



**USA GYMNASTICS**

## **NGJA Judges Report Form**

<b>Mentor Program Practical</b>	
<b>Event</b>	Still Rings
<b>Judge 1 (D1/E1)</b>	M. Juszczuk
<b>Judge 2 (D2/E2)</b>	B. Meeker
<b>Judge 3 (E3)</b>	W. Fontanez
<b>Judge 4</b>	D. Johnson

### **Overview & Event Commentary:**

These routines were selected as many skills require judges to make quick decisions on positions that can result in devaluation or no credit. In addition, holds and body positions in strength skills are equally quick and critical in an evaluation. These routines will challenge you to practice and apply these split second decisions.



**Routine: SR1**

[https://drive.google.com/file/d/1MH8OKfDZfkTT1\\_yc\\_ybVCNywY1kRju0y/view?usp=sharing](https://drive.google.com/file/d/1MH8OKfDZfkTT1_yc_ybVCNywY1kRju0y/view?usp=sharing)

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Uprise <b>Planche</b>	D	3		.3, .1	Shoulders above rings, angel
Kip	A	1		.1	Bent arms
<b>Planche</b>	C	2		.3, .3, .1	Angle, short hold, false grip
Homna	X			.5	NR
Cross	B	2		.1, .1	False grip, ring swing
Yamawaki	C	1			
Jonasson	D	1		.1	Knees
Uprise to Straddle Planch	<b>X</b>	3		.3, .3	Hip angle, short hold
Dislocate	A	1		.1	Arms
Back Giant HS	C	1		.1, .1, .1	Arch, unsteadiness, rings in
Double Front Pike 1/2	D	4			

Difficulty	D Panel	E Panel	Final Score
H =			
G =			
F =			
E =	Difficulty = 2.5	E1 = 3.1	<b>Dismount stuck = N/A</b>
D = 3	Element Groups = 2.0	E2 = 3.2	
C = 3	Connection Bonus =	E3 = 3.0	
B = 1	Presentation =	E4 = 3.2	<b>D Panel + E Panel = N/A</b>
A = 2	<b>Start Value = 4.5</b>	Avg = 11.35	

**D – Panel Comments:** Shoulders above rings on both Maltese elements, downgraded to Planche elements. Honma Cross not recognized. Uprise to straddle planche not recognized (special repetition) 9 skills

**E – Panel Comments:**



**Routine: SR2**

<https://drive.google.com/file/d/1UmC70svR0QxAGau4Cz4BBjPNyDy-1HaZ/view?usp=sharing>

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Uprise Maltese	E	3		.1, .1	Arms, height
Uprise Planch	D	3			
Lower to Cross	B	2		.3, .1	Short hold, false grip
Uprise Straddle L	B	1		.1	Ring swing
Straddle Planch	A	2		.1, .1	Hip angle, ring swing
Back Giant HS	C	1		.1, .1	Unsteadiness, Rings in
Yamawaki	C	1			
Jonasson	D	1			
Front Giant HS	C	1		.1, .1	Unsteadiness, Rings in
Giant Dislocate	X				
Back Double 2/1	E	4		.3, .1	Large hop, landing prep

Difficulty	D Panel	E Panel	Final Score
H =			
G =			
F =			
E = 2	Difficulty = 3.2	E1 = 1.7	<b>Dismount stuck = N/A</b>
D = 2	Element Groups = 2.0	E2 = 1.7	
C = 3	Connection Bonus =	E3 = 1.7	
B = 2	Presentation =	E4 = 2.0	<b>D Panel + E Panel = N/A</b>
A = 1	<b>Start Value = 5.2</b>	Avg = 13.5	

**D – Panel Comments:**

**E – Panel Comments:**



**Routine: SR3**

<https://drive.google.com/file/d/1THnJleQjlduf96ZCL4Bp65G7ac1yY0bb/view?usp=sharing>

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Uprise <b>Planche</b>	<b>D</b>	3		.3, .1	Angle, height,
Dislocate	X				
<b>Giant to Inverted Cross</b>	NC	X		.5,	Entry to high, no swg to inv
Inverted Cross	C	2		.1, .1	false grip, unsteadiness
Nakayama Cross	D	2			
Inlocate	X				
Jonasson	D	1		.1	Legs
Yamawaki	C	1		.1	Legs
Honma Cross	D	3		.3, .1	High entry, legs
Dislocate	X				
Dislocate	X				
Back Giant HS	C	1		.1	Ring swing
Front Giant HS	C	1		.1, .1	Ring swing, unsteadiness
Giant Dislocate	B	1			
Back Double 2/1	E	4		.3, .1, .1	Large step, height, landing prep

Felge upward to Inverted Cross - Just making sure, can we not give the "C" for the final hold position? Definitely comes in high but if the final hold position is not > 45 deg. can't we still give this a "C" instead of no value? You are correct.

Homna Cross - It appears you gave credit but you labled Homna (D) and Cross (B). This should just be a "D" value - OOPS!

Final Start Value should be a 5.5 if you give the inverted cross "C" value. If you do not give the inverted cross any value, I believe the Start Value should be 5.2? made the correction below

Difficulty	D Panel	E Panel	Final Score
H =			
G =			
F =			
E = 1	Difficulty = 3.5	E1 = 3.0	<b>Dismount stuck = N/A</b>
D = 4	Element Groups = 2.0	E2 = 2.8	
C = 4	Connection Bonus =	E3 = 2.8	
B = 1	Presentation =	E4 = 3.1	<b>D Panel + E Panel = N/A</b>
A =	<b>Start Value = 5.5</b>	Avg = 12.5	

**D – Panel Comments:** Giant to Inverted Cross not recognized, Honma Cross barely recognized.

**E – Panel Comments:**



**Routine: SR4**

<https://drive.google.com/file/d/12XGBO14KMv4Is3jzU-5kEq09xdCaxUTJ/view?usp=sharing>

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Hanging Inlocate	X				
Kip L	B	3		.3, .1	Bent arms, leg drop
Chechi	X				
Yamawaki	C	1			
Jonasson	D	1			
Uprise Straddle L	B	1		.1, .1, .3	Leg angle, ring swing, short hold
Press HS	B	2		.3, .3, .1	Straps, bent arms, ring swing
Front Giant HS	C	1		.1, .3, .1	Arch, short hold, ring swing
Back Giant HS	C	1		.1, .1	Ring swing, body position
Giant Dislocate	X				
Back Double 1/1	C	4		.3, .1, .1	Large step, height, landing prep

I'm coming up with a 2.2 for difficulty. Math error? FYI, I initially gave an A press and have been talked out of it. So 2.2 SV

Difficulty	D Panel	E Panel	Final Score
H =			
G =			
F =			
E =	Difficulty = 2.2	E1 = 3.2	<b>Dismount stuck = N/A</b>
D = 1	Element Groups = 1.8	E2 = 2.8	
C = 4	Connection Bonus =	E3 = 2.8	
B = 3	Presentation =	E4 = 2.8	<b>D Panel + E Panel = N/A</b>
A =	<b>Start Value = 4.0</b>	Avg = 11.1	

**D – Panel Comments:** 8 skills, Partial dismount group credit.

**E – Panel Comments:**



**SR 5**

<https://www.youtube.com/watch?v=tqBVNMqzyK0>

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Azarian L Cross	D	2		.1, .1, .1	Fast roll, grip, shoulder angle
Pull to Maltese	D	2		.1	slight body angle
Bk rise stdl Planche	B	3		.1, .1	body movement, angle
Felge to HS	C	1		.3, .1	Swing with strength to hndstd, swing
Yamawaki	C	1		.1	early knee bend
Janasson	D	1		.1	swing
Bk rise Maltese	E	3		.1, .1, .1	body mvmt, angle, swing
Nakayama	X	X		.1	No Credit - shoulders low
Bk rise to Handstand	C	1		.1, .1	Strength to hndstd, arch in hndstd
Dbl back Layout	C	4			

Difficulty	D Panel	E Panel	Final Score
H =			
G =			
F =			
E = 1	Difficulty = 3.1	E1 = 1.8	Dismount stuck = N/A
D = 4	Element Groups = 1.8	E2 = 1.9	
C = 4	Connection Bonus =	E3 = 1.8	
B = 1	Presentation =	E4 = 2.1	D Panel + E Panel = N/A
A =	Start Value = 4.9	Avg = 1.9 *rounded up	

**D – Panel Comments:** NO Nakayama credit because second EG2 cross skill (does Azarian earlier) Partial dismount group credit

**E – Panel Comments:**



**SR 6**

<https://www.youtube.com/watch?v=I9j4k-zE1E>

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Pull to inv. hang	X				
Bk rise stdl Planche	B	3		.1	body mvmt in planche
Frt uprise L sit	B	3		.1, .1	arm bend, legs dip
Inlocate	A	1			
Yamawaki	C	1			
Jonasson	D	1			
Bk uprise					
L sit	A	2		.1, .1	legs dip, swing
Press Handstand	B	2		.1, .1	swing, unsteadiness
Frt Giant	C	1		.1	Swing in hndstd
Bk Giant	C	1		.1, .1	Swing in hndstd, on strap
Dbl Back tuck 3/2	D	4		.1, .3	Leg separation, hop

Difficulty	D Panel	E Panel	Final Score
H =			
G =			
F =			
E =	Difficulty = 2.5	E1 = 1.4	<b>Dismount stuck = N/A</b>
D = 2	Element Groups = 2.0	<b>E2 = 1.2</b>	
C = 3	Connection Bonus =	E3 = 1.1	
B = 3	Presentation =	<b>E4 = 1.2</b>	<b>D Panel + E Panel = N/A</b>
A = 2	<b>Start Value = 4.5</b>	Avg = 1.2	

**D – Panel Comments:**

**E – Panel Comments:**



**SR 7**

<https://www.youtube.com/watch?v=C7fNNTeF61A>

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Azarian to Cross	D	2		.3, .1, .1	Swing in Azarian, high entry, hold of inverted hang
Bk rise std planche	B	3		.3, .1, .3	hip angle, mvmt, short hold
Bk Giant	C	1		.1	swing
Frt Giant	C	1		.1, .1	leg separation, swing
Jonasson	D	1			
Yamawaki	C	1			
Bk rise stdl L	B	1			
Press handstand	B	2			
Dbl Bk tk 1/1	C	4		.1	Feet

Difficulty	D Panel	E Panel	Final Score
H =			
G =			
F =			
E =	Difficulty = 2.6	<b>E1 = 1.6</b>	<b>Dismount stuck = N/A</b>
D = 2	Element Groups = 1.8	E2 = 1.7	
C = 4	Connection Bonus =	E3 = 1.4	
B = 3	Presentation =	<b>E4 = 1.4</b>	<b>D Panel + E Panel = N/A</b>
A =	<b>Start Value = 4.4</b>	Avg = 1.5	

**D – Panel Comments:** 9 skills, Partial dismount group credit

**E – Panel Comments:**





**SR 8**

[https://www.youtube.com/watch?v=iJ\\_b0BfY68E](https://www.youtube.com/watch?v=iJ_b0BfY68E)

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Pull to inv. hang	X				
Bk kip <b>Planche</b>	D	3		.3, .1, .1	Body angle, mvmt, arch
Nakayama	D	2		.1, .1	low cross, grip
Bk rise stdl Planche	X	X		.1, .3, .1, .1	hold inv. hip & shoulder angle, mvmt
Bk Giant	C	1		.1	swing
Yamawaki	C	1		.1, .1	leg separation, fee
Bk rise stdl L	B	1		.3	Short hold
Press handstand	B	2		.1, .1	arch, hndstd unsteady
Frt Giant	C	1		.1	rings turned in
Dislocate thru hndstd	B	1			
Tk dbl back 2/1	E	4		.1, .1	small hop, feet

Difficulty	D Panel	E Panel	Final Score
H =			
G =			
F =			
E = 1	Difficulty = 2.8	E1 = 2.4	<b>Dismount stuck = N/A</b>
D = 2	Element Groups = 2.0	E2 = 2.1	
C = 3	Connection Bonus =	<b>E3 = 2.1</b>	
B = 3	Presentation =	<b>E4 = 2.3</b>	<b>D Panel + E Panel = N/A</b>
A =	<b>Start Value = 4.8</b>	Avg = 2.2	

**D – Panel Comments:** 9 skills, shoulders too high for back kip maltese, devalued to back kip planche. Therefore, there are 2 EG3 planches so lower valued uprise straddle planche is not recognized.

**E – Panel Comments:**