

HB Compulsory Evaluation Form



Purpose: 2023 National Course Evaluation

Program: USA-G JD

EVENT: HB

Level: JD Level 3

Routine#: Brooks L3 #1 (3:35)

Routine Link: <https://www.youtube.com/watch?v=lbtrh0v8c-M>

Routine Version: 7/14/2023

Horizontal Bar		JD 3			
Part	Description	SB	V	Exec. Deduct.	Comments
1.	From a hang in overgrip, hanging ½ turn to mixed grip, change second hand to overgrip				
V1	(Hollow body)		.1		
2.	Pullover to support w spotter assistance				
SB1	(Pullover w/o Assist)	.5		.1 Rhythm	
3	Cast to undershoot			.1 Knee bend, .1 Split, .3 hollow body	
V2	(Undershoot-horiz. w hips bar ht.)				
SB2	(Cast Horizontal)	.5			
SB3	(Add Back Hip Circle)	.5			
4	Swing backward, tap swing forward			.1 Toe Point	
5	Swing backward, tap swing forward			.1 Toe Point	
V3	(Swing back to horizontal)				
6	Swing backward and uprise to hop w both hands, tap swing forward			.1 Toe Point	
7	Swing backward, tap swing forward			.1 Toe Point	
8	Swing backward, tap swing forward				
9	Swing backward to uprise and release hands dismounting to stand			.1 Shoulder Angle	
	Stick Bonus		.2		

Start Value Calculation		Execution Scores		Final Score		Range
Base Score	9.5	E1	1.1			
Virtuosity	.1	E2				
Special Bonus	1.5	E3		Start Score:	11.3	
Stick Bonus	.2	E4		E Score:	1.1	
Start Score:	11.3	Exec. Average:	1.1	Final Score:	10.2	9.8-10.6

HB Compulsory Evaluation Form



Purpose: 2023 National Course Evaluation

Program: USA-G JD

EVENT: HB

Level: JD Level 3

Routine#: Dash L3 #2 (4:11)

Routine Link: <https://www.youtube.com/watch?v=lbtrh0v8c-M>

Routine Version: 7/14/2023

Horizontal Bar		JD 3		Exec. Deduct.	Comments
Part	Description	SB	V		
1.	From a hang in overgrip, hanging ½ turn to mixed grip, change second hand to overgrip			.3 Leg split on lift	No wriggle room on lift, (FIG -.3)
V1	(Hollow body)				
2.	Pullover to support w spotter assistance			.1 Leg Split	
SB1	(Pullover w/o Assist)				
3	Cast to undershoot			.1 Leg split, .3 hollow body	
V2	(Undershoot-horiz. w hips bar ht.)				
SB2	(Cast Horizontal)				
SB3	(Add Back Hip Circle)				
4	Swing backward, tap swing forward				
5	Swing backward, tap swing forward				
V3	(Swing back to horizontal)				
6	Swing backward and uprise to hop w both hands, tap swing forward			.1 Leg split	
7	Swing backward, tap swing forward				
8	Swing backward, tap swing forward				
9	Swing backward to uprise and release hands dismounting to stand			.3 Shoulder Angle	
	Stick Bonus		.2		

Start Value Calculation		Execution Scores		Final Score		Range
Base Score	9.5	E1	1.2			8.1-8.9
Virtuosity		E2				
Special Bonus		E3		Start Score:	9.7	
Stick Bonus	.2	E4		E Score:	1.2	
Start Score:	9.7	Exec. Average:	1.2	Final Score:	8.5	

HB Compulsory Evaluation Form



Purpose: 2023 National Course Evaluation

Program: USA-G JD

EVENT: HB

Level: JD Level 3

Routine#: HB3 - #3

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



Routine Version: 7/14/2023

Horizontal Bar		JD 3			
Part	Description	SB	V	Exec. Deduct.	Comments
1.	From a hang in overgrip, hanging ½ turn to mixed grip, change second hand to overgrip				
V1	(Hollow body)		.1		
2.	Pullover to support w spotter assistance			.1 knee bend,,, .1 leg split, .1 rhythm	
SB1	(Pullover w/o Assist)	.5			
3	Cast to undershoot			.1 hollow body	
V2	(Undershoot-horiz. w hips bar ht.)				
SB2	(Cast Horizontal)				
SB3	(Add Back Hip Circle)				
4	Swing backward, tap swing forward				
5	Swing backward, tap swing forward				
V3	(Swing back to horizontal)				
6	Swing backward and uprise to hop w both hands, tap swing forward			.1 leg split	
7	Swing backward, tap swing forward			.1 leg split	
8	Swing backward, tap swing forward			.1 leg split	
9	Swing backward to uprise and release hands dismounting to stand			.1 shoulder angle,	
	Stick Bonus		.2		

Start Value Calculation		Execution Scores		Final Score		Range
Base Score	9.5	E1	.8			
Virtuosity	.1	E2				
Special Bonus	.5	E3		Start Score:	10.3	
Stick Bonus	.2	E4		E Score:	.8	
Start Score:	10.3	Exec. Average:	.8	Final Score:	9.5	9.3-9.8

NGJA Compulsory Evaluation Form

Purpose: 2023 National Course Evaluation

Program: USA-G JD

EVENT: HB

Level: JD Level 4

Routine#: HB4 - 1 (.48)

Routine Link: <https://www.youtube.com/watch?v=CnEcRhC0w2I>



Routine Version: 7/14/2023

Horizontal Bar		JD 4			
Part	Description	SB	V	Exec. Deduct.	Comments
1.	From a hang in overgrip pullover to support			.5 knee bend, .1 toe point	
2.	Cast to back hip circle to undershoot forward			.1 knee bend, .1 arm bend, .1 toe point	
SB1	(Cast to free hip circle to undershoot forward)				Definite hip contact
V1	(Cast to 45*above horizontal)				
3	Swing backward, tap swing forward w ½ turn to mixed grip			.1 tap swing	
4	Tap swing forward, swing backward and change hand to double overgrip			.1 tap swing, .1 knee bend	
5	Swing forward and kip to support			.1 knee bend, .1 arm bend	Max deduction is .5
6	Cast to undershoot forward			.1 toe point, leg split?	
SB2	(Swing backward, tap swing forward to swinging pullover to undershoot forward)	.5		.1 leg split, .1 knee bend, .1 toe point, on undershoot: .1 knee bend, .1 toe point	
7	Swing backward, tap swing forward			.1 tap swing	
V2	(Swing backward or forward to horizontal)		.1		
8	Swing backward, tap swing forward			.1 tap swing	
V3	(Swing backward or forward to horizontal)		.1		
9	Swing backward to uprise and release hands dismounting to stand				
SB2	(Replace #9 w swing backward, tap swing forward to salto backward (Tk, Pk, Str.)	.5		.3 hip height, .1 leg split	
	Stick Bonus		.2		

Base Score Calculation		Execution Scores		Final Score		Range
Base Score	9.5	E1	2.6			
Virtuosity	.2	E2				
Special Bonus	1.0	E3		Start Score:	10.9	
Stick Bonus	.2	E4		E Score:	2.6	
Start Score:	10.9	Exec. Average:		Final Score:	8.3	8.0-9.0

Over All Comments: Please deduct for a lack of or NO tap swing. This requirement is important for the development of all swings. There will be times that the deductions on the bonus exceed the bonus, but always try to make it worthwhile for the athlete to attempt the bonus.

Purpose: 2023 National Course Evaluation

Program: USA-G JD

EVENT: HB

Level: JD Level 4

Routine#: HB4 - 2 (1:31)



 Routine Version: 7/14/2023

Routine Link: https://www.youtube.com/watch?v=xUIK_S5-Yq4

Horizontal Bar		JD 4			
Part	Description	SB	V	Exec. Deduct.	Comments
1.	From a hang in overgrip pullover to support			.1 knee bend, .1 rhythm, .1 leg split	
2.	Cast to back hip circle to undershoot forward			.1 knee bend, .1 leg split	
SB1	(Cast to free hip circle to undershoot forward)				
V1	(Cast to 45*above horizontal)				
3	Swing backward, tap swing forward w 1/2 turn to mixed grip			.1 knee bend, .1 leg split	
4	Tap swing forward, swing backward and change hand to double overgrip			.1 leg split	
5	Swing forward and kip to support			.1 leg split, .1 arm bend	
6	Cast to undershoot forward			.1 knee bend, .1 leg split	
SB2	(Swing backward, tap swing forward to swinging pullover to undershoot forward)	.5		.1 knee bend, .3 leg split, .1 knee bend	
7	Swing backward, tap swing forward			.1 leg split	
V2	(Swing backward or forward to horizontal)				
8	Swing backward, tap swing forward			.1 leg split, .1 knee bend	
V3	(Swing backward or forward to horizontal)				
9	Swing backward to uprise and release hands dismounting to stand				
SB2	(Replace #9 w swing backward, tap swing forward to salto backward (Tk, Pk, Str.)	.5		.3 hip height, .1 leg split	
	Stick Bonus		.2		

Base Score Calculation		Execution Scores		Final Score		Range
Base Score	9.5	E1	2.4			
Virtuosity		E2				
Special Bonus	1.0	E3		Start Score:	10.7	
Stick Bonus	.2	E4		E Score:	2.4	
Start Score:	10.7	Exec. Average:		Final Score:	8.3	8.0-9.0

Purpose: 2023 National Course Evaluation

Program: USA-G JD

EVENT: HB

Level: JD Level 4

Routine#: HB4 - 3



 Routine Version: 7/14/2023

Routine Link: <https://www.youtube.com/watch?v=IKPI1824pys>

Horizontal Bar		JD 4			
Part	Description	SB	V	Exec. Deduct.	Comments
1.	From a hang in overgrip pullover to support				
2.	Cast to back hip circle to undershoot forward			.1 leg split, .1 piked body, .3 arm bend	Straight body on B.H.C.
SB1	(Cast to free hip circle to undershoot forward)				
V1	(Cast to 45*above horizontal)				
3	Swing backward, tap swing forward w 1/2 turn to mixed grip			.3 leg split	
4	Tap swing forward, swing backward and change hand to double overgrip				
5	Swing forward and kip to support			.5 missed kip	Max of .5 on kip
6	Cast to undershoot forward			.1 leg split, .1 hollow body	
SB2	(Swing backward, tap swing forward to swinging pullover to undershoot forward)				
7	Swing backward, tap swing forward				
V2	(Swing backward or forward to horizontal)				
8	Swing backward, tap swing forward				
V3	(Swing backward or forward to horizontal)				
9	Swing backward to uprise and release hands dismounting to stand			.1 shoulder height, .1 stand.- shoulders at hip level on landing (prep)	
SB2	(Replace #9 w swing backward, tap swing forward to salto backward (Tk, Pk, Str.)				
	Stick Bonus		.2		

Base Score Calculation		Execution Scores		Final Score		Range
Base Score	9.5	E1	1.7			
Virtuosity		E2				
Special Bonus		E3		Start Score:	9.7	
Stick Bonus	.2	E4		E Score:	1.7	
Start Score:	9.7	Exec. Average:		Final Score:	8.0	7.5-8.5

NGJA Compulsory Evaluation Form

Purpose: 2023 National Course Evaluation

Program: USA-G JD

EVENT: HB

Level: JD Level 5

Routine#: HB5 - 1 (1:38)

Routine Link: <https://www.youtube.com/watch?v=RTqZ8Pr91tg>



Routine Version: 7/14/2023

Horizontal Bar		JD 5			
Part	Description	SB	V	Exec. Deduct.	Comments
1.	From a hang in overgrip pullover to support				
2.	Cast forward to ¾ giant swing forward				
V1	(Cast to 45° above horizontal)		.1	.1 knee bend	If you think knee bend is .3 then NO virtuosity is awarded
SB1	(Replace #2 w cast forward to 1 or more giant swings forward to ¾ giant swing forward)	.5		.1 feet split on 2nd giant	
3	Hop both hands simultaneously to double overgrip				
4	Tap swing forward w ½ turn to mixed grip, tap swing forward in mixed grip				
V2	(Perform blind turn at horizontal)		.1		
5	Swing backward in mixed grip, change hand to double overgrip				
6	Swing forward, kip to support				
7	Cast to ¾ giant swing backward (baby giant)				
SB2	(Replace #7 with cast to free hip circle, swing forward to ¾ giant swing backward)	.5		.3 knee bend, .1 leg split, (cast) .1 arm bend, + leg split (free hip)	Maximum deduction of .5 can be taken on this combined sequence.
SB3	(Replace #7 with cast to two giant swings backward and ¾ giant swing backward)	.5		+ arm bend, + arm bend (giants) (0.5)	
8	Undershoot to swing backward OR Undershoot to swing backward, tap swing forward, swing backward				
9	Tap swing forward to salto backward (flyaway) (Tk,Pk,Str)				
V3	(Salto backwards w hips above bar height)			.1 toe point	
	Stick Bonus		.2		

Base Score Calculation		Execution Scores		Final Score		Range
Base Score	9.5	E1	.8			
Virtuosity	.2	E2				
Special Bonus	1.5	E3		Start Score:	11.4	
Stick Bonus	.2	E4		E Score:	.8	
Start Score:	11.4	Exec. Average:	.8	Final Score:	10.6	10.4-10.8

NGJA Compulsory Evaluation Form



Purpose: 2023 National Course Evaluation

Program: USA-G JD

EVENT: HB

Level: JD Level 5

Routine#: HB5 - 2

Routine Link: <https://www.youtube.com/watch?v=4FuOznWScmw>



Routine Version: 7/14/2023

Horizontal Bar		JD 5		Exec. Deduct.	Comments
Part	Description	SB	V		
1.	From a hang in overgrip pullover to support				
2.	Cast forward to ¾ giant swing forward			.3 cast extension	
V1	(Cast to 45*above horizontal)				
SB1	(Replace #2 w cast forward to 1 or more giant swings forward to ¾ giant swing forward)				
3	Hop both hands simultaneously to double overgrip				
4	Tap swing forward w ½ turn to mixed grip, tap swing forward in mixed grip				
V2	(Perform blind turn at horizontal)				
5	Swing backward in mixed grip, change hand to double overgrip				
6	Swing forward, kip to support			.1 arm bend	
7	Cast to ¾ giant swing backward (baby giant)			.1 knee bend,, .1 leg split	
SB2	(Replace #7 with cast to free hip circle, swing forward to ¾ giant swing backward)				
SB3	(Replace #7 with cast to two giant swings backward and ¾ giant swing backward)				
8	Undershoot to swing backward OR Undershoot to swing backward, tap swing forward, swing backward			.1 arm bend, .1 hollow body	
9	Tap swing forward to salto backward (flyaway) (Tk,Pk,Str)			.3 hip height, .3 step	
V3	(Salto backwards w hips above bar height)				
	Stick Bonus				

Base Score Calculation		Execution Scores		Final Score		Range
Base Score	9.5	E1	1.4			
Virtuosity		E2				
Special Bonus		E3		Start Score:	9.5	
Stick Bonus		E4		E Score:	1.4	
Start Score:	9.5	Exec. Average:	1.4	Final Score:	8.1	7.9-8.4

NGJA Compulsory Evaluation Form

Purpose: 2023 National Course Evaluation

Program: USA-G JD

EVENT: HB

Level: JD Level 5

Routine#: HB5 - 3 (4:14)

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



Routine Version: 7/14/2023

Horizontal Bar		JD 5		Exec. Deduct.	Comments
Part	Description	SB	V		
1.	From a hang in overgrip pullover to support			.1 excessive pause	
2.	Cast forward to ¾ giant swing forward			.5 knee bend, .1 leg split, .3 cast extension	
V1	(Cast to 45*above horizontal)				No bonus due to EP deductions
SB1	(Replace #2 w cast forward to 1 or more giant swings forward to ¾ giant swing forward)				
3	Hop both hands simultaneously to double overgrip				
4	Tap swing forward w ½ turn to mixed grip, tap swing forward in mixed grip				
V2	(Perform blind turn at horizontal)				
5	Swing backward in mixed grip, change hand to double overgrip				
6	Swing forward, kip to support			.1 excessive pause	
7	Cast to ¾ giant swing backward (baby giant)				
SB2	(Replace #7 with cast to free hip circle, swing forward to ¾ giant swing backward)				Maximum deduction of .5 can be taken on this combined sequence.
SB3	(Replace #7 with cast to two giant swings backward and ¾ giant swing backward)		.5	.1 arch, .3 knee bend, .1 leg split. ± arm bend (giant) (0.5)	
8	Undershoot to swing backward OR Undershoot to swing backward, tap swing forward, swing backward			.1 hollow body	
9	Tap swing forward to salto backward (flyaway) (Tk,Pk,Str)			.1 hip height, .3 step	
V3	(Salto backwards w hips above bar height)				
	Stick Bonus				

Base Score Calculation		Execution Scores		Final Score		Range
Base Score	9.5	E1	2.1			
Virtuosity		E2				
Special Bonus	.5	E3		Start Score:	10.0	
Stick Bonus		E4		E Score:	2.1	
Start Score:	10.0	Exec. Average:	2.1	Final Score:	7.9	

NGJA Compulsory Evaluation Form

Purpose: 2023 National Course Evaluation

Program: USA-G JD

EVENT: HB

Level: JD Level 6

Routine#: HB6 - 1 (2:27)

Routine Link: <https://www.youtube.com/watch?v=1yvkk02lek90>

 Routine Version: 7/14/2023

Horizontal Bar		JD 6			
Part	Description	SB	V	Exec. Deductions	Comments
1.	From a hang or small preliminary swing in overgrip, cast forward to a back uprise, free hip circle			.1 knee bend, .1 arm bend	
V1	(Free hip circle to handstand)				
2	Tap swing forward w ½ turn or hop ½ turn to both hands in overgrip			.1 leg split	
3	Tap swing forward to ¾ giant swing backward (baby giant), undershoot			.1 arm bend	
4	Swing backward,, swing forward, kip to support, change both hands to undergrip			.1 leg split, .1 arm bend, .1 excessive pause	
5	Cast forward to 1 or more giant swings forward			.5 knee bend, .3 leg split, .1 leg split (giant)	
SB1	(following #5, add Endo through handstand)				
6	One or more forward giant swings to ½ pirouette			.1 leg split, .1 angle	
V2	(Perform pirouette w no angle deduction)				
7	One or more giant swings backward				
SB2	(Following #7 add Stalder or "Toe on - Toe off" through handstand. One or more giants allowed prior to #8)				
8	¾ giant swing backward (baby giant), undershoot to swing backward				
9	Tap swing forward to salto backward (flyaway) (Tk,Pk,Str)				
V3	(Salto backwards w hips above bar height)		.1		
SB3	(Replace #8 and #9 w 1 or more giants backward w salto backward (flyaway) (Tk,Pk,Str)	.5			
	Stick Bonus				

Base Score Calculation		Execution Deductions		Final Score		Range
Base Score	9.5	E1	1.7			
Virtuosity	.1	E2				
Special Bonus	.5	E3		Start Score:	10.1	
Stick Bonus		E4		E Score:	1.7	
Start Score:	10.1	Exec. Average:	1.7	Final Score:	8.4	8.1-8.9

NGJA Compulsory Evaluation Form

Purpose: 2023 National Course Evaluation

Program: USA-G JD

EVENT: HB

Level: JD Level 6

Routine#: HB6 - 2 (4:38)

Routine Link: <https://www.youtube.com/watch?v=XwJcvbUv1c8>

 Routine Version: 7/14/2023

Horizontal Bar		JD 6			
Part	Description	SB	V	Exec. Deductions	Comments
1.	From a hang or small preliminary swing in overgrip, cast forward to a back uprise, free hip circle				
V1	(Free hip circle to handstand)		.1		
2	Tap swing forward w 1/2 turn or hop 1/2 turn to both hands in overgrip				
3	Tap swing forward to 3/4 giant swing backward (baby giant), undershoot				
4	Swing backward,, swing forward, kip to support, change both hands to undergrip				
5	Cast forward to 1 or more giant swings forward			.1 leg split	
SB1	(following #5, add Endo through handstand)	.5		.3 entry angle	
6	One or more forward giant swings to 1/2 pirouette				
V2	(Perform pirouette w no angle deduction)		.1		
7	One or more giant swings backward				
SB2	(Following #7 add Stalder or "Toe on - Toe off" through handstand. One or more giants allowed prior to #8)	.5		.1 toe point	
8	3/4 giant swing backward (baby giant), undershoot to swing backward				
9	Tap swing forward to salto backward (flyaway) (Tk,Pk,Str)				
V3	(Salto backwards w hips above bar height)		.1		
SB3	(Replace #8 and #9 w 1 or more giants backward w salto backward (flyaway) (Tk,Pk,Str)	.5			
	Stick Bonus		.2		

Base Score Calculation		Execution Deductions		Final Score		Range
Base Score	9.5	E1	.5			
Virtuosity	.3	E2				
Special Bonus	1.5	E3		Start Score:	11.5	
Stick Bonus	.2	E4		E Score:	.5	
Start Score:	11.5	Exec. Average:	.5	Final Score:	11.0	10.9-11.3

NGJA Compulsory Evaluation Form

Purpose: 2023 National Course Evaluation

Program: USA-G JD

EVENT: HB

Level: JD Level 6

Routine#: HB6 - 3 (2:37)

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

 Routine Version: 7/14/2023

Horizontal Bar		JD 6		Exec. Deductions	Comments
Part	Description	SB	V		
1.	From a hang or small preliminary swing in overgrip, cast forward to a back uprise, free hip circle			.1 heels apart	Heels never get together
V1	(Free hip circle to handstand)		.1		
2	Tap swing forward w 1/2 turn or hop 1/2 turn to both hands in overgrip			.1 heels apart	Heels never get together
3	Tap swing forward to 3/4 giant swing backward (baby giant), undershoot				
4	Swing backward,, swing forward, kip to support, change both hands to undergrip			.1 heels apart	
5	Cast forward to 1 or more giant swings forward			.1 heels apart	
SB1	(following #5, add Endo through handstand)	.5		.3 exit angle	
6	One or more forward giant swings to 1/2 pirouette			.1 angle, .1 heels apart	
V2	(Perform pirouette w no angle deduction)				
7	One or more giant swings backward			.1 heels apart, .1 heels apart	
SB2	(Following #7 add Stalder or "Toe on - Toe off" through handstand. One or more giants allowed prior to #8)	.5		.1 arm bend, .1 toe point	
8	3/4 giant swing backward (baby giant), undershoot to swing backward				
9	Tap swing forward to salto backward (flyaway) (Tk,Pk,Str)				
V3	(Salto backwards w hips above bar height)		.1		
SB3	(Replace #8 and #9 w 1 or more giants backward w salto backward (flyaway) (Tk,Pk,Str)	.5		.1 heels apart, .1 heels apart	
	Stick Bonus		.2		

Base Score Calculation		Execution Deductions		Final Score		Range
Base Score	9.5	E1	1.5			
Virtuosity	.2	E2				
Special Bonus	1.5	E3		Start Score:	11.4	
Stick Bonus	.2	E4		E Score:	1.5	
Start Score:	11.4	Exec. Average:	1.5	Final Score:	9.9	9.7-11.0

Over All Comments: Very good routine with some feet issues. Toes are always together, but the heels are not on almost every skill. A beginner judge that is focusing on recognizing elements may miss this entirely, or only see it a few times. This is why the score range can be very wide on this type of routine.