



2018 NGJA Course
JO Technical Sequence Routine Analysis
Judging Report
Parallel Bars Routine Analysis
Judging Panel:
General Comments:



NGJA Judges Report Form

COMPETITION:

NGJA Course – Technical Sequence Analysis

EVENT:

Parallel Bars

ATHLETE:

15 – 18 yo Tech Sequence PB 1

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Jump to upper arm support swing to cast position					
Cast forward back uprise to handstand				.1, .1	Knees, tap
Support swing forward, swing backward to handstand					
Giant swing to handstand			.1	.1	Arms
Support swing forward and backward to handstand			.1		
Peach basket to support 45 or higher				.1	Arms
Support swing forward and backward to handstand				.1	
Layaway to upper arm support					
Front Uprise			.1		
Support swing forward and hop to handstand					
Dismount			.1		

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 9.5	E1 = .5	
D =	Element Groups =		
C =	Bonus = .4		
B = 1	Presentation =		D Panel + E Panel = 9.4
A = 5	Start Value = 9.9		

D – Panel Comments:

E – Panel Comments:



NGJA Judges Report Form

COMPETITION:

NGJA Course – Technical Sequence Analysis

EVENT:

Parallel Bars

ATHLETE:

15 – 18 yo Tech Sequence PB 2

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Jump to upper arm support swing to cast position					
Cast forward back uprise to handstand				.1, .1	Strength, tap
Support swing forward, swing backward to handstand					
Giant swing to handstand			.1	.1	Late completion with knees
Support swing forward and backward to handstand				.1	pike
Peach basket to support 45 or higher				.2, .1, .1	Arms, angle, travel
Support swing forward and backward to handstand				.1	pike
Layaway to upper arm support					
Front Uprise				.1	knees
Support swing forward and hop to handstand				.1, .1	Amplitude, pike
Dismount				.1	rise

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 9.5	E1 = 1.3	
D =	Element Groups =		
C =	Bonus = .1		
B = 1	Presentation =		D Panel + E Panel = 8.3
A = 5	Start Value = 9.6		

D – Panel Comments:

E – Panel Comments:



NGJA Judges Report Form

COMPETITION:

NGJA Course – Technical Sequence Analysis

EVENT:

Parallel Bars

ATHLETE:

15 – 18 yo Tech Sequence PB 3

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Jump to upper arm support swing to cast position					
Cast forward back uprise to handstand				.1, .1	Use of strength, tap
Support swing forward, swing backward to handstand					
Giant swing to handstand			.1		
Support swing forward and backward to handstand			.1		
Peach basket to support 45 or higher			.1	.1, .1, .1	Arms, step
Support swing forward and backward to handstand					
Layaway to upper arm support					
Front Uprise					
Support swing forward and hop to handstand				.1	amplitude
Dismount			.1	.1	toes

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 9.5	E1 = .7	
D =	Element Groups =		
C =	Bonus = .4		
B = 1	Presentation =		D Panel + E Panel = 9.2
A = 5	Start Value = 9.9		

D – Panel Comments:

E – Panel Comments:



NGJA Judges Report Form

COMPETITION:

NGJA Course – Technical Sequence Analysis

EVENT:

Parallel Bars

ATHLETE:

15 – 18 yo Tech Sequence PB 4

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Jump to upper arm support swing to cast position				.1	Knees
Cast forward back uprise to handstand				.1, .1, .1	Knees, arch, tap
Support swing forward, swing backward to handstand					
Giant swing to handstand				.2, .2, 1	Leg separation, arms, travel
Support swing forward and backward to handstand					
Peach basket to support 45 or higher				.1, .3	Toes, angle
Support swing forward and backward to handstand					
Layaway to upper arm support				.1, .1	
Front Uprise				.1, .1	Knees, height
Support swing forward and hop to handstand				.1, .1, .1	Knees, toes, amplitude
Dismount			.1	.1	Rise

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 9.5	E1 = 2.1	
D =	Element Groups =		
C =	Bonus = .1		
B = 1	Presentation =		D Panel + E Panel = 7.5
A = 5	Start Value = 9.6		

D – Panel Comments:

E – Panel Comments: