

PB Compulsory Evaluation Form



Purpose: 2023 National Course Evaluation

Program: USA-G JD

EVENT: PB

Level: JD Level 3

Routine#: PB3 - #1

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

Parallel Bars		Lv 3		Routine Version: 7/14/2023	
Part	Description	SB	V	Exec. Deduct.	Comments
1.	From stand, jump to support swing forward, swing backward				
V1	(Swing backward to horizontal) or In SB1, Perform extension of legs backward to horizontal				No virtuosity because o medium deduction.
SB1	Replace #1 w from stand, jump to support and press to tucked planche hold, extend legs backward	X		0.1, 0.3	Form, Short hold
2	Swing forward to straddle support on bars			0.1	Form
3	Lift legs into a momentary hold of forward straddle "L"			0.1	Angle
SB2	Replace #3 with lift legs into a forward straddle "V" hold				
4	Bring legs together and extend forward to straight body				
5	Swing backward, swing forward			.01	Toes separated
6	Swing backward				
V2	(Swing back to 45* above horizontal)				
7	Swing forward			0.1	Unsteady
V3	(Swing forward to horizontal)				
8	Swing backward and dismount			0.1	Angle
SB3	Replace #8 w swing backward to momentary hold of hand and dismount between the bars/mats or over either bar to stand				
	Stick Bonus	X			

Start Value Calculation		Execution Scores		Final Score		Range
Base Score	9.5	E1	0.9			
Virtuosity	0.0	E2	0.7			
Special Bonus	0.5	E3		Start Score:	10.3	
Stick Bonus	0.2	E4		E Score:	0.8	
Start Score:	10.	Exec. Average:	0.8	Final Score:	9.5	

PB Compulsory Evaluation Form



Purpose: 2023 National Course Evaluation

Program: USA-G JD

EVENT: PB

Level: JD Level 3

Routine#: PB3 - #2

Routine Link: ngja.org/wp-content/uploads/2023-2024/Course_videos/Compulsory/L3_PB_2.mp4

Routine Version: 7/14/2023

Parallel Bars		Lv 3		Exec. Deduct.	Comments
Part	Description	SB	V		
1.	From stand, jump to support swing forward, swing backward			0.1	Toes Separated
V1	(Swing backward to horizontal) or In SB1, Perform extension of legs backward to horizontal		X		
SB1	Replace #1 w from stand, jump to support and press to tucked planche hold, extend legs backward				
2	Swing forward to straddle support on bars				
3	Lift legs into a momentary hold of forward straddle "L"			0.1	Hips behind hands
SB2	Replace #3 with lift legs into a forward straddle "V" hold				
4	Bring legs together and extend forward to straight body				
5	Swing backward, swing forward				
6	Swing backward				
V2	(Swing back to 45* above horizontal)				
7	Swing forward				
V3	(Swing forward to horizontal)		X		
8	Swing backward and dismount			0.3	Angle
SB3	Replace #8 w swing backward to momentary hold of hand and dismount between the bars/mats or over either bar to stand				
	Stick Bonus			0.3	Holding onto bar. No Stick

Start Value Calculation		Execution Scores		Final Score		Range
Base Score	9.5	E1	0.8			
Virtuosity	0.2	E2	0.7			
Special Bonus	0.0	E3		Start Score:	9.7	
Stick Bonus	0.0	E4		E Score:	0.75	
Start Score:	9.7	Exec. Average:	0.75	Final Score:	8.95	

NGJA Compulsory Evaluation Form



Purpose: 2023 National Course Evaluation

Competition:

EVENT: PB

Level: JD Level 4

ATHLETE: R4 #1

Routine Link: [ngja.org/wp-content/uploads/2023-2024/Course videos/Compulsory/L4 PB 1.mp4](https://ngja.org/wp-content/uploads/2023-2024/Course%20videos/Compulsory/L4%20PB%201.mp4)

Routine Version: 7/14/2023

Parallel Bars		Lv 4		Exec. Deduct.	Comments
Part	Description	SB	V		
1.	From stand or short run, jump to long hang swing forward			0.1, 0.1	Legs separated, arms bent
2.	Long hang swing backward, long hang swing forward				
3	Long hang swing backward, uprise to upper arm hang				
V1	In #3, perform long hang swing backward with hips at bar height (+0.1)				
4	Upper arm swing forward, upper arm swing backward				
V2	In #4, perform upper arm swing backward with hips at bar height (+0.1)		X		
5	Upper arm swing forward to straddled front uprise to support and immediately lift legs off bars			0.1	Rhythm
SB1	Replace #5 with upper arm swing forward to forward uprise to support SB 1 (+0.5)				
6	Swing backward			0.1	Form
7	Swing forward to "L" hold			0.1, 0.1	Position, unsteady
SB2	Replace #7 with swing forward to "V" or Manna hold (+0.5)				
8	From hold, extend forward to swing backward				
9	Swing forward, swing backward			0.1, 0.1, 0.1	Pike front swing, knees, arms
V3	In #9, perform swing backward to momentary hold of handstand (+0.1)				
10	Swing forward, swing backward to momentary hold of handstand and push off either side to stand			0.1, 0.5, 0.3, 0.1, 0.1	Angle on HS, no momentary hold, form, slide foot on landing, no stick
SB3	Replace #10 with swing forward, swing backward to handstand hold and push off either side to stand (+0.5)				

Base Score Calculation		Execution Scores		Final Score	
Base Score	9.5	E1	1.9		
Virtuosity	0.1	E2	1.7		
Special Bonus	0.0	E3		Start Score:	9.6
Stick Bonus	0.0	E4		E Score:	1.8
Start Score:	9.6	Exec. Average:	1.8	Final Score:	7.8

NGJA Compulsory Evaluation Form



Purpose: 2023 National Course Evaluation

Competition:

EVENT: PB

Level: JD Level 4

ATHLETE: R4 #2

Routine Link: [ngja.org/wp-content/uploads/2023-2024/Course videos/Compulsory/L4 PB 2.mp4](https://ngja.org/wp-content/uploads/2023-2024/Course%20videos/Compulsory/L4%20PB%202.mp4)

Routine Version: 7/14/2023

Parallel Bars		Lv 4		Exec. Deduct.	Comments
Part	Description	SB	V		
1.	From stand or short run, jump to long hang swing forward			0.1, 0.1	Legs on Jump, Arms bent
2.	Long hang swing backward, long hang swing forward			0.1	Arms bent
3	Long hang swing backward, uprise to upper arm hang				
V1	In #3, perform long hang swing backward with hips at bar height (+0.1)				
4	Upper arm swing forward, upper arm swing backward				
V2	In #4, perform upper arm swing backward with hips at bar height (+0.1)		X	0.1	Legs
5	Upper arm swing forward to straddled front uprise to support and immediately lift legs off bars				
SB1	Replace #5 with upper arm swing forward to forward uprise to support SB 1 (+0.5)	X		0.1, 0.3	Bent knees, Pike and feet below bars
6	Swing backward			0.1	Hand shift
7	Swing forward to "L" hold			0.3	Short hold
SB2	Replace #7 with swing forward to "V" or Manna hold (+0.5)				
8	From hold, extend forward to swing backward				
9	Swing forward, swing backward			0.1, 0.1	Piked, back swing below horizontal
V3	In #9, perform swing backward to momentary hold of handstand (+0.1)				
10	Swing forward, swing backward to momentary hold of handstand and push off either side to stand			0.1, 0.1, 0.1, 0.3	Form, Arm bend, short of HS, no momentary hold. Stuck dismount
SB3	Replace #10 with swing forward, swing backward to handstand hold and push off either side to stand (+0.5)				

Base Score Calculation		Execution Scores		Final Score	
Base Score	9.5	E1	1.9		
Virtuosity	0.1	E2	1.5		
Special Bonus	0.5	E3		Start Score:	10.3
Stick Bonus	0.2	E4		E Score:	1.7
Start Score:	10.3	Exec. Average:	1.7	Final Score:	8.6

NGJA Compulsory Evaluation Form



Purpose: 2023 National Course Evaluation

Competition:

EVENT: PB

Level: JD Level 4

ATHLETE: R4 #3

Routine Link: [ngja.org/wp-content/uploads/2023-2024/Course videos/Compulsory/L4 PB 3.mp4](https://ngja.org/wp-content/uploads/2023-2024/Course%20videos/Compulsory/L4%20PB%203.mp4)

Routine Version: 7/14/2023

Parallel Bars		Lv 4			
Part	Description	SB	V	Exec. Deduct.	Comments
1.	From stand or short run, jump to long hang swing forward			0.1, 0.1	Feet and legs separated, form
2.	Long hang swing backward, long hang swing forward			0.1, 0.1	form on legs and toes
3	Long hang swing backward, uprise to upper arm hang			0.1, 0.1	legs separated, knees bent
V1	In #3, perform long hang swing backward with hips at bar height (+0.1)				
4	Upper arm swing forward, upper arm swing backward				
V2	In #4, perform upper arm swing backward with hips at bar height (+0.1)				
5	Upper arm swing forward to straddled front uprise to support and immediately lift legs off bars			0.3	Knees bent on bar.
SB1	Replace #5 with upper arm swing forward to forward uprise to support SB 1 (+0.5)				
6	Swing backward			0.1	Form
7	Swing forward to "L" hold				
SB2	Replace #7 with swing forward to "V" or Manna hold (+0.5)	X		0.1, 0.1, 0.1	knees bent, toes separated, short of vertical
8	From hold, extend forward to swing backward				
9	Swing forward, swing backward				
V3	In #9, perform swing backward to momentary hold of handstand (+0.1)				
10	Swing forward, swing backward to momentary hold of handstand and push off either side to stand			0.3, 0.3, 0.1, 0.1	Short of HS, No momentary hold, Form, step on landing
SB3	Replace #10 with swing forward, swing backward to handstand hold and push off either side to stand (+0.5)				

Base Score Calculation		Execution Scores		Final Score	
Base Score	9.5	E1	2.1		
Virtuosity	0.0	E2	1.8		
Special Bonus	0.5	E3		Start Score:	10.0
Stick Bonus	0.0	E4		E Score:	1.95
Start Score:	10.0	Exec. Average:	1.95	Final Score:	8.05

NGJA Compulsory Evaluation Form



Purpose: 2023 National Course Evaluation

Competition:

EVENT: PB

Level: JD Level 5

ATHLETE: R5 #1

Routine Link: [ngja.org/wp-content/uploads/2023-2024/Course videos/Compulsory/L5 PB 1.mp4](http://ngja.org/wp-content/uploads/2023-2024/Course%20videos/Compulsory/L5%20PB%201.mp4)



Routine Version: 7/14/2023

Parallel Bars		Lv 5			
Part	Description	SB	V	Exec. Deduct.	Comments
1.	From stand or short run, jump to glide kip to support			0.1	Arms bent
2.	Swing backward, swing forward				
V1	In #2, perform swing backward to 45° above horizontal (+0.1)		X		
3	Swing backward and bail to Moy finishing in upper arm support				
V2	In #3, perform swing backward to 45° above horizontal (+0.1)		X		
SB 1A	Replace #3 with swing backward and bail to Moy to support, swing backward and layaway to upper arm support, upper arm swing forward (+0.5) or ...	X			
SB 1B	Replace #3 with swing backward and bail to giant swing backward to support, swing forward, swing backward, layaway to upper arm support, upper arm swing forward (+0.5)				
4	Upper arm swing backward				
5	Upper arm swing forward to straddled front uprise to support and immediately lift legs off bars				
SB2	Replace #5 with upper arm swing forward to forward uprise to support (+0.5)	X			
6	Swing backward			0.1	Hand shift
7	Swing forward to "L" hold, lift legs and extend forward and swing backward				
SB3	Replace #7 with swing forward, swing backward to straddle "L" press to handstand hold (+0.5)	X		0.1, 0.1	Arm flex, bent knees
8	Swing forward, swing backward				
V3	In #8, perform swing backward to momentary handstand hold (+0.1)		X		
9	Swing forward, swing backward			0.1	Arm Flex
10	Swing forward to ½ turn and post on one arm over single bar and dismount to stand (Stützkehr forward movement)				

Base Score Calculation		Execution Scores		Final Score	
Base Score	9.5	E1	0.5		
Virtuosity	0.3	E2	0.4		
Special Bonus	1.5	E3		Start Score:	11.5
Stick Bonus	0.2	E4		E Score:	0.45
Start Score:	11.5	Exec. Average:	0.45	Final Score:	11.05

NGJA Compulsory Evaluation Form



Purpose: 2023 National Course Evaluation

Competition:

EVENT: PB

Level: JD Level 5

ATHLETE: R5 #2

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



Routine Version: 7/14/2023

Parallel Bars		Lv 5		Exec. Deduct.	Comments
Part	Description	SB	V		
1.	From stand or short run, jump to glide kip to support			0.1	Arm Bend
2.	Swing backward, swing forward			0.5, 0.1	Angle on back and front swing
V1	In #2, perform swing backward to 45° above horizontal (+0.1)				
3	Swing backward and bail to Moy finishing in upper arm support			0.1, 0.1	Knees bent, hips drop
V2	In #3, perform swing backward to 45° above horizontal (+0.1)				
SB 1A	Replace #3 with swing backward and bail to Moy to support, swing backward and layaway to upper arm support, upper arm swing forward (+0.5) or ...				
SB 1B	Replace #3 with swing backward and bail to giant swing backward to support, swing forward, swing backward, layaway to upper arm support, upper arm swing forward (+0.5)				
4	Upper arm swing backward				
5	Upper arm swing forward to straddled front uprise to support and immediately lift legs off bars			0.1	Form
SB2	Replace #5 with upper arm swing forward to forward uprise to support (+0.5)				
6	Swing backward				Completes this right to straddle L
7	Swing forward to "L" hold, lift legs and extend forward and swing backward				
SB3	Replace #7 with swing forward, swing backward to straddle "L" press to handstand hold (+0.5)	NA		0.3, 0.3, 0.3, 0.5-composition error. Missing swing fwd and bkwd	Bent legs, short hold, no momentary, Composition error, no bonus
8	Swing forward, swing backward				
V3	In #8, perform swing backward to momentary handstand hold (+0.1)		X	0.1	Arm Flex
9	Swing forward, swing backward			0.1, 0.1	Angle, strength w/swing
10	Swing forward to ½ turn and post on one arm over single bar and dismount to stand (Stützkehr forward movement)			0.1	Pike, stick bonus

Base Score Calculation		Execution Scores		Final Score	
Base Score	9.5	E1	2.3		
Virtuosity	0.1	E2	2.1		
Special Bonus	0.0	E3		Start Score:	9.8
Stick Bonus	0.2	E4		E Score:	2.2

Start Score:	9.8	Exec. Average:	2.2	Final Score:	7.6
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NGJA Compulsory Evaluation Form



Purpose: 2023 National Course Evaluation

Competition:

EVENT: PB

Level: JD Level 5

ATHLETE: R5 #3

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

Parallel Bars		Lv 5		Routine Version: 7/14/2023	
Part	Description	SB	V	Exec. Deduct.	Comments
1.	From stand or short run, jump to glide kip to support			0.5	Arms bent
2.	Swing backward, swing forward			0.5, 0.3	Angle bk swing, Angle firt
V1	In #2, perform swing backward to 45° above horizontal (+0.1)				
3	Swing backward and bail to Moy finishing in upper arm support			0.3, 0.1, 0.5	Angle bk swing, form on bail, hit bar
V2	In #3, perform swing backward to 45° above horizontal (+0.1)				
SB 1A	Replace #3 with swing backward and bail to Moy to support, swing backward and layaway to upper arm support, upper arm swing forward (+0.5) or ...				
SB 1B	Replace #3 with swing backward and bail to giant swing backward to support, swing forward, swing backward, layaway to upper arm support, upper arm swing forward (+0.5)				
4	Upper arm swing backward			0.1	form
5	Upper arm swing forward to straddled front uprise to support and immediately lift legs off bars				
SB2	Replace #5 with upper arm swing forward to forward uprise to support (+0.5)	X		0.3, 0.3	Piked, Feet below bar
6	Swing backward				
7	Swing forward to "L" hold, lift legs and extend forward and swing backward				
SB3	Replace #7 with swing forward, swing backward to straddle "L" press to handstand hold (+0.5)	X		0.1, 0.1	knees bent, angle on straddle L
8	Swing forward, swing backward			0.1	form
V3	In #8, perform swing backward to momentary handstand hold (+0.1)				
9	Swing forward, swing backward			0.1	Form
10	Swing forward to ½ turn and post on one arm over single bar and dismount to stand (Stützkehr forward movement)			0.1, 0.1	Form, pike, stick bonus

Base Score Calculation		Execution Scores		Final Score	
Base Score	9.5	E1	3.5		
Virtuosity	0.0	E2	3.0		
Special Bonus	1.0	E3		Start Score:	10.7
Stick Bonus	0.2	E4		E Score:	3.25
Start Score:	10.7	Exec. Average:	3.25	Final Score:	7.45

NGJA Compulsory Evaluation Form



Purpose: 2023 National Course Evaluation

Competition:

EVENT: PB

Level: JD Level 6

ATHLETE: R6 #1

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

Routine Version: 7/14/2023

Parallel Bars		Lv 6			
Part	Description	SB	V	Exec. Deductions	Comments
1.	From stand or short run, jump to glide kip to support			0.1, 0.3	Legs separated, Arms bent
V1	In #1, perform glide kip with hips at horizontal (+0.1)				
2	Swing backward, layaway to forward uprise to support			0.1, 0.1	knees bent, low finish
V2	In #2, perform forward uprise to horizontal (+0.1)				
3	Swing backward, swing forward				
4	Swing backward and bail to Moy finishing in upper arm support				
5	Upper arm swing backward to backward uprise to support			0.1	Legs separated
SB1A	Replace #4 & #5 with swing backward and bail to Moy to support, swing backward (+0.5) or ...				
SB1B	Replace #4 & #5 with swing backward and bail to giant swing backward to support (+0.5) or ...				
SB1C	Replace #4 & #5 with swing backward and bail to basket (peach) to support (+0.5)				
6	Swing forward to an "L" hold			0.3	Short hold
SB2	Following #6 add press to handstand hold and replace #7 with swing forward and backward to horizontal	X		0.1, 0.1, 0.1, 0.3	Unsteady, hand adjust, arm check, short hold
7	From "L", extend forward to swing backward to horizontal				
8	Swing forward, swing backward to momentary hold of handstand				
V3	In #8, swing backward and perform a 2 second hold of handstand (+0.1)		X	0.1	Arm bend
SB3	Following #8, add swing forward, swing backward to ½pirouette to handstand (forward or backward) (+0.5)	X		0.3, 0.1, 0.1	Legs separated, lack of control in HS, Arm bend
9	Swing forward to salto backward dismount or Swing forward, swing backward to salto forward dismount			0.1, 0.3	Amplitude, step

Base Score Calculation		Execution Deductions		Final Score	
Base Score	9.5	E1	2.6		
Virtuosity	0.1	E2	2.5		
Special Bonus	1.0	E3		Start Score:	10.6
Stick Bonus	0.0	E4		E Score:	2.55
Start Score:	10.6	Exec. Average:	2.55	Final Score:	8.05

NGJA Compulsory Evaluation Form



Purpose: 2023 National Course Evaluation

Competition:

EVENT: PB

Level: JD Level 6

ATHLETE: R6 #2

Routine Link: [ngja.org/wp-content/uploads/2023-2024/Course videos/Compulsory/L6 PB 2.mp4](https://ngja.org/wp-content/uploads/2023-2024/Course%20videos/Compulsory/L6%20PB%202.mp4)

Routine Version: 7/14/2023

Parallel Bars		Lv 6		Exec. Deductions	Comments
Part	Description	SB	V		
1.	From stand or short run, jump to glide kip to support				
V1	In #1, perform glide kip with hips at horizontal (+0.1)		X		
2	Swing backward, layaway to forward uprise to support				
V2	In #2, perform forward uprise to horizontal (+0.1)		X		
3	Swing backward, swing forward				
4	Swing backward and bail to Moy finishing in upper arm support				
5	Upper arm swing backward to backward uprise to support				
SB1 A	Replace #4 & #5 with swing backward and bail to Moy to support, swing backward (+0.5) or ...	X		0.1, 0.1	Hand adjustment on HS before Moy and after Moy
SB1 B	Replace #4 & #5 with swing backward and bail to giant swing backward to support (+0.5) or ...				
SB1 C	Replace #4 & #5 with swing backward and bail to basket (peach) to support (+0.5)				
6	Swing forward to an "L" hold				
SB2	Following #6 add press to handstand hold and replace #7 with swing forward and backward to horizontal	X			
7	From "L", extend forward to swing backward to horizontal				
8	Swing forward, swing backward to momentary hold of handstand				
V3	In #8, swing backward and perform a 2 second hold of handstand (+0.1)		X		
SB3	Following #8, add swing forward, swing backward to ½pirouette to handstand (forward or backward) (+0.5)	X		0.1	Unsteady
9	Swing forward to salto backward dismount or Swing forward, swing backward to salto forward dismount				Stick

Base Score Calculation		Execution Deductions		Final Score	
Base Score	9.5	E1	0.3		
Virtuosity	0.3	E2	0.1		
Special Bonus	1.5	E3		Start Score:	11.5
Stick Bonus	0.2	E4		E Score:	0.2
Start Score:	11.5	Exec. Average:	0.2	Final Score:	11.3

NGJA Compulsory Evaluation Form SHERMAN



Purpose: 2023 National Course Evaluation

Competition:

EVENT: PB

Level: JD Level 6

ATHLETE: R6 #3

Routine Link: [ngja.org/wp-content/uploads/2023-2024/Course videos/Compulsory/L6 PB 3.mp4](https://ngja.org/wp-content/uploads/2023-2024/Course%20videos/Compulsory/L6%20PB%203.mp4)



Routine Version: 7/14/2023

Parallel Bars		Lv 6			
Part	Description	SB	V	Exec. Deductions	Comments
1.	From stand or short run, jump to glide kip to support				Arms bent, form
V1	In #1, perform glide kip with hips at horizontal (+0.1)				
2	Swing backward, layaway to forward uprise to support				Knees bent, arms bent on back swing, knees on Frt uprise
V2	In #2, perform forward uprise to horizontal (+0.1)				
3	Swing backward, swing forward				
4	Swing backward and bail to Moy finishing in upper arm support				
5	Upper arm swing backward to backward uprise to support				
SB1 A	Replace #4 & #5 with swing backward and bail to Moy to support, swing backward (+0.5) or ...	X			legs on bail
SB1 B	Replace #4 & #5 with swing backward and bail to giant swing backward to support (+0.5) or ...				
SB1 C	Replace #4 & #5 with swing backward and bail to basket (peach) to support (+0.5)				
6	Swing forward to an "L" hold				Angle, Short hold
SB2	Following #6 add press to handstand hold and replace #7 with swing forward and backward to horizontal	X			Bent knees, Short hold, form
7	From "L", extend forward to swing backward to horizontal				
8	Swing forward, swing backward to momentary hold of handstand				Completes this to momentary hold
V3	In #8, swing backward and perform a 2 second hold of handstand (+0.1)				
SB3	Following #8, add swing forward, swing backward to ½ pirouette to handstand (forward or backward) (+0.5)	NA			Legs apart, composition error. Missing swing fwd & bkwd
9	Swing forward to salto backward dismount or Swing forward, swing backward to salto forward dismount				Amplitude, form

Base Score Calculation		Execution Deductions		Final Score	
Base Score	9.5	E1			
Virtuosity	0.0	E2			
Special Bonus	1.0	E3		Start Score:	10.7
Stick Bonus	0.2	E4		E Score:	3.35
Start Score:	10.7	Exec. Average:		Final Score:	7.35

PB Compulsory Evaluation Form SHERMAN



Purpose: 2023 National Course Evaluation

Program: USA-G JD

EVENT: PB

Level: JD Level 3

Routine#: PB3 - #3

Routine Link: [ngja.org/wp-content/uploads/2023-2024/Course videos/Compulsory/L3 PB 3.mp4](https://ngja.org/wp-content/uploads/2023-2024/Course%20videos/Compulsory/L3%20PB%203.mp4)



Routine Version: 7/14/2023

Parallel Bars		Lv 3		Exec. Deduct.	Comments
Part	Description	SB	V		
1.	From stand, jump to support swing forward, swing backward				
V1	(Swing backward to horizontal) or In SB1, Perform extension of legs backward to horizontal				No virtuosity because o medium deduction.
SB1	Replace #1 w from stand, jump to support and press to tucked planche hold, extend legs backward	X			Form, Short hold
2	Swing forward to straddle support on bars				Form
3	Lift legs into a momentary hold of forward straddle "L"				Angle
SB2	Replace #3 with lift legs into a forward straddle "V" hold				
4	Bring legs together and extend forward to straight body				
5	Swing backward, swing forward				Toes separated
6	Swing backward				
V2	(Swing back to 45* above horizontal)				
7	Swing forward				Unsteady
V3	(Swing forward to horizontal)				
8	Swing backward and dismount				Angle
SB3	Replace #8 w swing backward to momentary hold of hand and dismount between the bars/mats or over either bar to stand				
	Stick Bonus	X			

Start Value Calculation		Execution Scores		Final Score		Range
Base Score	9.5	E1	0.9			
Virtuosity	0.0	E2	0.7			
Special Bonus	0.5	E3		Start Score:	10.3	
Stick Bonus	0.2	E4		E Score:	0.8	
Start Score:	10.	Exec. Average:	0.8	Final Score:	9.5	