



NGJA Judges Report Form
Event Review

COMPETITION
2020 Execution Routines Analysis
2020 NGJA Course Material

EVENT
Parallel Bars

JUDGING PANEL
Senior NAL – **Dean Schott**
NCAA NAL – **Nathan Dotson**
JONAL – Aaron Fortunato



NGJA Judges Report Form
Routine Analysis

COMPETITION: 2020 Execution Routines

EVENT: Parallel Bars

ATHLETE: Athlete 1

Skills	Value	Element Group	Connection Bonus	Execution Deductions	Comments
Cast					
Honma to support				.1,.1	Low slight arm bend, Knees, toes
Swing HS pirouette				.1	Hand adjustment
Moy to support				.1	Hand step
Swing HS pirouette				.1	Hand adjust after pirouette
Tippelt				.3,.3,.1	Low catch, strength/rhythm, hand adjust
Healy					
Swing reverse pirouette					
Stutz HS				.1, .1,.1	Angle, hop, hand adjust
Diamidov				.1	Hand adjust
Peters				.1, .1, .1	Angle, form, hand adjust before dismount
Double back piked				.1, .1, .1	Toes, lack of preparation, low chest on landing

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty =	E1 = 2.1	
D =	Element Groups =	E2 = 2.2	
C =	Connection Bonus = N/A	E3 = 1.8	
B =	Presentation = 10.0	E4 =	D Panel + E Panel =
A =	Start Value =		

D – Panel Comments:

E – Panel Comments:



COMPETITION: 2020 Execution Routines

EVENT: Parallel Bars

ATHLETE: Athlete 2

Skills	Value	Element Group	Connection Bonus	Execution Deductions	Comments
Cast					
Homna to support					
Swing HS				.1	Hand adjustment
Peach ½ to HS				.1	Arm bend
Peach HS					
Giant HS				.1	Hand adjust
Makuts				.5, .3, .1, .1	Pause (2-sec), arch, pike & late regrasp on ¾ Healy
Swing HS				.5, .1, .1	Leg separation, knees, rhythm
Healy					
Swing HS pirouette					
Diamidov				.1, .1	Body position & angle at regrasp, Hand step
Back Salto HS				.1	Angle
Stutz HS					
Front uprise				.1	Knee bend
Double front ½ twist				.1, .3, .3, .3	Leg separation, lack of twist, chest low, hop

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty =	E1 = 3.2	
D =	Element Groups =	E2 = 3.4	
C =	Connection Bonus = N/A	E3 = 2.7	
B =	Presentation =	E4 =	D Panel + E Panel =
A =	Start Value =		

D – Panel Comments:

E – Panel Comments:



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Routine Analysis

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EVENT: Parallel Bars

ATHLETE: Athlete 3

Skills	Value	Element Group	Connection Bonus	Execution Deductions	Comments
One rail glide kip through L-sit press HS				.1	Hand adjustments
Peach HS				.3, .3, .3	Arm bend, angle, strength
Giant HS				.1	Shoulder angle
Bhavsar				.1	Toes
Glide kip					
L-sit					
Press HS				.3	Short hold
Pirouette					
Tippelt				.3	Strength
Healy				.5, .1, .5	Arm bend (no credit), leg split, full extra swing
Swing HS				.1	Arm bend
Front Uprise				.1	Hips below shoulders
Swing HS					
Double back piked				.1, .1	Chest low, hop

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty =	E1 = 3.1	
D =	Element Groups =	E2 = 3.1	
C =	Connection Bonus = N/A	E3 = 2.6	
B =	Presentation = 10.0	E4 =	D Panel + E Panel =
A =	Start Value =		

D – Panel Comments:

E – Panel Comments:



COMPETITION: 2020 Execution Routines

EVENT: Parallel Bars

ATHLETE: Athlete 4

Skills	Value	Element Group	Connection Bonus	Execution Deductions	Comments
Free hip ¼ turn to HS				.3, 1	Arm bend, arch
Peach HS				.1, .1	Arm bend, arch
Moy to support				.1	Early leg bend
Swing HS					
Healy					
Swing HS					
Diamidov				.3, .1, .1, .1	Arch, Angle, leg separation, hand step
Front uprise					
Front 1 ¼ to upper arms				.1, .3	Toes, uncontrolled regrasp
Front uprise				.1	Low uprise
Swing HS					
Peters					
One rail glide kip thru straddled-L press HS				.1, .1	Arch, hand step
Double back piked				.1, .1, .3	Toes, lack of opening in prep, step

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty =	E1 = 2.3	
D =	Element Groups =	E2 = 2.5	
C =	Connection Bonus = N/A	E3 = 1.9	
B =	Presentation = 10.0	E4 =	D Panel + E Panel =
A =	Start Value =		

D – Panel Comments:

E – Panel Comments:



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ATHLETE: Athlete 5

Skills	Value	Element Group	Connection Bonus	Execution Deductions	Comments
Cast					
Honma to support				.1	Knee bend, low catch/arm bend
Swing HS				.3	Short hold
Peach HS				.1	Arm bend
Giant HS				.1, .1, .1	Knee bend before horizontal on bail, Shoulder angle, hand step
Giant salto and ½ twist to upper arm support				.1	Knee bend before horizontal on bail
Front uprise				.1, .1	Knee bend, low hips
Front 1 ¼ to bent arm support				.1, .3	Toes, knee bend
L-sit				.3	Short hold
Press HS					
Healy				.1	Arm bend
Swing HS pirouette				.1	Arch
Peters				.1, .1, .1	Legs, arch, step
Stutz HS				.1	Arch
Front uprise				.1	Knee bend
Front double tucked				.1, .1, .3	Toes, lack of preparation, hop

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty =	E1 = 2.6	
D =	Element Groups =	E2 = 2.8	
C =	Connection Bonus = N/A	E3 = 2.1	
B =	Presentation = 10.0	E4 =	D Panel + E Panel =
A =	Start Value =		

D – Panel Comments:

E – Panel Comments:



COMPETITION: 2020 Execution Routines

EVENT: Parallel Bars

ATHLETE: Athlete 6

Skills	Value	Element Group	Connection Bonus	Execution Deductions	Comments
Glide kip					
L-sit					
Press HS					
Moy to support				.1	Toes
Swing HS pirouette					
Tippelt				.1, .3, .1,	Toes, strength, rhythm
Healy				.1,.1	Slight pike and late regrasp
Swing HS					
Peters				.1	Leg separation
Stutz					
Front uprise					
Swing HS				.1, .1	Hand step, hand step
Double back tucked 1/1 twist				.3, .1,.3, .1	Lack of twist, lack of opening in prep,low chest, hop

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty =	E1 = 2.2	
D =	Element Groups =	E2 = 1.9	
C =	Connection Bonus = N/A	E3 = 1.6	
B =	Presentation = 10.0	E4 =	D Panel + E Panel =
A =	Start Value =		

D – Panel Comments:

E – Panel Comments:



COMPETITION: 2020 Execution Routines

EVENT: Parallel Bars

ATHLETE: Athlete 7

Skills	Value	Element Group	Connection Bonus	Execution Deductions	Comments
Cast					
Back uprise HS				.1, .1	adjustment, adjust
Peach HS				.3, .1	Arm bend, strength
Giant HS				.1	adjust
Diamidov				.1, .1, .1, .3	Leg separation, hand step, angle, arm bend
Front uprise				.1	low
Swing HS					
Stutz				.1, .1	Leg separation/Toes, angle
Peach support				.1	Arm bend
L-sit				.3	Short hold
Press HS					
Double back piked				.3, .3	Low chest, hop

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty =	E1 = 2.4	
D =	Element Groups =	E2 = 2.6	
C =	Connection Bonus = N/A	E3 = 2.1	
B =	Presentation = 10.0	E4 =	D Panel + E Panel =
A =	Start Value =		

D – Panel Comments:

E – Panel Comments:



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ATHLETE: Athlete 8

Skills	Value	Element Group	Connection Bonus	Execution Deductions	Comments
Front uprise				.1	low
Swing HS				.3	Short hold
Healy					
Swing HS				.3, .1	Short hold, hand step
Peach ½ HS				.3	Angle
Peach HS				.1	Hand step
Giant HS				.1	Hand step
Diamidov					
Front uprise					
Front 1 ¼ to upper arms				.1	Leg form
Front uprise				.1	low
Swing HS pirouette					
Tippelt					
Front uprise					
Double front tucked				.1, .3	Toes, hop

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty =	E1 = 1.9	
D =	Element Groups =	E2 = 1.9	
C =	Connection Bonus = N/A	E3 = 1.5	
B =	Presentation = 10.0	E4 =	D Panel + E Panel =
A =	Start Value =		

D – Panel Comments:

E – Panel Comments:



COMPETITION: 2020 Execution Routines

EVENT: Parallel Bars

ATHLETE: Athlete 9

Skills	Value	Element Group	Connection Bonus	Execution Deductions	Comments
Front uprise				.1	low
Swing HS					
Peach ½ HS				.1, .1, .1	Leg form, angle, strength
Peach HS				.1, .3	Knee bend, arm bend
Cast				.1	rhythm
Back uprise HS					
½ Pirouette					
Tippelt				.1	Rhythm/bobble
Healy					
Swing HS Pirouette				.1	Hand adjustment
Peters				.1	Leg separation
Diamidov				.1, .1	Knee bend, arch
Stutz					
Double back piked				.1, .3, .1	Toes, lack of pike, knee bend

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty =	E1 = 1.8	
D =	Element Groups =	E2 = 1.9	
C =	Connection Bonus = N/A	E3 = 1.7	
B =	Presentation = 10.0	E4 =	D Panel + E Panel =
A =	Start Value =		

D – Panel Comments:

E – Panel Comments:



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ATHLETE: Athlete 10

Skills	Value	Element Group	Connection Bonus	Execution Deductions	Comments
Glide kip					
L-sit				.1	Low legs
Press HS				.3	Short hold
Tippelt				.1, .1	Rhythm, hand adjustment
Healy					
Swing HS					
Front uprise					
Front 1 ¼ to upper arms				.1, .5	Knee bend, uncontrolled regrasp
Front uprise					
Swing HS pirouette				.1, .1, .1	Hand step, arch, hand step
Stutz				.1, .1, .1, .1	Angle, step, step, hip bend
Diamidov				.5, .1, .1, .1, .1	Large error non-recognition, step, step, step, arch
Front uprise					
Swing HS				.3	Shorth hold
Double back piked				.1, .3	Toes, step

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty =	E1 = 2.8	
D =	Element Groups =	E2 = 3.5	
C =	Connection Bonus = N/A	E3 = 3.1	
B =	Presentation = 10.0	E4 =	D Panel + E Panel =
A =	Start Value =		

D – Panel Comments:

E – Panel Comments: