



NGJA Judges Report Form
Event Review

COMPETITION
2020 Execution Routines Analysis
2020 NGJA Course Material

Still Rings

JUDGING PANEL
Senior NAL – Mike Juszcyk
NCAA NAL – Clay Strother
JONAL – Andy Brown



**NGJA Judges Report Form
Routine Analysis**

COMPETITION:

EVENT:

ATHLETE: Athlete 1

Skills	Value	Element Group	Connection Bonus	Execution Deductions	Comments
Dislocate	A	1			
Front uprise to L-sit	B	3		0.1 0.1	High entry unsteadiness
Fall to backward swing	A	1			
Inlocate	A	1			
Yamawaki	C	1		0.1, 0.1	Legs apart, toes
Uprise bwd. to support	X	1		0.1	Bent Arms
L-sit	A	2		0.3	Short hold
Press handstand	B	2		0.1, 0.1. 0.1	Arm bend, body/unsteadiness
Giant swing to handstand	C	1		0.1, 0.1, 0.1, 0.1, 0.1, 0.1	Legs apart, toes, knee bend, arm bend, postural, postural (leg, knee bend, arm bend, unsteadiness)
Double back with 1/1	C	4		0.1, 0.3, 0.1	Toes, step, foot slide

Difficulty	D Panel	E Panel	Final Score
G =			
F = 0			
E = 0	Difficulty = 1.7	E1 =	
D = 0	Element Groups = 1.8	E2 = 2.0	
C = 3	Connection Bonus =	E3 = 1.9	
B = 2	Presentation =	E4 = 2.1	D Panel + E Panel =
A = 4	Start Value = 3.5		

D – Panel Comments: Only counted 9 skills (too many EG1)

E – Panel Comments:



NGJA Judges Report Form
Routine Analysis

COMPETITION:

EVENT:

ATHLETE: Athlete 2

Skills	Value	Element Group	Connection Bonus	Execution Deductions	Comments
Bwd upr maltese	E	3		0.3, 0.1, 0.1	High entry, shoulder, false grip,
Nakayama	D	2		0.1	False grip
Bwd upr straddle planche	C	3		0.3, 0.1, 0.1	Hip bend, unsteadiness
Swing fwd to handstand	C	1		0.1, 0.1	Body, swinging of rings
Jonasson	D	1		0.1, 0.1	Bent knees, toes
Giant swing to handstand	C	1		0.1	Body/unsteadiness
Yamawaki	C	1		0.1	Toes
Uprise bwd. to support	A	1			
L-sit	X	2		0.1	Bent arms
Press handstand	B	2		0.3	Short hold
Double back with 2/1	E	4		0.1, 0.1, 0.3, 0.1	Legs, toes, step, step

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E = 2	Difficulty = 3.3	E1 =	
D = 2	Element Groups = 2.0	E2 = 2.3	
C = 4	Connection Bonus =	E3 = 2.3	
B = 1	Presentation =	E4 = 2.4	D Panel + E Panel =
A = 1	Start Value = 5.3		

D – Panel Comments:

E – Panel Comments:



NGJA Judges Report Form
Routine Analysis

COMPETITION:

EVENT:

ATHLETE: Athlete 3

Skills	Value	Element Group	Connection Bonus	Execution Deductions	Comments
Slow inlocate	A	1			
Kip to L-sit	B	3		0.1, 0.1, 0.1	Arm bend, high entry, unsteadiness
Straddle Planche	B	2		0.3, 0.3	Angle deviation, short hold
V-sit	B	2			
Fall to backward swing	X	1			
Yamawaki	C	1		0.1	Early knee bend
Jonasson	D	1		0.1	Toes
Honma to L-sit	B	3		0.3 0.1	Lowering of legs on L-sit arm bend
Press handstand	B	2		0.1, 0.1, 0.1	Arm bend, postural correction, swinging of rings
Swing fwd to handstand	C	1		0.1, 0.1, 0.1	Arm bend, body fault, postural correction (took two 0.3's and 0.1)
Double back with 1/1	C	4		0.1, 0.3, 0.1	Toes, step, step

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 2.4	E1 =	
D = 1	Element Groups = 1.8	E2 = 2.7	
C = 3	Connection Bonus =	E3 = 2.3	
B = 5	Presentation =	E4 = 2.4	D Panel + E Panel =
A = 1	Start Value = 4.2		

D – Panel Comments:

E – Panel Comments:



**NGJA Judges Report Form
Routine Analysis**

COMPETITION:

EVENT:

ATHLETE: Athlete 4

Skills	Value	Element Group	Connection Bonus	Execution Deductions	Comments
Kip to L-sit	B	3		0.1	Arm bend
Fall to backward swing	X	1			
Inlocate	X	1			
Jonasson	D	1			
Yamawaki	C	1			
Uprise bwd. to support	X	1		0.1	Movement in L position
L-sit	A	2		0.1, 0.3	Postural correction, short hold
Press to handstand	B	2		0.1	Swinging of rings
Giant swing to handstand	C	1		0.1, 0.1	Body, swinging of rings
Swing fwd to handstand	C	1		0.1, 0.1, 0.1	Postural correction, body, swinging of rings
Swing fwd through handstand	B	1			
Double back with 2/1	E	4		0.3, 0.3, 0.1	Lack of preparation, step, step

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E = 1	Difficulty = 2.5	E1 =	
D = 1	Element Groups = 2.0	E2 = 1.8	
C = 3	Connection Bonus =	E3 = 1.8	
B = 3	Presentation =	E4 = 1.9	D Panel + E Panel =
A = 1	Start Value = 4.5		

D – Panel Comments: Only counted 9 skills

E – Panel Comments:



NGJA Judges Report Form
Routine Analysis

COMPETITION:

EVENT:

ATHLETE: Athlete 5

Skills	Value	Element Group	Connection Bonus	Execution Deductions	Comments
Uprise bwd to maltese	E	3		0.3, 0.1, 0.1	Shoulders high on entry, shoulder on hold, body arched, (0.1, 0.1, 0.1)
Uprise bwd to cross	C	3		0.1, 0.3	High entry – High entry
Azarian	D	2		0.1	Swing
Giant swing to handstand	C	1		0.1, 0.1	Postural correction, swinging of rings
Jonasson	D	1			
Yamawaki	C	1			
Uprise bwd to straddle L	B	1		0.1 0.1	Swinging of rings legs low
Press handstand	B	2		0.1, 0.1	Swinging of rings, body
Swing fwd to handstand	C	1		0.1, 0.1, 0.3	Swinging of rings, postural correction, body arch
Double front piked	D	4		0.1, 0.1, 0.3	Toes, bent knees, hop

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E = 1	Difficulty = 3.3	E1 =	
D = 3	Element Groups = 2.0	E2 = 2.2	
C = 4	Connection Bonus =	E3 = 2.1	
B = 2	Presentation =	E4 = 2.2	D Panel + E Panel =
A =	Start Value = 5.3		

D – Panel Comments:

E – Panel Comments:



NGJA Judges Report Form
Routine Analysis

COMPETITION:

EVENT:

ATHLETE: Athlete 6

Skills	Value	Element Group	Connection Bonus	Execution Deductions	Comments
Slow inlocate	X	1			
Kip to L-sit	B	3		0.1	Arm bend
Straddle planche	B	2		0.1, 0.3	Angle deviation, hip bend (0.1, 0.1)
Fall to backward swing	X	1			
Bwd upr straddle planche	C	3		0.1, 0.1, 0.3	Angle deviation on entry, angle deviation on hold, hip bend (0.1, 0.1, 0.1)
Swing fwd to handstand	C	1		0.1, 0.1	Postural correction, body,
Giant swing to handstand	C	1		0.1	Swinging of rings
Yamawaki	C	1		0.1	Toes
Jonasson	D	1			
Uprise bwd to straddle L	B	1		0.3	Short hold
Press handstand	B	2		0.1, 0.1	Swinging of rings, body
Double front piked	D	4		0.1, 0.1, 0.1	Knee bend during swing phase, knee bend during flip, landing with feet apart

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 2.8	E1 =	
D = 2	Element Groups = 2.0	E2 = 1.8	
C = 4	Connection Bonus =	E3 = 1.8	
B = 4	Presentation =	E4 = 1.6	D Panel + E Panel =
A =	Start Value = 4.8		

D – Panel Comments:

E – Panel Comments:



NGJA Judges Report Form
Routine Analysis

COMPETITION:

EVENT:

ATHLETE: Athlete 7

Skills	Value	Element Group	Connection Bonus	Execution Deductions	Comments
Azarian Maltese	F	2		0.3, 0.1	Angular deviation, body
Bwd uprise maltese	E	3		0.3, 0.1, 0.1	High entry, shoulder, body
Nakayama cross	D	2			
Giant Swing to handstand	C	1		0.1	Postural correction
Yamawaki	C	1		0.1	Early Knee bend
Jonasson	D	1			
Bwd uprise cross	C	3		0.1, 0.1	High entry, swinging of rings
Bwd uprise straddle planche	C	3		0.1, 0.3, 0.1, 0.1	Body position, hip bend, body line, shoulder (0.1,0.1, 0.1)
Swing fwd to handstand	C	1		0.1 0.1	Postural correction swing
Double back with 2/1	E	4		0.1, 0.3, 0.1	Landing prep, Step, step

