



NGJA Judges Report Form

Competition	NGJA Course Routine Eval 2022
Event	
Level	Compulsory
Judge 1 (D1/E1)	Julio Bernal
Judge 2 (D2/E2)	
Judge 3 (E3)	
Judge 4 (E4)	If Applicable
Location	If Applicable
Dates	September 30

Overview & Event Commentary:



COMPETITION: 2022 NGJA Course

EVENT: High Bar

ROUTINE HB Level 3 - 1

<https://www.youtube.com/watch?v=8pdeKSb4uzQ>

Skills	Bonus	Execution Deductions	Comments
1. From a hang in overgrip, hanging ½ turn to mixed grip, change second hand to overgrip		0.1	Arch
SB1. Replace #2 with pullover to support WITHOUT spotter assistance (+0.5)	0.5	0.1	Momentary stop > 2 secs. 0.5
3. Cast to undershoot forward SB2. In #3 perform cast to horizontal (+0.5)	0.5	0.1	Cast: arch 0.5
SB3. In #3 add back hip circle prior to undershoot forward (+0.5)	0.5	0.3, 0.1	Back hip circle arms bend, undershoot body pike 0.5
4. Swing backward, tap swing forward		0.1, 0.1	Pike on the back swing, body position
5. Swing backward, tap swing forward		0.1, 0.1	Pike on the back swing, body position
6. Swing backward and uprise to hop with both hands, tap swing forward		0.1	Body position
7. Swing backward, tap swing forward		0.1, 0.1	Pike on the back swing, body position
8. Swing backward, tap swing forward		0.1, 0.1	Pike on the back swing, body position
9. Swing backward to uprise and release hands dismounting to stand	0.2	0.1, 0.1	Amplitude of uprise action shoulder below the bar, leg separation before landing Stick Bonus

D Panel	E Panel	Final Score
Base Start Value = 9.5	E1 = 1.8	
Virtuosity = 0.0	E2 =	
Specified Bonus = 1.5	E3 =	
Stick Bonus = 0.2	E4 =	D Panel + E Panel = 9.4
Final Start Value = 11.2		

D – Panel Comments: D1 His back swings were pike and his back arch

E – Panel Comments: E Panel deductions are cumulative of E1, E2 & E3 Judges



COMPETITION: 202 NGJA Course

EVENT: High Bar

ROUTINE HB Level 3 - 2

<https://www.youtube.com/watch?v=0fcentyP7Do>

Skills	Bonus	Execution Deductions	Comments
1. From a hang in overgrip, hanging ½ turn to mixed grip, change second hand to overgrip		0.1, 0.1	Pike body, side swing
SB1. Replace #2 with pullover to support WITHOUT spotter assistance (+0.5)	0.5	0.1	Uneven pull 0.5
3. Cast to undershoot forward		0.1, 0.1	Cast: arms bend, arch
SB3. In #3 add back hip circle prior to undershoot forward (+0.5)	0.5	0.1, 0.1, 0.1, 0.1	Pike, head position, bend knees, undershoot head back 0.5
4. Swing backward, tap swing forward		0.1, 0.1, 0.1	body position on the back and the front swing
5. Swing backward, tap swing forward		0.1, 0.1, 0.1	body position on the back and the front swing
6. Swing backward and uprise to hop with both hands, tap swing forward		0.1, 0.1, 0.1	body position on the back and the front swing
7. Swing backward, tap swing forward		0.1, 0.1, 0.1	body position on the back and the front swing
8. Swing backward, tap swing forward		0.1, 0.1, 0.1	body position on the back and the front swing
9. Swing backward to uprise and release hands dismounting to stand		0.3, 0.1, 0.1	height in uprise, dip landing, slide foot,

D Panel	E Panel	Final Score
Base Start Value = 9.5	E1 = 2.9	
Virtuosity = 0.0	E2 =	
Specified Bonus = 1.0	E3 =	
Stick Bonus = 0.0	E4 =	D Panel + E Panel = 7.6
Final Start Value = 10.5		

D – Panel Comments: D1 Very loose body on the swings

E – Panel Comments: E Panel deductions are cumulative of E1, E2 & E3 Judges



COMPETITION: 2022 NGJA Course

EVENT: High Bar

ROUTINE HB Level 3 - 3

<https://www.youtube.com/watch?v=GW4yxK9u0EI>

Skills	Bonus	Execution Deductions	Comments
1. From a hang in overgrip, hanging ½ turn to mixed grip, change second hand to overgrip	0.1	0.1	Pike V1. In #1, maintain a hollow body throughout the ½ turn (+0.1)
SB1. Replace #2 with pullover to support WITHOUT spotter assistance (+0.5)	0.5	0.1, 0.1	Legs apart and bend 0.5
3. Cast to undershoot forward		0.1, 0.3, 0.1	Cast arch, pike undershoot, head position
4. Swing backward, tap swing forward		0.1, 0.1	Body position, arms bend
5. Swing backward, tap swing forward		0.1, 0.1	Body position, arms bend
6. Swing backward and uprise to hop with both hands, tap swing forward		0.1, 0.1, 0.1	Body position, legs apart, toes flex
7. Swing backward, tap swing forward		0.1, 0.1	Body position, arms ben
8. Swing backward, tap swing forward		0.1, 0.1, 0.1	Body position, arms ben, legs apart
9. Swing backward to uprise and release hands dismounting to stand	0.2	0.1, 0.1	height of uprise action, chest low landing Stick Bonus

D Panel	E Panel	Final Score
Base Start Value = 9.5	E1 = 2.2	
Virtuosity = 0.1	E2 =	
Specified Bonus = 0.5	E3 =	
Stick Bonus = 0.2	E4 =	D Panel + E Panel = 8.1
Final Start Value = 10.3		

D – Panel Comments:

E – Panel Comments: E Panel deductions are cumulative of E1, E2 & E3 Judges



COMPETITION: 2022 NGJA Course

EVENT: High Bar

ROUTINE HB Level 4 - 1

<https://www.youtube.com/watch?v=3CCpmNRZuE>

Skills	Bonus	Execution Deductions	Comments
1. From hang in overgrip pullover to support		0.1, 0.1, 0.1	Legs bend, adjustment, > 2 secs. stop
2. Cast to back hip circle to undershoot forward		0.3, 0.1, 0.1, 0.1, 0.1	Cast angle, legs bend, toes flex. Undershoot head position, pike, toes flex,
3. Swing backward, tap swing forward with ½ turn to mixed grip		0.1, 0.1, 0.1, 0.1	Body Position in ½ turn, legs bend and apart, toes flex
4. Tap swing forward, swing backward and change hand to double overgrip		0.1, 0.1	Legs apart, toes flex
5. Swing forward and kip to support		0.5, 0.1	Spotting, > 2 secs. stop
6. Cast to undershoot forward		0.5, 0.3, 0.1	Cast angle, toes flex, pike undershoot
SB2. Following #6, add swing backward, tap swing forward to swinging pullover (¾ giant swing backwards) to undershoot forward (+0.5)	0.5	0.5, 0.1, 0.1, 0.1, 0.1	Hit the bar, legs apart, legs bend, toes flex, pike undershoot. Large deduction no bonus
7. Swing backward, tap swing forward		0.1, 0.1, 0.1	Body Position, legs apart, toes flex
8. Swing backward, tap swing forward		0.1, 0.1, 0.1	Body Position, legs apart, toes flex
9. Swing backwards to uprise and release hands dismount to stand	0.2	0.1, 0.1, 0.1, 0.5, 0.1, 0.1, 0,1	Body Position, legs apart, toes flex. Extra full swing, Body Position, legs apart, leg bend toes flex Stick Bonus

D Panel	E Panel	Final Score
Base Start Value = 9.5	E1 = 5.7	
Virtuosity = 0.0	E2 =	
Specified Bonus = 0.0	E3 =	
Stick Bonus = 0.2	E4 =	D Panel + E Panel = .0
Final Start Value = 9.7		

D – Panel Comments:

E – Panel Comments: E Panel deductions are cumulative of E1, E2 & E3 Judges



COMPETITION: 2022 NGJA Course

EVENT: High Bar

ROUTINE HB Level 4 - 2

https://www.youtube.com/watch?v=z17l_A6GC1c

Skills	Bonus	Execution Deductions	Comments
1. From hang in overgrip pullover to support			
2. Cast to back hip circle to undershoot forward			
SB1. Replace #2 with cast to free hip circle to undershoot forward (+0.5)	0.5		0.5
3. Swing backward, tap swing forward with ½ turn to mixed grip		0.1, 0.1	Pike on the back swing, pike on the ½ turn
4. Tap swing forward, swing backward and change hand to double overgrip		0.1	Pike on the back swing
5. Swing forward and kip to support		0.1	Pike on the back swing
6. Cast to undershoot forward			
SB2. Following #6, add swing backward, tap swing forward to swinging pullover (¾ giant swing backwards) to undershoot forward (+0.5)	0.5	0.1, 0.1	Pike on the back swing, bend arms 0.5
7. Swing backward, tap swing forward	0.1	0.1	Pike on the back swing <i>V2. In #7, perform swing backward or forward to horizontal (+0.1)</i>
8. Swing backward, tap swing forward	0.1	0.1	Pike on the back swing <i>V3. In #8, perform swing backward or forward to horizontal (+0.1)</i>
9. Swing backwards to uprise and release hands dismount to stand			
SB3. Replace #9, with swing backward, tap swing forward to salto backward (flyaway) tucked, piked or stretched dismount (+0.5)	0.5 0.2	0.1	Pike on the back swing 0.5 Stick Bonus

D Panel	E Panel	Final Score
Base Start Value = 9.5	E1 = 0.9	
Virtuosity = 0.2	E2 =	
Specified Bonus = 1.5	E3 =	
Stick Bonus = 0.2	E4 =	D Panel + E Panel = 10.5
Final Start Value = 11.4		

D – Panel Comments:

E – Panel Comments: E Panel deductions are cumulative of E1, E2 & E3 Judges



COMPETITION: 2022 NGJA Course

EVENT: High Bar

ROUTINE HB Level 4 - 3

<https://www.youtube.com/watch?v=u3jjcl2ijyI>

Skills	Bonus	Execution Deductions	Comments
1. From hang in overgrip pullover to support		0.1, 0.1	Legs apart, > 2 secs. stop
2. Cast to back hip circle to undershoot forward		0.3, 0.1, 0.3, 0.1, 0.1	Cast angle and arch, back hip circle arms bend, pike undershoot, head position
3. Swing backward, tap swing forward with ½ turn to mixed grip		0.5, 0.1	Leg apart and bend
4. Tap swing forward, swing backward and change hand to double overgrip		0.3, 0.1	Arm bend, struggle
5. Swing forward and kip to support		0.5, 0.1	Arms bend, > 2 secs, stop
6. Cast to undershoot forward		0.3, 0.1	Cast angle, pike undershoot
SB2. Following #6, add swing backward, tap swing forward to swinging pullover (¾ giant swing backwards) to undershoot forward (+0.5)	0.5	0.5, 0.1, 0.1	Hit the bar, legs apart, undershoot pike. No bonus large deduction
7. Swing backward, tap swing forward		0.1	Pike on the back swing
8. Swing backward, tap swing forward		0.1	Pike on the back swing
9. Swing backwards to uprise and release hands dismount to stand	0.2		Stick Bonus

D Panel	E Panel	Final Score
Base Start Value = 9.5	E1 = 4.0	
Virtuosity = 0.0	E2 =	
Specified Bonus = 0.0	E3 =	
Stick Bonus = 0.2	E4 =	D Panel + E Panel = 5.7
Final Start Value = 9.7		

D – Panel Comments:

E – Panel Comments: E Panel deductions are cumulative of E1, E2 & E3 Judges



COMPETITION: 2022 NGJA Course

EVENT: High Bar

ROUTINE HB Level 5 - 1

<https://www.youtube.com/watch?v=ZUZc4U8YhWw>

Skills	Bonus	Execution Deductions	Comments
1. From hang in undergrip pullover to support		0.1, 0.1	Leg separation, > 2 secs. stop
2. Cast forward to ¾ giants swing forward		0.3, 0.5, 0.3, 0.1	Cast, legs bend, arms bend, legs apart
3. Hop both hands simultaneously to double overgrip		0.1	failure to maintain hollow
4. Tap swing forward with ½ turn to mixed grip, tap swing forward in mixed grip		0.1	failure to maintain hollow
5. Swing backward in mixed grip, change hand to double overgrip			
6. Swing forward, kip to support		0.1, 0.1,	Body position, > 2 secs. stop
7. Cast ¾ giant swing backwards		0.5	Maximum deduction for execution
SB2 & SB3. Replace #7, with cast to free hip circle, two giant swings backward and ¾ giant swing backward (baby giant) (+0.5)	0.5		SB 3 performed 0.5
8. Undershoot to swing backward, tap swing forward, swing backward		0.1, 0.1, 0.1	Pike during undershoot, head position, body position in the back swing
9. Tap swing forward to salto backward (flyaway) tucked, piked or stretched dismount		0.1, 0.1, 0.1, 0.3	legs apart, pike down, preparation for landing, step

D Panel	E Panel	Final Score
Base Start Value = 9.5	E1 = 3.2	
Virtuosity = 0.0	E2 =	
Specified Bonus = 0.5	E3 =	
Stick Bonus = 0.0	E4 =	D Panel + E Panel = 6.8
Final Start Value = 10.0		

D – Panel Comments:

E – Panel Comments: E Panel deductions are cumulative of E1, E2 & E3 Judges



COMPETITION: 2022 NGJA Course

EVENT: High Bar

ROUTINE HB Level 5 - 2

https://www.youtube.com/watch?v=S50VyuvVa_8

Skills	Bonus	Execution Deductions	Comments
1. From hang in undergrip pullover to support			
2. Cast forward to ¾ giants swing forward		0.3, 0.3, 0.1	Cast, cast angle, arch
3. Hop both hands simultaneously to double overgrip		0.1	failure to maintain hollow
4. Tap swing forward with ½ turn to mixed grip, tap swing forward in mixed grip		0.1	failure to maintain hollow
5. Swing backward in mixed grip, change hand to double overgrip		0.1	Body position
6. Swing forward, kip to support			
7. Cast ¾ giant swing backwards		0.5	Maximum deduction for execution
SB2 & SB3. Replace #7, with cast to free hip circle, two giant swings backward and ¾ giant swing backward (baby giant) (+0.5)	0.5		SB 3 performed 0.5
8. Undershoot to swing backward, tap swing forward, swing backward		0.1, 0.1	Head position, body position
9. Tap swing forward to salto backward (flyaway) tucked, piked or stretched dismount		0.1, 0.1, 0.1	High, preparation for landing, hop

D Panel	E Panel	Final Score
Base Start Value = 9.5	E1 = 2.0	
Virtuosity = 0.0	E2 =	
Specified Bonus = 0.5	E3 =	
Stick Bonus = 0.0	E4 =	D Panel + E Panel = 8.0
Final Start Value = 10.0		

D – Panel Comments:

E – Panel Comments: E Panel deductions are cumulative of E1, E2 & E3 Judges



COMPETITION: 2022 NGJA Course

EVENT: High Bar

ROUTINE HB Level 5 - 3

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

Skills	Bonus	Execution Deductions	Comments
1. From hang in undergrip pullover to support		0.1, 0.1, 0.1	> 2 secs. stop, rhythm, adjusting support
2. Cast forward to ¾ giants swing forward			
SB1. Replace #2, with cast forward to one or more giant swings forward to ¾ giant swing forward (+0.5)	0.5	0.5	Maximum deduction for execution 0.5
3. Hop both hands simultaneously to double overgrip		0.1	failure to maintain hollow
4. Tap swing forward with ½ turn to mixed grip, tap swing forward in mixed grip		0.1	failure to maintain hollow
5. Swing backward in mixed grip, change hand to double overgrip			
6. Swing forward, kip to support		0.1, 0.1	> 2 secs. stop, adjusting support
7. Cast ¾ giant swing backwards		0.5	Maximum deduction for execution
SB2 & SB3. Replace #7, with cast to free hip circle, two giant swings backward and ¾ giant swing backward (baby giant) (+0.5)	0.5		SB 3 performed 0.5
8. Undershoot to swing backward, tap swing forward, swing backward		0.1, 0.1, 0.1	Pike undershoot, head position, body position
9. Tap swing forward to salto backward (flyaway) tucked, piked or stretched dismount	0.2	0.1	High Stick Bonus

D Panel	E Panel	Final Score
Base Start Value = 9.5	E1 = 2.1	
Virtuosity = 0.0	E2 =	
Specified Bonus = 1.0	E3 =	
Stick Bonus = 0.2	E4 =	D Panel + E Panel = 8.6
Final Start Value = 10.7		

D – Panel Comments:

E – Panel Comments: E Panel deductions are cumulative of E1, E2 & E3 Judges



COMPETITION: 2022 NGJA Course

EVENT: High Bar

ROUTINE HB Level 6 - 1

<https://www.youtube.com/watch?v=RRm4RmY>

Skills	Bonus	Execution Deductions	Comments
1. From hang or small preliminary swing in overgrip, cast forward to back uprise, free hip circle	0.1	0.3, 0.1	Below horizontal, arms bend free hip circle <i>V1. In #1, perform free hip circle to handstand (+0.1)</i>
2. Tap swing forward with ½ turn or hop ½ turn to both hands in overgrip		0.3	legs separation
3. Tap swing forward to ¾ giant swing backward (baby giant), undershoot		0.1	arms bend
4. Swing backward, swing forward, kip to support, change both hands to undergrip		0.1	> 2 secs. stop
5. Cast forward to one or more giant swings forward		0.3, 0.1, 0.1	extra cast, body position; Front giant: body position
6. One or more forward giant swings to ½ pirouette		0.1, 0.1	body position, pirouette angle
7. One or more giant swings backward		0.1, 0.1	Arms bend on each giant
SB2. Following #7, add Stalder or Toe Toe off through handstand. one or more giants allowed prior to #8 (+0.5)	0.5	0.1, 0.1	Legs bend, body position 0.5
8. ¾ giant swing backward (baby giant), undershoot to swing backward			
9. Tap swing forward to salto backwards (Flyaway) tucked, piked or stretched dismount			
SB3. Replace #8 & #9 with one or more giant swings backward with salto backward (flyaway) tucked, piked or stretched dismount (+0.5)	0.5	0.1, 0.1, 0.1, 0.1	Bend arms on each giant, high on the dismount, hop 0.5

D Panel	E Panel	Final Score
Base Start Value = 9.5	E1 = 2.4	
Virtuosity = 0.1	E2 =	
Specified Bonus = 1.0	E3 =	
Stick Bonus = 0.0	E4 =	D Panel + E Panel = 8.2
Final Start Value = 10.6		

D – Panel Comments:

E – Panel Comments: E Panel deductions are cumulative of E1, E2 & E3 Judges



COMPETITION: 2021 NGJA Course

EVENT: High Bar

ROUTINE HB Level 6 - 2

<https://www.youtube.com/watch?v=QoUb6SFRX9Y>

Skills	Bonus	Execution Deductions	Comments
1. From hang or small preliminary swing in overgrip, cast forward to back uprise, free hip circle	0.1	0.1, 0.1	Uprise angle, free hip angle <i>V1. In #1, perform free hip circle to handstand (+0.1)</i>
2. Tap swing forward with ½ turn or hop ½ turn to both hands in overgrip			
3. Tap swing forward to ¾ giant swing backward (baby giant), undershoot		0.1	undershoot head position
4. Swing backward, swing forward, kip to support, change both hands to undergrip			
5. Cast forward to one or more giant swings forward		0.3, 0.1	cast hesitation, front giant body position
SB1. Following #5, add Endo through handstand (+0.5)	0.5	0.3	Endo angle 0.5
6. One or more forward giant swings to ½ pirouette		0.3	Pirouette angle
7. One or more giant swings backward			
SB2. Following #7, add Stalder or Toe Toe off through handstand. one or more giants allowed prior to #8 (+0.5)	0.5	0.1	Stalder body position 0.5
8. ¾ giant swing backward (baby giant), undershoot to swing backward			
9. Tap swing forward to salto backwards (Flyaway) tucked, piked or stretched dismount			
SB3. Replace #8 & #9 with one or more giant swings backward with salto backward (flyaway) tucked, piked or stretched dismount (+0.5)	0.1 0.2 0.5		<i>V3. In #9, perform salto backwards with hips above bars height(+0.1)</i> Stick Bonus 0.5

D Panel	E Panel	Final Score
Base Start Value = 9.5	E1 = 1.4	
Virtuosity = 0.2	E2 =	
Specified Bonus = 1.5	E3 =	
Stick Bonus = 0.2	E4 =	D Panel + E Panel = 10.0
Final Start Value = 11.4		

D – Panel Comments:

E – Panel Comments: E Panel deductions are cumulative of E1, E2 & E3 Judges



COMPETITION: 2022 NGJA Course

EVENT: High Bar

ROUTINE HB Level 6 - 3

https://www.youtube.com/watch?v=A44b_maNiKM

Skills	Bonus	Execution Deductions	Comments
1. From hang or small preliminary swing in overgrip, cast forward to back uprise, free hip circle		0.3, 0.1, 0.1,	Angle on the back uprise, body position free hip, hand adjustment
2. Tap swing forward with ½ turn or hop ½ turn to both hands in overgrip		0.1	Body position
3. Tap swing forward to ¾ giant swing backward (baby giant), undershoot			
4. Swing backward, swing forward, kip to support, change both hands to undergrip			
5. Cast forward to one or more giant swings forward		0.1, 0.1, 0.1	cast arm bend, legs apart, body position
6. One or more forward giant swings to ½ pirouette		0.3, 0.1	pirouette angle, body position
7. One or more giant swings backward		0.1, 0.1, 0.1, 0.1	body position, arm bend, body position, arm bend
SB2. Following #7, add Stalder or Toe Toe off through handstand. one or more giants allowed prior to #8 (+0.5)	0.5	1.0	Fall, no credit
8. ¾ giant swing backward (baby giant), undershoot to swing backward			
9. Tap swing forward to salto backwards (Flyaway) tucked, piked or stretched dismount			
SB3. Replace #8 & #9 with one or more giant swings backward with salto backward (flyaway) tucked, piked or stretched dismount (+0.5)	0.1 0.2 0.5	0.1, 0.1, 0.1	Legs bend and apart, toes flex <i>V3. In #9, salto backwards with hips above bar height (+0.1)</i> Stick Bonus 0.5

D Panel	E Panel	Final Score
Base Start Value = 9.5	E1 = 3.0	
Virtuosity = 0.1	E2 =	
Specified Bonus = 0.5	E3 =	
Stick Bonus = 0.2	E4 =	D Panel + E Panel = 7.3
Final Start Value = 10.3		

D – Panel Comments:

E – Panel Comments: E Panel deductions are cumulative of E1, E2 & E3 Judges