

| Level 1 OFSAA Bars   | Level 2 OFSAA Bars  | Level 3 OFSAA Bars  | OFSAA<br>January 2017<br>L. Smiley/J. Arsenault-Howick  |
|--|---|---|---|
| Start Value 10.00  | Start Value 10.00   | Start Value 10.00   | OFSAA BARS Level 1 - 3  |
| DV = Min 3 Elements<br>Counting DV = 3 (dsmt + ↑2 elements A @ 0.10)   | DV = Min 4 Elements<br>Counting DV = 4 (dsmt + ↑3 elements A @ 0.10)  | DV = Min 5 Elements<br>Counting DV = 5 (dsmt + ↑4 elements A @ 0.10)  | OFSAA A Elements  |
| No B, C, D, E, F, G <b>No High Bar elements</b><br>No flyaways No Uprises No Kips<br>No LB Giants No Sole Circles<br>(Penalty- 0.50 & No DV or SR) | No B, C, D, E, F, G <b>No High Bar elements</b><br>No flyaways No Uprises No Kips<br>No LB Giants No Sole Circles<br>(Penalty - 0.50 & No DV or SR) | No B, C, D, E, F, G <b>*Kips Allowed</b><br>No flyaways No Uprises<br>No LB Giants No Sole Circles<br>(Penalty - 0.50 & No DV or SR)  | <ul style="list-style-type: none"> <li>Pullover (Mount) - L1 - 5</li> <li>Hip Pullover to HB (L 1-5)</li> <li>Cast to horizontal with legs together (L1-5)</li> <li>Stride Circle Fwd - L1 -5</li> </ul>  |
| _____ Hip Pullover Mount<br>_____ <b>Cast Min. 45° Below Horizontal</b><br>_____ Circle element (excludes dismount)<br>_____ A Dismount off LB     | _____ Hip Pullover Mount<br>_____ <b>Cast Min. 45° Below Horizontal</b><br>_____ Circle element (excludes dismount)<br>_____ A Dismount off LB      | _____ 1 Bar Chg (need not be an element of value)<br>_____ <b>Cast Min. 45° Below Horizontal</b><br>_____ Circle element (excludes dismount)<br>_____ A Dismount on HB<br><br>A Dismount on LB = 0.00 | <ul style="list-style-type: none"> <li>Cast to One Leg Shoot Through L1-5</li> <li>Underswing Dismount, also with ½ Turn off LB Level 1&amp;2</li> <li><b>Jump Forward Off LB (Level 2 Only)</b></li> </ul> <b>Note: Casts performed to maximum amplitude (Handstand) will not be penalized as a Restricted (B) Element in Levels 1 - 5</b> |
| Special Requirements @ 0.50  |   |   |   |

| Specific Execution Deductions   |   | Specific Execution Deductions   |  | Extra Mats  |
|---|---|---|--|---|
| 0.30 ea Grasp to avoid a fall<br>0.30 ea Hit on Mat with feet<br>0.20 ea Hit on apparatus with feet<br>0.30 Poor rhythm of entire exercise<br>0.30 Insufficient height of flight elements (includes dismount)<br>0.10 ea Insufficient Extension on Kips<br>0.30 ea Intermediate swing<br>0.10 Landing too close to Bars on Dismount | 0.00 Double Bounce on Mount<br>0.10 Brush/Touch on Mat or Apparatus<br>0.10 ea Poor Rhythm Elements/Connections<br>0.20 Insufficient Dynamics | 0.30 <b>No Mount or Mount of No Value (L 1- 6)</b><br>0.30 ea <b>Uncharacteristic Bar Elements (climbing, stopping, rolling over, posing)</b><br>0.10 ea <b>Extra Swing of the Legs</b><br>↑0.10 <b>Insufficient swingful execution</b><br>0.30 SV <b>No attempt to dismount = .30 from Start Value</b> |  | Use of 10 cm supplementary mats <b>between the bars and for landing is mandatory(1-3)</b> . Up to 20 cm of additional mats are allowed.   |
|   |   |   |  | <b>Equipment</b><br>HB: 250 cm, LB: 170 cm (± 3 cm) Adjustable Diagonal 130-180cm<br>WIDTH: may be 2 notches beyond FIG (190 cm)<br>MATS: 20 cm<br>MOUNT: 8 m, DISMOUNT: 5 m<br><b>Non removal of Beat Board after mount is -0.50 Final Score</b> |

|     |       |             |               |            |              |   |          |    |    |    |        |    |      |
|-----|-------|-------------|---------------|------------|--------------|---|----------|----|----|----|--------|----|------|
| No: | Name: | EXEC: _____ | SP. EX: _____ | DYN: _____ | TOTAL: _____ | A | _____x.1 | DV | SR | D= | AVG E= | E= | FS = |
| No: | Name: | EXEC: _____ | SP. EX: _____ | DYN: _____ | TOTAL: _____ | A | _____x.1 | DV | SR | D= | AVG E= | E= | FS = |
| No: | Name: | EXEC: _____ | SP. EX: _____ | DYN: _____ | TOTAL: _____ | A | _____x.1 | DV | SR | D= | AVG E= | E= | FS = |

