



2018 JO Course Material
JO Technical Sequence
Judging Report
Pommel Horse Routine Analysis



NGJA Judges Report Form

EVENT: Pommel Horse
ATHLETE: 11-14 Year Old Routine 1

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
1) Starting at the end of the horse facing longitudinally. Jump to (4) circles in cross support frontways on the near end of the horse	-	-	-	0.1, 0.2, 0.1, 0.5	Skew (per section), pike, knees, missing circle
2) 1/3 cross-support travel to center of horse	-	-	-	0.1	pike
3) (4) cross support circles in the center of the horse	-	-	-	0.1, 0.2, 0.1, 0.1, 0.1, 0.5	Skew (per section), pike, knees (2x), toes (2x), leg scrape, missing circle
4) 1/3 cross-support travel to the far end of horse	-	-	-	0.1, 0.1	Knees, pike
5) (4) cross support rearways circles (back loops) on the far end of the horse	-	-	-	0.1, 0.2, 0.1, 0.1, 0.1	Skew (per section), pike, hip roll, knees (2x)
6) Cross support flank dismount landing in cross-stand facing the long axis of the horse	-	-	-		

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Base Score = 9.5	E1 = -2.8	
D =	Bonus = 0.0	E2 =	
C =		E3 =	
B =		E4 =	D Panel + E Panel = 6.7
A =	Start Value = 9.5		

D – Panel Comments:

E – Panel Comments:



NGJA Judges Report Form

EVENT: Pommel Horse
ATHLETE: 11-14 Year Old Routine 2

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
1) Starting at the end of the horse facing longitudinally. Jump to (4) circles in cross support frontways on the near end of the horse	-	-	-	0.1, 0.1	Skew (per section), hip roll (per section)
2) 1/3 cross-support travel to center of horse	-	-	-		
3) (4) cross support circles in the center of the horse	-	-	-	0.1	Skew (per section)
4) 1/3 cross-support travel to the far end of horse	-	-	-		
5) (4) cross support rearways circles (back loops) on the far end of the horse	-	-	-	0.1	Skew (per section)
6) Cross support flank dismount landing in cross-stand facing the long axis of the horse	-	-	-		

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Base Score = 9.5	E1 = -0.4	
D =	Bonus = 0.3	E2 =	
C =	Square hips, tempo, extension	E3 =	
B =		E4 =	D Panel + E Panel = 9.4
A =	Start Value = 9.8		

D – Panel Comments:

E – Panel Comments:



NGJA Judges Report Form

EVENT: Pommel Horse
ATHLETE: 11-14 Year Old Routine 3

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
1) Starting at the end of the horse facing longitudinally. Jump to (4) circles in cross support frontways on the near end of the horse	-	-	-	0.1, 0.1, 0.1	Skew (per section), toes, hip roll (per section)
2) 1/3 cross-support travel to center of horse	-	-	-		
3) (4) cross support circles in the center of the horse	-	-	-	0.1	Skew (per section)
4) 1/3 cross-support travel to the far end of horse	-	-	-		
5) (4) cross support rearways circles (back loops) on the far end of the horse	-	-	-	0.1	Skew (per section)
6) Cross support flank dismount landing in cross-stand facing the long axis of the horse	-	-	-		

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Base Score = 9.5	E1 = -0.5	
D =	Bonus = 0.3	E2 =	
C =	Square hips, tempo, extension	E3 =	
B =		E4 =	D Panel + E Panel = 9.3
A =	Start Value = 9.8		

D – Panel Comments:

E – Panel Comments:



NGJA Judges Report Form

EVENT: Pommel Horse
ATHLETE: 11-14 Year Old Routine 4

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
1) Starting at the end of the horse facing longitudinally. Jump to (4) circles in cross support frontways on the near end of the horse	-	-	-	0.1, 0.1	Skew (per section), hip roll
2) 1/3 cross-support travel to center of horse	-	-	-	0.1, 0.1	Rhythm, pike
3) (4) cross support circles in the center of the horse	-	-	-	0.2	Skew (per section)
4) 1/3 cross-support travel to the far end of horse	-	-	-	0.1, 0.1	Rhythm, pike
5) (4) cross support rearways circles (back loops) on the far end of the horse	-	-	-	0.2, 0.1, 0.1	Skew (per section), hip roll (per section), pike
6) Cross support flank dismount landing in cross-stand facing the long axis of the horse	-	-	-		

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Base Score = 9.5	E1 = -1.2	
D =	Bonus = 0.1	E2 =	
C =	Extension	E3 =	
B =		E4 =	D Panel + E Panel = 8.4
A =	Start Value = 9.6		

D – Panel Comments:

E – Panel Comments:



NGJA Judges Report Form

EVENT: Pommel Horse
ATHLETE: 15-18 Year Old Routine 1

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
1) Jump to undercut, leg cut back to pendulum swing, false scissor, leg cut, pickup to circle	-	-	-	0.1	Amplitude on leg cut
2) Three circles in side support	-	-	-	0.1	Pike
3) Three) flaired circles on two pommels	-	-	-	0.2, 0.2, 0.2	Legs closing together in back of flair (2x), pike
4) One circle on two pommels to Czechkehr	-	-	-	0.1, 0.1	Pike, hip roll
5) Immediate Direct Stockli 'A'	-	-	-	0.1, 0.1	Pike, legs
6) One circle on two pommels to Direct Stockli 'B'	-	-	-	0.1, 0.1, 0.1	Pike, hip roll, toes
7) One downhill circle followed by schwabenflank to front support				0.1, 0.1	Pike, legs
8) One uphill circle	-	-	-	0.1, 0.1	Pike, leg scrape
9) One uphill circle to straddled handstand dismount				0.1, 0.3, 0.3, 0.1	Bump, strength, handstand angle, arm bend

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Base Score = 9.5	E1 = -2.7	
D =	Bonus = 0.0	E2 =	
C =		E3 =	
B =		E4 =	D Panel + E Panel = 6.8
A =	Start Value = 9.5		

D – Panel Comments:

E – Panel Comments:

* X = repeated skill or non-recognized skill.
 The top 10 counting skills are noted in **Bold & larger font**.



NGJA Judges Report Form

EVENT:
ATHLETE:

Pommel Horse
15-18 Year Old Routine 2

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
1) Jump to undercut, leg cut back to pendulum swing, false scissor, leg cut, pickup to circle	-	-	-	0.1	Piked hips
2) Three circles in side support	-	-	-		
3) Three) flaired circles on two pommels	-	-	-	0.2	Pike
4) One circle on two pommels to Czechkehr	-	-	-		
5) Immediate Direct Stockli 'A'	-	-	-	0.1	Pike
6) One circle on two pommels to Direct Stockli 'B'	-	-	-		
7) One downhill circle followed by schwabenflank to front support				0.1	Pike
8) One uphill circle	-	-	-	0.1	Pike
9) One uphill circle to straddled handstand dismount				0.1	Strength

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Base Score = 9.5	E1 = -0.7	
D =	Bonus = 0.0	E2 =	
C =		E3 =	
B =		E4 =	D Panel + E Panel = 8.8
A =	Start Value = 9.5		

D – Panel Comments:

E – Panel Comments:

Good handstand dismount, consider giving it bonus. It is allowed when deductions are -0.1 or less



NGJA Judges Report Form

EVENT: Pommel Horse
ATHLETE: 15-18 Year Old Routine 3

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
1) Jump to undercut, leg cut back to pendulum swing, false scissor, leg cut, pickup to circle	-	-	-	0.1	Bump
2) Three circles in side support	-	-	-	0.1	Hip roll over
3) Three) flaired circles on two pommels	-	-	-		
4) One circle on two pommels to Czechkehr	-	-	-		
5) Immediate Direct Stockli 'A'	-	-	-		
6) One circle on two pommels to Direct Stockli 'B'	-	-	-	0.1	Pike
7) One downhill circle followed by schwabenflank to front support				0.1	Pike
8) One uphill circle	-	-	-	0.1	Pike
9) One uphill circle to straddled handstand dismount				0.1, 0.1	Pike, strength

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Base Score = 9.5	E1 = -0.7	
D =	Bonus = 0.1	E2 =	
C =	90 degree leg work	E3 =	
B =		E4 =	D Panel + E Panel = 8.9
A =	Start Value = 9.6		

D – Panel Comments:

E – Panel Comments:

Good handstand dismount, consider giving it bonus. It is allowed when deductions are -0.1 or less

* X = repeated skill or non-recognized skill.
 The top 10 counting skills are noted in **Bold & larger font.**



NGJA Judges Report Form

EVENT: Pommel Horse
ATHLETE: 15-18 Year Old Routine 4

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
1) Jump to undercut, leg cut back to pendulum swing, false scissor, leg cut, pickup to circle	-	-	-		
2) Three circles in side support	-	-	-		
3) Three) flaired circles on two pommels	-	-	-		Great Flairs
4) One circle on two pommels to Czechkehr	-	-	-		
5) Immediate Direct Stockli 'A'	-	-	-	0.1	Hip roll
6) One circle on two pommels to Direct Stockli 'B'	-	-	-		
7) One downhill circle followed by schwabenflank to front support				0.1, 0.1	Pike, hip roll
8) One uphill circle	-	-	-	0.1, 0.1	Pike, hip roll
9) One uphill circle to straddled handstand dismount				0.1, 0.2, 0.3	Arm bend, strength, handstand angle

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Base Score = 9.5	E1 = -1.1	
D =	Bonus = 0.2	E2 =	
C =	90 degree leg work, Flairs	E3 =	
B =		E4 =	D Panel + E Panel = 8.6
A =	Start Value = 9.7		

D – Panel Comments:

E – Panel Comments:

* X = repeated skill or non-recognized skill.
 The top 10 counting skills are noted in **Bold & larger font**.