

CLHS Gymnastics Routine Worksheet BARS

_____ Name

_____ Grade

_____ Season

EVENT REQUIREMENTS

Worth 1.0 total (.2 ea.)

1	Kip	0.2
2	Change or Direction	0.2
3	Handstand	0.2
4	Release	0.2
5	Superior Dismount	0.2

ROUTINE--1 skill in each space Dif. Req. Bonus

1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
TOTALS			
ROUTINE START VALUE			

DIFFICULTY

Worth 3.0 total

High Superior (HS)	1	0.3
Superior (S)	1	0.5
	2	0.5
	3	0.5
Medium (M)	1	0.3
	2	0.3
	3	0.3
	4	0.3

SUGGESTIONS Dif. Req. Bonus

1			
2			
3			
4			
5			
6			
7			
8			

BONUS 0.8

AHS	1	0.2
(Adv. High Superior)	2	0.2
	3	0.2
	4	0.2
HLBB	1	0.2
(HS+HS)	2	0.2
LLBB	1	0.1
(S+S, S+HS, S+AHS)	2	0.1