



2018 NGJA Course
JO Compulsory Routine Analysis
Judging Report
Parallel Bars Routine Analysis
Judging Panel:
General Comments:



NGJA Judges Report Form

COMPETITION: **NGJA Course - Compulsory Analysis**
EVENT: **Parallel Bars**
ATHLETE: **Level 4 PB 1**

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
From stand, jump to support swing forward, swing backward			.1	.1	Virtuosity – horizontal pike
Swing forward to straddled support on bars					
3 Lift legs into a forward straddled "L" with momentary hold				.1	Angle
SB #1: Replace #3 with lift legs into a forward straddled "V" hold for 2 seconds (+0.5)					
Bring legs together and extend forward to straight body					
Swing backward, swing forward				.3	pike
Swing backward			.1		Virtuosity
Swing forward			.1	.1	Virtuosity, pike
Swing backward and dismount between the bars/mats or over either bar to stand.					
SB #2: Replace #8 with swing backward to handstand with momentary hold and dismount between the bars/mats or over either bar to stand (+0.5)			.5	.1 .3	Loose arch No momentary hold
Stick			.2		

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 9.5	E1 = 1.0	
D =	Element Groups =		
C =	Bonus = .8		
B =	Presentation =		D Panel + E Panel = 9.5
A =	Start Value = 10.5		

D – Panel Comments:

E – Panel Comments:



NGJA Judges Report Form

COMPETITION: NGJA Course - Compulsory Analysis
EVENT: **Parallel Bars**
ATHLETE: **Level 4 PB 2**

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
From stand, jump to support swing forward, swing backward				.1, .1, .1	Pike, toes, legs
Swing forward to straddled support on bars				.1, .1, .1, .3	Leg bend, hand movement, aesthetic error, hip extension
3 Lift legs into a forward straddled "L" with momentary hold					
SB #1: Replace #3 with lift legs into a forward straddled "V" hold for 2 seconds (+0.5)					
Bring legs together and extend forward to straight body				.1	No extension
Swing backward, swing forward				.1, .1, .1	Knees, toes, pike
Swing backward				.1	Knees
Swing forward				.1	Pike
Swing backward and dismount between the bars/mats or over either bar to stand.				.1, .3	Knee bend, Step
SB #2: Replace #8 with swing backward to handstand with momentary hold and dismount between the bars/mats or over either bar to stand (+0.5)					

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 9.5	E1 = 1.9	
D =	Element Groups =		
C =	Bonus =		
B =	Presentation =		D Panel + E Panel = 7.6
A =	Start Value = 9.5		

D – Panel Comments:

E – Panel Comments:



NGJA Judges Report Form

COMPETITION: NGJA Course - Compulsory Analysis
EVENT: **Parallel Bars**
ATHLETE: **Level 4 PB 3**

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
From stand, jump to support swing forward, swing backward				.1, .1, .1	Pike, low, knee bend
Swing forward to straddled support on bars				.3	Body Extension
3 Lift legs into a forward straddled "L" with momentary hold					
SB #1: Replace #3 with lift legs into a forward straddled "V" hold for 2 seconds (+0.5)			.5	.3	
Bring legs together and extend forward to straight body					
Swing backward, swing forward				.1	Knee bend
Swing backward					
Swing forward					
Swing backward and dismount between the bars/mats or over either bar to stand.				.3, 1, .1	Knee Bend, Low chest, step
SB #2: Replace #8 with swing backward to handstand with momentary hold and dismount between the bars/mats or over either bar to stand (+0.5)					

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 9.5	E1 = 1.5	
D =	Element Groups =		
C =	Bonus = .5		
B =	Presentation =		D Panel + E Panel = 8.5
A =	Start Value = 10.0		

D – Panel Comments:

E – Panel Comments:



NGJA Judges Report Form

COMPETITION: NGJA Course - Compulsory Analysis
EVENT: **Parallel Bars**
ATHLETE: **Level 4 PB 4**

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
From stand, jump to support swing forward, swing backward				.1	Form
Swing forward to straddled support on bars				.1, .3	Toes, Extension
3 Lift legs into a forward straddled "L" with momentary hold					
SB #1: Replace #3 with lift legs into a forward straddled "V" hold for 2 seconds (+0.5)			.5		
Bring legs together and extend forward to straight body					
Swing backward, swing forward				.1	pike
Swing backward					
Swing forward				.1	Pike
Swing backward and dismount between the bars/mats or over either bar to stand.			.2	.1, .1, .1	Legs, landing position, foot movement
SB #2: Replace #8 with swing backward to handstand with momentary hold and dismount between the bars/mats or over either bar to stand (+0.5)					

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 9.5	E1 = 1.0	
D =	Element Groups =		
C =	Bonus = 0.7		
B =	Presentation =		D Panel + E Panel = 9.2
A =	Start Value = 10.2		

D – Panel Comments:

E – Panel Comments: Do not judge a routine from this angle. Gymnast was given benefit of the doubt for bonus and angles.



NGJA Judges Report Form

COMPETITION: NGJA Course - Compulsory Analysis
EVENT: **Parallel Bars**
ATHLETE: **Level 5 PB 1**

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
From stand or short run, jump to long hang swing forward					
Long hang swing backward, long hang swing forward					
Long hang swing backward, up-rise to upper arm hang					
Upper arm swing forward, upper arm swing backward			.1		Virtuosity
Upper arm swing forward to straddled front up-rise to support and immediately lift legs off bars					
SB#1: Replace #5 with upper arm swing forward to forward up-rise to support (+0.5)			.5	.1, .1	Pike, finish below bar
Swing backward					
Swing forward to "L" hold for 2 seconds				.3	Short hold
SB#2: Replace #7 with swing forward to "V" or Manna hold for 2 seconds (+0.5)					
Extend forward and swing backward				.1	Knee Bend
Swing forward, swing backward					
Swing forward, swing backward to momentary handstand and push off either side to stand					
SB#3: Replace #10 with swing forward, swing backward to handstand hold for 2 seconds and push off either side to stand (+0.5)			.5 .2	.1, .1	Elbows Stick

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 9.5	E1 = .8	
D =	Element Groups =		
C =	Bonus = 1.3		
B =	Presentation =		D Panel + E Panel = 10.0
A =	Start Value = 10.8		

D – Panel Comments:

E – Panel Comments:



NGJA Judges Report Form

COMPETITION: NGJA Course - Compulsory Analysis
EVENT: **Parallel Bars**
ATHLETE: **Level 5 PB 2**

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
From stand or short run, jump to long hang swing forward					
Long hang swing backward, long hang swing forward				.1	Pike
Long hang swing backward, up-rise to upper arm hang			.1		Virtuosity
Upper arm swing forward, upper arm swing backward			.1		Virtuosity
Upper arm swing forward to straddled front up-rise to support and immediately lift legs off bars					
SB#1: Replace #5 with upper arm swing forward to forward up-rise to support (+0.5)			.5	.1, .1 .1	Pike, feet below bar, late completion
Swing backward					
Swing forward to "L" hold for 2 seconds				.1	Entry
SB#2: Replace #7 with swing forward to "V" or Manna hold for 2 seconds (+0.5)					
Extend forward and swing backward				.1	Knee
Swing forward, swing backward					
Swing forward, swing backward to momentary handstand and push off either side to stand			.2	.1, 1, .1	Arm bend, Legs, knee bend, Stick
SB#3: Replace #10 with swing forward, swing backward to handstand hold for 2 seconds and push off either side to stand (+0.5)					

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 9.5	E1 = .9	
D =	Element Groups =		
C =	Bonus = .9		
B =	Presentation =		D Panel + E Panel = 9.5
A =	Start Value = 10.4		

D – Panel Comments:

E – Panel Comments:



NGJA Judges Report Form

COMPETITION: NGJA Course - Compulsory Analysis
EVENT: **Parallel Bars**
ATHLETE: **Level 5 PB 3**

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
From stand or short run, jump to long hang swing forward				.1	pike
Long hang swing backward, long hang swing forward				.1	Toes
Long hang swing backward, up-rise to upper arm hang				.1	Low
Upper arm swing forward, upper arm swing backward				.1, .1	Pike, arm position
Upper arm swing forward to straddled front up-rise to support and immediately lift legs off bars					
SB#1: Replace #5 with upper arm swing forward to forward up-rise to support (+0.5)			.5	.3, .1, .1	Late finish, pike, feet below bars
Swing backward				.1	knees
Swing forward to "L" hold for 2 seconds				.1, .1	Entry, hip position
SB#2: Replace #7 with swing forward to "V" or Manna hold for 2 seconds (+0.5)					
Extend forward and swing backward				.1, .1	Extension n, knees
Swing forward, swing backward				.3, .1	Pike, knees
Swing forward, swing backward to momentary handstand and push off either side to stand			.2	.3, .1, .3, .3	Pike, Leg split, knees, short of handstand, Stick
SB#3: Replace #10 with swing forward, swing backward to handstand hold for 2 seconds and push off either side to stand (+0.5)					

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 9.5	E1 =2.9	
D =	Element Groups =		
C =	Bonus = .7		
B =	Presentation =		D Panel + E Panel = 7.3
A =	Start Value = 10.2		

D – Panel Comments:

E – Panel Comments:



NGJA Judges Report Form

COMPETITION: NGJA Course - Compulsory Analysis
EVENT: **Parallel Bars**
ATHLETE: **Level 5 PB 4**

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
From stand or short run, jump to long hang swing forward					
Long hang swing backward, long hang swing forward				.1, .1	Pike, knee bend
Long hang swing backward, up-rise to upper arm hang			.1	.1	pike
Upper arm swing forward, upper arm swing backward			.1	.1, .1, .1	Pike, arm position, knee bend
Upper arm swing forward to straddled front up-rise to support and immediately lift legs off bars					
SB#1: Replace #5 with upper arm swing forward to forward up-rise to support (+0.5)			.5	.3, .1, .1	Pike, low, late finish
Swing backward				.1	Low
Swing forward to "L" hold for 2 seconds				.3	Short Hold
SB#2: Replace #7 with swing forward to "V" or Manna hold for 2 seconds (+0.5)					
Extend forward and swing backward				.1	Knees
Swing forward, swing backward				.3, .1	Pike, knees
Swing forward, swing backward to momentary handstand and push off either side to stand			.2	.1, .1, .1, .1, .1	Pike, knees, arch, leg split, foot movement
SB#3: Replace #10 with swing forward, swing backward to handstand hold for 2 seconds and push off either side to stand (+0.5)					

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 9.5	E1 =2.5	
D =	Element Groups =		
C =	Bonus = .9		
B =	Presentation =		D Panel + E Panel = 7.9
A =	Start Value = 10.4		

D – Panel Comments:

E – Panel Comments:



NGJA Judges Report Form

COMPETITION: **NGJA Course - Compulsory Analysis**
EVENT: **Parallel Bars**
ATHLETE: **Level 6 PB 1**

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
From stand or short run, jump to glide kip to support				.1, .1	Legs, Arm bend
Swing backward, swing forward				.1	Pike
Swing backward and bail to Moy finishing in upper arm support				.1	Knee bend
SB#1A: Replace #3 with swing backward and bail to Moy to support, swing backward and layaway to upper arm support, upper arm swing forward (+0.5)			.5	.1, .1, .1	Knee bend, arm bend, knee bend
SB#1B: Replace #3 with swing backward and bail to giant swing backward to support, swing forward, swing backward, layaway to upper arm support, upper arm swing forward (+0.5)					
Upper arm swing backward				.1	Arm position
Upper arm swing forward to straddled front up-rise to support and immediately lift legs off bars					
Swing forward to forward up-rise to support (+0.5)			.5	.1, .1	Extension, feet low
Swing backward					
Swing forward to "L", hold 2 seconds, lift legs and extend forward and swing backward				.1	Knee bend
swing backward to Straddle "L", hold 2 seconds, press to handstand with momentary hold (+0.5)					
Swing forward, swing backward				.1,.1	Pike, Knee bend
Swing forward, swing backward				.1, .1	Knee bend, loose arch
Swing forward to 1/2 turn and post on one arm over single bar and dismount to stand (Stützkehr forward movement)			.2	.1	Below horizontal Stick

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 9.5	E1 = 1.6	
D =	Element Groups =		
C =	Bonus = 1.2		
B =	Presentation =		D Panel + E Panel = 9.1
A =	Start Value = 10.7		

D – Panel Comments:

E – Panel Comments:



NGJA Judges Report Form

COMPETITION: **NGJA Course - Compulsory Analysis**
EVENT: **Parallel Bars**
ATHLETE: **Level 6 PB 2**

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
From stand or short run, jump to glide kip to support				.1	Arm bend
Swing backward, swing forward				.1	Low front swing
Swing backward and bail to Moy finishing in upper arm support					
SB#1A: Replace #3 with swing backward and bail to Moy to support, swing backward and layaway to upper arm support, upper arm swing forward (+0.5)			.5	.1 .1 .1 .5	Bail before horizontal Low catch/ bent arms Body position Extra Swing
SB#1B: Replace #3 with swing backward and bail to giant swing backward to support, swing forward, swing backward, layaway to upper arm support, upper arm swing forward (+0.5)					
Upper arm swing backward				1.0	Missing Part
Upper arm swing forward to straddled front up-rise to support and immediately lift legs off bars					
Swing forward to forward up-rise to support (+0.5)			.5	.1, .1	Knee bend, extension
Swing backward				.1	Arms
Swing forward to "L", hold 2 seconds, lift legs and extend forward and swing backward					
swing backward to Straddle "L", hold 2 seconds, press to handstand with momentary hold (+0.5)			.5	.1, .1	Low, arm bend
Swing forward, swing backward			.1		
Swing forward, swing backward					
Swing forward to 1/2 turn and post on one arm over single bar and dismount to stand (Stützkehr forward movement)				.1, .1	Low, step

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 9.5	E1 =2.7	
D =	Element Groups =		
C =	Bonus = 1.6		
B =	Presentation =		D Panel + E Panel = 8.4
A =	Start Value = 11.1		

D – Panel Comments:

E – Panel Comments:



NGJA Judges Report Form

COMPETITION: NGJA Course - Compulsory Analysis
EVENT: **Parallel Bars**
ATHLETE: **Level 6 PB 3**

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
From stand or short run, jump to glide kip to support				.3	Arm bend
Swing backward, swing forward					
Swing backward and bail to Moy finishing in upper arm support			.1		
SB#1A: Replace #3 with swing backward and bail to Moy to support, swing backward and layaway to upper arm support, upper arm swing forward (+0.5)			.5	.1	Knee Bend
SB#1B: Replace #3 with swing backward and bail to giant swing backward to support, swing forward, swing backward, layaway to upper arm support, upper arm swing forward (+0.5)					
Upper arm swing backward				.1	Arm position
Upper arm swing forward to straddled front up-rise to support and immediately lift legs off bars					
Swing forward to forward up-rise to support (+0.5)			.5	.1, .1	Extension, arm bend
Swing backward				.1, .1	Arm bend, body position
Swing forward to "L", hold 2 seconds, lift legs and extend forward and swing backward					
swing backward to Straddle "L", hold 2 seconds, press to handstand with momentary hold (+0.5)			.5	.1, .1	Arms
Swing forward, swing backward			.1		
Swing forward, swing backward				.1	Arms
Swing forward to 1/2 turn and post on one arm over single bar and dismount to stand (Stützkehr forward movement)			.2		Stick

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 9.5	E1 =1.2	
D =	Element Groups =		
C =	Bonus = 1.9		
B =	Presentation =		D Panel + E Panel = 10.2
A =	Start Value = 11.4		

D – Panel Comments:

E – Panel Comments:



NGJA Judges Report Form

COMPETITION: **NGJA Course - Compulsory Analysis**
EVENT: **Parallel Bars**
ATHLETE: **Level 6 PB 4**

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
From stand or short run, jump to glide kip to support				.1, .1, .1, .5	Knees, toes, legs arms,
Swing backward, swing forward				.1, .1, .1	Knees, legs, toes
Swing backward and bail to Moy finishing in upper arm support				.5, .1, .1, .1	Extra swing
SB#1A: Replace #3 with swing backward and bail to Moy to support, swing backward and layaway to upper arm support, upper arm swing forward (+0.5)					
SB#1B: Replace #3 with swing backward and bail to giant swing backward to support, swing forward, swing backward, layaway to upper arm support, upper arm swing forward (+0.5)					
Upper arm swing backward				.1, .1, .1	Arm position, knees, pike
Upper arm swing forward to straddled front up-rise to support and immediately lift legs off bars					
Swing forward to forward up-rise to support (+0.5)			.5	.1, .1, .1	Extension, low, late finish
Swing backward				.1	Knees
Swing forward to "L", hold 2 seconds, lift legs and extend forward and swing backward				.1, .1,	Knee
swing backward to Straddle "L", hold 2 seconds, press to handstand with momentary hold (+0.5)					
Swing forward, swing backward				.1, .1, .3	Pike, leg split, knee bend
Swing forward, swing backward				.1, .1	Leg split, knee bend
Swing forward to 1/2 turn and post on one arm over single bar and dismount to stand (Stützkehr forward movement)			.2	.3, .1, .1	Leg split, knee bend, low, low chest on landing, stick

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 9.5	E1 = 4.0	
D =	Element Groups =		
C =	Bonus = 4.0		
B =	Presentation =		D Panel + E Panel = 6.2
A =	Start Value = 10.2		

D – Panel Comments:

E – Panel Comments:



NGJA Judges Report Form

COMPETITION: NGJA Course - Compulsory Analysis
EVENT: **Parallel Bars**
ATHLETE: **Level 7 PB 1**

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
From stand or short run, jump to glide kip to support				.1	Arm bend
Swing backward, layaway to forward uprise to support				.1, .1	Knee bend, low
Swing backward, swing forward				.1	Arm bend
Swing backward and bail to Moy finishing in upper arm support					
Upper arm swing backward to backward up-rise to support					
SB #1A: Replace #4 & #5 with swing backward and bail to Moy to support, swing backward (+0.5)					
SB #1B: Replace #4 & #5 with swing backward and bail to giant swing backward to support (+0.5)			.5	.1, .1, .1	Knee bend, shoulder angle, arm bend
Swing forward to an "L" hold 2 seconds				.1	Angle
Straight arm, bent body press to 45° above horizontal or higher			.1		Virtuosity
Swing forward, swing backward			.1		Arms
Swing forward, swing backward to handstand with momentary hold					
SB#2: Add basket (peach) to straight arm support (+0.5)			.5	.1	Arms
SB#3A: Add swing backward to 1/2 pirouette in handstand (forward or backward) (+0.5)				.1, .1, .1, .1, 1.0	Pike in front swings, arm bends, leg split, fall
SB#3B: Add swing forward to Stützkehr					
Swing forward to salto backward dismount or Swing forward, swing backward to salto forward dismount					
SB#4: Replace #10 with swing forward to salto backward stretched with 1/2 twist dismount or swing forward, swing backward to salto forward piked with 1/2 twist dismount (+0.5)			.5	.3, .1, .3	Amplitude, body position, step

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 9.5	E1 =3.0	
D =	Element Groups =		
C =	Bonus = 1.7		
B =	Presentation =		D Panel + E Panel = 8.2
A =	Start Value = 11.2		

D – Panel Comments:

E – Panel Comments:



NGJA Judges Report Form

COMPETITION: NGJA Course - Compulsory Analysis
EVENT: **Parallel Bars**
ATHLETE: **Level 7 PB 2**

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
From stand or short run, jump to glide kip to support				.1, .1	Knee bend, arm bend
Swing backward, layaway to forward uprise to support				.1, .1	Pike, late finish
Swing backward, swing forward					
Swing backward and bail to Moy finishing in upper arm support				.	
Upper arm swing backward to backward up-rise to support					
SB #1A: Replace #4 & #5 with swing backward and bail to Moy to support, swing backward (+0.5)			.5	.1, .1, .1, .3	Low bail, leg split, pike, bent arms
SB #1B: Replace #4 & #5 with swing backward and bail to giant swing backward to support (+0.5)					
Swing forward to an "L" hold 2 seconds				.3, .1	Short hold, position
Straight arm, bent body press to 45° above horizontal or higher			.1	.1, .1	Bent Legs, swing
Swing forward, swing backward			.1		
Swing forward, swing backward to handstand with momentary hold				.3	Short hold
SB#2: Add basket (peach) to straight arm support (+0.5)					
SB#3A: Add swing backward to 1/2 pirouette in handstand (forward or backward) (+0.5)			.5	.1, .1, .1, .1, .1	Arm bend, leg split, toes, arm bend, leg split
SB#3B: Add swing forward to Stützkehr					
Swing forward to salto backward dismount or Swing forward, swing backward to salto forward dismount					
SB#4: Replace #10 with swing forward to salto backward stretched with 1/2 twist dismount or swing forward, swing backward to salto forward piked with 1/2 twist dismount (+0.5)			.5	.1, .1, .1	Pike, amplitude, step

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 9.5	E1 =2.7	
D =	Element Groups =		
C =	Bonus = 1.7		
B =	Presentation =		D Panel + E Panel = 8.5
A =	Start Value = 11.2		

D – Panel Comments:

E – Panel Comments:



NGJA Judges Report Form

COMPETITION: NGJA Course - Compulsory Analysis
EVENT: **Parallel Bars**
ATHLETE: **Level 7 PB 3**

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
From stand or short run, jump to glide kip to support				.1	Arm bend
Swing backward, layaway to forward uprise to support				.1, .1, .1	Knee bend, extension, low finish
Swing backward, swing forward					
Swing backward and bail to Moy finishing in upper arm support					
Upper arm swing backward to backward up-rise to support					
SB #1A: Replace #4 & #5 with swing backward and bail to Moy to support, swing backward (+0.5)			.5	.1	Knee bend
SB #1B: Replace #4 & #5 with swing backward and bail to giant swing backward to support (+0.5)					
Swing forward to an "L" hold 2 seconds				.1	Angle
Straight arm, bent body press to 45° above horizontal or higher			.1	.3	Swing
Swing forward, swing backward					
Swing forward, swing backward to handstand with momentary hold				.3, .1	No hold, knees
SB#2: Add basket (peach) to straight arm support (+0.5)					
SB#3A: Add swing backward to 1/2 pirouette in handstand (forward or backward) (+0.5)			.5	.1, .1, .1, .1, .1, .1, .1	Knees, body position, walking
SB#3B: Add swing forward to Stützkehr					
Swing forward to salto backward dismount or Swing forward, swing backward to salto forward dismount				.1, .1, .1, .1	Amplitude, body position, landing prep, hop
SB#4: Replace #10 with swing forward to salto backward stretched with 1/2 twist dismount or swing forward, swing backward to salto forward piked with 1/2 twist dismount (+0.5)					

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 9.5	E1 =2.4	
D =	Element Groups =		
C =	Bonus = 1.1		
B =	Presentation =		D Panel + E Panel = 8.2
A =	Start Value = 10.6		

D – Panel Comments:

E – Panel Comments: Missing half swing before bonus not deducted, but not encouraged



NGJA Judges Report Form

COMPETITION: NGJA Course - Compulsory Analysis
EVENT: **Parallel Bars**
ATHLETE: **Level 7 PB 4**

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
From stand or short run, jump to glide kip to support				.1	Arm bend
Swing backward, layaway to forward uprise to support				.3, .1	Low layaway, late finish, low finish
Swing backward, swing forward				.1	Pike
Swing backward and bail to Moy finishing in upper arm support				.1	Bail before horizontal
Upper arm swing backward to backward up-rise to support				.1, .1	Low, arm bend on finish
SB #1A: Replace #4 & #5 with swing backward and bail to Moy to support, swing backward (+0.5)					
SB #1B: Replace #4 & #5 with swing backward and bail to giant swing backward to support (+0.5)					
Swing forward to an "L" hold 2 seconds				.3	Short hold
Straight arm, bent body press to 45° above horizontal or higher				.3, .1	Knees, toes
Swing forward, swing backward				.1, .1	Pike, toes
Swing forward, swing backward to handstand with momentary hold				.3	Short hold
SB#2: Add basket (peach) to straight arm support (+0.5)					
SB#3A: Add swing backward to 1/2 pirouette in handstand (forward or backward) (+0.5)					
SB#3B: Add swing forward to Stützkehr					
Swing forward to salto backward dismount or Swing forward, swing backward to salto forward dismount				.3, .3	Amplitude, step
SB#4: Replace #10 with swing forward to salto backward stretched with 1/2 twist dismount or swing forward, swing backward to salto forward piked with 1/2 twist dismount (+0.5)					

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 9.5	E1 =2.8	
D =	Element Groups =		
C =	Bonus =		
B =	Presentation =		D Panel + E Panel = 6.7
A =	Start Value = 9.5		

D – Panel Comments:

E – Panel Comments:

