

Level 4 OFSAA Bars	Level 5 OFSAA Bars	Level 6 OFSAA Bars	OFSAA Bars January 2017 J. Arsenault-Howick L. Smiley
Start Value 10.00 DV = Min 5 Elements Counting DV = 5 (dsmt + ↑4 elements) A @ 0.10	Start Value 10.00 DV = Min 6 Elements Counting DV = 6 (dsmt + ↑5 elements) A @ 0.10	Start Value 10.00 DV = 6 A 1B Counting DV = 7 (dsmt + ↑6 elements) A @ 0.10, B @ 0.30	OFSAA BARS Level 4 - 6 <ul style="list-style-type: none"> Cast to horizontal with legs together (L1-5) Cast to 1Leg Shoot Through (L1-5) Stride Circle (L1-5) Hip Pullover Mount or Hip Pullover to HB (L1-5)
No B, C, D, E, F, G No LB Giants No Flyaways (Penalty - 0.50 & No DV or SR)	No B, C, D, E, F, G No LB Giants (Penalty - 0.50 & No DV or SR)	No D, E, F, G <u>C's Allowed but not required</u> (Penalty -0.50 & No DV or SR)	Note: Levels 1-5 Casts performed to maximum amplitude (handstand) <u>will not be penalized for a Restricted element (B)</u>
_____ 1 Bar Chg (element must have value) _____ Cast to Horizontal _____ Circle element (excludes dismount) _____ A Dismount on HB A Dismount on LB = 0.00	_____ 1 Bar Chg (element of value) _____ Cast to Horizontal _____ Circle element (excludes pullovers) _____ A Dismount on HB A Dismount on LB = 0.00	_____ 1 Bar Chg (element of value) _____ 1 B* element See B* List of elements AND 1Circle element (Gr. 3,6,7 & Giants) _____ Cast to 45° _____ Min A Salto Dismount Non-salto Dismount = 0.00	C Elements Cast to Handstand ½ turn Front Giant with ½ turn Back Giant with ½ turn Flyaway Double Back Shoot over ½ turn within 30° of handstand Definition of Bar Change: Grip begins on 1 bar & ends on other bar.

Specific Execution Deductions		Specific Execution Deduction	Extra Mats
<u>0.30 ea</u> Grasp to avoid a fall <u>0.30 ea</u> Hit on Mat with feet <u>0.20 ea</u> Hit on apparatus with feet 0.30 Poor rhythm of entire exercise 0.30 Insufficient height of flight elements (includes dismount) 0.10 Insufficient Precision of Handstand positions throughout routine 0.10 ea Insufficient Extension on Kips <u>0.30 ea</u> Intermediate swing <u>0.10</u> Landing too close to Bars on Dismount 0.20 Insufficient Dynamics <u>0.10</u> <i>Insufficient Swingful execution</i> <u>0.10 ea</u> <i>Extra Swing of the Legs</i>	0.00 Double Bounce on Mount 0.10 Brush/Touch on Mat or Apparatus 0.10 ea Poor Rhythm Elements/Connections	<u>0.30</u> No Mount or No Mount of Value (L1 - 6) <u>0.30 ea</u> Uncharacteristic Bar Elements (climbing, stopping, rolling over, posing) <u>0.30 SV</u> No attempt to dismount = .30 from Start Value <u>0.30</u> Amplitude of casts Levels 4 & 5 <u>↑.20</u> <u>0.30 Casts below horizontal</u> <u>0.30</u> No Deduction for casts above horizontal 45° to vertical (maximum amplitude) Level 6 Only - OCP Cast Deductions Applied Please Note: Same elements may receive value twice if preceded or followed by a different element.	Up to 20 cm of additional mats under the bars and for landing are allowed Equipment HB: 250 cm, LB: 170 cm (± 3 cm) Adjustable Diagonal 130-180cm WIDTH: may be 2 notches beyond FIG (190 cm) MATS: 20 cm MOUNT: 8 m, DISMOUNT: 5 m Non removal of the BeatBoard after the Mount is 0.50 off FS. Use of 10 cm supplementary landing mat is mandatory. List of B* elements: Uprise, Clear Hip Circle, Giant, Pike Sole Circle to Clear Support, Stalder Circle fwd/bwd, Cast to Hand stand

No: _____ Name: _____ EXEC: _____ SP. EX: _____ DYN: _____ TOTAL: _____	<table border="1"> <tr><td></td><td></td><td>DV</td></tr> <tr><td>C</td><td></td><td>SR</td></tr> <tr><td>B</td><td>__ x.3</td><td></td></tr> <tr><td>A</td><td>__ x.1</td><td>D=</td></tr> <tr><td colspan="2">AVG E=</td><td>E=</td></tr> <tr><td colspan="2"></td><td>FS =</td></tr> </table>			DV	C		SR	B	__ x.3		A	__ x.1	D=	AVG E=		E=			FS =
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