



**Date of Review: 12/30/11**

**Name: Kiara**

**Level: 8**

**Event: Bars**

**Start Value: 9.0**

**Reason if below 10.0:**

Level 8 gymnasts cannot do a straddle back to the handstand position (trick that flies backward from high bar to handstand on low bar), this is an unallowable "C" element (trick) for a level 8 gymnast on bars for a .50 deduction. Also, because the gymnast straddle back to handstand does not count (unallowable) the gymnast is missing a Special Requirement for not having an element (trick) that has flight or turn in it for another .50 deduction.

**Score: 8.55**

**"A" Valued Skills**

**"B" Valued Skills**

<p><b>Kip</b> <b>Squat on</b> <b>Flyaway layout dismount</b></p>	<p><b>Uprise</b> <b>Cast to handstand</b> <b>Giant</b> <b>Giant</b></p>
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**"C" Valued Skills**

**"D" Valued Skills**

Clear hip to handstand	
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**"E" Valued Skills**

**Missing Elements**

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**Execution Deductions:**

**Deduction:** Kip - .05

Deduction Range: Insufficient extension of glides/swings into kips up to .10 (.05)

**Reason:** Lack of extension on kip

**Deduction:** 2<sup>nd</sup> kip - .05

Deduction Range: Insufficient extension of glides/swings into kips up to .10 (.05)

**Reason:** Lack of extension on kip

**Deduction:** Cast Handstand - .05

Deduction Range: 20° below vertical .05 (.05)

**Reason:** 20° below vertical

**Deduction: 1<sup>st</sup> Giant - .05**

Deduction Range: Insufficient stretched position, Arched up to .20 (.05)

**Reason:** Slight arch of back when coming up to the handstand.

**Deduction: 2nd Giant - .05**

Deduction Range: Insufficient stretched position, Arched up to .20 (.05)

**Reason:** Slight arch of back when coming up to the handstand.

**Deduction: Flyaway layout dismount - .20**

Deduction Range: Insufficient height of salto (flip) dismount up to .30 (.10)

Steps on landing .10 (max .40) (.10)

**Reason:** flip dismount should rise up instead of going out so far from bar. Took one step on landing.

**Composition Deductions:**

**Deduction: NONE!**

### Work On...

**All cast handstands should go to vertical. More height on dismount straight body flip (layout).**

### Other Comments...

**Very nice bar routine! Nice body lines and pointed toes throughout the routine. It is the Straddle back to handstand move that caused all the deductions from the start value for this level 8 gymnast.**