



COMPETITION: NGJA Course - Compulsory Analysis

EVENT: Floor Exercise

ATHLETE: Level 4-1

| Skills | Value (*) | Element Group | Bonus | Execution Deduction | Comments |
|--|-----------|---------------|-------|---------------------|--|
| Lift arms and kick leg up, step forward to lunge | | | | | |
| Kick to handstand | | | | .3/.1 | Momentary hold, stand after hold |
| Straight arm forward roll, jump hurdle to cartwheel, cartwheel with 1/4 turn to stand | | | | .1/.1/.1/.1 | Knee bend, Continues rhythm, Leg Bend, legs apart on stand |
| Tucked backward roll to straight or hollow body extended front support | | | | .1 | Form |
| Lower to arch support with toes pointed and head up, lift to straddle stand with head up and arms extended | | | | | |
| Straddled press to headstand | | | | .1 | Rhythm/ Slight jump |
| SB#1: Replace #6 with straddled press to handstand with momentary hold (+0.5) | | | | | |
| Forward roll, tuck jump to stand | | | | .1/.1 | Form not grasping legs |
| Run, hurdle, round-off, rebound to stand | | | | .3/.1 | Poor hurdle/Rebound step |
| SB#2: Replace #8 with run, hurdle, round-off, back handspring, rebound to stand (+0.5) | | | | | |
| | | | | | |

| Difficulty | D Panel | E Panel | Final Score |
|------------|---------|---------|-------------|
| G = | | | |
| F = | | | |

| | | | |
|-----|--------------------------|----------|--------------------------------|
| E = | Difficulty = 9.5 | E1 = 1.6 | |
| D = | Element Groups = | E2 = | USAG Bonus – 0.0 |
| C = | Bonus = | E3 = | |
| B = | Presentation = | E4 = | D Panel + E Panel = 7.9 |
| 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**.



COMPETITION: NGJA Course - Compulsory Analysis
EVENT: Floor Exercise
ATHLETE: Level 4-2

| Skills | Value (*) | Element Group | Bonus | Execution Deduction | Comments |
|--|-----------|---------------|-------|---------------------|--|
| Lift arms and kick leg up, step forward to lunge | | | | .3 | No momentary hold |
| Kick to handstand | | | | .1 | Arms/Up Down |
| Straight arm forward roll, jump hurdle to cartwheel, cartwheel with 1/4 turn to stand | | | | .1, | Form |
| Tucked backward roll to straight or hollow body extended front support | | | | | |
| Lower to arch support with toes pointed and head up, lift to straddle stand with head up and arms extended | | | | | |
| Straddled press to headstand | | | | | |
| SB#1: Replace #6 with straddled press to handstand with momentary hold (+0.5) | | | .5 | .3 .3 | Up and Down (No momentary/legs very close) |
| Forward roll, tuck jump to stand | | | | .1 | Tuck position |
| Run, hurdle, round-off, rebound to stand | | | | .1/.1 | Steps |
| SB#2: Replace #8 with run, hurdle, round-off, back handspring, rebound to stand (+0.5) | | | | | |
| | | | | | |

| Difficulty | D Panel | E Panel | Final Score |
|------------|---------|---------|-------------|
| G = | | | |
| F = | | | |

| | | | |
|-----|---------------------------|----------|--------------------------------|
| E = | Difficulty = 9.5 | E1 = 1.4 | |
| D = | Element Groups = | E2 = | USAG Bonus – 0.0 |
| C = | Bonus = 5 | E3 = | |
| B = | Presentation = | E4 = | D Panel + E Panel = 8.6 |
| A = | Start Value = 10.0 | | |

D – Panel Comments:

E – Panel Comments:

* X = repeated skill or non-recognized skill.

The top 10 counting skills are noted in **Bold & larger font**.



