



**USA GYMNASTICS**

## **NGJA Judges Report Form**

<b>Mentor Program Practical</b>	
<b>Event</b>	Parallel Bars
<b>Judge 1 (D1/E1)</b>	Craig Nesbitt
<b>Judge 2 (D2/E2)</b>	Dave Johnson
<b>Judge 3 (E3)</b>	Tom McNamee
<b>Judge 4</b>	Mark Sherman

**Overview & Event Commentary:**

**Routine: PB 1 practice**

<https://www.youtube.com/watch?v=6iYzrm3zVQI>

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Front uprise	A	2		0.1	height (below horizontal)
Swing HS	A	1			
Basket HS	D	3		0.1	hip angle
Basket ¼ HS				0.1, 0.1	arm bend, hand shift
Giant Diamadov	E	3		0.1, 0.1, 0.1	leg split, angle , hand shift
Giant	C	3			
Diamadov	C	1			
Giant salto bwd. ½ t. upper arm	D	3		0.1, 0.1, 0.1	regrasp angle, form (in air), form (after regrasp knee bend)
Front uprise				0.1	height
Healy	D	1		0.1	pike
Swing HS				0.1	hip angle
Stutz	C	1			
Double Pike bwd.	D	4		0.1, 0.1, 0.3	knee bend, flexed toes, hop

H =			
G =			
F =			
E = 1			E1 = 1.7
D = 4			E2 = 1.5
C = 3	Difficulty = 3.2		E3 = 1.3
B = 2	Element Groups = 2.0		E4 = 1.3
A =	<b>D-Score = 5.2</b>		Avg = 1.4
			<b>D Panel + E Panel = 13.8</b>

**D – Panel Comments:**

Basket ¼ HS is in the same box (III.106) as basket to HS, there is repetition.

**E – Panel Comments:**

**Routine: PB 2 practice**

[https://www.youtube.com/watch?v=C2J\\_23vS5b0](https://www.youtube.com/watch?v=C2J_23vS5b0)

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Cast to upper arm					
<b>Homna</b>	<b>D</b>	2		0.1, 0.1, 0.1	rhythm, arm bend, leg form
Swing HS				0.1, 0.1	hand shift 2x
<b>Basket HS</b>	<b>D</b>	3		0.1, 0.1, 0.1, 0.1	arm bend, angle, hand shifts 2x
<b>Stutz</b>	<b>C</b>	1		0.1, 0.1	form, hand shift
<b>Diamadov 1 ¼</b>	<b>D</b>	1		0.1	hand step
<b>Moy w/ straight legs</b>	<b>C</b>	3		0.1	toes/feet flex
Pirouette				0.1	hand shift
<b>Bhavsar</b>	<b>E</b>	3		0.1	legs apart/form on bail
Kip					
Pirouette				0.1	hand step
<b>Tippelt</b>	<b>D</b>	3		0.3	pause
<b>Healy</b>	<b>D</b>	1		0.1, 0.1	pike , leg break
Swing HS				0.1	hand shift
<b>Diamadov</b>	<b>C</b>	1		0.1	form
Front uprise				0.1	knee bend
<b>Double Front tuck</b>	<b>E</b>	4		0.1, 0.3	knees apart, hop

H =			
G =			
F =			
E = 2			E1 = <b>2.7</b>
D = 5			E2 = <b>2.3</b>
C = 3	Difficulty = 3.9		E3 = 2.3
B =	Element Groups = 2.0		E4 = 2.8
A =	<b>D-Score = 5.9</b>	Avg = <b>2.5</b>	<b>D Panel + E Panel = 13.4</b>

**D – Panel Comments:**

**E – Panel Comments:**

**Routine: PB 3 practice**

<https://www.youtube.com/watch?v=vkxgyVk7cbw>

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Cast upper arm	A	3			
Homna	D	2		0.1	rhythm or arm bend
Swing HS				0.1, 0.3	hand step, short hold
Basket HS to 1 bar	D	3		0.1, 0.1	arm bend, arch
Bilozherchev	D	1		0.1	form
Basket ¼ HS				0.1, 0.1, 0.1, 0.1	arm bend, form, hand step 2x
Diamadov	C	1		0.1	form
Tippelt	D	3		0.1, 0.1, 0.1	bail knee bend and legs apart, knee bend upon regrasp
Pirouette					
Bhavsar	E	3		0.1	flexed feet
Kip					
Healy	D	1		0.1, 0.3	legs apart, pike
Rev. pirouette					
Front uprise	A	2			
Double Front tucked	E	4		0.1	knees apart

H =			
G =			
F =			
E = 2			E1 = 2.1
D = 5			E2 = 2.0
C = 1	Difficulty = 3.5		E3 = 1.9
B =	Element Groups = 2.0		E4 = 1.9
A = 2	<b>D-Score = 5.5</b>		Avg = 1.95
			<b>D Panel + E Panel =</b>

**D – Panel Comments:**

Basket HS to 1 bar is in same box as a basket to HS (III.106). It only upgrades to an E if followed by a 1 bar Healy

**E – Panel Comments:**

**Routine: PB 4 practice**

<https://www.youtube.com/watch?v=nph0wZO6d6A>

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Cast upper arm	A	3			
Bwd. uprise to HS	B	2		0.1, 0.1	interruption upward movement, swing w/ strength
Healy	D	1		0.1	pike
Swing HS	A	1		0.1	hand step
Basket HS	D	3		0.3, 0.1, 0.1, 0.1, 0.1	angle, swing w/ strength, form, hand steps x2
Diamadov				0.1, 0.1	form, additional hand support
Stutz	C	1			
Front uprise	A	2		0.1	hand slide
Straddle Front 1 ¼	D	1			
Front uprise				0.1	height
Swing HS				0.1	arm bend
Pirouette	A	1			
Double Pike bwd.	D	4		0.1, 0.3, 0.3, 0.3	flexed toes, large steps x3

H =			
G =			
F =			
E =			E1 = <b>2.9</b>
D = 4			E2 = 2.6
C = 1	Difficulty = 2.5		E3 = <b>3.3</b>
B = 1	Element Groups = 2.0		E4 = 3.7
A = 4	<b>D-Score = 4.5</b>		Avg = <b>3.1</b>
			<b>D Panel + E Panel = 11.4</b>

**D – Panel Comments:**

Diamadov = no credit due to intermediate hand support

**E – Panel Comments:**

Do NOT take deduction for low landing with hips below the knees which is now a 0.5 deduction (FIG Newsletter #2)(12/22). The deduction is specifically meant for low landings and NOT the severe bend that clearly occurs after the landing.

**Practical Test Routine: PB 1**

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

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Front uprise	A	2		0.3	height
Swing HS	A	1			
Healy	D	1		0.1, 0.1	pike, form
Swing HS				0.3	short hold
<b>Basket HS</b>				0.5, 0.3	angle, leg split
Moy w/ straight legs	C	3		0.1	knee bend
Pirouette	A			0.1	form
Giant	C	3		0.1	toes
Bhavsar	E	3		0.1, 0.1, 0.1	knee bend on bail and regrasp, flexed toes
Kip					
L-sit					
Press HS	B	1			
Pirouette				0.1	form
Tippelt	D	3		0.1, 0.1, 0.1, 0.1, 0.1	flexed toes, knee bend on bail and regrasp, hand shift x2
Double Pike bwd.	D	4		0.1, 0.1, 0.3, 0.1	knee bend, flexed toes, large step, small step

H =			
G =			
F =			
E = 1			E1 = <b>3.0</b>
D = 3			E2 = 3.3
C = 2	Difficulty = 2.8		E3 = 2.9
B = 1	Element Groups = 2.0		E4 = <b>3.0</b>
A = 3	<b>D-Score = 4.8</b>		Avg = <b>3.0</b>
			<b>D Panel + E Panel = 11.8</b>

**D – Panel Comments:**

No credit for Basket HS due to finishing angle

**E – Panel Comments:**

**Practical Test Routine: PB 2**

<https://youtu.be/67rkoqg9O2c?t=3422>

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Front uprise	A	2			
Swing HS	A	1		0.3	short hold
Basket HS to 1 bar	D	3		0.1	balance check
<del>Healy from 1 bar</del>				0.1, 0.5, 0.5	pike, arm bend, extra swing
Swing HS					
Healy	D	1		0.1	pike
Swing HS				0.3	short hold
Basket ½ HS	E	3			
Giant	C	3			
Tippelt	D	3		0.1	arm bend
Pirouette				0.1	hand check
Bhavsar	E	3		0.1	flexed toes
Kip					
L-sit					
Press HS	B	1			
Double Flyaway 1/1 tw.	E	4		0.3	hop

H =			
G =			
F =			
E = 3			E1 = 2.5
D = 3			E2 = 2.4
C = 1	Difficulty = 3.4		E3 = 2.5
B = 1	Element Groups = 2.0		E4 = 2.5
A = 2	<b>D-Score = 5.4</b>		Avg = 2.5
			<b>D Panel + E Panel = 12.9</b>

**D – Panel Comments:**

The Healy from 1 bar receives no credit due to the large arm bend. As a result of receiving no credit on the 1 bar Healy the Basket HS to 1 bar is devalued to a D.

**E – Panel Comments:**

**Practical Test Routine: PB 3**

<https://youtu.be/XJFaszbaqP4?t=5312>

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Cast upper arm	A	3			
Homna	D	2		0.3, 0.5	arm bend, extra swing
Swing HS					
Basket HS	D	3		0.3, 0.1	hip angle, arm bend
Basket w/ straddle cut	C	3		0.1	arm bend
Swing HS				0.1, 0.3	arm bend, short hold
Healy	D	1		0.1	form
Stutz	C	1			
Moy w/ bent knees	B	3			
Pirouette				0.1	rhythm
Basket support	B	3		0.1	arm bend
L-sit					
Press HS	B	1		0.3	short hold
Double Pike bwd.	D	4		0.3	step

H =			
G =			
F =			
E =			E1 = <b>2.6</b>
D = 4			E2 = 2.3
C = 2	Difficulty = 2.9		E3 = 2.8
B = 3	Element Groups = 2.0		E4 = <b>2.4</b>
A = 1	<b>D-Score = 4.9</b>		Avg = <b>2.5</b>
			<b>D Panel + E Panel = 12.4</b>

**D – Panel Comments:**

**E – Panel Comments:**



**Practical Test Routine: PB 4**

<https://youtu.be/67rkoqg9O2c?t=3186>

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Front uprise					
Swing HS					
<b>Basket ½ HS</b>	<b>E</b>			0.1, 0.1	form, angle
<b>Basket HS</b>	<b>D</b>			0.1, 0.1, 0.1	arm bend, hand step x2
<b>Front uprise Stutz</b>	<b>E</b>			0.1	form
<b>Diamadov</b>	<b>C</b>				
<b>Giant</b>	<b>C</b>				
Cast upper arm					
<b>Homna</b>	<b>D</b>				
Pirouette					
<b>Straddle Front 1 ¼</b>	<b>D</b>				
Front uprise				0.1	height
<b>Healy</b>	<b>D</b>			0.1, 0.1	pike, hand shift in swing to HS
Pirouette					
<b>Stutz</b>	<b>C</b>				
<b>Double Pike bwd.</b>	<b>D</b>			0.1, 0.3	landing prep, step

H =			
G =			
F =			
E = 2			E1 = <b>1.3</b>
D = 5			E2 = 1.2
C = 3	Difficulty = 3.9		E3 = 1.4
B =	Element Groups = 2.0		E4 = <b>1.3</b>
A =	<b>D-Score = 5.9</b>		Avg = <b>1.3</b>
			<b>D Panel + E Panel =</b>

**D – Panel Comments:**

**E – Panel Comments:**

