

UNEVEN BARS ~ Skills Chart
Additional "A" Value Part Skills

Bronze Division	Silver Division	Gold Division	Platinum Division	Diamond Division
Mounts: <ul style="list-style-type: none"> Pullover (from 1 or 2 ft or run) Jump to Front Support Glide swing to Stand Run out glide Kip Single leg jam Kip (from glide or run) 	Mounts: <ul style="list-style-type: none"> Pullover (from 1 or 2 ft or run) Glide swing to Stand Run out glide Kip Single leg jam Kip (from glide or run out) 	Mounts: <ul style="list-style-type: none"> Pullover (from 1 or 2 ft or run) Glide swing to Stand Run out glide Kip Single leg jam Kip (from glide or run out) 		
Casts: <ul style="list-style-type: none"> Cast (hips must leave bar) 	Casts: <ul style="list-style-type: none"> Cast (hips must leave bar) 	Casts: <ul style="list-style-type: none"> Cast to a minimum of 45° below horizontal 	Casts: <ul style="list-style-type: none"> Cast 89° to 21° from vertical 	Casts: <ul style="list-style-type: none"> Cast 45° to 21° from vertical
Circles: <ul style="list-style-type: none"> Stride Circle Forward Stride Circle Backward 	Circles: <ul style="list-style-type: none"> Stride Circle Forward Stride Circle Backward Long Hang Pull-Over (from long swing) 	Circles: <ul style="list-style-type: none"> Stride Circle Forward Stride Circle Backward Long Hang Pull-Over (from long swing) 		
Dismounts: <ul style="list-style-type: none"> Cast off to Stand ¾ Fwd Circle to Stand From low bar - Underswing to Stand From low bar - Sole Circle to Stand From <i>squat position on low bar</i> - Jump off forward to a stand 	Dismounts: <ul style="list-style-type: none"> Tap Swing Fwd. with ½ turn From low bar - Underswing to Stand From low bar - Sole Circle to Stand From <i>squat position on low bar</i> - Jump off forward to a stand 	Dismounts: <ul style="list-style-type: none"> Tap Swing Fwd. with ½ turn 		
Other Allowed Skills: <ul style="list-style-type: none"> Single leg basket swing (bent knee ok) Single leg swing bwd Single leg cut fwd or bwd Cast Shoot through 	Other Allowed Skills: <ul style="list-style-type: none"> Single leg basket swing (bent knee ok) Single leg swing bwd Single leg cut fwd or bwd Cast Shoot through Tap swing or Underswing - counterswing 	Other Allowed Skills: <ul style="list-style-type: none"> Single leg basket swing Single leg cut fwd or bwd Cast Shoot through Tap swing or Underswing - counterswing 	Other Allowed Skills: <ul style="list-style-type: none"> Tap swing or Underswing - counterswing - only 1 allowed 	