COMPETITION: NGJA Course - Compulsory Analysis
EVENT: Floor Exercise
ATHLETE: Level 4-3

| Skills | Value (*) | Element Group | Bonus | Execution Deduction | Comments |
|--|-----------|---------------|-------|-------------------------|-----------------------------|
| Lift arms and kick leg up, step forward to lunge | | | | | |
| Kick to handstand | | | | | |
| Straight arm forward roll, jump hurdle to cartwheel, cartwheel with 1/4 turn to stand | | | | | |
| Tucked backward roll to straight or hollow body extended front support | | | 1 | | Straight Arms |
| Lower to arch support with toes pointed and head up, lift to straddle stand with head up and arms extended | | | | | |
| Straddled press to headstand | | | | | |
| SB#1: Replace #6 with straddled press to handstand with momentary hold (+0.5) | | | 5 | .3 Short momentary hold | |
| Forward roll, tuck jump to stand | | | | .1 | Hands not grasping knees |
| Run, hurdle, round-off, rebound to stand | | | | | |
| SB#2: Replace #8 with run, hurdle, round-off, back handspring, rebound to stand (+0.5) | | | 5 | .1 | Legs apart on r.o. into BHS |
| | | | .1 | | Stick |

| Difficulty | D Panel | E Panel | Final Score |
|------------|------------------|---------|------------------|
| G = | | | |
| F = | | | |
| E = | Difficulty = 9.5 | E1 = .5 | |
| D = | Element Groups = | E2 = | USAG Bonus – 0.0 |

| | | | |
|-----|---------------------------|------|---------------------------------|
| C = | Bonus = 1.2 | E3 = | |
| B = | Presentation = | E4 = | D Panel + E Panel = 10.2 |
| A = | Start Value = 10.7 | | |

D – Panel Comments: Move up to level 5

E – Panel Comments:

* X = repeated skill or non-recognized skill.

The top 10 counting skills are noted in **Bold & larger font**.

COMPETITION: NGJA Course - Compulsory Analysis
EVENT: Floor Exercise
ATHLETE: Level 4-4

| Skills | Value (*) | Element Group | Bonus | Execution Deduction | Comments |
|--|-----------|---------------|-------|---------------------|--|
| Lift arms and kick leg up, step forward to lunge | | | | 1.0 | No lunge Missing part |
| Kick to handstand | | | | .3 | No momentary hold |
| Straight arm forward roll, jump hurdle to cartwheel, cartwheel with 1/4 turn to stand | | | | .1 .1 | Hurdle Step after 2 nd cartwheel |
| Tucked backward roll to straight or hollow body extended front support | | | 1 | | Straight Arms |
| Lower to arch support with toes pointed and head up, lift to straddle stand with head up and arms extended | | | | | |
| Straddled press to headstand | | | | | |
| SB#1: Replace #6 with straddled press to handstand with momentary hold (+0.5) | | | .5 | .1 .3 | Rhythm Momentary hold |
| Forward roll, tuck jump to stand | | | | .1/.1 | Form/Hop on landing |
| Run, hurdle, round-off, rebound to stand | | | | | |
| SB#2: Replace #8 with run, hurdle, round-off, back handspring, rebound to stand (+0.5) | | | .5 | .3 .1 .3 | Overall Technique errors Form Hop x3 |
| | | | | | |

| Difficulty | D Panel | E Panel | Final Score |
|------------|---------------------------|----------|--------------------------------|
| G = | | | |
| F = | | | |
| E = | Difficulty = 9.5 | E1 = 2.8 | |
| D = | Element Groups = 1.1 | E2 = | USAG Bonus – 0.0 |
| C = | Bonus = | E3 = | |
| B = | Presentation = | E4 = | D Panel + E Panel = 7.8 |
| A = | Start Value = 10.6 | | |

D – Panel Comments:

E – Panel Comments:

* X = repeated skill or non-recognized skill.

The top 10 counting skills are noted in **Bold & larger font**.



COMPETITION: NGJA Course - Compulsory Analysis

EVENT: Floor Exercise

ATHLETE: Level 5-1

| Skills | Value (*) | Element Group | Bonus | Execution Deduction | Comments |
|---|-----------|---------------|-------|---------------------|--|
| Run, punch dive roll | | | | | |
| Kick leg up and cartwheel with ¼ turn to stand, tuck or pike back extension roll through handstand | | | .1 | | Straight Arms |
| Lower to arched prone support with head up and toes pointed, lift to straddle stand with head up and arms extended | | | | | |
| Jump to straddle press to handstand with momentary hold, lower with straight legs to stand | | | | | |
| SB#1: Replace #4 with straddled press to handstand with momentary hold, lower with straight legs to stand (+0.5) | | | .5 | .1 .1 .1 | Press H. S. Toe Point Arm Bend Moving in H.S. |
| Run, hurdle, forward handspring | | | | .1 .1 .1 | Bent arms form Lack of turn over |
| Step forward and kick to handstand with momentary hold | | | | | |
| SB#2: Replace #6 with step forward and kick to handstand with full pirouette (+0.5) | | | .5 | .1 .1 | Arch in H.S. Greater than 360 turn |
| Straight arm forward roll, straight legged sissone, step forward to ½ turn rearward | | | | | |

| | | | | | |
|--|--|--|--------|----------|--|
| Run, hurdle, round-off, back handspring, rebound to stand | | | | | |
| SB#3: Replace #8 with run, hurdle, round-off, back handspring, back handspring, rebound to stand (+0.5) | | | 5 1 | .1 .1 | Legs apart Overall tech errors Stick |

| Difficulty | D Panel | E Panel | Final Score |
|------------|---------------------------|----------|---------------------------------|
| G = | | | |
| F = | | | |
| E = | Difficulty = 9.5 | E1 = 1.0 | |
| D = | Element Groups = | E2 = | USAG Bonus – 0.0 |
| C = | Bonus = 1.7 | E3 = | |
| B = | Presentation = | E4 = | D Panel + E Panel = 10.2 |
| A = | Start Value = 11.2 | | |

D – Panel Comments:

E – Panel Comments:

* X = repeated skill or non-recognized skill.

The top 10 counting skills are noted in **Bold & larger font**.



COMPETITION: NGJA Course - Compulsory Analysis
EVENT: Floor Exercise
ATHLETE: Level 5-2

| Skills | Value (*) | Element Group | Bonus | Execution Deduction | Comments |
|---|-----------|---------------|-------|----------------------|--|
| Run, punch dive roll | | | | | |
| Kick leg up and cartwheel with ¼ turn to stand, tuck or pike back extension roll through handstand | | | | .1 | Bounce on roll out |
| Lower to arched prone support with head up and toes pointed, lift to straddle stand with head up and arms extended | | | | 5 .1 | Back ext. Not to H.S. Form |
| Jump to straddle press to handstand with momentary hold, lower with straight legs to stand | | | | .1 .1 .3 .3 | Moving hands and feet before H.S. attempt Excessive jump Angle on H.S. Momentary hold |
| SB#1: Replace #4 with straddled press to handstand with momentary hold, lower with straight legs to stand (+0.5) | | | | | |
| Run, hurdle, forward handspring | | | | .1 .1 .1 | Turn over Arms Additional hop |
| Step forward and kick to handstand with momentary hold | | | | .3 | Hold |
| SB#2: Replace #6 with step forward and kick to handstand with full pirouette (+0.5) | | | | | |
| Straight arm forward roll, straight legged sissone, step forward to ½ turn rearward | | | | .1 | ½ turn |

| | | | | | |
|--|--|--|--|-----------------------|---|
| Run, hurdle, round-off, back handspring, rebound to stand | | | | .1 1.0 .1 .1 | Legs Apart No Back H.S. Step Arm Swing |
| SB#3: Replace #8 with run, hurdle, round-off, back handspring, back handspring, rebound to stand (+0.5) | | | | | |

| Difficulty | D Panel | E Panel | Final Score |
|------------|--------------------------|----------|--------------------------------|
| G = | | | |
| F = | | | |
| E = | Difficulty = 9.5 | E1 = 3.5 | |
| D = | Element Groups = | E2 = | USAG Bonus – 0.0 |
| C = | Bonus = | E3 = | |
| B = | Presentation = | E4 = | D Panel + E Panel = 6.0 |
| A = | Start Value = 9.5 | | |

D – Panel Comments:

E – Panel Comments:

* X = repeated skill or non-recognized skill.

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COMPETITION: NGJA Course - Compulsory Analysis
EVENT: Floor Exercise
ATHLETE: Level 5-3

| Skills | Value (*) | Element Group | Bonus | Execution Deduction | Comments |
|---|-----------|---------------|-------|----------------------|---|
| Run, punch dive roll | | | | .1 | Bounce/Control |
| Kick leg up and cartwheel with ¼ turn to stand, tuck or pike back extension roll through handstand | | | .1 | .1 | No stand after X wheel Angle on H.S. .1 + Straight Arms |
| Lower to arched prone support with head up and toes pointed, lift to straddle stand with head up and arms extended | | | | | |
| Jump to straddle press to handstand with momentary hold, lower with straight legs to stand | | | | | |
| SB#1: Replace #4 with straddled press to handstand with momentary hold, lower with straight legs to stand (+0.5) | | | 5 | .1 .1 .1 .1 | Bent legs Bent Arms Rhythm /Control Arch in H.S. |
| Run, hurdle, forward handspring | | | | .1 .1 | Legs apart Turn over |
| Step forward and kick to handstand with momentary hold | | | | .3 | Hold |
| SB#2: Replace #6 with step forward and kick to handstand with full pirouette (+0.5) | | | | | |
| Straight arm forward roll, straight legged sissone, step forward to ½ turn rearward | | | | | |

| | | | | | |
|--|--|--|---|----------------------|--|
| Run, hurdle, round-off, back handspring, rebound to stand | | | | | |
| SB#3: Replace #8 with run, hurdle, round-off, back handspring, back handspring, rebound to stand (+0.5) | | | 5 | .1 .1 .1 .1 | Form Take off/Strap down Rebound Step |

| Difficulty | D Panel | E Panel | Final Score |
|------------|---------------------------|----------|--------------------------------|
| G = | | | |
| F = | | | |
| E = | Difficulty = 9.5 | E1 = 1.6 | |
| D = | Element Groups = | E2 = | USAG Bonus – 0.0 |
| C = | Bonus = 1.1 | E3 = | |
| B = | Presentation = | E4 = | D Panel + E Panel = 9.0 |
| A = | Start Value = 10.6 | | |

D – Panel Comments:

E – Panel Comments:

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COMPETITION: NGJA Course - Compulsory Analysis
EVENT: Floor Exercise
ATHLETE: Level 5-4

| Skills | Value (*) | Element Group | Bonus | Execution Deduction | Comments |
|---|-----------|---------------|-------|---------------------|-----------------------------|
| Run, punch dive roll | | | | | |
| Kick leg up and cartwheel with ¼ turn to stand, tuck or pike back extension roll through handstand | | | .1 | | Straight Arms |
| Lower to arched prone support with head up and toes pointed, lift to straddle stand with head up and arms extended | | | | | |
| Jump to straddle press to handstand with momentary hold, lower with straight legs to stand | | | | | |
| SB#1: Replace #4 with straddled press to handstand with momentary hold, lower with straight legs to stand (+0.5) | | | 5 | .1 .3 | Rhythm No momentary hold |
| Run, hurdle, forward handspring | | | | .1/.1 | Turn over/Arm swing |
| Step forward and kick to handstand with momentary hold | | | | | |
| SB#2: Replace #6 with step forward and kick to handstand with full pirouette (+0.5) | | | 5 | | |
| Straight arm forward roll, straight legged sissone, step forward to ½ turn rearward | | | | | |
| Run, hurdle, round-off, back handspring, | | | | | |

| | | | | | |
|--|--|--|---------|--|-------|
| rebound to stand | | | | | |
| SB#3: Replace #8 with run, hurdle, round-off, back handspring, back handspring, rebound to stand (+0.5) | | | 5 .1 | | Stick |

| Difficulty | D Panel | E Panel | Final Score |
|------------|---------------------------|---------|---------------------------------|
| G = | | | |
| F = | | | |
| E = | Difficulty = 9.5 | E1 = .6 | |
| D = | Element Groups = | E2 = | USAG Bonus - 0.0 |
| C = | Bonus = 1.7 | E3 = | |
| B = | Presentation = | E4 = | D Panel + E Panel = 10.6 |
| A = | Start Value = 11.2 | | |

D – Panel Comments:

E – Panel Comments:

* X = repeated skill or non-recognized skill.

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COMPETITION: NGJA Course - Compulsory Analysis
EVENT: Floor Exercise
ATHLETE: Level 6-1

| Skills | Value (*) | Element Group | Bonus | Execution Deduction | Comments |
|--|-----------|---------------|-------|---------------------|------------------------------------|
| Run, punch, salto forward tucked | | | | .1 .3 | Form / Step Prep for landing |
| SB#1: Replace #1 with run, punch, salto forward piked, (+0.5) | | | | | |
| Step forward and kick to handstand with full pirouette | | | | .1 .1 | Arch Form |
| Straight arm forward roll to headspring, straight legged sissone, step forward to ½ turn rearward | | | | .1 .3 | Turn over (Short) Hop backwards |
| Run, hurdle, forward handspring stepout, forward handspring | | | | .1 .1 | Turn over Hop Backwards |
| Step forward to Swedish fall, lower to arched prone support with head up and toes pointed, lift to straddle stand with head up and arms extended | | | | | |
| Straddle press handstand with momentary hold | | | | | |
| SB#2: Replace #6 with Endo roll to handstand with momentary hold (+0.5) | | | 5 | .1 .3 | Rhythm Momentary hold |
| Step down, step forward (one or more steps allowed) to hitch kick, step forward to ½ turn rearward | | | | | |
| Run, hurdle, round-off, back handspring, salto backward tucked | | | | | |

| | | | | | |
|---|--|--|---|----------------------|--|
| SB#3: Replace #8 with run, hurdle, round-off, back handspring, back handspring, salto backward tucked (+0.5) | | | 5 | .1 .1 .1 .1 | Legs apart Amplitude Prep for landing Hop |
|---|--|--|---|----------------------|--|

| Difficulty | D Panel | E Panel | Final Score |
|------------|---------------------------|----------|--------------------------------|
| G = | | | |
| F = | | | |
| E = | Difficulty = 9.5 | E1 = 2.3 | |
| D = | Element Groups = | E2 = | USAG Bonus - 0.0 |
| C = | Bonus = 1.0 | E3 = | |
| B = | Presentation = | E4 = | D Panel + E Panel = 8.2 |
| A = | Start Value = 10.5 | | |

D – Panel Comments:

E – Panel Comments:

* X = repeated skill or non-recognized skill.

The top 10 counting skills are noted in **Bold & larger font**.

COMPETITION: NGJA Course - Compulsory Analysis

EVENT: Floor Exercise

ATHLETE: Level 6-2

| Skills | Value (*) | Element Group | Bonus | Execution Deduction | Comments |
|--|-----------|---------------|---------|---------------------|---|
| Run, punch, salto forward tucked | | | 5 | | |
| SB#1: Replace #1 with run, punch, salto forward piked, (+0.5) | | | | | |
| Step forward and kick to handstand with full pirouette | | | | | |
| Straight arm forward roll to headspring, straight legged sissone, step forward to ½ turn rearward | | | 1 | .1 .1 | Step Turn over just short Sissone <90 |
| Run, hurdle, forward handspring stepout, forward handspring | | | | | |
| Step forward to Swedish fall, lower to arched prone support with head up and toes pointed, lift to straddle stand with head up and arms extended | | | | | |
| Straddle press handstand with momentary hold | | | | | |
| SB#2: Replace #6 with Endo roll to handstand with momentary hold (+0.5) | | | 5 .1 | .1 .1 | Arms Rhythm 2 Sec Hold |
| Step down, step forward (one or more steps allowed) to hitch kick, step forward to ½ turn rearward | | | | | |
| Run, hurdle, round-off, back handspring, salto backward tucked | | | | | |

| | | | | | |
|---|--|--|---|----|------|
| SB#3: Replace #8 with run, hurdle, round-off, back handspring, back handspring, salto backward tucked (+0.5) | | | 5 | .3 | Step |
|---|--|--|---|----|------|

| Difficulty | D Panel | E Panel | Final Score |
|------------|---------------------------|----------|---------------------------------|
| G = | | | |
| F = | | | |
| E = | Difficulty = 9.5 | E1 = 0.7 | |
| D = | Element Groups = | E2 = | USAG Bonus – 0.0 |
| C = | Bonus = 1.2 | E3 = | |
| B = | Presentation = | E4 = | D Panel + E Panel = 10.5 |
| A = | Start Value = 11.2 | | |

D – Panel Comments:

E – Panel Comments:

* X = repeated skill or non-recognized skill.

The top 10 counting skills are noted in **Bold & larger font**.

COMPETITION: NGJA Course - Compulsory Analysis

EVENT: Floor Exercise

ATHLETE: Level 6-3

| Skills | Value (*) | Element Group | Bonus | Execution Deduction | Comments |
|--|-----------|---------------|-------|---------------------|---|
| Run, punch, salto forward tucked | | | | | |
| SB#1: Replace #1 with run, punch, salto forward piked, (+0.5) | | | +5 | .1 | Prep/Low Landing |
| Step forward and kick to handstand with full pirouette | | | | | |
| Straight arm forward roll to headspring, straight legged sissone, step forward to ½ turn rearward | | | | .1 .1 .1 | Legs apart Turn over Form sissone |
| Run, hurdle, forward handspring stepout, forward handspring | | | | .1 | Legs apart |
| Step forward to Swedish fall, lower to arched prone support with head up and toes pointed, lift to straddle stand with head up and arms extended | | | | | |
| Straddle press handstand with momentary hold | | | | | |
| SB#2: Replace #6 with Endo roll to handstand with momentary hold (+0.5) | | | 5 | .1 .1 | Bent Arms Steps |
| Step down, step forward (one or more steps allowed) to hitch kick, step forward to ½ turn rearward | | | | | |
| Run, hurdle, round-off, back handspring, salto backward tucked | | | | | |

| | | | | | |
|---|--|--|---|----------|--|
| SB#3: Replace #8 with run, hurdle, round-off, back handspring, back handspring, salto backward tucked (+0.5) | | | 5 | .1 .1 | Legs Apart Prep for landing Arm swing on Landing |
| | | | 2 | .1 | Stick |

| Difficulty | D Panel | E Panel | Final Score |
|------------|---------------------------|----------|---------------------------------|
| G = | | | |
| F = | | | |
| E = | Difficulty = 9.5 | E1 = 1.1 | |
| D = | Element Groups = | E2 = | USAG Bonus – 0.0 |
| C = | Bonus = 1.7 | E3 = | |
| B = | Presentation = | E4 = | D Panel + E Panel = 10.1 |
| A = | Start Value = 11.2 | | |

D – Panel Comments:

E – Panel Comments:

* X = repeated skill or non-recognized skill.

The top 10 counting skills are noted in **Bold & larger font**.

COMPETITION: NGJA Course - Compulsory Analysis

EVENT: Floor Exercise

ATHLETE: Level 6-4

| Skills | Value (*) | Element Group | Bonus | Execution Deduction | Comments |
|--|-----------|---------------|-------|---------------------|--|
| Run, punch, salto forward tucked | | | | | |
| SB#1: Replace #1 with run, punch, salto forward piked, (+0.5) | | | 5 | .3 | Hop |
| Step forward and kick to handstand with full pirouette | | | | .1 | Arch |
| Straight arm forward roll to headspring, straight legged sissone, step forward to ½ turn rearward | | | | .1 | Turn over (Arms to side) |
| Run, hurdle, forward handspring stepout, forward handspring | | | | | |
| Step forward to Swedish fall, lower to arched prone support with head up and toes pointed, lift to straddle stand with head up and arms extended | | | | | |
| Straddle press handstand with momentary hold | | | | .1 .1 .2 | Rhythm control Slight jump from toes Steps |
| SB#2: Replace #6 with Endo roll to handstand with momentary hold (+0.5) | | | | | |
| Step down, step forward (one or more steps allowed) to hitch kick, step forward to ½ turn rearward | | | | | |
| Run, hurdle, round-off, back handspring, salto backward tucked | | | | | |

| | | | | | |
|---|--|--|---|----------|-------------------|
| SB#3: Replace #8 with run, hurdle, round-off, back handspring, back handspring, salto backward tucked (+0.5) | | | 5 | .1 .1 | Arm swing Step |
|---|--|--|---|----------|-------------------|

| Difficulty | D Panel | E Panel | Final Score |
|------------|---------------------------|----------|--------------------------------|
| G = | | | |
| F = | | | |
| E = | Difficulty = 9.5 | E1 = 1.1 | |
| D = | Element Groups = | E2 = | USAG Bonus – 0.0 |
| C = | Bonus = 1.0 | E3 = | |
| B = | Presentation = | E4 = | D Panel + E Panel = 9.4 |
| A = | Start Value = 10.5 | | |

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

COMPETITION:

NGJA Course - Compulsory Analysis

EVENT:

Floor Exercise

ATHLETE:

Level 7-1

| Skills | Value (*) | Element Group | Bonus | Execution Deduction | Comments |
|---|-----------|---------------|-------|---------------------|-------------------------------------|
| Run, hurdle, round-off, back handspring, salto backward stretched | | | | | |
| SB#1: Replace #1 with run, hurdle, roundoff, back handspring, salto backward stretched with a full twist (+0.5) | | | 5 | .1 .1 .1 | Prep Step Step |
| Straight arm tuck or pike back extension roll to handstand with 1/2 turn, lower to arched prone support with head up and toes pointed | | | | .1 | Arch/Body position |
| Lift to tuck position, jump to straight legged sissone, step forward to 1/2 turn rearward | | | | .1 .1 | No step Step |
| Run, hurdle, forward handspring, salto forward tucked to stand | | | | | |
| SB#2: Replace #4 with run, hurdle, forward handspring, salto forward piked or stretched (+0.5) | | | 5 | .3 | Hop |
| Step forward and kick 1/2 turn to Swedish fall, lower to arched prone support with head up and toes pointed, lift to straddle stand or split with head up and arm(s) extended | | | | | |
| Straddle press handstand with 2 second | | | | .1 .1 .1 | Bent Arms Rhythm Arch in H.S. |

| Skills | Value (*) | Element Group | Bonus | Execution Deduction | Comments |
|--|-----------|---------------|-------|----------------------|--|
| hold | | | | | |
| SB#3: Replace #6 with any FIG "B" press or Endo roll to handstand (+0.5) | | | | .4 .3 | Steps in H.S. Hold |
| Step down, turn toward the corner, step forward (one or more steps allowed) to hitch kick, step forward to ½ turn rearward | | | | | |
| Run, hurdle, round-off, back handspring, back handspring, salto backward tucked | | | | | |
| SB#4: Replace #8 with run, hurdle, roundoff, back handspring, tempo salto backward, back handspring, salto backward tucked (+0.5) | | | 5 | .1 .1 .1 .1 | Legs Apart BHS Form Prep for Landing Step feet together |

| Difficulty | D Panel | E Panel | Final Score |
|------------|---------------------------|----------|--------------------------------|
| G = | | | |
| F = | | | |
| E = | Difficulty = 9.5 | E1 = 2.3 | |
| D = | Element Groups = | E2 = | USAG Bonus – 0.0 |
| C = | Bonus = 1.5 | E3 = | |
| B = | Presentation = | E4 = | D Panel + E Panel = 8.7 |
| A = | Start Value = 11.0 | | |

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

COMPETITION:

NGJA Course - Compulsory Analysis

EVENT:

Floor Exercise

ATHLETE:

Level 7-2

| Skills | Value (*) | Element Group | Bonus | Execution Deduction | Comments |
|---|-----------|---------------|-------|---------------------|---------------------|
| Run, hurdle, round-off, back handspring, salto backward stretched | | | | | |
| SB#1: Replace #1 with run, hurdle, roundoff, back handspring, salto backward stretched with a full twist (+0.5) | | | 5 | .3 .1 | Hop Small hop |
| Straight arm tuck or pike back extension roll to handstand with 1/2 turn, lower to arched prone support with head up and toes pointed | | | | .1 | Legs/Form |
| Lift to tuck position, jump to straight legged sissone, step forward to 1/2 turn rearward | | | .1 | | Sissone < 90 |
| Run, hurdle, forward handspring, salto forward tucked to stand | | | | | |
| SB#2: Replace #4 with run, hurdle, forward handspring, salto forward piked or stretched (+0.5) | | | 5 | .1 .3 | Prep Landing Hop |
| Step forward and kick 1/2 turn to Swedish fall, lower to arched prone support with head up and toes pointed, lift to straddle stand or split with head up and arm(s) extended | | | | | |
| Straddle press handstand with 2 second | | | | | |

| Skills | Value (*) | Element Group | Bonus | Execution Deduction | Comments |
|--|-----------|---------------|-------------|---------------------|---------------------------|
| hold | | | | | |
| SB#3: Replace #6 with any FIG "B" press or Endo roll to handstand (+0.5) | | | 5 | .1 | Movement in H.S. Position |
| Step down, turn toward the corner, step forward (one or more steps allowed) to hitch kick, step forward to ½ turn rearward | | | | | |
| Run, hurdle, round-off, back handspring, back handspring, salto backward tucked | | | | | |
| SB#4: Replace #8 with run, hurdle, roundoff, back handspring, tempo salto backward, back handspring, salto backward tucked (+0.5) | | | 5 .1 | .1 | Step |

| Difficulty | D Panel | E Panel | Final Score |
|------------|---------------------------|----------|---------------------------------|
| G = | | | |
| F = | | | |
| E = | Difficulty = 9.5 | E1 = 1.1 | |
| D = | Element Groups = | E2 = | USAG Bonus – 0.0 |
| C = | Bonus = 2.2 | E3 = | |
| B = | Presentation = | E4 = | D Panel + E Panel = 10.6 |
| A = | Start Value = 11.7 | | |

D – Panel Comments:

E – Panel Comments:

* X = repeated skill or non-recognized skill.

