



NGJA Judges Report Form

Competition	NGJA Course Routine Eval 2022
Event	
Level	Compulsory
Judge 1 (D1/E1)	Walter Jaramillo
Judge 2 (D2/E2)	
Judge 3 (E3)	If Applicable
Judge 4 (E4)	If Applicable
Location	If Applicable
Dates	September 14

Overview & Event Commentary:



COMPETITION: 2022 NGJA Course

EVENT: Parallel Bars

ROUTINE PB Level 3 - 1

<https://www.youtube.com/watch?v=8O8pBYqm2tc>

Skills	Bonus	Execution Deductions	Comments
1. SB1. Replace #1 with from stand, jump to support and press to tucked Planche hold, extend legs backward (+0.5) V1. In SB1, Perform extension of legs backward to horizontal	0.5 0.1	0.1, 0.1, 0.1, 0.1, 0.1	Swing on press, low angle, movement, form. <i>Toes on V1 extension</i>
2. Swing forward to straddled support on bars			
3. SB2. Replace #3 with lift legs into a forward straddled "V" hold (2 sec)	0.5	0.3, 0.1	15-45 from vertical (-0.3), Knees bent
4. Bring legs together & extend fwd. to straight body			
5. Swing backward, swing forward		0.1	Legs apart on back swing
6. Swing backward		0.1	Form
7. Swing forward	0.1		
8. Swing backward and dismount between the bars / mats or over either bar to stand	0.2	0.1, 0.1, 0.3	Toes apart, legs not at horizontal, Gymnast may not hold onto the bar on landing the dismount (-0.3)

D Panel	E Panel	Final Score
Base Start Value = 9.5	E1 = 1.6	
Virtuosity = 0.2	E2 =	
Specified Bonus = 1.0	E3 =	
Stick Bonus = 0.2	E4 =	D Panel + E Panel = 9.3
Final Start Value = 10.9	10.9	

D – Panel Comments:

E – Panel Comments: E Panel deductions are cumulative of both E1 and E2 Judges



COMPETITION: 2022 NGJA Course

EVENT: Parallel Bars

ROUTINE PB Level 3 - 2

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

Skills	Bonus	Execution Deductions	Comments
SB1. Replace #1 with from stand, jump to support and press to tucked Planche hold, extend legs backward (+0.5)	X	0.1, 0.1	<i>No bonus- >45° from horizontal (no bonus). No -0.5 deduction for angle since no bonus. -0.1 for unsteadiness on hold. -0.1 for legs not extended at bar height.</i>
1. Swing forward to straddled support on bars			
SB2. Replace #3 with lift legs into a forward straddled "V" hold (2 sec)	0.5	0.3, 0.1	V held at 15° - 45° from vertical (-0.3), toes moving
4. Bring legs together & extend fwd. to straight body			
5. Swing backward, swing forward			
6. Swing backward		0.1	Toes separated
7. Swing forward		0.1	Toes separated
8. Swing backward and dismount between the bars / mats or over either bar to stand		0.1, 0.1	Toes separated, step on landing

D Panel	E Panel	Final Score
Base Start Value = 9.5	E1 = 1.2	
Virtuosity = 0.1	E2 =	
Specified Bonus = 0.5	E3 =	
Stick Bonus = 0.0	E4 =	D Panel + E Panel = 8.9
Final Start Value = 10.1		

D – Panel Comments:

E – Panel Comments: E Panel deductions are cumulative of both E1 and E2 Judges



COMPETITION: 2022 NGJA Course

EVENT: Parallel Bars

ROUTINE PB Level 3 - 3

https://www.youtube.com/watch?v=ykQY_v9kpkc

Skills	Bonus	Execution Deductions	Comments
1. SB1. Replace #1 with from stand, jump to support and press to tucked Planche hold, extend legs backward (+0.5)	0.5	0.3, 0.1, 0.1	15° - 45° from horizontal (-0.3), Unsteadiness, Legs not extended at bar height after Planche
2. Swing forward to straddled support on bars			
3. SB2. Replace #3 with lift legs into a forward straddled "V" hold (2 sec)	0.5	0.1	0° - 15° from vertical (-0.1)
4. Bring legs together & extend fwd. to straight body			
5. Swing backward, swing forward		0.1, 0.3	Feet below bar height on back swing, Pike on forward swing
6. Swing backward		0.1	Form
7. Swing forward	0.1	0.1	Pike
8. Swing backward and dismount between the bars / mats or over either bar to stand		0.1	Form

D Panel	E Panel	Final Score
Base Start Value = 9.5	E1 = 1.3	
Virtuosity = 0.1	E2 =	
Specified Bonus = 1.0	E3 =	
Stick Bonus = 0.2	E4 =	D Panel + E Panel = 9.5
Final Start Value = 10.8		

D – Panel Comments:

E – Panel Comments: E Panel deductions are cumulative of both E1 and E2 Judges



COMPETITION: 2022 NGJA Course

EVENT: Parallel Bars

ROUTINE PB Level 4 - 1

<https://www.youtube.com/watch?v=426T79opgTU>

Skills	Bonus	Execution Deductions	Comments
1. From stand or short run, jump to long hang swing forward		0.1	Legs separated on jump
2. Long hang swing bwd., long hand swing fwd.		0.1	Arms bent on swing forward
3. Long hang swing bwd., uprise to upper arm hang		0.1	Swing backward below 45°
4. Upper arm swing fwd., upper arm swing bwd.	0.1		
5. SB1. Replace #5 with upper arm swing fwd. to fwd. uprise to support	0.5	0.1, 0.3	Bent knees and piked at finish
6. Swing backward			
7. Swing forward to "L" hold (2 sec)		0.1	Unsteadiness
8. From hold, extend forward to swing backward			
9. Swing forward, swing backward		0.3, 0.1	Pike on forward swing, swing backward not at horizontal
10. Swing forward, swing backward to momentary hold of handstand and push off either side to stand	0.2	0.1, 0.1, 0.1, 0.3	Pike on forward swing, arch on back swing, short of handstand, no momentary hold

D Panel	E Panel	Final Score
Base Start Value = 9.5	E1 = 1.8	
Virtuosity = 0.1	E2 =	
Specified Bonus = 0.5	E3 =	
Stick Bonus = 0.2	E4 =	D Panel + E Panel = 8.5
Final Start Value = 10.3		

D – Panel Comments:

E – Panel Comments: E Panel deductions are cumulative of both E1 and E2 Judges



COMPETITION: 2022 NGJA Course

EVENT: Parallel Bars

ROUTINE PB Level 4 - 2

https://www.youtube.com/watch?v=R_aBIL_SE-4

Skills	Bonus	Execution Deductions	Comments
1. From stand or short run, jump to long hang swing forward		0.1	Arms bent on swing forward
2. Long hang swing bwd., long hand swing fwd.		0.1	Arms bent on swing forward
3. Long hang swing bwd., uprise to upper arm hang			
4. Upper arm swing fwd., upper arm swing bwd.	0.1		
SB1. Replace #5 with upper arm swing fwd. to fwd. uprise to support	0.5	0.3	Piked at finish
6. Swing backward			
7. Swing forward to "L" hold			
8. From hold, extend forward to swing backward			
9. Swing forward, swing backward		0.1	Pike in front swing
10. Swing fwd., swing backward to momentary hold of handstand and push off to either side to stand		0.1, 0.1, 0.3, 0.3, 0.3	Pike in front swing, knees bent and toes separated on back swing, short of handstand, no momentary hold, step on landing

D Panel	E Panel	Final Score
Base Start Value = 9.5	E1 = 1.8	
Virtuosity = 0.1	E2 =	
Specified Bonus = 0.5	E3 =	
Stick Bonus =	E4 =	D Panel + E Panel = 8.3
Final Start Value = 10.1	10.1	

D – Panel Comments:

E – Panel Comments: E Panel deductions are cumulative of both E1 and E2 Judge



COMPETITION: 2022 NGJA Course

EVENT: Parallel Bars

ROUTINE PB Level 4 - 3

https://www.youtube.com/watch?v=EeO_glt6tal

Skills	Bonus	Execution Deductions	Comments
1. From stand or short run, jump to long hang swing forward		0.1, 0.1	Legs separated on jump, arms bent on swing forward
2. Long hang swing bwd., long hand swing fwd.		0.1	Arms bent on swing forward
3. Long hang swing bwd., uprise to upper arm hang		0.1	Toes separated
4. Upper arm swing fwd., upper arm swing bwd.	0.1	0.1	<i>Legs bent</i>
5. SB1. Replace #5 with upper arm swing fwd. to fwd. uprise to support	0.5	0.3, 0.1	Legs below bar height at finish, piked
6. Swing backward		0.1	Legs separated
7. Swing forward to "L" hold (2 sec)			
8. From hold, extend forward to swing backward		0.1	Legs separated
9. Swing forward, swing backward		0.3, 0.1	Piked swing forward, legs separated on swing backward
10. Swing fwd., swing backward to momentary hold of handstand and push off to either side to stand	0.2	0.1, 0.1, 0.1, 0.1, 0.3	Piked forward swing, swing backward legs separated, legs bent, short of handstand, no momentary hold

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 both E1 and E2 Judges



COMPETITION: 2022 NGJA Course

EVENT: Parallel Bars

ROUTINE PB Level 5 - 1

<https://www.youtube.com/watch?v=xQG-PjOUJPM>

Skills	Bonus	Execution Deductions	Comments
1. From stand or short run, jump to glide kip to support		0.1, 0.1, 0.1	Legs separated on jump, knees bent on kip, arms bent
2. Swing backward, swing forward		0.1	hand movement on swing backward
SB1A. Replace #3 with swing bwd. & bail to Moy to support, swing bwd. & layaway to upper arm support, upper arm swing fwd.	0.1, .05		
4. Upper arm swing backward			
SB2. Replace #5 with upper arm swing fwd. to fwd. uprise to support	0.5	0.1, 0.1	Legs separated, arms bent at finish
6. Swing backward			
SB3. Replace #7 with swing forward, swing backward to straddle "L" (2 sec), press to handstand (momentary hold)	0.5	0.3, 0.1	Short hold on straddle "L", arm flex/rhythm
8. Swing forward, swing backward		0.1, 0.1, 0.1, 0.1, 0.1	Four steps in handstand, toes separated
9. Swing forward, swing backward		0.1, 0.1	Arms bent on back swing, arm flex in handstand
10. Swing forward to ½ turn and post on one arm over single bar and dismount to stand			Legs separated, piked, legs separated early before landing

D Panel	E Panel	Final Score
Base Start Value = 9.5	E1 = 2.0	
Virtuosity = 0.1	E2 =	
Specified Bonus = 1.5	E3 =	
Stick Bonus = 0.2	E4 =	D Panel + E Panel = 9.3
Final Start Value = 11.3		

D – Panel Comments:

E – Panel Comments: E Panel deductions are cumulative of both E1 and E2 Judges



COMPETITION: 2022 NGJA Course

EVENT: Parallel Bars

ROUTINE PB Level 5 - 2

<https://www.youtube.com/watch?v=pxNJnQbVDR8>

Skills	Bonus	Execution Deductions	Comments
1. From stand or short run, jump to glide kip to support		0.1	Arms bent
2. Swing backward, swing forward		0.1	Swing backward below horizontal
3. Swing backward and bail to "Moy finishing in upper arm support	0.1		
4. Upper arm swing backward			
5. SB2. Replace #5 with upper arm swing fwd. to fwd. uprise to support	0.5	0.1, 0.1	Arms bent at finish, feet below bar height
6. Swing backward			
7. SB3. Replace #7 with swing forward, swing backward to straddle "L" (2 sec), press to handstand (momentary hold)	0.5	0.1, 0.1, 0.1, 0.1, 0.1	Low and bent legs on straddle "L", arms bent on press, legs fall and arms flex in HS
8. Swing forward, swing backward	0.1	0.1	Slight arch in HS
9. Swing forward, swing backward			
10. Swing forward to ½ turn and post on one arm over single bar and dismount to stand	0.2	0.1	Piked

D Panel	E Panel	Final Score
Base Start Value = 9.5	E1 = 1.1	
Virtuosity = 0.2	E2 =	
Specified Bonus = 1.0	E3 =	
Stick Bonus = 0.2	E4 =	D Panel + E Panel = 9.8
Final Start Value = 10.9		

D – Panel Comments:

E – Panel Comments: E Panel deductions are cumulative of both E1 and E2 Judges



COMPETITION: 2022 NGJA Course

EVENT: Parallel Bars

ROUTINE PB Level 5 - 3

<https://www.youtube.com/watch?v=06uNrlLqKD0>

Skills	Bonus	Execution Deductions	Comments
1. From stand or short run, jump to glide kip to support		0.1, 0.1	Legs bent, Arms bent
2. Swing backward, swing forward		0.3	Swing backward below horizontal
3. Swing bwd. and bail to Moy finishing in upper arm support	0.1	0.1, 0.1	legs separated on bail, hips piked on moy
4. Upper arm swing backward			
5. SB2. Replace #5 with upper arm swing fwd. to fwd. uprise to support	0.5	0.1, 0.1	Piked, feet below bars
6. Swing backward		0.1	Feet separated
7. SB3. Replace #7 with swing forward, swing backward to straddle "L" (2 sec), press to handstand (momentary hold)	0.5	0.1, 0.1, 0.3, 0.1, 0.3	Legs low and bent on straddle "L", short hold on straddle "L", short of handstand, no momentary hold
8. Swing forward, swing backward		0.1	Form on back swing
9. Swing forward, swing backward		0.1, 0.5, 0.1	From on swing backward, intermediate full swing, form on swing backward
10. Swing forward to ½ turn and post on one arm over single bar and dismount to stand	0.2	0.1, 0.1	Legs separated, piked

D Panel	E Panel	Final Score
Base Start Value = 9.5	E1 = 2.9	
Virtuosity = 0.1	E2 =	
Specified Bonus = 1.0	E3 =	
Stick Bonus = 0.2	E4 =	D Panel + E Panel = 7.9
Final Start Value = 10.8		

D – Panel Comments:

E – Panel Comments: E Panel deductions are cumulative of both E1 and E2 Judges



COMPETITION: 2022 NGJA Course

EVENT: Parallel Bars

ROUTINE PB Level 6 - 1

<https://www.youtube.com/watch?v=RRmnT4RmOhY>

Skills	Bonus	Execution Deductions	Comments
1. From stand or short run, jump to glide kip to support		0.1, 0.1	Toes separated/flexed on glide, arms bent on kip
2. Swing backward, layaway to fwd. uprise to support			
3. Swing backward, swing forward		0.1, 0.1	Swing forward and backward below horizontal
4 & 5. SB1C. Replace #4 & #5 with swing bwd. & bail to basket (peach) to support	0.5	0.1, 0.1	Legs separated, legs bent
6. Swing forward to "L" hold (2 sec)			
7. SB2. Following #6 add press to handstand hold (2 sec) and replace #7 with swing forward and backward to horizontal	0.5		
8. Swing forward, swing backward to momentary handstand hold			
SB3. Following #8 add swing fwd., swing bwd. to ½ pirouette (fwd. or bwd.) to handstand	0.5	0.1	Legs separated
9. Swing forward, swing backward to piked salto forward dismount (with ½ twist)	0.2	0.1	Form on dismount. One extra swing may be added after pirouette prior to dismount.

D Panel	E Panel	Final Score
Base Start Value = 9.5	E1 = 0.8	
Virtuosity = 0.0	E2 =	
Specified Bonus = 1.5	E3 =	
Stick Bonus = 0.2	E4 =	D Panel + E Panel = 10.4
Final Start Value = 11.2		

D – Panel Comments:

E – Panel Comments: E Panel deductions are cumulative of both E1 and E2 Judges

COMPETITION: 2022 NGJA Course

EVENT: Parallel Bars

ROUTINE PB Level 6 - 2

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

Skills	Bonus	Execution Deductions	Comments
1. From stand or short run, jump to glide kip to support		0.1	Arms flexed on kip
2. Swing backward, layaway to fwd. uprise to support		0.1, 0.1	Knees bent, piked
3. Swing backward, swing forward			
4 & 5. SB1A. Replace #4 & #5 with swing bwd. & bail to Moy to support, swing backward	0.5	0.1, 0.1, 0.1	Toes flexed on bail, knees bent on upward swing of moy, legs separated
6. Swing forward to "L" hold (2 sec)		0.1	Hips behind hands
7. SB 2. Following #6 add press to handstand hold (2 sec) and replace #7 with swing forward and backward to horizontal	0.5	0.1, 0.1, 0.3, 0.1	Knees bent, unsteadiness, short hold, unsteadiness on swing backward to HS after press
8. Swing forward, swing backward to momentary handstand hold		0.3	No momentary hold
SB 3. Following #8, add swing forward, swing backward to ½ pirouette to handstand (forward or backward)	0.0	0.1, 0.1	Knees bent, arched on turn. Did not perform swing forward, swing backward so no bonus. I did not deduct for composition error in order to benefit the gymnast for trying the bonus as he would get - 0.5 and no bonus if applied.
9. Swing forward to tucked salto backward dismount	0.2	0.1	Form on Dismount

D Panel	E Panel	Final Score
Base Start Value = 9.5	E1 = 1.9	
Virtuosity = 0.0	E2 =	
Specified Bonus = 1.0	E3 =	
Stick Bonus = 0.2	E4 =	D Panel + E Panel = 8.8
Final Start Value = 10.7		

D – Panel Comments:

E – Panel Comments: E Panel deductions are cumulative of both E1 and E2 Judges



COMPETITION: 2022 NGJA Course

EVENT: Parallel Bars

ROUTINE PB Level 6 - 3

https://www.youtube.com/watch?v=ttaqfqhj1_Q

Skills	Bonus	Execution Deductions	Comments
1. From stand or short run, jump to glide kip to support			
2. Swing backward, layaway to fwd. uprise to support			
3. Swing backward, swing forward		0.1	Swing forward below horizontal
4 & 5. SB1C. Replace #4 & #5 with swing bwd. & bail to basket (peach) to support	0.5	0.1, 0.1, 0.1	Legs separated, arms bent at re-grasp, travel
6. Swing forward to "L" hold (2 sec)			
7. SB2. Following #6 add press to handstand hold (2 sec) and replace #7 with swing forward and backward to horizontal	0.5	0.1	Hand movement on downswing
8. Swing forward, swing backward to momentary handstand hold	0.1		
SB 3. Following #8, add swing forward, swing backward to ½ pirouette to handstand (forward or backward)	0.5	0.1, 0.1	Legs separated, extra hand placement
9. Swing forward, swing backward to tucked salto forward dismount	0.2	0.1	Travel forward

D Panel	E Panel	Final Score
Base Start Value = 9.5	E1 = 0.8	
Virtuosity = 0.1	E2 =	
Specified Bonus = 1.5	E3 =	
Stick Bonus = 0.2	E4 =	D Panel + E Panel = 10.5
Final Start Value = 11.3		

D – Panel Comments:

E – Panel Comments: E Panel deductions are cumulative of both E1 and E2 Judges