









# HB Optional Evaluation Form



**Purpose:** 2023 National Course Evaluation

**Program:** USA-G JD

**EVENT:** HB

**Level:** JD Level 8

**Routine#:** HB L8-2

**Routine Link:** [ngja.org/wp-content/uploads/2023-2024/Course videos/JR Optional/L8 HB 2.mp4](https://ngja.org/wp-content/uploads/2023-2024/Course%20videos/JR%20Optional/L8%20HB%202.mp4)

Skills	Value	EG	Bonus	Execution Deduction	Comments
Pre-Swings (4)					Athlete starts on 4th swing
<b>Back uprise</b>	A				
<b>Free hip circle</b>	A	3		.3 angle, .1 arm bend	
<b>Over grip giant</b>	A	1		.1 arm bend, .1 body arch	
Over grip giant				.1 arm bend, .1 hand adjustment	
<b>½ turn (blind change)</b>	A	1		.1-.3 leg split, .1 arm bend, .1 angle,	
<b>Under grip giant</b>	A	1		.1 body position	
Under grip giant				.1 body position	
<b>Pirouette</b>	A	1		.1 angle	
Over grip giant				.1 knee bend, .1 arm bend, .1 skew, .1 arch	
Over grip giant				.1 arm bend, .1 arch	
Over grip giant				.1 arms bend	
<b>Backward salto stretched</b>	A	4		.1 lack of rise	

Skills	D Panel		E Panel		Final Score		Range
H							
G	Difficulty	.7			<b>E Score</b>	7.9	
F	Element Groups	1.5	E1	2.0	<b>D Score</b>	2.2	
E	Connection Bonus		E2	2.2	<b>Final Score</b>	<b>10.1</b>	
D	Stick Bonus		E3				
C	Start Score Bonus	X	E4		Neutrals		
B	<b>Start Value</b>	<b>2.2</b>	<b>AVG</b>	<b>2.1</b>	Adjusted Score		
A	7						

**D – Panel Comments:**

**E – Panel Comments:**

NR, X = repeated skill or non-recognized skill.  
 The top 6 counting skills are noted in **Bold & larger font**.



# HB Optional Evaluation Form

**Purpose:** 2023 National Course Evaluation

**Program:** USA-G JD

**EVENT:** HB

**Level:** JD Level 8

**Routine#:** HB L8-3

**Routine Link:** [ngja.org/wp-content/uploads/2023-2024/Course videos/JR Optional/L8 HB 3.mp4](https://ngja.org/wp-content/uploads/2023-2024/Course%20videos/JR%20Optional/L8%20HB%203.mp4)

Skills	Value	EG	Bonus	Execution Deduction	Comments
Pre-Swings (5)					Athlete starts on 5th swing
<b>Back uprise to handstand with ½ turn I.7</b>	<b>A</b>	<b>1</b>		.3 arms bend	
<b>Over grip giants</b>	<b>A</b>	<b>1</b>			
<b>½ turn (blind change)</b>	<b>A</b>	<b>1</b>			
<b>Under grip giant</b>	<b>A</b>	<b>1</b>			
<b>Adler</b>	<b>B</b>	<b>2</b>		.1-.3 knee bend, .1 toe point,	
Under grip giants				.1 body position	
<b>Endo</b>	<b>B</b>	<b>2</b>		.3 entry angle, .1 toe point, .1 end position	
Under grip giants					
Pirouette				.1 angle	
Over grip giants					
<b>Stalder</b>	<b>B</b>	<b>3</b>		.1 knee bend, .1 toe point	
<b>Backward double salto w 1/1 twist stretch</b>	<b>D</b>	<b>4</b>	<b>.2</b>	.1 pike, .1 legs apart	

Skills	D Panel		E Panel		Final Score		Range
H							
G	Difficulty	1.4			<b>E Score</b>	8.2	
F	Element Groups	2.0	E1	1.7	<b>D Score</b>	3.6	
E	Connection Bonus		E2	1.9	<b>Final Score</b>	<b>11.8</b>	
D	1 Stick Bonus	.2	E3				
C	Start Score Bonus	X	E4		Neutrals		
B	3 <b>Start Value</b>	<b>3.6</b>	<b>AVG</b>	<b>1.8</b>	Adjusted Score		
A	4						

**D – Panel Comments:** The Adler was awarded a “B” value with no angle deduction (JD exception). Stick bonus can be awarded with a FIG “C” element or higher, in this case, a “D” element.

**E – Panel Comments:** The entry angle deduction for the endo is now a medium error. It is hard to tell with the video quality, but it looks like the athlete might be bending his knees on many of his over grip giants.

NR, X = repeated skill or non-recognized skill.

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# HB Optional Evaluation Form



**Purpose:** 2023 National Course Evaluation

**Program:** USA-G JD

**EVENT:** HB

**Level:** JD Level 9

**Routine#:** HB L9-1

**Routine Link:** [ngja.org/wp-content/uploads/2023-2024/Course videos/JR Optional/L9 HB 1.mp4](https://ngja.org/wp-content/uploads/2023-2024/Course%20videos/JR%20Optional/L9%20HB%201.mp4)

Skills	Value	EG	Bonus	Execution Deduction	Comments
Pre-Swings (6)				.3 excessive swings	Athlete starts on 6th swing
<b>Back uprise</b>	<b>A</b>	<b>1</b>		.1 arm bend	
Under grip giants					
<b>Adler</b>	<b>B</b>	<b>3</b>		.1 knee bend, .1 toe point	
Under grip giants					
Pirouette				.1 hand movement	Well Performed!
Over grip giants				.1 knee bend, .1 knee bend	
<b>Tkatchev straddled</b>	<b>C</b>	<b>2</b>		.1-.3 amplitude, .1 toe point,	
<b>Endo</b>	<b>B</b>	<b>3</b>		.1 toe point, .1 finish angle. .1 extra grip change	
Under grip giants					
Pirouette - Over grip giant				.1 hand movement	Well Performed!
<b>Quast</b>	<b>C</b>	<b>1</b>		.1 leg split, .1 amplitude.1 hand movement	
Over grip giant				.1 hand movement	
<b>Rybalko to mix</b>	<b>C</b>	<b>1</b>		.3 amplitude, .1 angle, .1 legs separation	
Under grip giant - Pirouette					Well Performed!
Over grip giant				.1 hand movement	
<b>Stalder</b>	<b>B</b>	<b>3</b>		.1 knee bend, .1 toe point	
Over grip giant				.1, .1, knee bend on giants, .1 leg split	
<b>Backward double salto w 1/1 twist stretch</b>	<b>D</b>	<b>4</b>	<b>.2</b>	.1 pike,	

Skills	D Panel		E Panel		Final Score		Range
H							
G	Difficulty	2.0			<b>E Score</b>	7.1	
F	Element Groups	2.0	E1	2.7	<b>D Score</b>	4.2	
E	Connection Bonus		E2	3.1	<b>Final Score</b>	<b>11.3</b>	
D	1 Stick Bonus	.2	E3				
C	3 Start Score Bonus		E4		Neutrals		
B	3 <b>Start Value</b>	<b>4.2</b>	<b>AVG</b>	<b>2.9</b>	Adjusted Score		
A	1						

**D – Panel Comments:** A push by the coach will count as the first swing. This athlete now starts his first skill on the 6th swing and receives a .3 deduction. The adler was generously awarded a “B” value. This gymnast has GREAT pirouette technique. There is NO extra swing deduction after the tkatchev and into the endo. Would a tkatchev into a kip get an extra swing deduction?

**E – Panel Comments:** Grip change, (news letter #2, 2022). **Grip Changes** (Article 9.4) An additional grip change is considered an "additional or intermediate hand support" and will be deducted 0.1.

NR, X = repeated skill or non-recognized skill.

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# HB Optional Evaluation Form



**Purpose:** 2023 National Course Evaluation

**Program:** USA-G JD

**EVENT:** HB

**Level:** JD Level 9

**Routine#:** HB L9-2

**Routine Link:** [ngja.org/wp-content/uploads/2023-2024/Course videos/JR Optional/L9 HB 2.mp4](https://ngja.org/wp-content/uploads/2023-2024/Course%20videos/JR%20Optional/L9%20HB%202.mp4)

Skills	Value	EG	Bonus	Execution Deduction	Comments
Pre-Swings (5)					Athlete starts on 5th swing
<b>Voronin</b>	<b>B</b>	<b>2</b>		.1 leg split, .3 skew, .1 arm bend	
<b>kip</b>	<b>A</b>	<b>3</b>		.1 angle, .1 hand adjustment	
<b>Under grip giant</b>	<b>A</b>	<b>1</b>			
<b>Endo</b>	<b>B</b>	<b>3</b>			Well Performed!
Under grip giant					
<b>Pirouette</b>	<b>A</b>	<b>1</b>		.1 angle	
<b>Over grip giant</b>	<b>A</b>	<b>1</b>			
<b>Stalder</b>	<b>B</b>	<b>3</b>		.1 toe point	Well Performed!
Over grip giant					
<b>Backward double salto tuck</b>	<b>B</b>	<b>4</b>		.1 prep, .3 step	

