



2018 NGJA Course
JO Compulsory Routine Analysis
Judging Report
Pommel Horse Routine Analysis
Judging Panel:
General Comments:



NGJA Judges Report Form

COMPETITION: NGJA Course - Compulsory Analysis
EVENT: **Pommel Horse**
ATHLETE: **Level 4-1**

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Circle				0.3, 0.1	legs bump, bent arms
¼ turn flank dismount				0.1, 0.1, 0.1	piked hips, bent knees, heel separation
			0.2		Stick

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 9.5	E1 = 0.7	
D =	Element Groups =	E2 =	
C =	Bonus = 0.2	E3 =	
B =	Presentation =	E4 =	D Panel + E Panel = 9.0
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**.



NGJA Judges Report Form

COMPETITION: NGJA Course - Compulsory Analysis
EVENT: **Pommel Horse**
ATHLETE: **Level 4-2**

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Circle				0.3, 0.1, 0.1	Piked hips, bent arms, toes
				0.5, 1.0	270 degree completion of circle, fall
¼ turn flank dismount				0.1, 0.1, 0.1	piked hips, bent knees, toes
			0.2		Stick

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 9.5	E1 = 2.3	
D =	Element Groups =	E2 =	
C =	Bonus = 0.2	E3 =	
B =	Presentation =	E4 =	D Panel + E Panel = 7.4
A =	Start Value = 9.7		

D – Panel Comments:

Circle appears to stop right around 270. I chose to take a 0.5 deduction to give the benefit to the athlete.

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: **Pommel Horse**
ATHLETE: **Level 4-3**

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Circle				0.3	Piked hips
				1.0, 1.0	180 degree completion of circle, fall
¼ turn flank dismount				0.1, 0.1, 0.1, 0.1	piked hips, bent knees, leg separation, moves toe upon finish position
			0.2		Stick

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 9.5	E1 = 2.7	
D =	Element Groups =	E2 =	
C =	Bonus = 0.2	E3 =	
B =	Presentation =	E4 =	D Panel + E Panel = 7.0
A =	Start Value = 9.7		

D – Panel Comments:

Circle appears to stop right around 180. I chose to take a 1.0 deduction to give the benefit to the athlete. I chose to award stick bonus since the toe movement happened after the athlete showed a controlled landing position.

E – Panel Comments:

Leg separation at the end could be a medium deduction.

* 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: **Pommel Horse**
ATHLETE: **Level 4-4**

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Circle			0.3	0.1	piked hips
Circle				0.1	piked hips
Circle			0.5	0.1	piked hips
Circle				0.1	piked hips
Circle			0.5	0.1	piked hips
¼ turn flank dismount					
			0.2		stick

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 9.5	E1 = 0.5	
D =	Element Groups =	E2 =	
C =	Bonus = 1.5	E3 =	
B =	Presentation =	E4 =	D Panel + E Panel = 10.5
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: **Pommel Horse**

ATHLETE: **Level 5-1**

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Circle			0.1	0.1	knees
Circle			0.1	0.1	knees
Circle				0.1	knees
Circle			0.5	0.1	Knees
Quarter Spindle				0.1	knees
Quarter Spindle			0.5	0.1	knees
Circle				0.1	Pike
Circle					
Flair				0.1	Drawn hips
Flair			0.5	0.1	Drawn hips
Circle			0.1	0.1	Pike
¼ turn flank dismount					
			0.2		stick

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 9.5	E1 = 1.0	
D =	Element Groups =	E2 =	
C =	Bonus = 2.0	E3 =	
B =	Presentation =	E4 =	D Panel + E Panel = 10.5
A =	Start Value = 11.5		

D – Panel Comments:

Knee bend seems very minor.

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: **Pommel Horse**
ATHLETE: **Level 5-2**

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Circle				0.1, 0.1, 0.1	Knees, scrape, leg separation
Circle			0.1	0.1	Knees
Circle				0.1, 0.1	Knees, toes
Circle			0.5	0.1, 0.1, 0.3	Knees, leg separation, skew
½ Spindle			0.5	0.1, 0.1, 0.1	Knees, leg separation, skew
Circle				0.1, 0.1	Knees, pike
¼ turn flank dismount				0.1, 0.1	Knees, pike
			0.2		stick

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 9.5	E1 = 1.8	
D =	Element Groups =	E2 =	
C =	Bonus = 1.3	E3 =	
B =	Presentation =	E4 =	D Panel + E Panel = 9.0
A =	Start Value = 10.8		

D – Panel Comments:

He begins his spindle action at the end of his 4th circle causing a skew deduction. You could argue that the athlete did two quarter spindles instead of one ½ spindle to eliminate more skewing deductions. However, if he is using two circular motions to complete the spindle, he is then missing a circle at the end of the routine (part number 3). It is better for the gymnast to award a ½ spindle with deductions.

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: **Pommel Horse**
ATHLETE: **Level 5-3**

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Circle			0.1	0.1	Pike
Circle			0.1	0.1	Pike
Circle				0.1	Pike
Circle			0.5	0.1	Pike
Quarter Spindle				0.1	Pike
Quarter Spindle			0.5	0.1	Pike
Circle				0.1	Pike
Circle				0.1	Pike
Flair				0.3	Leg amplitude
Flair			0.5	0.1, 1.0	Drawn hips, fall
Circle			0.1	0.1	Pike
¼ turn flank dismount					
			0.2		stick

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 9.5	E1 = 2.3	
D =	Element Groups =	E2 =	
C =	Bonus = 2.0	E3 =	
B =	Presentation =	E4 =	D Panel + E Panel = 9.2
A =	Start Value = 11.5		

D – Panel Comments:

Credit on the bonus for flairs could go either way. I chose to award credit since the athlete did finish to front support at the end of the 2nd flair. His fall or loss of support with his arms did not happen until the following circular motion. However, I could see this go the other way as the gymnast had clearly lost control at the end of the 2nd flair.

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: **Pommel Horse**
ATHLETE: **Level 5-4**

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Circle			0.1		
Circle			0.1		
Circle					
Circle			0.5		
Quarter Spindle				0.1, 0.1	Knees, toes
Quarter Spindle			0.5	0.1	Knees
Circle				0.1	Pike
Flair				0.1, 0.1	Drawn hips, legs closing in back of flair
Flair			0.5	0.1	Drawn hips
Circle			0.1	0.1	toes
¼ turn flank dismount					
			0.2		stick

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 9.5	E1 = 0.8	
D =	Element Groups =	E2 =	
C =	Bonus = 2.0	E3 =	
B =	Presentation =	E4 =	D Panel + E Panel = 10.7
A =	Start Value = 11.5		

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: **Pommel Horse**
ATHLETE: **Level 6-1**

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Circle			0.1		
Circle			0.1		
Czechkehre					
Circle					
Stockli A			0.5		
Circle					
Circle					
Flair Spindle			0.1	0.1	Slight pike
Flair Spindle			0.5	0.1	Slight pike
Circle					
Circle					
Russian 360			0.5	0.1	Slight pike
Circle					
¼ turn flank dismount					
			0.2		stick

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 9.5	E1 = 0.3	
D =	Element Groups =	E2 =	
C =	Bonus = 2.0	E3 =	
B =	Presentation =	E4 =	D Panel + E Panel = 11.2
A =	Start Value = 11.5		

D – Panel Comments:

E – Panel Comments:

Great routine!



NGJA Judges Report Form

COMPETITION: NGJA Course - Compulsory Analysis
EVENT: Pommel Horse
ATHLETE: Level 6-2

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Circle			0.1	0.1	pike
Circle			0.1	0.1	pike
Czechkehre				0.1	pike
Circle, circle				0.1	Pike
Stockli A			0.5	0.1	pike
Circle					
Circle					
Flair Spindle				0.1	pike
Flair Spindle			0.5	0.1	pike
Circle					
Circle				0.1	pike
Russian 360			0.5	0.1	pike
Circle				0.1	pike
¼ turn flank dismount					
			0.2		stick

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 9.5	E1 = 1.0	
D =	Element Groups =	E2 =	
C =	Bonus = 1.9	E3 =	
B =	Presentation =	E4 =	D Panel + E Panel = 10.4
A =	Start Value = 11.4		

D – Panel Comments:

E – Panel Comments:

Piked circles throughout routine.



NGJA Judges Report Form

COMPETITION: NGJA Course - Compulsory Analysis
EVENT: **Pommel Horse**
ATHLETE: **Level 6-3**

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Circle			0.1	0.1	pike
Circle			0.1	0.1	pike
Czechkehre				0.1	pike
Circle, circle				0.1	knees
Stockli A			0.5	0.1, 0.1	Pike, knees
Circle				0.1	pike
Circle					
Flair Spindle				0.1, 0.3	Pike, legs closing together in back
Flair Spindle			0.5	0.1	pike
Circle					
Circle				0.1	pike
Russian 360			0.5	0.1, 0.1	Pike, leg separation
Circle				0.1	pike
¼ turn flank dismount					
			0.2		stick

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 9.5	E1 = 1.6	
D =	Element Groups =	E2 =	
C =	Bonus = 1.9	E3 =	
B =	Presentation =	E4 =	D Panel + E Panel = 9.8
A =	Start Value = 11.4		

D – Panel Comments:

E – Panel Comments:

Piked circles throughout routine. Slight knee bends off and on



NGJA Judges Report Form

COMPETITION: NGJA Course - Compulsory Analysis
EVENT: Pommel Horse
ATHLETE: Level 6-4

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Circle			0.1		
Circle			0.1		
Czechkehre				0.1, 0.1, 0.1	Pike, knees, toes
Circle, circle				0.1, 0.1	Pike, pike
Stockli A			0.5	0.3, 0.1, 0.1	Skew, pike, toes
Circle				0.1, 0.1	Knees, toes
Circle				0.1, 0.1	Knees, toes
Flair				0.1, 0.3	Pike, legs closing in the back
Flair				0.1, 0.1	Pike, toes
Circle				0.1	pike
¼ turn flank dismount				0.1, 0.1	Knees, toes
			0.2		stick

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 9.5	E1 = 2.3	
D =	Element Groups =	E2 =	
C =	Bonus = 0.9	E3 =	
B =	Presentation =	E4 =	D Panel + E Panel = 8.1
A =	Start Value = 10.4		

D – Panel Comments:

E – Panel Comments:

Stockli should take one circular motion to complete. He is very off center at the end of his stockli. Legs close together in the back of the flair work. Issues with knees and toes throughout routine.



NGJA Judges Report Form

COMPETITION: NGJA Course - Compulsory Analysis
EVENT: Pommel Horse
ATHLETE: Level 7-1

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Front Loop				0.1, 0.1, 0.1	Skew, pike, knees
Magyar			0.5	0.3, 0.1, 0.1	Skew, pike, knees
½ spindle			0.5	0.1, 0.1, 0.1	Skew, pike, knees
Front Loop				0.1	Skew
Front Loop				0.1	Skew
Flair				0.1	Pike
Flair			0.5		
Front Loop					
Russian 360			0.5	0.3, 0.1	Leg separation, knees
Front Loop				0.1, 0.1	Skew, pike
¼ turn				0.1, 0.1, 0.1	Leg separation, pike, toes
2 x side circle				0.1, 0.1, 0.1	Pike, pike, toes
¼ turn				0.1, 0.1, 0.1	Pike, knees, toes
Back loop				0.1, 0.1	Skew, Leg separation
Back loop drop			0.2	0.1	Skew

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 9.5	E1 = 3.2	
D =	Element Groups =	E2 =	
C =	Bonus = 2.2	E3 =	
B =	Presentation =	E4 =	D Panel + E Panel = 8.5
A =	Start Value = 11.7		

D – Panel Comments:

E – Panel Comments:

Several repetitive minor knee bends, skew, pike.



NGJA Judges Report Form

COMPETITION: NGJA Course - Compulsory Analysis
EVENT: Pommel Horse
ATHLETE: Level 7-2

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Front Loop					
Front Loop			0.1		
Flair				0.1	Pike
Flair			0.5	0.1	Pike
Front Loop					
Magyar			0.5	0.1, 0.1	Skew, pike
½ spindle			0.5	0.1, 0.1	Pike, skew
2 x Front Loop				0.1	Pike
Russian 360			0.5	0.1, 0.1	Knees, leg scrape
2 x Front Loop				0.1	Pike
¼ turn					
2 x side circle			0.1		
¼ turn				0.1, 0.1	Pike, knees
Back loop				0.1, 0.1	Skew, knees
Back loop drop			0.2	0.1	Skew

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 9.5	E1 = 1.5	
D =	Element Groups =	E2 =	
C =	Bonus = 2.4	E3 =	
B =	Presentation =	E4 =	D Panel + E Panel = 10.4
A =	Start Value = 11.9		

D – Panel Comments:

E – Panel Comments:



NGJA Judges Report Form

COMPETITION: NGJA Course - Compulsory Analysis
EVENT: Pommel Horse
ATHLETE: Level 7-3

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Front Loop				0.1, 0.1	Skew, pike
Magyar			0.5	0.1, 0.3, 0.1	Skew, pike, knees
½ spindle			0.5	0.1, 0.1, 0.1	pike, knees
Front Loop					
Flair				0.1, 0.3, 0.1	Pike, legs close in back, skew
Flair			0.5	0.1, 0.1	Knees, skew
Front Loop				0.1	pike
Russian 360			0.5	0.1, 0.1	pike, knees
Front Loop				0.3	pike
Front Loop				0.1	Skew
¼ turn				0.1	pike
2 x side circle				0.1, 0.1	Pike, knees
¼ turn				0.1, 0.1	Pike, knees
Back loop				0.1, 0.1	Skew, knees
Back loop drop			0.2	0.1, 0.1, 0.1	Skew, knees, leg separation landing

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Difficulty = 9.5	E1 = 3.4	
D =	Element Groups =	E2 =	
C =	Bonus = 2.2	E3 =	
B =	Presentation =	E4 =	D Panel + E Panel = 8.3
A =	Start Value = 11.7		

D – Panel Comments:

E – Panel Comments:

Several repetitive minor knee bends, skew, pike.



NGJA Judges Report Form

COMPETITION: NGJA Course - Compulsory Analysis
EVENT: Pommel Horse
ATHLETE: Level 7-4

Skills	Value (*)	Element Group	Bonus	Execution Deduction	Comments
Front Loop				0.1	Pike
Front Loop				0.1	Pike
Front Loop				0.1, 0.5	Pike, missing ½ of a numbered part
¼ turn				0.1, 0.1	Pike, toes
Side circle				0.1, 0.1	Pike, toes
Side circle				0.1, 0.1, 0.3	Pike, toes, knees
¼ turn				0.1, 0.1, 0.1	Pike, toes, knees
Back loop				0.1, 0.1, 0.1	Toes, knees, skew
Back loop drop				0.1, 0.1, 0.1, 0.1	Toes, knees, skew, hop

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

D – Panel Comments:

He is missing ½ of a numbered part. His ¼ turn comes at the end of his 4th front loop which means that he is missing ½ of part #2. One could argue that this is his 4th loop, and the ¼ turn comes immediately after the 4th loop. However, if you apply the next circular motion to his ¼ turn skill, he is then missing ½ of part # 4. Either way, he is missing ½ of one numbered part. The ¼ turn skill takes one circular motion to complete. This base routine should have a minimum of 10 circular motions. He only does 9 circular motions:

# of circular motions	Numbered part and skills
2	2 front loops
2	2 front loops
1	¼ turn
2	2 side support circles
1	¼ turn
1	One back loop
1	One back loop into dismount
Total = 10 circular motions	

E – Panel Comments: