



USA GYMNASTICS

NGJA Judges Report Form

Mentor Program Practical	
Event	Parallel Bars
Judge 1 (D1/E1)	C. Nesbitt
Judge 2 (D2/E2)	D. Johnson
Judge 3 (E3)	T. McNamee
Judge 4	M. Sherman

Overview & Event Commentary:

Routine: PB 1

<https://youtu.be/jnEwQQYL4Og>

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Kip	A	3			
L sit	A	1		0.1, 0.1	Hand shift, hand shift
Press Handstand	B	1			
Diamidov	C	1		0.3, 0.1(.3)	Past handstand; arm bend, KNEE bend
Fwd. Uprise	A	2		0.1, 0.1	Knee bend, back not horizontal w/ bars
Swing Handstand	A	1		0.3, 0.1	Short hold, Arch
Stutzkehr fwd. to hdst	C	1		0.1, 0.1, 0.1, 0.1	Feet apart, toe flex, arm bend, hand step
Fwd. Uprise				0.1, 0.1	Knee bend, back not horizontal w/ bars
Swing Handstand				0.3, 0.1	Short Hold, arch
Double Back Piked	D	4		0.1, 0.1, 0.3, 0.1	Knee bend, toe flex, Hop, hop

Difficulty	D Panel	E Panel	Final Score
H =			
G =			
F =			
E =	Difficulty = 1.6	E1 = 2.8	Dismount stuck = N/A
D = 1	Element Groups = 2.0	E2 = 2.5	
C = 2	Connection Bonus =	E3 = 2.7	
B = 1	Presentation =	E4 = 2.6	D Panel + E Panel = N/A
A = 4	Start Value = 13.6	Avg = 2.7 *rounded up	

D – Panel Comments:

E – Panel Comments: Very typical “decent” or “good” level 9 or 10 routine. Numerous 0.1 deductions and a couple short holds that MUST be deducted to differentiate against other athletes at this level, and to provide clear score separation with higher level athletes doing harder skills that also have clearer 0.1 and 0.3 deductions.

Routine: PB 2

<https://www.youtube.com/watch?v=SLsy5-m6XUg>

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Kip	A	3		0.1	arm bend
Swing Handstand	A	1		0.1, 0.1	arm bend x2
Diamidov	C	1		0.1	leg separation
Moy Support	B	3			
Swing Handstand				0.1	Arm bend
Stutz	C	1		0.1, 0.1, 0.1(.3,.3)	Short of handstand, leg separation, arch
Harada	D	2		0.3, 0.3, 0.1	Lack of extension, Poor regrasp, flexed feet(almost .5 not horizontal)
Fwd. Uprise	A	2		0.3, 0.1	Knee bend, back not at least horizontal
Swing Handstand				0.3	No hold; change of direction
Basket to support	B	3		0.1, .1	Feet apart, arm bend
L-sit	A	1		.1	Short hold??? Hand opens
Press Handstand	B	1		0.1	Arm bend
Double Salto bwd p.	D	4		0.1, 0.3, 1.0	Form, lack of prep/extension, Fall

Difficulty	D Panel	E Panel	Final Score
H =			
G =			
F =			
E =	Difficulty = 2.3	E1 = 3.8	Dismount stuck = N/A
D =	Element Groups = 2.0	E2 = 3.5	
C =	Connection Bonus =	E3 = 3.6	
B =	Presentation =	E4 = 3.8	D Panel + E Panel = N/A
A =	Start Value = 14.3	Avg = 3.7	

D – Panel Comments:

E – Panel Comments: Harada, and similar regrasping skills, must show distinct open (extension) to horizontal and controlled regrasping of the bars. These are separate deductions and both may be taken on each skill.

Routine: PB 3

https://youtu.be/uABiY_I2rrU

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Cast to upper arm	A	3			
Back Upr. Fwd Salto support	NR	NR		0.1, 0.5, 0.5	Form, extreme arm bend, empty swing
Swing handstand	A	1		0.3	Short hold
Basket to handstand	D	3		0.1, 0.1	Short of handstand
Basket to Handstand ¼ t.				0.1, 0.1	Arm bend, extra hand step
Diamidov	C	1			
Tippelt	D	3		0.1	Use of strength on a swinging skill
Pirouette	A	1			
Bhavsar	E	3		0.1	
Kip	A	3			
Swing handstand					
Healy to support	D	1		0.1 (.3)	Plke
pirouette					
Fwd. uprise	A	2			
Double Salto Fwd. tucked	E	4		0.1, 0.3 (.1)	Toe flex, Large step, lake prep landing, chest down

Difficulty	D Panel	E Panel	Final Score
H =			
G =			
F =			
E = 2	Difficulty = 2.9	E1 = 2.4	Dismount stuck = N/A
D = 3	Element Groups = 2.0	E2 = 2.5	
C = 1	Connection Bonus =	E3 = 2.3	
B =	Presentation =	E4 = 2.5	D Panel + E Panel = N/A
A = 4	Start Value = 14.9	Avg = 2.5 *rounded up	

D – Panel Comments:

No Credit for Back Upr. Fwd. Salto to support (Homna) due to large arm bend

E – Panel Comments:

Routine: PB 4

<https://youtu.be/FOEdJI5of4>

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Cast to upper arm	A	3		0.1	
Bwd. uprise and salto fwd.p. to sup.	D	2		0.1	Knee bend
Swing Handstand	A	1			
Tanaka	F	3		0.1	Feet flex
Bwd. uprise straddle cut to bent arm	A	2			
Swing Handstand					
Tejada	E	3		0.5 (.3)	Uncontrolled regrasp
Fwd. uprise	A	2		0.3, (.1)	Body not horizontal w/ bars
Swing Handstand					
Basket to handstand ½ t.	E	3		0.1	
Basket to handstand	D	3		0.1, 0.1	Angle
Giant to 1 rail Hdst.	C	3		0.3, 0.1	Out of plane/major deviation; arch
Healy	D	1		0.1	Arm bend on regrasp
Swing Handstand				0.1, 0.1 (0)	?
Stutzkehr fwd. to hdst	C	1			
Fwd. Uprise				0.1	Knee bend
Double salto fwd. t/ w.½ t.	E	4		0.1, 0.1, 0.1(.3 chest)	Feet flex, legs apart, step

Difficulty	D Panel	E Panel	Final Score
H =			
G =			
F =			
E =	Difficulty = 4.0	E1 = 2.3	Dismount stuck = N/A
D =	Element Groups = 2.0	E2 = 2.0	
C =	Connection Bonus =	E3 = 2.1	
B =	Presentation =	E4 = 1.9	D Panel + E Panel = N/A
A =	Start Value = 16.0	Avg =	

D – Panel Comments:

E – Panel Comments:

PB 5<https://www.youtube.com/watch?v=tfldmUp92MQ>

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Fwd. uprise	A	2		0.1	?
Swing handstand	A	1			
Basket handstand ½ t.	E	3		0.1,0 .1	Extra step (small), arm bend
Basket handstand	D	3			
Moy Support w/ straight legs	C	3			
Pirouette	A	1		0.1	Extra step (small)
Bhavsar	E	3		.1	height
Kip	A	3			
L-sit	A	1			
Press Handstand	B	1			
Pirouette				0.1	Arch
Tippelt	NR	3		1.0	Sit on bars
Double salto bwd. t	C	4		0.1, 0.1	Feet flex, arms swing

Difficulty	D Panel	E Panel	Final Score
H =			
G =			
F =			
E = 2	Difficulty = 2.6	E1 = 1.5	Dismount stuck = N/A
D = 1	Element Groups = 1.8	E2 = 1.6	
C = 2	Connection Bonus =	E3 = 1.6	
B = 1	Presentation =	E4 = 1.5	D Panel + E Panel = N/A
A = 4	Start Value = 14.4	Avg = 1.6 *rounded up	

D – Panel Comments:**E – Panel Comments:**

PB 6<https://youtu.be/uDvQQkeqAnI>

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Kip	A	3			
L-sit	A	1		.1	hand grasp opens adj
Press Handstand	B	1		0.1, 0.3	Rhythm; Short Hold
Giant	C	3		0.1	Arm bend
Moy support w/ straight legs	C	3			
L-sit				.1	high L
Press handstand				0.3, 0.1	Short hold, feet separation
pirouette	A	1			
Tippelt	D	3		0.1, 0.1	Feet, swing with strength
Fwd. uprise	A	2			
Salto fwd. stretched 1/1 t.	C	4		0.1, 0.1, 0.3	height, feet separation, step

Difficulty	D Panel	E Panel	Final Score
H =			
G =			
F =			
E =	Difficulty = 1.9	E1 = 1.6	Dismount stuck = N/A
D = 1	Element Groups = 1.8	E2 = 1.2	
C = 3	Connection Bonus =	E3 = 1.2	
B = 1	Presentation =	E4 = 1.1	D Panel + E Panel = N/A
A = 4	Start Value = 13.7	Avg =	

D – Panel Comments: Only 9 parts. Can't count 2nd L-sit & Press Handstand (simple repetition). Cannot count 2-second handstand after Tippelt for A, EG 1 since an EG I handstand is defined to include a swing (errata in current version; to be fixed in 2022 update). The FIG TC examples also note that it must be a swing to handstand (not just a handstand).

E – Panel Comments:

PB 7<https://youtu.be/7WvFAU5wtLE>

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Cast to upper arm	A	3			
Bwd. uprise and salto fwd. p. to sup.	D	2		0.1	Arm bend,
Swing handstand	A	1		0.1	
Basket handstand ¼ t.	D	3		0.1,.1	Arm bend,arch
Basket handstand to 1 rail	E	3		0.1	Unsteadiness
Healy to support from 1 rail	E	1		0.1	late catch
Swing handstand					
Diamidov 5/4	D	1		0.1	Arch
Makutz	E	1		0.1, 0.1	Pike, form break, late catch
Swing handstand					
Healy to support	D	1		0.1	late catch
Swing handstand					
Fwd. uprise	A	2			
Double Salto fwd. t.	E	4		0.1, 1.0	Feet flexed, Fall

Difficulty	D Panel	E Panel	Final Score
H =			
G =			
F =			
E = 4	Difficulty = 3.8	E1 = 1.8	Dismount stuck = N/A
D = 4	Element Groups = 2.0	E2 = 2.0	
C =	Connection Bonus =	E3 = 1.8	
B =	Presentation =	E4 =1.9	D Panel + E Panel = N/A
A = 2	Start Value = 15.8	Avg = 1.9 *rounded up	

D – Panel Comments:**E – Panel Comments:**

PB 8<https://youtu.be/6LPi-2-fp-M>

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Fwd. uprise	A	2		0.1	Back/angle below horizontal
Swing handstand	A	1			
Tsolakidis 1	G	2		0.1	Lack of extension on healy-down
Swing handstand					
Makutz	E	1		0.1	Pause < 1 sec
Swing handstand				0.3	Short hold
Richards	E	2		0.1	Arch
Giant	C	3			
Basket handstand ¼ t.	D	3		0.1, 0.1	Arch, step
Basket Handstand					
Fwd. uprise					
Sasaki	E	1			
Kip					
pirouette					
Bhavsar	E	3			
Kip					
Healy to support	D	1		0.3, 0.3	Arm bend, Rhythm (swing w/ strength)
pirouette					
Fwd. uprise					
Double Salto fwd. t. w. ½ t.	E	4		0.1	Chest low/prep for landing

Difficulty	D Panel	E Panel	Final Score
H =			
G = 1			
F =			
E = 5	Difficulty = 4.4	E1 = 1.3	Dismount stuck = N/A
D = 2	Element Groups = 2.0	E2 = 1.5	
C = 1	Connection Bonus =	E3 = 1.3	
B =	Presentation =	E4 = 1.6	D Panel + E Panel = N/A
A = 1	Start Value = 16.4	Avg = 1.4	

D – Panel Comments:**E – Panel Comments:** Some very close calls on a couple short holds and the recovery on the last healy.