element and MUST be performed without turn:</b> (subsequent close bar elements can be used to fulfil other requirements)	GBR circle penalties apply
1.00	Element with grip change from regular to reverse/'L' grip to handstand <b>This can be a back giant or close bar element</b>	GBR circle or circle with turn penalties apply
1.00	Element with grip change from reverse/'L' grip to regular handstand <b>This would be a second forward element – such as front giant with half turn, or Endo with half turn or forward toe-on-toe-off to handstand with half turn</b>	
1.00	Giant circle backwards to handstand (accelerated) into immediate	Accelerated giant with hip and shoulder action no deduction
1.00	Straight back-away	Hip only 0.10 Shoulder only 0.10 No acceleration in giant VM (1.00)
1.00	Alternative dismount -Straight front-away	If performing straight front-away dismount the accelerated giant can be performed elsewhere in the routine

**BONUS**  
**0.50 each x 2 = 1.00 max applicable to 'L' grip**  
 > 'L' grip element to handstand or/and  
 > 'L' grip element with ½ turn (180°)  
 Clear pike circle min 45° – bonus 0.50 (Can be performed as single element)  
 \*\* Each additional consecutive different close bar element within 30° (bonus 0.3)