The top 10 counting skills are noted in **Bold & larger font**.

NGJA Judges Report Form

COMPETITION:

NGJA Course - Compulsory Analysis

EVENT:

Floor Exercise

ATHLETE:

Level 7-3

| Skills | Value (*) | Element Group | Bonus | Execution Deduction | Comments |
|--|--------------|------------------|-------|------------------------|---------------|
| Run, hurdle, round-off, back handspring, salto backward stretched | | | | | |
| SB#1: Replace #1 with run, hurdle, roundoff, back handspring, salto backward stretched with a full twist (+0.5) | | | 5 | | |
| Straight arm tuck or pike back extension roll to handstand with 1/2 turn, lower to arched prone support with head up and toes pointed | | | | | |
| Lift to tuck position, jump to straight legged sissone, step forward to 1/2 turn rearward | | | .1 | | Bo Sissone |
| Run, hurdle, forward handspring, salto forward tucked to stand | | | | | |
| SB#2: Replace #4 with run, hurdle, forward handspring, salto forward piked or stretched (+0.5) | | | 5 | .3 | Hop |
| Step forward and kick 1/2 turn to Swedish fall, lower to arched prone support with head up and toes pointed, lift to straddle stand or split with head up and arm(s) extended | | | | | |
| Straddle press handstand with 2 second | | | | | |

NGJA Judges Report Form

COMPETITION:

NGJA Course - Compulsory Analysis

EVENT:

Floor Exercise

ATHLETE:

Level 7-4

| Skills | Value (*) | Element Group | Bonus | Execution Deduction | Comments |
|---|--------------|------------------|-------|------------------------|--|
| Run, hurdle, round-off, back handspring, salto backward stretched | | | | .1 | Step |
| SB#1: Replace #1 with run, hurdle, roundoff, back handspring, salto backward stretched with a full twist (+0.5) | | | | | |
| Straight arm tuck or pike back extension roll to handstand with 1/2 turn, lower to arched prone support with head up and toes pointed | | | | .1 .1 .1 | Arch Step Extra step with hand on 1/2 turn |
| Lift to tuck position, jump to straight legged sissone, step forward to 1/2 turn rearward | | | | | |
| Run, hurdle, forward handspring, salto forward tucked to stand | | | | | |
| SB#2: Replace #4 with run, hurdle, forward handspring, salto forward piked or stretched (+0.5) | | | 5 | .3 .3 | Step Non Control Landing |
| Step forward and kick 1/2 turn to Swedish fall, lower to arched prone support with head up and toes pointed, lift to straddle stand or split with head up and arm(s) extended | | | | | |
| Straddle press handstand with 2 second | | | | | |

| Skills | Value (*) | Element Group | Bonus | Execution Deduction | Comments |
|--|-----------|---------------|-------|---------------------|-------------------------|
| hold | | | | | |
| SB#3: Replace #6 with any FIG "B" press or Endo roll to handstand (+0.5) | | | 5 | .1 .1 | Rhythm Arms |
| Step down, turn toward the corner, step forward (one or more steps allowed) to hitch kick, step forward to ½ turn rearward | | | | | |
| Run, hurdle, round-off, back handspring, back handspring, salto backward tucked | | | | | |
| SB#4: Replace #8 with run, hurdle, roundoff, back handspring, tempo salto backward, back handspring, salto backward tucked (+0.5) | | | 5 | .1 | Legs Apart Stick |

| Difficulty | D Panel | E Panel | Final Score |
|------------|---------------------------|----------|--------------------------------|
| G = | | | |
| F = | | | |
| E = | Difficulty = 9.5 | E1 = 1.3 | |
| D = | Element Groups = | E2 = | USAG Bonus – 0.0 |
| C = | Bonus = 1.6 | E3 = | |
| B = | Presentation = | E4 = | D Panel + E Panel = 9.8 |
| A = | Start Value = 11.1 | | |

D – Panel Comments:

E – Panel Comments:

* X = repeated skill or non-recognized skill.

The top 10 counting skills are noted in **Bold & larger font**.