

**2018-03-08**

**Elite 3 Parallel Bars compulsory clarification;**

7) Swing back and Bail to Giant swing preparation through any momentary support and drop to dismount.	1.0	<p><b>If hands release the bars parallel or below the bars. Not showing any support of the hands.</b></p> <p><b>If hands release with shoulders clearly above the bars, but not showing a clear support of the hands.</b></p>	<p><b>1.0 deduction</b></p> <p><b>0.5 deduction</b></p> <p>No Landing deduction          COACH MUST STAND IN FOR THE LANDING</p>
<b>TOTAL</b>	<b>10.0 - 11.0</b>		

Tony Smith

MAG NTD