



2018 NGJA Course
JO Compulsory Routine Analysis
Judging Report
Still Rings Routine Analysis
Judging Panel: Adam Hattersley
General Comments: <ul style="list-style-type: none">• D Panel:• E Panel:



NGJA Judges Report Form

COMPETITION: NGJA Course - Compulsory Analysis

EVENT: Still Rings

ATHLETE: Level 4 Routine #1

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Mount					
Pull Up				.1, .1, .1	.1 feet separation, .1 unsteadiness coming down, .1 form in hang
Hanging L			.5	.3	.3 short hold
Swing Back - For.					
Swing Back - For.				.1	.1 form in backswing
Swing Back - For - Inverted Hang					
Piked Inverted Hang				.1	.1 leg form
SB Back Lever			.5	.1, .1	.1 form, .1 upper body
German Hang				.1	.1 form
Dismount			.2	.1	.1 form in air
Difficulty	D Panel		E Panel		Final Score
G =					
F =					
E =	Difficulty =		E1 =1.2		
D =	Element Groups =		E2 =		
C =	Bonus = 1.2		E3 =		
B =	Presentation = 9.5		E4 =		D Panel + E Panel = 9.5
A =	Start Value = 10.7				

D – Panel Comments:

E – Panel Comments:



NGJA Judges Report Form

COMPETITION: NGJA Course - Compulsory Analysis

EVENT: Still Rings

ATHLETE: Level 4 Routine #2

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Pull Up				.1	.1 feet separation
Hanging L			.5	.3	.3 short hold
Swing Back - For.				.1	.1 swing below 45
Swing Back - For.					
Swing Back - For - Inverted Hang				.1, .1	.1 form to inverted hang, .1 unsteadiness
Piked Inverted Hang					
SB Back lever					
German Hang					
Dismount				.1	.1 step
Difficulty	D Panel			E Panel	Final Score
G =					
F =					
E =	Difficulty =			E1 = 0.8	
D =	Element Groups =			E2 =	
C =	Bonus = 0.5			E3 =	
B =	Presentation = 9.5			E4 =	D Panel + E Panel = 9.2
A =	Start Value = 10.0				

D – Panel Comments:

E – Panel Comments:

Back lever bonus, but deduction errors there.



EVENT: Still Rings

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Pull Up					
Hanging L			.5		
Swing Back - For.					
Swing Back - For.					
Swing Back - For - Inverted Hang				.1	.1 unsteadiness
Piked Inverted Hang					
SB Back lever			.5	.1	.1 body position
German Hang					
Dismount			.2		
Difficulty	D Panel			E Panel	Final Score
G =					
F =					
E =	Difficulty =			E1 =0.2	
D =	Element Groups =			E2 =	
C =	Bonus = 1.2			E3 =	
B =	Presentation = 9.5			E4 =	D Panel + E Panel = 10.5
A =	Start Value = 10.7				

E – Panel Comments:

Excellent execution and performance



NGJA Judges Report Form

COMPETITION: NGJA Course - Compulsory Analysis

EVENT: **Still Rings**

ATHLETE: **Level 4 Routine #4**

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Pull Up				.1	.1 control on way down
Hanging L			.5	.3, .1	.3 short hold, .1 form
Swing Back - For.				.1, .1	.1 form back swing, .1 form front swing
Swing Back - For.				.1, .1	.1 form back swing, .1 form front swing
Swing Back - For - Inverted Hang				.1, .1, .1	.1 form back swing, .1 form front swing, .1 feet
Piked Inverted Hang				.1	.1 form
SB Back lever					
German Hang				.3	.3 swing
Dismount				.1, .1, .1	Three small steps
Difficulty	D Panel			E Panel	Final Score
G =					
F =					
E =	Difficulty =			E1 = 1.9	
D =	Element Groups =			E2 =	
C =	Bonus = 0.5			E3 =	
B =	Presentation = 9.5			E4 =	D Panel + E Panel = 8.1
A =	Start Value = 10.0				

D – Panel Comments:

No stop in back lever so no bonus

E – Panel Comments:



NGJA Judges Report Form

COMPETITION: NGJA Course - Compulsory Analysis

EVENT: Still Rings

ATHLETE: Level 5 Routine #1

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Mount				.3	.3 never straightens arm to start
Muscle Up					
Support				.1	.1 slight arm bend
L Seat			.5		
Roll back to inverted hang					
SB Back Lever			.5	.1	.1 body angle
German Hang					
Pull to inverted pike, cast swing back					
Swing For. - Swing Back				.1	.1 low swing in back
Swing For. - Swing Back				.1	.1 low swing in back
Swing Forward - Salto Back Tucked				.1	.1 step
Difficulty	D Panel		E Panel		Final Score
G =					
F =					
E =	Difficulty =		E1 = 0.8		
D =	Element Groups =		E2 =		
C =	Bonus = 1.0		E3 =		
B =	Presentation = 9.5		E4 =		D Panel + E Panel = 9.7
A =	Start Value = 10.5				

D – Panel Comments:

E – Panel Comments:



NGJA Judges Report Form

COMPETITION: NGJA Course - Compulsory Analysis

EVENT: Still Rings

ATHLETE: Level 5 Routine #2

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Muscle Up			.5		
Support					
L Seat			.5	.1	.1 unsteadiness
Roll back to inverted hang					
SB Back Lever			.5	.3, .3	.3 body position, .3 short hold
German Hang					
Pull to inverted pike, cast swing back					
Swing For. - Swing Back				.1	.1 low swing in back
Swing For. - Swing Back				.1	.1 low swing in back
Swing Forward - Salto Back Tucked				.1	.1 hop
Difficulty	D Panel		E Panel		Final Score
G =					
F =					
E =	Difficulty =		E1 = 1.0		
D =	Element Groups =		E2 =		
C =	Bonus = 1.5		E3 =		
B =	Presentation = 9.5		E4 =		D Panel + E Panel = 10.0
A =	Start Value = 11.0				

D – Panel Comments:

E – Panel Comments:



NGJA Judges Report Form

COMPETITION: NGJA Course - Compulsory Analysis

EVENT: Still Rings

ATHLETE: Level 5 Routine #3

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Muscle Up			.5		
Support					
L Seat			.5	.1	.1 leg position
Roll back to inverted hang				.1	.1 leg form
SB Back Lever			.5	.1	.1 body position
German Hang			.1		Bonus extension
Pull to inverted pike, cast swing back					
Swing For. - Swing Back				.1	.1 low swing in back
Swing For. - Swing Back				.1	.1 low swing in back
Swing Forward - Salto Back Tucked			.2		
Difficulty	D Panel		E Panel		Final Score
G =					
F =					
E =	Difficulty =		E1 = 0.5		
D =	Element Groups =		E2 =		
C =	Bonus = 1.8		E3 =		
B =	Presentation = 9.5		E4 =		D Panel + E Panel = 10.8
A =	Start Value = 11.3				

D – Panel Comments:

E – Panel Comments:

NGJA Judges Report Form

COMPETITION: NGJA Course - Compulsory Analysis

EVENT: Still Rings

ATHLETE: Level 5 Routine #4

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Muscle Up			.5	.1	.1 more than slight pike,
Support					
L Seat			.5	.3	.3 short hold
Roll back to inverted hang					
SB Back Lever			.5	.3. .3	.3 pike, .3 high upper body angle
German Hang					
Pull to inverted pike, cast swing back				.1	.1 feet separation
Swing For. - Swing Back				.1	.1 lack of extension in front swing
Swing For. - Swing Back				.1	.1 lack of extension in front swing
Swing Forward - Salto Back Tucked			.2		
Difficulty	D Panel			E Panel	Final Score
G =					
F =					
E =	Difficulty =			E1 = 1.3	
D =	Element Groups =			E2 =	
C =	Bonus =	1.7		E3 =	
B =	Presentation =	9.5		E4 =	D Panel + E Panel = 9.9
A =	Start Value =	11.2			

D – Panel Comments:

E – Panel Comments:



NGJA Judges Report Form

COMPETITION: NGJA Course - Compulsory Analysis

EVENT: **Still Rings**

ATHLETE: **Level 6 Routine #1**

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Pull to inverted hang / Back Lever			.5	.3	.3 high body angle
German Hang - Straight Body Inv. Hang			.1		.1 shoulder extension
Dislocate					
Swing Forward - Swing Backward					
Swing Forward - Backuprise					
L Seat				.1	.1 low legs
Press hand					
Pike Shoulder Stand				.1	.1 not vertical
Bail Forward, Swing Backward					
Swing Forward - Swing Backward					
Inlocate, swing backward			.5	.3	.3 insufficient rise
Back Salto Layout			.2		
Difficulty	D Panel		E Panel		Final Score
G =					
F =					
E =	Difficulty =		E1 = .8		
D =	Element Groups =		E2 =		
C =	Bonus = 1.3		E3 =		
B =	Base Score = 9.5		E4 =		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: **Still Rings**

ATHLETE: **Level 6 Routine #2**

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Pull to inverted hang / Back Lever			.5	.3, .1	.3 short hold, .1 body position
German Hang - Straight Body Inv. Hang					
Dislocate					
Swing Forward - Swing Backward					
Swing Forward - Backuprise				.1, .1	.1 toes, .1 knees
L Seat				.3, .1	.3 pressing movement within L, .1 knees
Press hand			.5	.1, .1	.1 form, .1 rings turned in
Pike Shoulder Stand					
Bail Forward, Swing Backward				.1	.1 toes
Swing Forward - Swing Backward				.1	.1 toes
Inlocate, swing backward					
Back Salto Layout				.3	.3 large hop
Difficulty	D Panel		E Panel		Final Score
G =					
F =					
E =	Difficulty =		E1 = 1.7		
D =	Element Groups =		E2 =		
C =	Bonus = 1.0		E3 =		
B =	Base Score = 9.5		E4 =		D Panel + E Panel = 8.8
A =	Start Value = 10.5				

D – Panel Comments:

.

E – Panel Comments:



NGJA Judges Report Form

COMPETITION: NGJA Course - Compulsory Analysis

EVENT: Still Rings

ATHLETE: Level 6 Routine #3

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Pull to inverted hang / Back Lever			.5		
German Hang - Straight Body Inv. Hang					
Dislocate				.1	.1 rhythm
Swing Forward - Swing Backward					
Swing Forward - Backuprise					
L Seat				.1	.1 low legs
Press hand			.5	.1, .1	.1 arm bend in HS, .1 rings turned in
Pike Shoulder Stand					
Bail Forward, Swing Backward					
Swing Forward - Swing Backward					
Inlocate, swing backward					
Back Salto Layout			.2		
Difficulty	D Panel		E Panel		Final Score
G =					
F =					
E =	Difficulty =		E1 = 0.4		
D =	Element Groups =		E2 =		
C =	Bonus = 1.2		E3 =		
B =	Base Score = 10.7		E4 =		D Panel + E Panel = 10.3
A =	Start Value =				

D – Panel Comments:

.

E – Panel Comments:



NGJA Judges Report Form

COMPETITION: NGJA Course - Compulsory Analysis

EVENT: **Still Rings**

ATHLETE: **Level 6 Routine #4**

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Pull to inverted hang / Back Lever				.1	.1 body position
German Hang - Straight Body Inv. Hang				.1	.1 leg form
Dislocate				.1	.1 leg form
Swing Forward - Swing Backward				.1, .1	.1 leg form front swing, .1 leg form back swing
Swing Forward - Backuprise				.1, .3, .3	.1 leg form front swing, .3 leg break, .3 backuprise dip/push-up
L Seat				.1	.1 knees
Press hand					
Pike Shoulder Stand				.5, .3	.5 tuck, .3 short hold
Bail Forward, Swing Backward				.1	.1 low back swing
Swing Forward - Swing Backward				.1, .1	.1 low back swing, .1 front swing
Inlocate, swing backward					
Back Salto Layout				.3, .3	.3 pike, .3 large step
Difficulty	D Panel		E Panel		Final Score
G =					
F =					
E =	Difficulty =		E1 = 3.0		
D =	Element Groups =		E2 =		
C =	Bonus = 0.0		E3 =		
B =	Base Score = 9.5		E4 =		D Panel + E Panel = 6.5
A =	Start Value = 9.5				

D – Panel Comments:

.

E – Panel Comments:



NGJA Judges Report Form

COMPETITION: NGJA Course - Compulsory Analysis

EVENT: **Still Rings**

ATHLETE: **Level 7 Routine #1**

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Straight Body Inverted Hang					
Cast Backuprise				.3	.3 arm bend
L Seat				.1, .3	.1 low legs, .3 short hold
Tuck Planche, L			.5	.3, .1	.3 low hips on planche, .1 low legs on L
Press hand			.5	.1	.1 rings turned in
Pike Shoulder Stand & bail forward					
Baby Giant			.5	.3	.3 pike
Inlocate					
Backuprise				.3.	.3 arm bend
Backward Roll, Piked Inverted Hang					
Dislocate Piked					
One or Two Dislocates					
Swing Forward Layout			.2		
Difficulty	D Panel		E Panel		Final Score
G =					
F =					
E =	Difficulty =		E1 = 1.8		
D =	Element Groups =		E2 =		
C =	Bonus = 1.7		E3 =		
B =	Base Score = 9.5		E4 =		D Panel + E Panel = 9.4
A =	Start Value = 11.2				

D – Panel Comments:

E – Panel Comments:



NGJA Judges Report Form

COMPETITION: NGJA Course - Compulsory Analysis

EVENT: **Still Rings**

ATHLETE: **Level 7 Routine #2**

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Straight Body Inverted Hang					
Cast Backuprise				.1	.1 arm bend
L Seat				.3	.3 short hold
Tuck Planche, L			.5	.1	.1 movement in hold
Press hand			.5	.1, .3	.1 arm flexes, .3 short hold
Pike Shoulder Stand & bail forward					
Baby Giant			.5	.1	.1 pike
Inlocate					
Backuprise				.1	.1 arm bend
Backward Roll, Piked Inverted Hang					
Dislocate Piked					
One or Two Dislocates					
Swing Forward Double Back				1.0	1.0 fall, no bonus
Difficulty	D Panel		E Panel		Final Score
G =					
F =					
E =	Difficulty =		E1 = 2.1		
D =	Element Groups =		E2 =		
C =	Bonus = 1.5		E3 =		
B =	Base Score = 9.5		E4 =		D Panel + E Panel = 8.9
A =	Start Value = 11.0				

D – Panel Comments:

E – Panel Comments:



NGJA Judges Report Form

COMPETITION: NGJA Course - Compulsory Analysis

EVENT: Still Rings

ATHLETE: Level 7 Routine #3

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Straight Body Inverted Hang			.1		.1 bonus straight body, straight arm pull
Cast Backuprise				.1	.1 arm bend
L Seat					
Tuck Planche, L			.5	.1	.1 low hips
Press hand			.5	.1	.1 rings turned in
Pike Shoulder Stand & bail forward					
Baby Giant			.5	.3, .1	.3 pike, .1 form
Inlocate				.3, .1	.3 no rise, .1 form
Backuprise				.1	.1 arm bend
Backward Roll, Piked Inverted Hang					
Dislocate Piked					
One or Two Dislocates					
Swing Forward Layout			.2		
Difficulty	D Panel		E Panel		Final Score
G =					
F =					
E =	Difficulty =		E1 = 1.2		
D =	Element Groups =		E2 =		
C =	Bonus = 1.8		E3 =		
B =	Base Score = 9.5		E4 =		D Panel + E Panel = 10.1
A =	Start Value = 11.3				

D – Panel Comments:

E – Panel Comments:



NGJA Judges Report Form

COMPETITION: NGJA Course - Compulsory Analysis

EVENT: Still Rings

ATHLETE: Level 7 Routine #4

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Straight Body Inverted Hang					
Cast Backuprise				.3	.3 arm bend
L Seat				.1	.1 low legs
Tuck Planche, L			.5	.1	.1 low legs
Press hand			.5	.1	.1 rings turned in
Pike Shoulder Stand & bail forward					
Baby Giant			.5		
Inlocate					
Backuprise				.1	.1 arm bend
Backward Roll, Piked Inverted Hang					
Dislocate Piked					
One or Two Dislocates					
Swing Forward Double Back			.5	.3, .1, .1	.3 large step, .1 small step, .1 small step
Difficulty	D Panel		E Panel		Final Score
G =					
F =					
E =	Difficulty =		E1 = 1.2		
D =	Element Groups =		E2 =		
C =	Bonus = 2.0		E3 =		
B =	Base Score = 9.5		E4 =		D Panel + E Panel = 10.3
A =	Start Value = 11.5				

D – Panel Comments:

E – Panel Comments: