

# HB Compulsory Evaluation Form



**Purpose:** 2023 National Course Evaluation

**Program:** USA-G JD

**EVENT:** HB

**Level:** JD Level 3

**Routine#:** Brooks L3 #1

**Routine Link:** [ngja.org/wp-content/uploads/2023-2024/Course videos/Compulsory/L3 HB 1.mp4](https://ngja.org/wp-content/uploads/2023-2024/Course%20videos/Compulsory/L3%20HB%201.mp4)

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 |      |    |  |          |
| <b>V1</b>      | <b>(Hollow body)</b>  |      | .1 |  |          |
| 2.             | Pullover to support w spotter assistance  |      |    |  |          |
| <b>SB1</b>     | <b>(Pullover w/o Assist)</b>  | .5   |    | .1 Rhythm                              |          |
| 3              | Cast to undershoot  |      |    | .1 Knee bend, .1 Split, .3 hollow body |          |
| <b>V2</b>      | <b>(Undershoot-horiz. w hips bar ht.)</b>   |      |    |  |          |
| <b>SB2</b>     | <b>(Cast Horizontal)</b>  | .5   |    |  |          |
| <b>SB3</b>     | <b>(Add Back Hip Circle)</b>  | .5   |    |  |          |
| 4              | Swing backward, tap swing forward   |      |    | .1 Toe Point                           |          |
| 5              | Swing backward, tap swing forward   |      |    | .1 Toe Point                           |          |
| <b>V3</b>      | <b>(Swing back to horizontal)</b>   |      |    |  |          |
| 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                      |          |
|                | <b>Stick Bonus</b>  |      | .2 |  |          |

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

# HB Compulsory Evaluation Form



**Purpose:** 2023 National Course Evaluation

**Program:** USA-G JD

**EVENT:** HB

**Level:** JD Level 3

**Routine#:** Dash L3 #2

**Routine Link:** [ngja.org/wp-content/uploads/2023-2024/Course videos/Compulsory/L3 HB 2.mp4](https://ngja.org/wp-content/uploads/2023-2024/Course%20videos/Compulsory/L3%20HB%202.mp4)

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 |      |    | .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 |         |
| <b>Start Score:</b>     | <b>9.7</b> | <b>Exec. Average:</b> | 1.2 | <b>Final Score:</b> | 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:** [ngja.org/wp-content/uploads/2023-2024/Course videos/Compulsory/L3 HB 3.mp4](https://ngja.org/wp-content/uploads/2023-2024/Course%20videos/Compulsory/L3%20HB%203.mp4)



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 |      |    |   |          |
| 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         |       |
| <b>Start Score:</b>     | <b>10.3</b> | <b>Exec. Average:</b> | <b>.8</b> | <b>Final Score:</b> | <b>9.5</b> |       |

# NGJA Compulsory Evaluation Form

**Purpose:** 2023 National Course Evaluation

**Program:** USA-G JD

**EVENT:** HB

**Level:** JD Level 4

**Routine#:** HB4 - 1

**Routine Link:** [ngja.org/wp-content/uploads/2023-2024/Course\\_videos/Compulsory/L4 HB 1.mp4](http://ngja.org/wp-content/uploads/2023-2024/Course_videos/Compulsory/L4 HB 1.mp4)



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  |         |
| <b>Start Score:</b>    | <b>10.9</b> | <b>Exec. Average:</b> |     | <b>Final Score:</b> | 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



 Routine Version: 7/14/2023

**Routine Link:** [ngja.org/wp-content/uploads/2023-2024/Course\\_videos/Compulsory/L4\\_HB\\_2.mp4](https://ngja.org/wp-content/uploads/2023-2024/Course_videos/Compulsory/L4_HB_2.mp4)

| Horizontal Bar |   | JD 4 |    | Exec. Deduct.                            | Comments |
|----------------|---|------|----|--|----------|
| Part           | Description   | SB   | V  |  |          |
| 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 ½ 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  |       |
| <b>Start Score:</b>    | <b>10.7</b> | <b>Exec. Average:</b> |     | <b>Final Score:</b> | 8.3  |       |

**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:** [ngja.org/wp-content/uploads/2023-2024/Course\\_videos/Compulsory/L4\\_HB\\_3.mp4](https://ngja.org/wp-content/uploads/2023-2024/Course_videos/Compulsory/L4_HB_3.mp4)

| 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 |         |
| <b>Start Score:</b>    | <b>9.7</b> | <b>Exec. Average:</b> |     | <b>Final Score:</b> | 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

**Routine Link:** [ngja.org/wp-content/uploads/2023-2024/Course\\_videos/Compulsory/L5\\_HB\\_1.mp4](http://ngja.org/wp-content/uploads/2023-2024/Course_videos/Compulsory/L5_HB_1.mp4)



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)<br>.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<br><b>OR</b><br>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          |                  |
| <b>Start Score:</b>    | <b>11.4</b> | <b>Exec. Average:</b> | <b>.8</b> | <b>Final Score:</b> | <b>10.6</b> | <b>10.4-10.8</b> |

# NGJA Compulsory Evaluation Form



**Purpose:** 2023 National Course Evaluation

**Program:** USA-G JD

**EVENT:** HB

**Level:** JD Level 5

**Routine#:** HB5 - 2

**Routine Link:** [ngja.org/wp-content/uploads/2023-2024/Course videos/Compulsory/L5 HB 2.mp4](http://ngja.org/wp-content/uploads/2023-2024/Course%20videos/Compulsory/L5%20HB%202.mp4)



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<br><b>OR</b><br>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        |         |
| <b>Start Score:</b>    | <b>9.5</b> | <b>Exec. Average:</b> | <b>1.4</b> | <b>Final Score:</b> | <b>8.1</b> | 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

**Routine Link:** [ngja.org/wp-content/uploads/2023-2024/Course videos/Compulsory/L5 HB 3.mp4](http://ngja.org/wp-content/uploads/2023-2024/Course%20videos/Compulsory/L5%20HB%203.mp4)



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  |      |    | .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, .1 arm bend (giant) (0.5) |   |
| 8              | Undershoot to swing backward<br><b>OR</b><br>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        |         |
| <b>Start Score:</b>    | <b>10.0</b> | <b>Exec. Average:</b> | <b>2.1</b> | <b>Final Score:</b> | <b>7.9</b> | 7.6-8.2 |

# NGJA Compulsory Evaluation Form

**Purpose:** 2023 National Course Evaluation

**Program:** USA-G JD

**EVENT:** HB

**Level:** JD Level 6

**Routine#:** HB6 - 1

**Routine Link:** [ngja.org/wp-content/uploads/2023-2024/Course videos/Compulsory/L6 HB 1.mp4](https://ngja.org/wp-content/uploads/2023-2024/Course%20videos/Compulsory/L6%20HB%201.mp4)

 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 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        |                |
| <b>Start Score:</b>    | <b>10.1</b> | <b>Exec. Average:</b> | <b>1.7</b> | <b>Final Score:</b> | <b>8.4</b> | <b>8.1-8.9</b> |

Purpose: 2023 National Course Evaluation

Program: USA-G JD

EVENT: HB

Level: JD Level 6

Routine#: HB6 - 2

Routine Link: [ngja.org/wp-content/uploads/2023-2024/Course\\_videos/Compulsory/L6\\_HB\\_2.mp4](https://ngja.org/wp-content/uploads/2023-2024/Course_videos/Compulsory/L6_HB_2.mp4)

 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          |                  |
| <b>Start Score:</b>    | <b>11.5</b> | <b>Exec. Average:</b> | <b>.5</b> | <b>Final Score:</b> | <b>11.0</b> | <b>10.9-11.3</b> |

### NGJA Compulsory Evaluation Form

**Purpose:** 2023 National Course Evaluation

**Program:** USA-G JD

**EVENT:** HB

**Level:** JD Level 6

**Routine#:** HB6 - 3

**Routine Link:** [ngja.org/wp-content/uploads/2023-2024/Course\\_videos/Compulsory/L6\\_HB\\_3.mp4](https://ngja.org/wp-content/uploads/2023-2024/Course_videos/Compulsory/L6_HB_3.mp4)

 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 heels apart                 | Heels never get together |
| V1             | (Free hip circle to handstand)   |      | .1 |                                |                          |
| 2              | Tap swing forward w ½ turn or hop ½ turn to both hands in overgrip   |      |    | .1 heels apart                 | Heels never get together |
| 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                             |      |    | .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 ½ 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              | 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   |    | .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        |       |
| <b>Start Score:</b>    | <b>11.4</b> | <b>Exec. Average:</b> | <b>1.5</b> | <b>Final Score:</b> | <b>9.9</b> |       |

**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.