



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











## 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
<b>Difficulty</b>	<b>D Panel</b>		<b>E Panel</b>		<b>Final Score</b>
G =					
F =					
E =	Difficulty =		E1 = 0.8		
D =	Element Groups =		E2 =		
C =	Bonus = 1.0		E3 =		
B =	Presentation = 9.5		E4 =		<b>D Panel + E Panel = 9.7</b>
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
<b>Muscle Up</b>			.5		
<b>Support</b>					
<b>L Seat</b>			.5	.1	.1 unsteadiness
<b>Roll back to inverted hang</b>					
<b>SB Back Lever</b>			.5	.3, .3	.3 body position, .3 short hold
<b>German Hang</b>					
<b>Pull to inverted pike, cast swing back</b>					
<b>Swing For. - Swing Back</b>				.1	.1 low swing in back
<b>Swing For. - Swing Back</b>				.1	.1 low swing in back
<b>Swing Forward - Salto Back Tucked</b>				.1	.1 hop
<b>Difficulty</b>	<b>D Panel</b>		<b>E Panel</b>		<b>Final Score</b>
G =					
F =					
E =	Difficulty =		E1 = 1.0		
D =	Element Groups =		E2 =		
C =	Bonus = 1.5		E3 =		
B =	Presentation = 9.5		E4 =		<b>D Panel + E Panel = 10.0</b>
A =	<b>Start Value = 11.0</b>				

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

**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		
<b>Difficulty</b>	<b>D Panel</b>		<b>E Panel</b>		<b>Final Score</b>
G =					
F =					
E =	Difficulty =		E1 = 1.3		
D =	Element Groups =		E2 =		
C =	Bonus =	1.7	E3 =		
B =	Presentation =	9.5	E4 =		<b>D Panel + E Panel = 9.9</b>
A =	<b>Start Value =</b>	<b>11.2</b>			

**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		
<b>Difficulty</b>	<b>D Panel</b>		<b>E Panel</b>		<b>Final Score</b>
G =					
F =					
E =	Difficulty =		E1 = .8		
D =	Element Groups =		E2 =		
C =	Bonus = 1.3		E3 =		
B =	Base Score = 9.5		E4 =		<b>D Panel + E Panel = 10.0</b>
A =	Start Value = 10.8				

**D – Panel Comments:**

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**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
<b>Pull to inverted hang / Back Lever</b>			.5	.3, .1	.3 short hold, .1 body position
<b>German Hang - Straight Body Inv. Hang</b>					
<b>Dislocate</b>					
<b>Swing Forward - Swing Backward</b>					
<b>Swing Forward - Backuprise</b>				.1, .1	.1 toes, .1 knees
<b>L Seat</b>				.3, .1	.3 pressing movement within L, .1 knees
<b>Press hand</b>			.5	.1, .1	.1 form, .1 rings turned in
<b>Pike Shoulder Stand</b>					
<b>Bail Forward, Swing Backward</b>				.1	.1 toes
<b>Swing Forward - Swing Backward</b>				.1	.1 toes
<b>Inlocate, swing backward</b>					
<b>Back Salto Layout</b>				.3	.3 large hop
<b>Difficulty</b>	<b>D Panel</b>		<b>E Panel</b>		<b>Final Score</b>
G =					
F =					
E =	Difficulty =		E1 = 1.7		
D =	Element Groups =		E2 =		
C =	Bonus = 1.0		E3 =		
B =	Base Score = 9.5		E4 =		<b>D Panel + E Panel = 8.8</b>
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
<b>Pull to inverted hang / Back Lever</b>			.5		
<b>German Hang - Straight Body Inv. Hang</b>					
<b>Dislocate</b>				.1	.1 rhythm
<b>Swing Forward - Swing Backward</b>					
<b>Swing Forward - Backuprise</b>					
<b>L Seat</b>				.1	.1 low legs
<b>Press hand</b>			.5	.1, .1	.1 arm bend in HS, .1 rings turned in
<b>Pike Shoulder Stand</b>					
<b>Bail Forward, Swing Backward</b>					
<b>Swing Forward - Swing Backward</b>					
<b>Inlocate, swing backward</b>					
<b>Back Salto Layout</b>			.2		
<b>Difficulty</b>	<b>D Panel</b>		<b>E Panel</b>		<b>Final Score</b>
G =					
F =					
E =	Difficulty =		E1 = 0.4		
D =	Element Groups =		E2 =		
C =	Bonus = 1.2		E3 =		
B =	Base Score = 10.7		E4 =		<b>D Panel + E Panel = 10.3</b>
A =	Start Value =				

**D – Panel Comments:**

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

**D – Panel Comments:**

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

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

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

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

**D – Panel Comments:**

**E – Panel Comments:**