



## **NGJA Judges Report Form**

<b>Competition</b>	NGJA Course Routine Eval 2022
<b>Event</b>	
<b>Level</b>	<b>Compulsory</b>
<b>Judge 1 (D1/E1)</b>	Aaron Fortunato
<b>Judge 2 (D2/E2)</b>	
<b>Judge 3 (E3)</b>	
<b>Judge 4 (E4)</b>	
<b>Location</b>	If Applicable
<b>Dates</b>	October 10

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



COMPETITION: 2022 NGJA Course

EVENT: Still Rings

ROUTINE: **SR Level 3 - 1** (<https://www.youtube.com/watch?v=2JFFZdExyDA> - Routine starts at 1:38)

Skills	Bonus	Execution Deductions	Comments
1. From straight arm hang, pull up to momentary hold of flexed arm hang		0.1	
<b>SB1. Replace #2 with lower to straight arm hang, lift legs to hanging "L" hold (2 sec)</b>	<b>0.5</b>	0.1	Leg angle
3. Shoot legs out, swing backward, swing forward		0.3	Lowering / lifting of legs before shooting legs out
4. Swing backward, swing forward		0.1, 0.1	Leg separation, knee bend
5. Swing backward, swing forward to momentary hold of straight body inverted hang		0.1 0.1	Toes Lack of control
6. Lower legs to momentary hold of piked body inverted hang		0.1	Knee bend
<b>SB2. Following #6, add extend body to momentary hold of hanging scale rearways (back lever)</b>	<b>0.5</b>	0.3, 0.3, 0.1	Body angle, pike, toes
7. Lower to German hang hold (skin-the-cat)			
<b>SB3. Following #7, pull out of German Hang to momentary hold of piked body inverted hang, lower through German hang (skin-the-cat)</b>	<b>0.5</b>	0.1, 0.1	Toes, leg angle in pike, leg separation on lower
8. Release hands and drop to stand	<b>0.2</b>	0.3, 0.1	Chest low, unsteadiness <b>Stick Bonus</b>

D Panel	E Panel	Final Score
Base Start Value = 9.5	E1 = 2.3	
Virtuosity = 0.0	E2 =	
Specified Bonus = 1.5	E3 =	
Stick Bonus = 0.2	E4 =	D Panel + E Panel = 8.9
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: Still Rings**

**ROUTINE: SR Level 3 - 2** (<https://www.youtube.com/watch?v=8pdeKSb4uzQ> - Routine starts at 1:32)

Skills	Bonus	Execution Deductions	Comments
1. From straight arm hang, pull up to momentary hold of flexed arm hang			
<b>SB1. Replace #2 with lower to straight arm hang, lift legs to hanging "L" hold (2 sec)</b>	<b>0.5</b>		
3. Shoot legs out, swing backward, swing forward		0.1	Arm bend in fwd. swing
4. Swing backward, swing forward	<b>0.1</b>		<i>V1. Swing bwd. with turnover greater than horizontal</i>
5. Swing backward, swing forward to momentary hold of straight body inverted hang	<b>0.1</b>	0.1	<i>V2. Swing bwd. with turnover greater than horizontal</i> Arm bend on pull to inverted
6. Lower legs to momentary hold of piked body inverted hang			
<b>SB2. Following #6, add extend body to momentary hold of hanging scale rearways (back lever)</b>	<b>0.5</b>	0.1	Body angle
7. Lower to German hang hold (skin-the-cat)		0.1	Toes
<b>SB3. Following #7, pull out of German Hang to momentary hold of piked body inverted hang, lower through German hang (skin-the-cat)</b>	<b>0.5</b>	0.1	Toes
8. Release hands and drop to stand	<b>0.2</b>	0.3, 0.3, 0.1	Leg separation, low chest, slide foot together after stick <b>Stick Bonus</b>

D Panel	E Panel	Final Score
Base Start Value = 9.5	E1 = 1.2	
Virtuosity = 0.2	E2 =	
Specified Bonus = 1.5	E3 =	
Stick Bonus = 0.2	E4 =	D Panel + E Panel = 10.2
Final Start Value = 11.4		

**D – Panel Comments:** Received V1 and V2 (close on V2)

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



**COMPETITION: 2022 NGJA Course**

**EVENT: Still Rings**

**ROUTINE: SR Level 3 - 3** (<https://www.youtube.com/watch?v=dxLjX5roFTE>)

Skills	Bonus	Execution Deductions	Comments
1. From straight arm hang, pull up to momentary hold of flexed arm hang			
<b>SB1. Replace #2 with lower to straight arm hang, lift legs to hanging "L" hold (2 sec)</b>	<b>0.5</b>	0.1	Toes
3. Shoot legs out, swing backward, swing forward		0.1, 0.1	Arm bend in pull up to cast, arm bend in swing
4. Swing backward, swing forward		0.1, 0.1	Arm bend, knee bend
5. Swing backward, swing forward to momentary hold of straight body inverted hang		0.1	Arm bend
6. Lower legs to momentary hold of piked body inverted hang			
<b>SB2. Following #6, add extend body to momentary hold of hanging scale rearways (back lever)</b>	<b>0.5</b>	0.3, 0.1	Body angle, hollow body
7. Lower to German hang hold (skin-the-cat)			
<b>SB3. Following #7, pull out of German Hang to momentary hold of piked body inverted hang, lower through German hang (skin-the-cat)</b>	<b>0.5</b>		
8. Release hands and drop to stand	<b>0.2</b>	0.1, 0.3, 0.1	Knee bend, chest low, slide foot together after stick <b>Stick Bonus</b>

D Panel	E Panel	Final Score
Base Start Value = 9.5	E1 = 1.5	
Virtuosity = 0.0	E2 =	
Specified Bonus = 1.5	E3 =	
Stick Bonus = 0.2	E4 =	D Panel + E Panel = 9.7
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: Still Rings

ROUTINE: **SR Level 4 - 1** ([https://www.youtube.com/watch?v=z17I\\_A6GC1c](https://www.youtube.com/watch?v=z17I_A6GC1c) - Routine starts at 2:11)

Skills	Bonus	Execution Deductions	Comments
<b>SB1. Replace #1 with from straight arm hang (false grip allowed) muscle up to support WITHOUT spotter assistance and with as straight a body as possible</b>	<b>0.5</b>	0.1	Knees
2. Straight body, straight arm support hold (2 second hold)		0.1	Arm bend
<b>SB2. Following #2, add lift legs to "L" hold (2 sec)</b>	<b>0.5</b>	0.1, 0.1, 0.1	Leg angle, arm bend, rings turned in
3. Roll backward to piked body inverted hang			
<b>SB3. Following #3, add extend body horizontally to hanging scale rearways hold (back lever)</b>	<b>0.5</b>	0.3, 0.3	Body angle, short hold
4. Lower to German hang hold (skin-the-cat)			
5. Pull out to piked inverted hang and cast forward to swing backward			
6. Swing forward, swing backward		0.1	Low bwd. swing
7. Swing forward, swing backward		0.1	Low bwd. swing
8. Swing forward to salto backwards tucked dismount	<b>0.2</b>	0.3	No rise <b>Stick Bonus</b>

D Panel	E Panel	Final Score
Base Start Value = 9.5	E1 = 1.6	
<b>Virtuosity</b> = 0.0	E2 =	
<b>Specified Bonus</b> = 1.5	E3 =	
<b>Stick Bonus</b> = 0.2	E4 =	D Panel + E Panel = 9.6
Final Start Value = 11.2		

**D – Panel Comments:**

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



**COMPETITION: 2022 NGJA Course**

**EVENT: Still Rings**

**ROUTINE: SR Level 4 - 2** (<https://www.youtube.com/watch?v=JKwqQmy01sM> - Routine starts at 1:22)

Skills	Bonus	Execution Deductions	Comments
1. From straight arm hang (false grip allowed), muscle up to support with spotter assistance and with as straight a body as possible		0.1	Leg separation before muscle up
2. Straight body, straight arm support hold (2 second hold)		0.3, 0.1	Rings turned in, arm bend
<b>SB2. Following #2, add lift legs to "L" hold (2 sec)</b>	<b>0.5</b>	0.3, 0.3, 0.1	Rings turned in, short hold, knee bend
3. Roll backward to piked body inverted hang		0.3, 0.1, 0.1	Knee bend, leg separation, toes
<b>SB3. Following #3, add extend body horizontally to hanging scale rearways hold (back lever)</b>	<b>No Credit</b>	0.5, 0.3, 0.1	Body angle, lack of extension, toes
4. Lower to German hang hold (skin-the-cat)		0.1, 0.1	Legs
5. Pull out to piked inverted hang and cast forward to swing backward		0.1	Leg separation
6. Swing forward, swing backward		0.1	Leg separation
7. Swing forward, swing backward		0.1, 0.1	Leg separation (fwd. and bwd.)
8. Swing forward to salto bwd. tucked dismount		0.3, 0.1, 0.3	No rise, toes, step

D Panel	E Panel	Final Score
Base Start Value = 9.5	E1 = 3.9	
Virtuosity = 0.0	E2 =	
Specified Bonus = 0.5	E3 =	
Stick Bonus = 0.0	E4 =	D Panel + E Panel = 6.1
Final Start Value = 10.0		

**D – Panel Comments:** No credit for back lever bonus because chest was >45° above horizontal

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



**COMPETITION: 2022 NGJA Course**

**EVENT: Still Rings**

**ROUTINE: SR Level 4 - 3** ([https://www.youtube.com/watch?v=EeO\\_glt6tal](https://www.youtube.com/watch?v=EeO_glt6tal) - Routine starts at 1:15)

Skills	Bonus	Execution Deductions	Comments
1. From straight arm hang (false grip allowed), muscle up to support with spotter assistance and with as straight a body as possible			
2. Straight body, straight arm support hold (2 second hold)		0.3, 0.3	Rings turned in, short hold
<b>SB2. Following #2, add lift legs to "L" hold (2 sec)</b>	<b>0.5</b>	0.3, 0.1	Rings turned in, leg angle
3. Roll backward to piked body inverted hang			
4. Lower to German hang hold (skin-the-cat)			
5. Pull out to piked inverted hang and cast forward to swing backward		0.1, 0.1	Leg separation (pull out) Toes (swing bwd.)
6. Swing forward, swing backward		0.1	Leg separation
7. Swing forward, swing backward		0.1, 0.1	Leg separation (fwd. and bwd. swings)
8. Swing forward to salto backwards tucked dismount	<b>0.2</b>	0.1, 0.1	Toes, unsteadiness <b>Stick Bonus</b>

D Panel	E Panel	Final Score
Base Start Value = 9.5	E1 = 1.7	
Virtuosity = 0.0	E2 =	
Specified Bonus = 0.5	E3 =	
Stick Bonus = 0.2	E4 =	D Panel + E Panel = 8.5
Final Start Value = 10.2		

**D – Panel Comments:**

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



**COMPETITION: 2022 NGJA Course**

**EVENT: Still Rings**

**ROUTINE: SR Level 5 - 1** (<https://www.youtube.com/watch?v=pv5hVwR3bT4> - Routine starts at 0:12)

Skills	Bonus	Execution Deductions	Comments
1. From straight arm hang, straight arm piked body pull directly to piked inverted hang			
<b>SB1. Following #1, add extend body horizontally to hanging scale rearways hold (back lever)</b>	<b>0.5</b>	0.3, 0.3	Angle, short hold
2. Lower slowly to momentary hold of German hang (skin-the-cat), pull out and extend to momentary hold of straight body inverted hang			
3. Compress to a tight pike and dislocate backwards		0.1	Arch
4. Swing forward, swing backward	<b>0.1</b>		<i>V2. Swing bwd. with turnover greater than horizontal</i>
5. Swing forward, swing backward to uprise backward to support		0.1	Toes
6. Lift legs to "L" hold (2 second hold)		0.1, 0.3	Leg angle, short hold
7. Pike press to shoulder stand hold (2 second hold)		0.1, 0.1, 0.1, 0.3	Toes, arch, rings turned in, short hold
8. Bail forward, swing backward			
9. Swing forward, swing backward		0.1, 0.1	Knee bend, toes
10. Swing forward to salto backward tucked or stretched dismount	<b>0.2</b>	0.1, 0.1	Hips below rings, toes <b>Stick Bonus</b>

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: Still Rings**

**ROUTINE: SR Level 5 - 2** ([https://www.youtube.com/watch?v=m\\_VroU-0A1Q](https://www.youtube.com/watch?v=m_VroU-0A1Q))

Skills	Bonus	Execution Deductions	Comments
1. From straight arm hang, straight arm piked body pull directly to piked inverted hang			
<b>SB1. Following #1, add extend body horizontally to hanging scale rearways hold (back lever)</b>	<b>0.5</b>	0.3, 0.3	Angle, short hold
2. Lower slowly to momentary hold of German hang (skin-the-cat), pull out and extend to momentary hold of straight body inverted hang	<b>0.1</b>	0.1	<i>V1. Perform with fully extended shoulder flexibility</i> Rhythm on pull out
3. Compress to a tight pike and dislocate backwards		0.1	Not a tight pike
4. Swing forward, swing backward	<b>0.1</b>		<i>V2. Swing bwd. with turnover greater than horizontal</i>
5. Swing forward, swing backward to uprise backward to support			
6. Lift legs to "L" hold (2 second hold)		0.1, 0.3	Leg angle, short hold
7. Pike press to shoulder stand hold (2 second hold)		0.3, 0.1	Arms on straps, rings turned in (Close to short hold)
8. Bail forward, swing backward			
9. Swing forward, swing backward			
<b>SB3. Following #9 add inlocate stretched, swing bwd.</b>	<b>0.5</b>	0.3	Lack of rise (almost no rise / no bonus credit)
10. Swing forward to salto backward tucked or stretched dismount	<b>0.2</b>	0.1	Pike <b>Stick Bonus</b>

D Panel	E Panel	Final Score
Base Start Value = 9.5	E1 = 2.0	
Virtuosity = 0.2	E2 =	
Specified Bonus = 1.0	E3 =	
Stick Bonus = 0.2	E4 =	D Panel + E Panel = 8.9
Final Start Value = 10.9		

**D – Panel Comments:** Close to no rise on inlocate (would be no credit, single bonus has a single large error), but gave benefit to gymnast

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



**COMPETITION: 2022 NGJA Course**

**EVENT: Still Rings**

**ROUTINE: SR Level 5 - 3** (<https://www.youtube.com/watch?v=YLJPNAGFUys> - Routine starts at 1:49)

Skills	Bonus	Execution Deductions	Comments
1. From straight arm hang, straight arm piked body pull directly to piked inverted hang			
<b>SB1. Following #1, add extend body horizontally to hanging scale rearways hold (back lever)</b>	<b>No Credit</b>	0.5, 0.3	Chest / upper body angle, pike
2. Lower slowly to momentary hold of German hang (skin-the-cat), pull out and extend to momentary hold of straight body inverted hang		0.1	Rhythm on pull out
3. Compress to a tight pike and dislocate backwards			
4. Swing forward, swing backward			
5. Swing forward, swing backward to uprise backward to support		1.0, 0.1	Spotter assistance, leg separation
6. Lift legs to "L" hold (2 second hold)		0.1, 0.3, 0.1	Knee bend, rings turned in, arm bend
7. Pike press to shoulder stand hold (2 second hold)		0.1, 0.3, 0.3	Rings turned in, arms on straps, body/hip angle
8. Bail forward, swing backward			
9. Swing forward, swing backward			
<b>SB3. Following #9 add inlocate stretched, swing bwd.</b>	<b>No Credit</b>	0.5, 0.1	No rise, pike
10. Swing forward to salto backward tucked or stretched dismount	<b>0.2</b>	0.3, 0.3	No rise, pike <b>Stick Bonus</b>

D Panel	E Panel	Final Score
Base Start Value = 9.5	E1 = 4.4	
Virtuosity = 0.0	E2 =	
Specified Bonus = 0.0	E3 =	
Stick Bonus = 0.2	E4 =	D Panel + E Panel = 5.3
Final Start Value = 9.7		

**D – Panel Comments:** No credit for back lever bonus because there was no real separation between the arms and back, resulting in a high chest/body angle

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



**COMPETITION: 2022 NGJA Course**

**EVENT: Still Rings**

**ROUTINE: SR Level 6 - 1** (<https://www.youtube.com/watch?v=RRmnT4RmOhY> - Routine starts at 3:12)

Skills	Bonus	Execution Deductions	Comments
1. From straight arm hang, straight arm piked body pull directly to straight body inverted hang			
2. Cast, swing backward to uprise backward with straight arms to "L" support hold (2 second hold)		0.1	Arm bend
3. Press to tucked Planche hold (2 second hold), lower to "L" support hold (2 second hold)		0.1, 0.3	Arm bend, arms on straps
<b>SB1. Replace #4 with momentary hold of bent or straight arm, bent body press to handstand, lower to shoulder stand hold and bail forward</b>	<b>0.5</b>	0.3, 0.1, 0.1	Arms on straps, arm bend, rings turned in
<b>SB2. Following #4, add swing backward to momentary hold of shoulder stand (baby giant) and bail forward</b>	<b>0.5</b>	0.1, 0.1	Knee bend, leg separation
5. Inlocate stretched			
6. Uprise backward with straight arms to support		0.1	Arm bend
7. Roll backward to piked body inverted hang			
8. Dislocate backwards			
9. One or two dislocates backward stretched			
10. Swing forward to salto bwd. stretched dismount	<b>0.2</b>	0.1	Unsteadiness Stick Bonus

D Panel	E Panel	Final Score
Base Start Value = 9.5	E1 = 1.4	
Virtuosity = 0.0	E2 =	
Specified Bonus = 1.0	E3 =	
Stick Bonus = 0.2	E4 =	D Panel + E Panel = 9.3
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: Still Rings**

**ROUTINE: SR Level 6 - 2** (<https://www.youtube.com/watch?v=QoUb6SFRX9Y> - Routine starts at 1:26)

Skills	Bonus	Execution Deductions	Comments
1. From straight arm hang, straight arm piked body pull directly to straight body inverted hang	0.1		<i>V1. Perform with straight arms and straight body</i>
2. Cast, swing backward to uprise backward with straight arms to "L" support hold (2 second hold)			
3. Press to tucked Planche hold (2 second hold), lower to "L" support hold (2 second hold)		0.1	Arm bend
<b>SB1. Replace #4 with momentary hold of bent or straight arm, bent body press to handstand, lower to shoulder stand hold and bail forward</b>	0.5	0.1, 0.1, 0.1	Rings turned in, arm bend, unsteadiness in HS
<b>SB2. Following #4, add swing backward to momentary hold of shoulder stand (baby giant) and bail forward</b>	0.5	0.1	Leg separation
5. Inlocate stretched			
6. Uprise backward with straight arms to support		0.1	Leg separation
7. Roll backward to piked body inverted hang			
8. Dislocate backwards			
9. One or two dislocates backward stretched		0.1	Leg separation
<b>SB3. Replace #10 with swing forward to double salto backward tucked dismount</b>	0.5 0.2		Stick Bonus

D Panel	E Panel	Final Score
Base Start Value = 9.5	E1 = 0.7	
Virtuosity = 0.1	E2 =	
Specified Bonus = 1.5	E3 =	
Stick Bonus = 0.2	E4 =	D Panel + E Panel = 10.6
Final Start Value = 11.3		

**D – Panel Comments:**

**E – Panel Comments:** Heels are separated throughout, but toes stay together (so no deduction for leg separation) .E Panel deductions are cumulative of both E1 and E2 Judges



**COMPETITION: 2022 NGJA Course**

**EVENT: Still Rings**

**ROUTINE: SR Level 6 - 3** ([https://www.youtube.com/watch?v=A44b\\_maNiKM](https://www.youtube.com/watch?v=A44b_maNiKM) - Routine starts at 3:03)

Skills	Bonus	Execution Deductions	Comments
1. From straight arm hang, straight arm piked body pull directly to straight body inverted hang			
2. Cast, swing backward to uprise backward with straight arms to "L" support hold (2 second hold)		0.1	Arm bend
3. Press to tucked Planche hold (2 second hold), lower to "L" support hold (2 second hold)		0.3, 0.3, 0.1 0.1, 0.1	Planche - Low hips, arms on straps, arm bend "L" - Rings turned in, legs low
<b>SB1. Replace #4 with momentary hold of bent or straight arm, bent body press to handstand, lower to shoulder stand hold and bail forward</b>	<b>0.5</b>	(0.3, 0.3, 0.1, 0.1, 0.1) = 0.5 0.3	Press - Arm bend, arms on straps, knee bend, toes, unsteadiness (max 0.5 for press) Shoulder stand - arms on straps
5. Inlocate stretched		0.1, 0.3	Lack of turnover, rhythm
6. Uprise backward with straight arms to support		0.3	Arm bend
7. Roll backward to piked body inverted hang			
8. Dislocate backwards		0.1	Arch
9. One or two dislocates backward stretched		0.1	Arch
10. Swing forward to salto bwd. stretched dismount		0.1, 0.1, 0.1	Lack of rise, pike, step

D Panel	E Panel	Final Score
Base Start Value = 9.5	E1 = 3.0	
Virtuosity = 0.0	E2 =	
Specified Bonus = 0.5	E3 =	
Stick Bonus = 0.0	E4 =	D Panel + E Panel = 7.0
Final Start Value = 10.0		

**D – Panel Comments:**

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