Skills	D Panel		E Panel		Final Score		Range
H							
G	Difficulty	1.2			<b>E Score</b>	8.7	
F	Element Groups	2.0	E1	1.3	<b>D Score</b>	3.2	
E	Connection Bonus		E2	1.3	<b>Final Score</b>	<b>11.9</b>	
D	Stick Bonus		E3				
C	Start Score Bonus		E4		Neutrals		
B	4	<b>Start Value</b>	<b>3.2</b>	<b>AVG</b>	<b>2.6</b>	Adjusted Score	
A	4						

**D – Panel Comments:**

**E – Panel Comments:**

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# HB Optional Evaluation Form



**Purpose:** 2023 National Course Evaluation

**Program:** USA-G JD

**EVENT:** HB

**Level:** JD Level 9

**Routine#:** HB L9-3

**Routine Link:** [ngja.org/wp-content/uploads/2023-2024/Course videos/JR Optional/L9 HB 3.mp4](https://ngja.org/wp-content/uploads/2023-2024/Course%20videos/JR%20Optional/L9%20HB%203.mp4)

Skills	Value	EG	Bonus	Execution Deduction	Comments
Pre-Swings (4)				.1 knee bend	Athlete starts on 4th swing
<b>Vault catch</b>	<b>B</b>	<b>2</b>		.1 knee bend, .1 toe point, .1 arm bend .3 lack of amplitude	
Swing ½ turn					
<b>Kip</b>	<b>A</b>	<b>3</b>		.1 knee bend, .1 arm bend, .1 angle	
<b>Under grip giant</b>	<b>A</b>	<b>1</b>			
<b>Endo</b>	<b>B</b>	<b>3</b>		.1 end position	
Under grip giant					
Pirouette				.3 angle	
<b>Over grip giants</b>	<b>A</b>	<b>1</b>			
<b>Stalder piked</b>	<b>C</b>	<b>3</b>		.1 knee bend, .1 toe point, .1 compression, .1 arm bend, .3 compression	
Over grip giants					
<b>Stalder</b>	<b>B</b>	<b>3</b>		.1 knee bend, .1 toe point	
Over grip giants					
<b>Backward Salto Stretch</b>	<b>A</b>	<b>4</b>		.1 toe point, .1 body position	

Skills		D Panel		E Panel		Final Score		Range
H								
G		Difficulty	1.3			<b>E Score</b>	7.9	
F		Element Groups	1.8	E1	1.8	<b>D Score</b>	3.1	
E		Connection Bonus		E2	2.4	<b>Final Score</b>	<b>11.0</b>	
D		Stick Bonus		E3				
C	1	Start Score Bonus		E4		Neutrals		
B	3	<b>Start Value</b>	<b>3.1</b>	<b>AVG</b>	<b>2.1</b>	Adjusted Score		
A	4							

**D – Panel Comments:**

**E – Panel Comments:** The stalder-piked is becoming a popular skill for the juniors with the increased value attributed to it. Common errors are: bent knees, lack of toe point and a *lack of compression*.

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# HB Optional Evaluation Form



**Purpose:** 2023 National Course Evaluation

**Program:** USA-G JD

**EVENT:** HB

**Level:** JD Level 10

**Routine#:** HB L10-1

**Routine Link:** [ngja.org/wp-content/uploads/2023-2024/Course videos/JR Optional/L10 HB 1.mp4](https://ngja.org/wp-content/uploads/2023-2024/Course%20videos/JR%20Optional/L10%20HB%201.mp4)

Skills	Value	EG	Bonus	Execution Deduction	Comments
Pre-Swings (4)					Athlete starts on 4th swing
<b>Back uprise to handstand with ½ turn I.7</b>	A	1		.1 arm bend, .1 angle	
<b>Over grip giant</b>	A	1		.1 knee bend	
<b>Kovacs</b>	D	2		.1 leg split, .1 arm bend	
Over grip giant				.1 body position	
<b>Stalder</b>	B	3		.1 knee bend, .1 toe point	
Over grip giant					
<b>½ turn (blind change)</b>	A	1		.1 angular deviation	
<b>Under grip giants</b>	A	1			
<b>Endo</b>	B	3		.1 toe point	
Under grip giants					
Pirouette				.1 angle	
Over grip giants					
<b>Backward double salto w 2/1 twist stretch</b>	E	4		.1 pike, .1 step	

Skills	D Panel		E Panel		Final Score		Range
H							
G	Difficulty	1.7			<b>E Score</b>	8.8	
F	Element Groups	2.0	E1	1.1	<b>D Score</b>	3.7	
E	1	Connection Bonus	E2	1.3	<b>Final Score</b>	<b>12.5</b>	
D	1	Stick Bonus	E3				
C		Start Score Bonus	E4		Neutrals		
B	2	<b>Start Value</b>	<b>3.7</b>	<b>AVG</b>	<b>1.2</b>	Adjusted Score	
A	4						

**D – Panel Comments:**

**E – Panel Comments:**

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# HB Optional Evaluation Form

**Purpose:** 2023 National Course Evaluation

**Program:** USA-G JD



**EVENT:** HB

**Level:** JD Level 10

**Routine#:** HB L10-2

**Routine Link:** [ngja.org/wp-content/uploads/2023-2024/Course\\_videos/JR\\_Optional/L10\\_HB\\_2.mp4](https://ngja.org/wp-content/uploads/2023-2024/Course_videos/JR_Optional/L10_HB_2.mp4)

Skills	Value	E G	Bonus	Execution Deduction	Comments
Pre-Swings (4)					Athlete starts on 4th swing
<b>Back uprise to handstand with ½ turn I.7</b>				.1 arm bend,.1 angle	
Over grip giant					
<b>Tkatchev straddled</b>	C	2		.1 low amplitude	
Over grip giant				.1 body position	
<b>Rybalko to mix</b>	C	1		.3 amplitude, .3 angle, .1 amplitude	
Under grip giants					
<b>Adler</b>	C	3		.1 knee bend, .1 toe point, .1 angle	
Under grip giants					
<b>Endo</b>	B	3		.1 body position	? entry angle ?
Under grip giant					
Pirouette					
Over grip giant					
<b>Stalder</b>	B	3		.1 knee bend, .1 toe point, .1 angle	
Over grip giant					
<b>Stalder piked</b>	C	3		.1 knee bend, .1 toe point, .3 compression, .1 arm bend, .5 knee bend, .3 leg split, .1 hand adjustment	Hmmmm
<b>Quast</b>	C	1		.1 leg split, .1 amplitude, .1 angle	
Over grip giants				.1 knee bend, .1 knee bend	
<b>Backward double salto w 1/1 twist stretch</b>	D	4		.1 pike, .1 hop	

Skills	D Panel		E Panel		Final Score		Range
H							
G	Difficulty	2.3			<b>E Score</b>	6.5	
F	Element Groups	2.0	E1	3.3	<b>D Score</b>	4.5	
E	Connection Bonus		E2	3.7	<b>Final Score</b>	<b>11.0</b>	
D	1	Stick Bonus	E3				
C	5	Start Score Bonus	E4		Neutrals		
B	2	<b>Start Value</b>	<b>4.5</b>	<b>AVG</b>	<b>3.5</b>	Adjusted Score	
A							

**D – Panel Comments:** The rybalko and quast elements must show amplitude as they are considered “hops”. The stalder piked was close to getting Non-Recognition status, even applying the JD rules. Athlete receives +.2 in Start Score Bonus due to his 4.3 start score.

**E – Panel Comments:**

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## HB Optional Evaluation Form



**Purpose:** 2023 National Course Evaluation

**Program:** USA-G JD

**EVENT:** HB

**Level:** JD Level 10

**Routine#:** HB L10-3

**Routine Link:** [ngja.org/wp-content/uploads/2023-2024/Course videos/JR Optional/L10 HB 3.mp4](https://ngja.org/wp-content/uploads/2023-2024/Course%20videos/JR%20Optional/L10%20HB%203.mp4)

Skills	Value	EG	Bonus	Execution Deduction	Comments
Back uprise to handstand with ½ turn	A	1		.1 angle, .1 movement	
Over grip giants	A	1		.1 hand movement	
Tkatchev straddled	C	2		.1 regrasping angle	
Endo	B	3		.1 extra grip change	
Pirouette				.1 hand movement, .1 hand movement	
Over grip giant					
Stalder piked	C	3		.1 legs apart, .1 toe point, .3 compression, .1 arm bend	
Over grip giant				.1 hand movement	
Rybalko 3/2 to a mix grip	C	1		.3 angle	
Under grip giant				.1 hand movement	
Adler	C	3		.3 angel deviation, .1 leg separation	
Under grip giant				.1 hand movement	
Pirouette				.1 hand movement	
Quast	C	1		.3 angel deviation, .1 hand movement	
Stalder	B	3			
Backward double salto w 1/1 twist stretch	D	4		.1 pike, .1 legs apart	

Skills		D Panel		E Panel		Final Score		Range
H								
G		Difficulty	2.5			E Score	3.0	
F		Element Groups	2.0	E1	3.0	D Score	4.8	
E		Connection Bonus		E2		Final Score	11.8	
D	1	Stick Bonus	0.1	E3				
C	5	Start Score Bonus	0.2	E4		Neutrals		
B	2	Start Value	4.8	AVG	3.0	Adjusted Score		
A	2							

**D – Panel Comments:**

**E – Panel Comments:**

NR, X = repeated skill or non-recognized skill.

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