



<b>2018 JO Course Material</b>
<b>JO Technical Sequence</b>
<b>Judging Report</b>
<b>Rings Routine Analysis</b>



## **2018 JO National Gymnastics *Technical Sequences* Judges Report Form**

### **Still Rings 15 – 18 Year Old Sequence Routine #1**

<b>Skills</b>	<b>Bonus</b>	<b>Execution Deduction</b>	<b>Comments</b>
Pull to Inverted Hang		.1	.1 Slight back swing before pull
Cast Backuprise to Str L		.2, .2, .1	.2 arm bend on back uprise, .2 short hold on straddle L, .1 low legs on straddle L
Press to Mom Planche		.2, .2	.2 hip angle, .2 no stop in planche
Lower to L			
Straight Arm Str. Press to Handstand		.1, .1	.1 arm bend, .1 rings turned in
Forward giant		.2, .1, .1	.2 arm bend, .1 rings turned in, .1 unsteadiness in HS
Back Giant to HS		.1, .1	.1 arm bend, .1 rings turned in,
Dislocate through HS			
Open tuck double, open to Landing	.1		Stick

<b>Evaluation</b>	
Base Score =	9.5
Bonus =	0.1
<b>Start Value =</b>	<b>9.6</b>
Deductions =	1.8
<b>Final Score =</b>	<b>7.8</b>



## **2018 JO National Gymnastics Technical Sequences Judges Report Form**

### **Still Rings**

### **15 – 18 Year Old Sequence**

### **Routine #2**

<b>Skills</b>	<b>Bonus</b>	<b>Execution Deduction</b>	<b>Comments</b>
Pull to Inverted Hang			
Cast Backuprise to Str L	.1	.2	.2 arm bend, +.1 ring turn out
Press to Mom Planche		.3	.3 major hip angle
Lower to L			
Straight Arm Str. Press to Handstand		.2, .1, .1	.2 arm bend, .1 rings turned in, .1 unsteadiness in HS
Front giant		.1, .1, .1	.1 arm bend, .1 rings turned in, .1 unsteadiness in HS
Back Giant to HS		.1, .1, .2	.1 arch, .1 unsteadiness in HS, .2 short hold
High Dislocate			
Open tuck double, open to Landing	.1		

<b>Evaluation</b>	
Base Score =	9.5
Bonus =	0.2
<b>Start Value =</b>	<b>9.7</b>
Deductions =	1.6
<b>Final Score =</b>	<b>8.1</b>



## **2018 JO National Gymnastics *Technical Sequences* Judges Report Form**

### **Still Rings 15 – 18 Year Old Sequence Routine #3**

<b>Skills</b>	<b>Bonus</b>	<b>Execution Deduction</b>	<b>Comments</b>
Pull to Inverted Hang		.1	.1 Slight back swing before pull
Cast Backuprise to Str L	.1	.1, .1, .2	.1 arm bend, .1 low legs, .2 short hold, +.1 ring turn out
Press to Mom Planche	.1	.2	.2 hip angle, +.1 ring turn out
Lower to L			
Straight Arm Str. Press to Handstand	.1		+.1 ring turn out
Front Giant		.2, .1	.2 hip angle, .1 unsteadiness in HS
Back Giant to HS		.1, .2	.1 arch, .2 short hold
High Dislocate			
Open tuck double, open to Landing		.1, .1	.1 prep for landing, .1 hop

<b>Evaluation</b>	
Base Score =	9.5
Bonus =	0.3
<b>Start Value =</b>	<b>9.8</b>
Deductions =	1.5
<b>Final Score =</b>	<b>8.3</b>



## **2018 JO National Gymnastics *Technical Sequences* Judges Report Form**

### **Still Rings 15 – 18 Year Old Sequence Routine #4**

<b>Skills</b>	<b>Bonus</b>	<b>Execution Deduction</b>	<b>Comments</b>
Pull to Inverted Hang			
Cast Backuprise to Str L	.1	.2, .2, .2	.2 arm bend, .2 legs low on back uprise, .2 short hold, +.1 ring turn out
Press to Mom Planche		.1, .2	.1 hip angle, .2 no stop
Lower to L	.1	.2	.2 short hold, +.1 ring turn out
Straight Arm Str. Press to Handstand	.1	.2, .2	.2 pause/hip lower, .2 short hold, +.1 ring turn out
Front giant		.3, .3, .3, .2, .2, .1	.3 arm bend, .3 knee bend, .3 hip angle, .2 use of strength in swing, .2 short hold, .1 unsteadiness in HS
Back Giant to HS		.2, .2, .2, .1	.2 arm bend, .2 shoulder angle, .2 short hold, .1 rings turned in
High Dislocate		.1	.1 low
Open tuck double, open to Landing	.1		stick

<b>Evaluation</b>	
Base Score =	9.5
Bonus =	0.4
<b>Start Value =</b>	<b>9.9</b>
Deductions =	3.7
<b>Final Score =</b>	<b>6.2</b>