Difficulty	D Panel	E Panel	Final Score
G =			
F = 1			
E = 2	Difficulty = 3.9	E1 =	
D = 2	Element Groups = 2.0	E2 = 2.2	
C = 5	Connection Bonus =	E3 = 2.3	
B =	Presentation =	E4 = 2.5	D Panel + E Panel =
A =	Start Value = 5.9		

D – Panel Comments:

E – Panel Comments:



NGJA Judges Report Form
Routine Analysis

COMPETITION:

EVENT:

ATHLETE: Athlete 8

Skills	Value	Element Group	Connection Bonus	Execution Deductions	Comments
				0.3	Legs apart during jump
Slow inlocate	X	1			
Bwd uprise straddle planche	C	3		0.3, 0.1, 0.1, 0.3	Hip bend, shoulder line, arm bend, short hold
Swing fwd to handstand	C	1		0.1	Body,
Giant swing to handstand	C	1		0.1	Body
Jonasson	D	1			
Yamawaki	C	1			
Uprise bwd to straddle L	B	1		0.1	Low legs
Press to handstand	B	2		0.1 0.1	Body correction poor position
Double layout with 1/1	D	4		0.1, 0.1 0.3	Toes, knee bend, hips piked

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 2.4	E1 =	
D = 2	Element Groups = 2.0	E2 = 2.0	
C = 4	Connection Bonus =	E3 = 1.9	
B = 2	Presentation = 4.4	E4 = 1.7	D Panel + E Panel =
A =	Start Value =		

D – Panel Comments:

Mounted with legs apart
Only counted 8 skills (Too many EG1)

E – Panel Comments:



NGJA Judges Report Form
Routine Analysis

COMPETITION:

EVENT:

ATHLETE: Athlete 9

Skills	Value	Element Group	Connection Bonus	Execution Deductions	Comments
Bwd uprise support scale	D	3		0.3, 0.3, 0.1, 0.1, 0.1	Shoulder pos. high, Angle deviation, body, false grip, aesthetic error
Bwd uprise straddle planche	X	3		0.1, 0.1, 0.5	Knee bend, body rise above final position, hip bend (0.3, 0.1, 0.3)
Swing fwd to handstand	C	1		0.1, 0.1, 0.1, 0.1, 0.1	Knee bend during swing phase, arm bend, body past handstand, unsteadiness, swinging of rings (0.3, 0.1, 0.1, 0.3)
Giant swing to handstand	C	1		0.1, 0.1	Position and swing
Jonasson	D	1		0.1	Knee bend
Yamawaki	C	1			
Uprise bwd	A	1			
L-sit	A	2		0.1	Swinging of rings
Press to handstand	A	2		0.1, 0.1 0.3	Swinging of rings, unsteadiness swing with strength
Double back with 1/1	C	4		0.1, 0.1, 0.3, 0.1	Legs apart, feet flexed, hop, step

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 2.3	E1 =	
D = 2	Element Groups = 1.8	E2 = 3.5	
C = 4	Connection Bonus =	E3 = 2.8	
B = 0	Presentation =	E4 = 3.0	D Panel + E Panel =
A = 3	Start Value = 4.1		

D – Panel Comments:

Gave back uprise to support scale as shoulder is completely above the top of the rings (MTC newsletter #35).

No credit for back uprise straddle planche (maximum of 1 final strength position in each EG). As a result, only counted 9 skills.



Gave A press to handstand (bent body and bent arms).
E – Panel Comments:

NGJA Judges Report Form
 Routine Analysis

COMPETITION:

EVENT:

ATHLETE: Athlete 10

Skills	Value	Element Group	Connection Bonus	Execution Deductions	Comments
Kip to cross	C	3		0.1, 0.1	High entry, false grip
Honma to L-sit	B	3		0.1, 0.3/0.1,	Legs apart, lowering of legs on L-support
Fall to backward swing	A	1			
Jonasson	D	1			
Yamwaki	C	1			
Uprise bwd to support	A	1			
L-sit	A	2			
Press handstand	A	2		0.1, 0.1, 0.1	Adjustment during press, body, unsteadiness
Giant swing to handstand	C	1		0.1, 0.1, 0.1	Arm bend, adjustment, body
Double back with 1/1	C	4		0.1, 0.1, 0.3/0.1, 0.1	Toes, legs apart, hop, foot slide

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 2.2	E1 =	
D = 1	Element Groups = 1.8	E2 = 1.5	
C = 4	Connection Bonus =	E3 = 1.8	
B = 1	Presentation =	E4 = 1.5	D Panel + E Panel =
A = 4	Start Value = 4.0		

D – Panel Comments:

E – Panel Comments: