



National
Gymnastics
Judges
Association

NGJA 2022 Fall Judges Course Optional Certification

How To Calculate A Start Value

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Obtaining an Optional Certification allows an individual to judge USAG level 7-10 optional level gymnastics routines at the local level up to and including the State Championships.



This slideshow has been developed in accordance with the 2021-2024 version of the FIG Code of Points in addition to the 2021-2024 USAG Jr. Men's Competition Manual.



This slideshow is not meant to be a replacement for all of the information that is found in the FIG Code of Points and the USAG Jr. Program Manual. As a judge, you have an obligation to read these manuals and immerse yourself in all aspects of these rules.



Attention!

One of the first things to understand about judging the USAG national compulsory and optional levels is that the USAG Jr. Program rules are not to be consumed in isolation. One must first have a deeper level of understand of the F.I.G. rules. The USAG Jr. Program is simply an adaptation of the F.I.G. rules as they are currently written. Once you've read the F.I.G. rules once over, consider reading them again and again and you are sure to learn something new every time!

How To Calculate a Start Value

- Figuring out how to calculate a Start Value in an accurate and timely manner is, for many, one of the more difficult skills in learning how to judge.
- Learning this process is a skill that takes time to master.
- The most challenging part of this process ... not looking down! Your eyes should always be on the gymnast.
- You must correctly recognize each element ... Don't fall behind!
 - Twists
 - Counting flops and russians
 - Piked or stretched
 - Swing or strength
 - Grips on HB
 - Entry positions on SR
 - Hold time
 - Completed properly

The Process

- You have watched and recorded the routine on paper. Now what?
 1. Eliminate any repeated elements and those which violate specific rules.
 2. Assign the letter values to each element.
 3. Identify the Element Group for each skill.
 4. Select the 7 best skills plus the dismount for a USAG Jr. gymnast (10 for Sr. athletes using FIG rules)
 - Count the dismount first
 - Count the next 7 highest valued skills
 - No more than 5 skills per element group

Calculating the Start Value

1. **Add up the Difficulty** for the 8 counting elements (including any possible connection bonus).
2. **Add up the Element Groups** that have been fulfilled.
3. **Combine the Difficulty value and the value of the Element Groups** and add that to 10.0 for the Start Value (i.e. A Difficulty of 4.2 will be recorded as 14.2 Start Value)
4. Determine if **Start Value bonus** (+0.2) should be awarded.

***Neutral Deductions** will be subtracted from the final score.

How To Calculate a Start Value

There are a series of routines on the following slides. Watch the videos. Judge the routines. Go through all the necessary steps (in order) to correctly calculate the start value. You may encounter different types of issues that reflect the various problems we have to deal with as judges.

Level 9 - Floor Exercise



Record the Routine In Symbols



**Front
Handspring.**

**Salto fwd tucked
with 1/1 tw.**

**Press HS
from straddle**

pirouette

**Round
Off**

**Back
Handspring**

**Salto bwd Str
with 3/2 tw.**



**Front
Handspring**

**Salto fwd
tucked
with 1/2 tw.**

**Back
extension
roll to HS**

**Round
Off**

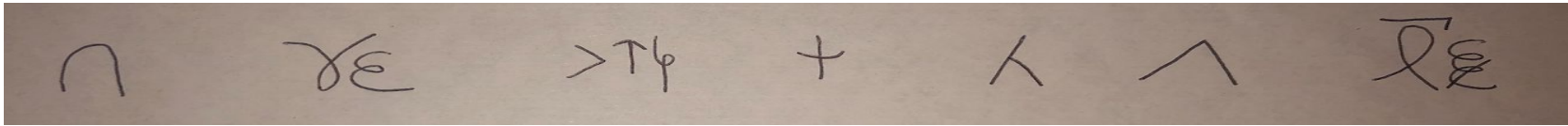
**Side Salto
tucked**

**Round
Off**

**Back
Handspring**

**Salto bwd. Str
With 1/1 tw.**

Eliminate Repeated Elements or Those That Violate Specific Rules



Front
Handspring.

Salto fwd tucked
with 1/1 tw.

Press HS
from straddle

pirouette

Round
Off

Back
Handspring

Salto bwd Str
with 3/2 tw.



X
Front
Handspring

X
Salto fwd
tucked
with 1/2 tw.

X
Back
extension
roll to HS

X
Round
Off

X
Side Salto
tucked

X
Round
Off

X
Back
Handspring

Salto bwd. Str
With 1/1 tw.

↓
No longer an
allowable skill

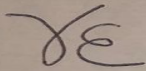
Assign Letter Values To Each Element

A



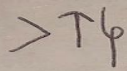
Front
Handspring

B



Salto fwd tucked
with 1/1 tw.

A



Press HS
from straddle

A



pirouette

JDP A



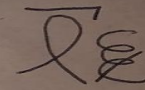
Round
Off

A



Back
Handspring

C



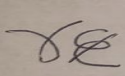
Salto bwd Str
with 3/2 tw.

A



Front
Handspring

JDP A



Salto fwd
tucked
with 1/2 tw.



Back
extension
roll to HS



Round
Off



Side Salto
tucked

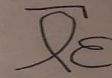


Round
Off



Back
Handspring

B



Salto bwd. Str
With 1/1 tw.

Identify the Element Group Number For Each Skill

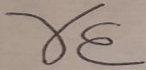
Listed JDP skills do NOT fulfill element groups

A 2



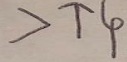
Front Handspring

B 2



Salto fwd tucked with 1/1 tw.

A 1



Press HS from straddle

A 1



pirouette

JDP A



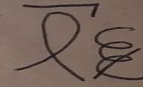
Round Off

A 3



Back Handspring

C 3



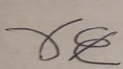
Salto bwd Str with 3/2 tw.

A 2



Front Handspring

JDP A



Salto fwd tucked with 1/2 tw.



Back extension roll to HS



Round Off



Side Salto tucked

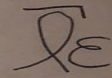


Round Off



Back Handspring














B 3/4


















Salto bwd. Str With 1/1 tw.

Select the Dismount & the Next 7 Highest Valued Skills

If the dismount is recognized, always count it first!

 A 2	 B 2	 A 1	 A 1	JDP A	 A 3	 C 3
						
Front Handspring	Salto fwd tucked with 1/1 tw.	Press HS from straddle	pirouette	Round Off	Back Handspring	Salto bwd Str with 3/2 tw.

 X	 A 2	JDP A	 X	 X	 X	 X	 B 3/4
							
Front Handspring	Salto fwd tucked with 1/2 tw.	Back extension roll to HS	Round Off	Side Salto tucked	Round Off	Back Handspring	Salto bwd. Str With 1/1 tw.

Calculate the Difficulty Total (including any bonuses)

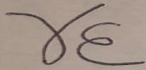
Difficulty = 1.2

A 2



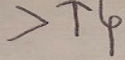
Front Handspring

B 2



Salto fwd tucked with 1/1 tw.

A 1



Press HS from straddle

A 1



pirouette

JDP A



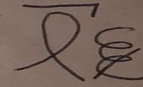
Round Off

A 3



Back Handspring

C 3



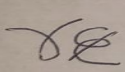
Salto bwd Str with 3/2 tw.

A 2



Front Handspring

JDP A



Salto fwd tucked with 1/2 tw.



Back extension roll to HS



Round Off



Side Salto tucked

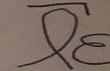


Round Off



Back Handspring

B 3/4



Salto bwd. Str With 1/1 tw.

Difficulty = 1.2

Element Groups = 2.0

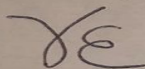
Calculate the Element Group Total

A 2



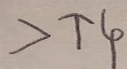
Front Handspring

B 2



Salto fwd tucked with 1/1 tw.

A 1



Press HS from straddle

A 1



pirouette

JDP A



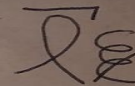
Round Off

A 3



Back Handspring

C 3



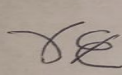
Salto bwd Str with 3/2 tw.

A 2



Front Handspring

JDP A



Salto fwd tucked with 1/2 tw.



Back extension roll to HS



Round Off



Side Salto tucked

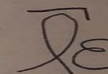


Round Off



Back Handspring

B 3/4



Salto bwd. Str With 1/1 tw.

Difficulty = 1.2

Element Groups = 2.0

Determine the Start Value: Difficulty + Element Groups

D-Score = 3.2

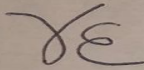
Start Value = 13.2

A 2



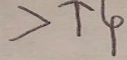
Front Handspring

B 2



Salto fwd tucked with 1/1 tw.

A 1



Press HS from straddle

A 1



pirouette

JDP A



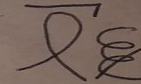
Round Off

A 3



Back Handspring

C 3



Salto bwd Str with 3/2 tw.

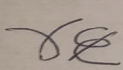
A 2

JDP A

B 3/4



Front Handspring



Salto fwd tucked with 1/2 tw.



Back extension roll to HS



Round Off



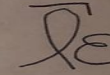
Side Salto tucked



Round Off



Back Handspring



Salto bwd. Str With 1/1 tw.

Level 10 - Floor Exercise



Record Routine in Symbols

Round
Off

Salto bwd. Str.
with 5/2 tw.

+

Salto fwd. Str.
with 1/2 tw.

Round
Off

Salto bwd. Str.
with 3/2 tw.

+

Salto fwd. Str.
with 1/1 tw.

Split

From split press
to Jap. HS

Salto fwd. Str.
with 3/2 tw.

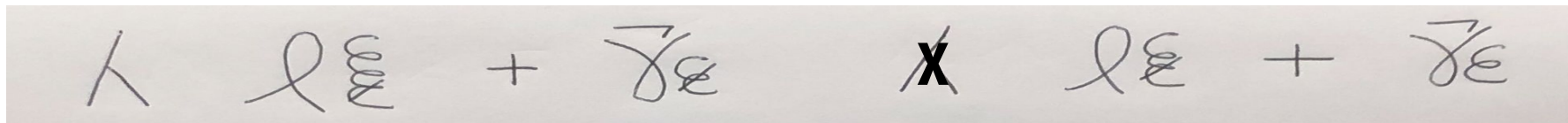
split

From split,
press to HS

Round
Off

Salto bwd. Str.
with 2/1 tw.

Eliminate Repeated Elements or Those That Violate Specific Rules



Round Off

Salto bwd. Str. with 5/2 tw.

Salto fwd. Str. with 1/2 tw.

~~Round Off~~

Salto bwd. Str. with 3/2 tw.

Salto fwd. Str. with 1/1 tw.



Split

From split press to Jap. HS

Salto fwd. Str. with 3/2 tw.

~~split~~

From split, press to HS

~~Round Off~~

Salto bwd. Str. with 2/1 tw.

Same COP box as Salto fwd. Str. with 1/1 tw but for L7-9 these skills have separate virtual COP boxes

Same COP box as Salto bwd. Str. with 3/2 tw. But for L7-9 these skills have separate virtual COP boxes

Assign Letter Values to Each Element

1 D Skill

5 C Skills

2 B Skills

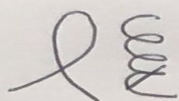
2 A Skills

JDP A



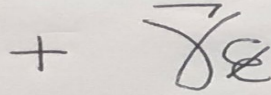
Round
Off

D



Salto bwd. Str.
with 5/2 tw.

B

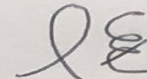


Salto fwd. Str.
with 1/2 tw.



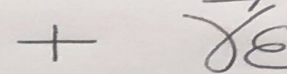
Round
Off

C



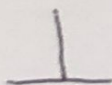
Salto bwd. Str.
with 3/2 tw.

C



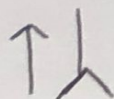
Salto fwd. Str.
with 1/1 tw.

A



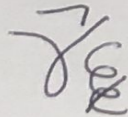
Split

C



From split press
to Jap. HS

C

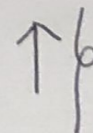


Salto fwd. Str.
with 3/2 tw.



split

B

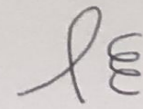


From split,
press to HS



Round
Off

C



Salto bwd. Str.
with 2/1 tw.

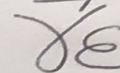
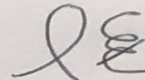
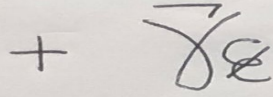
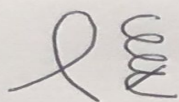
Identify the Element Group Number For Each Skill

D 3

B 2

C 3

C 2



Round Off

Salto bwd. Str. with 5/2 tw.

Salto fwd. Str. with 1/2 tw.

Round Off

Salto bwd. Str. with 3/2 tw.

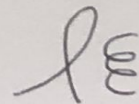
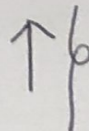
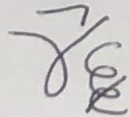
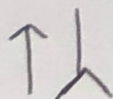
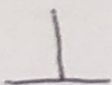
Salto fwd. Str. with 1/1 tw.

C 1

C 2

B 1

C 3(4)



Split

From split press to Jap. HS

Salto fwd. Str. with 3/2 tw.

split

From split, press to HS

Round Off

Salto bwd. Str. with 2/1 tw.

Select the Dismount & the Next 7 Highest Valued Skills

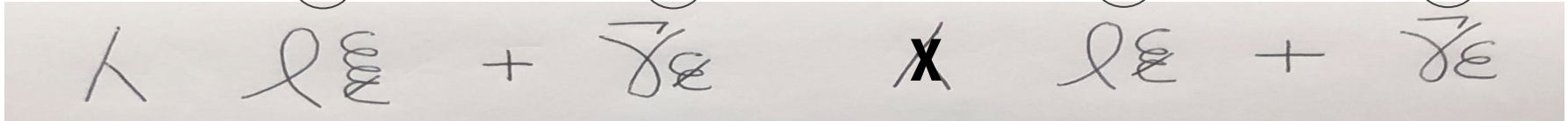
"JDP A"

D 3

B 2

C 3

C 2



Round Off

Salto bwd. Str. with 5/2 tw.

Salto fwd. Str. with 1/2 tw.

Round Off

Salto bwd. Str. with 3/2 tw.

Salto fwd. Str. with 1/1 tw.

A 1

C 1

C 2

B 1

C 3/4



Split

From split press to Jap. HS

Salto fwd. Str. with 3/2 tw.

split


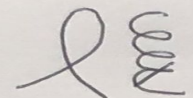
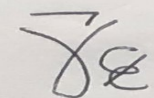
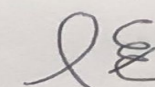
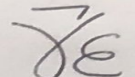

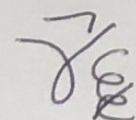
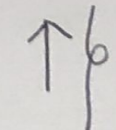
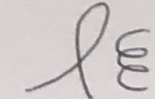
From split, press to HS

Round Off

Salto bwd. Str. with 2/1 tw.

Calculate the Difficulty Total (including any bonuses)

Difficulty = 2.3

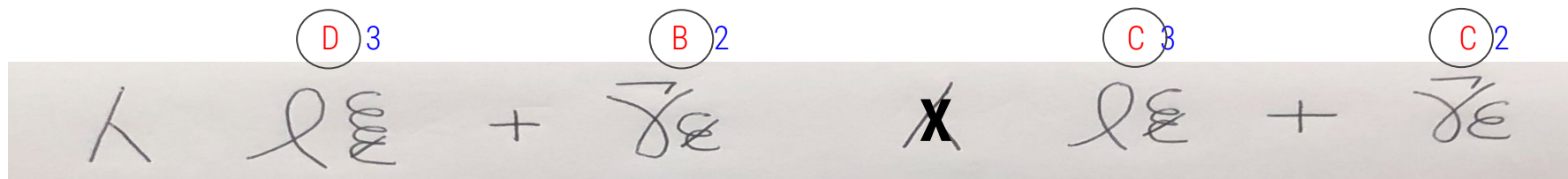
		+		X		+	
Round Off	Salto bwd. Str. with 5/2 tw.		Salto fwd. Str. with 1/2 tw.	Round Off	Salto bwd. Str. with 3/2 tw.		Salto fwd. Str. with 1/1 tw.
				X			
Split	From split press to Jap. HS		Salto fwd. Str. with 3/2 tw.	split	From split, press to HS		Salto bwd. Str. with 2/1 tw.

There is no longer connection bonus for single salto elements with twists

Calculate the Element Group Total

Difficulty = 2.3

Element Groups = 2.0



Round Off

Salto bwd. Str. with 5/2 tw.

Salto fwd. Str. with 1/2 tw.

Round Off

Salto bwd. Str. with 3/2 tw.

Salto fwd. Str. with 1/1 tw.



Split

From split press to Jap. HS

Salto fwd. Str. with 3/2 tw.

split

From split, press to HS

Round Off

Salto bwd. Str. with 2/1 tw.

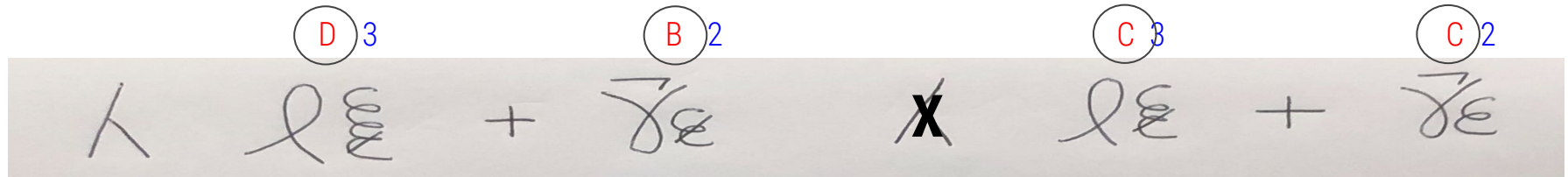
Difficulty = 2.3

Element Groups = 2.0

Determine the Start Value: Difficulty + Element Groups

D-Score = 4.3

Start Value = 14.3



Round Off

Salto bwd. Str. with 5/2 tw.

Salto fwd. Str. with 1/2 tw.

Round Off

Salto bwd. Str. with 3/2 tw.

Salto fwd. Str. with 1/1 tw.



Split

From split press to Jap. HS

Salto fwd. Str. with 3/2 tw.

split

From split, press to HS

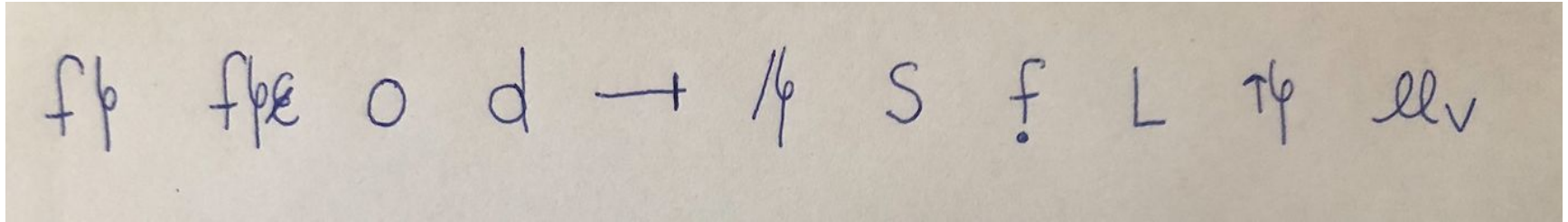
Round Off

Salto bwd. Str. with 2/1 tw.

Level 10 - Parallel Bars



Record Routine in Symbols



**Basket
HS**

**Basket ½
HS**

Giant

Diamadov

**Front
Uprise**

**Swing
HS**

Stutz

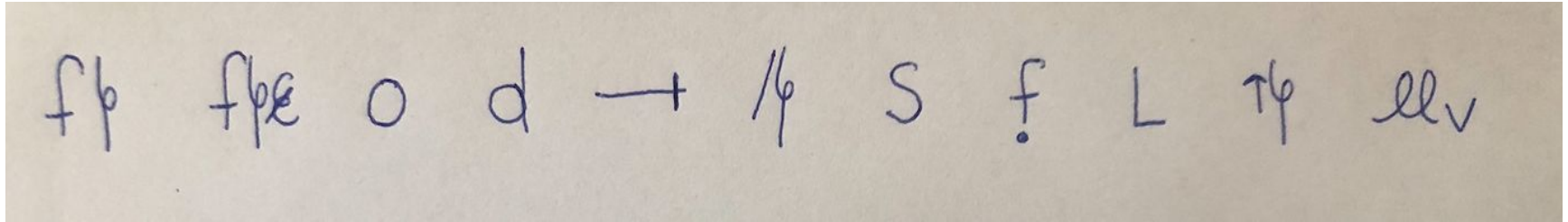
**Basket
Support**

L hold

**Press
HS**

**Dbl Back
Salto piked**

Eliminate Repeated Elements or Those That Violate Specific Rules

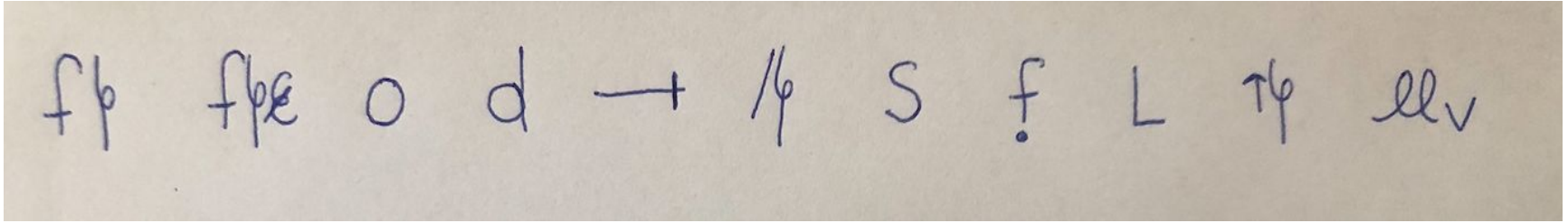


Basket HS	Basket ½ HS	Giant	Diamadov	Front Uprise	Swing HS	Stutz	Basket Support	L hold	Press HS	Dbl Back Salto piked
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No repetition or rule violations!

Assign Letter Values to Each Element

D E C C A A C B A B D



Basket HS Basket ½ HS Giant Diamadov Front Uprise Swing HS Stutz Basket Support L hold Press HS Dbl Back Salto piked

Identify the Element Group Number For Each Skill

D 3

E 3

C 3

C 1

A 2

A 1

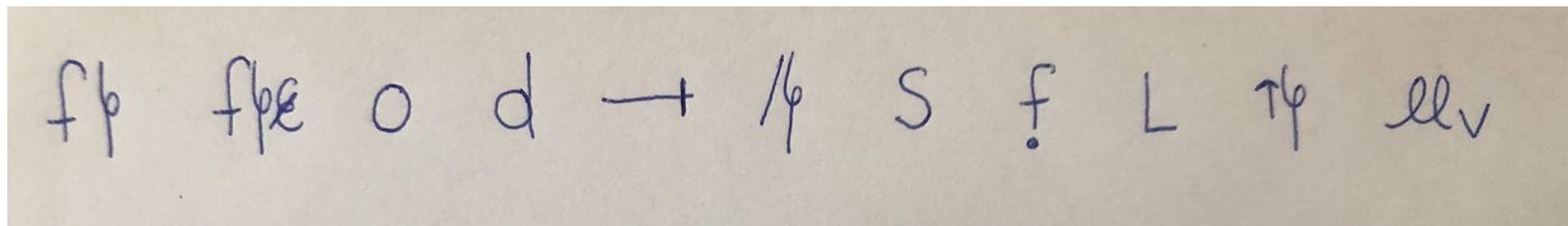
C 1

B 3

A 1

B 1

D 5



Basket
HS

Basket ½
HS

Giant

Diamadov

Front
Uprise

Swing
HS

Stutz

Basket
Support

L hold

Press
HS

Dbl Back
Salto piked

Select the Dismount & the Next 7 Highest Valued Skills

D 3

E 3

C 3

C 1

A 2

A 1

C 1

B 3

A 1

B 1

D 5

fb

fb $\frac{1}{2}$

O

d

—+

1/6

S

f!

L

1/6

llv

Basket
HS

Basket $\frac{1}{2}$
HS

Giant

Diamadov

Front
Uprise

Swing
HS

Stutz

Basket
Support

L hold

Press
HS

DbI Back
Salto piked

Calculate the Difficulty & Element Group Total Total

D 3	E 3	C 3	C 1	A 2	A 1	C 1	B 3	A 1	B 1	D 4
fb	fpe	o	d	+	1/6	S	f	L	tp	llv
Basket HS	Basket ½ HS	Giant	Diamadov	Front Uprise	Swing HS	Stutz	Basket Support	L hold	Press HS	DbI Back Salto piked

E = 1
D = 2
C = 3
B = 2
A =

Difficulty = 2.6
Element Groups = 1.5

Notice the only EG2 skill in the routine is NOT among the counting parts!

Determine the Start Value: Difficulty + Element Groups

D 3

E 3

C 3

C 1

A 2

A 1

C 1

B 3

A 1

B 1

D 4

fb

fpe

o

d

→

1/6

S

f!

L

↑p

llv

Basket
HS

Basket ½
HS

Giant

Diamadov

Front
Uprise

Swing
HS

Stutz

Basket
Support

L hold

Press
HS

Dbl Back
Salto piked

E = 1

D = 2

C = 3

B = 2

A =

Difficulty = 2.6

Element Groups = 1.5

D-Score = 4.1 / Start Value = 14.1