

Uneven Bar Clear Support Special Requirement Clarifications
2018 Oct 9

Last year's casting special requirement (SR) for the Gold, Platinum and Diamond Divisions has been expanded to allow more skills to fulfill the requirement. The new wording of the old casting special requirement is:

GOLD: A skill finishing in a CLEAR SUPPORT at horizontal (not mount or dismount)

PLATINUM: A skill finishing in a CLEAR SUPPORT above horizontal (Not mount or dismount)

DIAMOND: A skill finishing in a CLEAR SUPPORT at a minimum of 45 degrees from vertical (not mount or dismount)

Clarifications:

1. The intent is to allow coaches and gymnasts more skill options to fulfill this SR, especially circling skills such as clear hips.
2. A cast may still fulfill the SR.
3. Circling Skills that may fulfill this SR;
Clear Hip Circle
Stalder circle
Pike Sole Circle
Giant to handstand
4. Other skills that could fulfill the SR:
Uprise
Turning uprise
Straddle back
Over shoot
These skills could fulfill the SR if they achieved the correct angle.
5. A long swing $\frac{1}{2}$ turn (#4.101 and #4.201 and tapswing/underswing-counterswing will NOT fulfill the clear support SR.
6. Wording clarification – Gold is a MINIMUM of horizontal and Platinum is a MINIMUM of above horizontal
7. If a clear hip, stalder, toe on or giant to handstand is used to fulfill the clear support SR, it may also fulfill the 360 circling skill SR.
Gold Example: Gymnast performs a clear hip to horizontal – she fulfills the 360 circling SR and the Clear Support to horizontal SR. The one skill may fulfill two SRs.
Diamond example: Gymnast performs two giant s to handstand – she fulfills three SRs; Clear support to 45 degrees, "B" circling skill and 2nd 360 circling skill.