

COMPETITION: 2023 Course Evaluation, LEVEL: 7

EVENT: PB #71

Link: ngja.org/wp-content/uploads/2023-2024/Course videos/JR Optional/L7 PB 1.mp4

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Glide Kip	A	3		0.1, 0.1, 0.1	Form, arms bent
Swing backward bail				0.1	Body position
Moy to upper arm	JOA			0.1	Legs
Backuprise Support	JOA			0.1	Body position
L Seat	A	1		0.1	Hand adjustment
Swing backward				0.1	Form
Front Uprise	A	2		0.3, 0.1	Low, Form
Swing HS hold	A	1		0.3, 0.1, 0.1	Form, Bent legs
Back Salto Stretched	A	4		0.1, 0.1, 0.1, 0.1	Pike, knees, height, landing
·					

H =			
G =			
F =			
E =	Difficulty = 0.6	E1 = 2.1	Dismount stuck = Y
D =	Element Groups = 1.5	E2 = 1.8	
C =	Connection Bonus = 0	E3 =	
B =	Presentation = 10.0	E4 =	D Panel + E Panel =
A = 6	Start Value = 12.1		

D – Panel Comments:

^{*} X = repeated skill or non-recognized skill. The top 6 counting skills are noted in **Bold & larger font.**



COMPETITION: 2023 Course Evaluation, LEVEL: 7

EVENT: **PB #72**

Link: ngja.org/wp-content/uploads/2023-2024/Course videos/JR Optional/L7 PB 2.mp4

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Glide Kip	A	3		0.1, 0.1	Arms, Legs
Swing Backward					
L seat	A	1			
Press HS	A	1		0.1	Unsteady
Front Uprise	A	2		0.1	Low
Swing HS hold	A	1			
Back salto layout	A	4		0.1, 0.1	Amplitude, unsteady landing

H =			
G =			
F =			
E =	Difficulty = 0.7	E1 = 0.6	Dismount stuck = Y
D =	Element Groups = 1.5	E2 = 0.5	
C =	Connection Bonus = 0	E3 =	
B = 1	Presentation = 10.0	E4 =	D Panel + E Panel =
A = 5	Start Value = 12.2		

D – Panel Comments:

^{*} X = repeated skill or non-recognized skill.

The top 6 counting skills are noted in **Bold & larger font.**



COMPETITION: 2023 Course Evaluation, LEVEL: 7

EVENT: PB #73

Link: ngja.org/wp-content/uploads/2023-2024/Course videos/JR Optional/L7 PB 3.mp4

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Glide Kip	A	3	Bonus	0.1, 0.1	Arms and legs bent
1.5 empty swings				0.1	Form
Moy to upper arm	JOA			0.1, 0.1	Form on hand and catch
Back uprise	JOA			0.1	Hands sliding bkwd
1.5 empty swings					
Swing HS hold	A	1		0.1, 0.3	Form on swing, short hold
1.0 empty swing				0.1	Hand adjustment
L Seat	A	1		0.1, 0.1	Knees bent, angle
1.5 empty swings					
Back salto tucked	JOA			0.1, 0.1	Form, Step
				0.5	Level 7 only- Global deduction for any number of empty swings
		_			

H =			
G =			
G = F = E =			
E =	Difficulty = 0.6	E1 = 2.0	Dismount stuck = N
D = C =	Element Groups = 1.0	E2 = 2.0	
C =	Connection Bonus = 0	E3 =	
B =	Presentation = 10.0	E4 =	D Panel + E Panel =
A = 6	Start Value = 11.6		

D – Panel Comments:

<u>E – Panel Comments:</u> 0.5 global for intermediate swings

^{*} X = repeated skill or non-recognized skill. The top 6 counting skills are noted in **Bold & larger font.**



COMPETITION: 2023 Course Evaluation, LEVEL: 8

EVENT: PB #81

Link: ngja.org/wp-content/uploads/2023-2024/Course videos/JR Optional/L8 PB 1.mp4

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Glide Kip	A	3		0.1, 0.1	Knees, Arms
Swing backward				0.1	Knees
Straight leg Moy	C	3		0.1	Form
Swing backward				0.3	½ empty swing
Front uprise	A	2		0.3, 0.1	Angle, Arms
Swing backward					
Basket to support	В	3		0.3, 0.3	Knees bent, arms bent
L seat	A	1		0.1	Position
Press HS	В	1		0.1, 0.1	Toes, legs bent on swing down
Back salto layout	A	4		0.1, 0.1	Amplitude, form

H =			
G =			
F =			
E =	Difficulty = 1.1	E1 = 2.1	Dismount stuck = Y
D =	Element Groups = 2.0	E2 = 1.9	
D = C = 1	Connection Bonus = 0	E3 =	
B=2	Presentation = 10.0	E4 =	D Panel + E Panel =
A = 4	Start Value = 3.1		

D – Panel Comments:

7 counting parts

^{*} X = repeated skill or non-recognized skill. The top 8 counting skills are noted in **Bold & larger font.**



COMPETITION: 2023 Course Evaluation, LEVEL: 8

EVENT: **PB #82**

Link: ngja.org/wp-content/uploads/2023-2024/Course videos/JR Optional/L8 PB 2.mp4

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Glide Kip	A	3			
Swing backward				0.1	Body position
Straight leg moy	C	3		0.1	Toes
Swing backward					
Basket to support	В	3		0.1, 0.1	Travel, arms bent
L seat	A	1		0.1, 0.3	Hand adjustment, short hold
Press HS	В	1		0.1	Arm flex
Pirouette	A	1		0.1, 0.1, 0.1	Arch, legs, hand adjustment
Front Uprise	A	2		0.1, 0.1	Knees, low
Swing HS hold	A	1		0.1	Arm flex
Back salto layout	A	4		0.1	Unsteadiness

H =			
G =			
F =			
E =	Difficulty = 1.3	E1 = 1.6	Dismount stuck = Y
D =	Element Groups = 2.0	E2 = 1.6	
C = 1	Connection Bonus = 0	E3 =	
B=3	Presentation = 10.0	E4 =	D Panel + E Panel =
A = 4	Start Value = 3.3		

D – Panel Comments:

E – Panel Comments:

L seat and press were questionable on hold. Could go either way

The top 8 counting skills are noted in **Bold & larger font.**

^{*} X = repeated skill or non-recognized skill.



COMPETITION: 2023 Course Evaluation, LEVEL: 8

EVENT: **PB #83**

Link: ngja.org/wp-content/uploads/2023-2024/Course videos/JR Optional/L8 PB 3.mp4

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Glide Kip	A	3		0.1	Arms bent
½ empty swing backward				0.1, 0.3	Arms bent, ½ empty swing
Front Uprise	A	2		0.3	Low
Swing Backward					
Straight leg moy	C	3		0.1, 0.5	Form, bent arms
½ empty swing bkwd				0.3	½ empty swing
L seat	A	1		0.1, 0.3	Form, short hold
Press HS	В	1		0.1, 0.5	Arms, no hold
½ empty swing forward				0.3	½ empty swing
Swing HS hold	A	1		0.1, 0.1	Form, arm flex
Pirouette	A	1		0.1, 0.1, 0.3, 0.1	Arms, legs, angle, step
Back Salto Layout	A	4		0.1, 0.1, 0.3	Amplitude, form, step

H =			
G =			
F =			
E =	Difficulty = 1.1	E1 = 4.1	Dismount stuck = N
D =	Element Groups = 2.0	E2 = 3.5	
C = 1	Connection Bonus = 0	E3 =	
B = 1	Presentation = 10.0	E4 =	D Panel + E Panel =
A = 6	Start Value = 3.1		

D – Panel Comments:

Greater than 90 degree arm bend so 0.5 deduction and credit on moy. Same on HS. According to the USAG non-recognition rule, credit was given even though FIG would say not to.

E – Panel Comments:

The top 8 counting skills are noted in **Bold & larger font.**

^{*} X = repeated skill or non-recognized skill.



COMPETITION: 2023 Course Evaluation, LEVEL: 9

EVENT: **PB #91**

Link: ngja.org/wp-content/uploads/2023-2024/Course videos/JR Optional/L9 PB 1.mp4

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Glide Kip	A	3		0.1	Arms
L seat	A	1		0.1	unsteadiness
Press HS	В	1		0.1, 0.1	Arms, unsteadiness
Straight leg moy	C	3		0.3, 0.1	Knees, arms
Swing Bkwd					
Basket to support	В	3		0.1, 0.1	Arms, form
L seat- repeated					
Press- repeated				0.1, 0.3	Arms, Short hold
Pirouette	A	1			
Front Uprise	A	2		0.1, 0.1	Angle, toes
Swing HS hold	A	1			
Back salto layout	A	4 partial		0.1	Unsteadiness

H =			
G =			
F =			
E =	Difficulty = 1.2	E1 = 1.7	Dismount stuck = Y
D =	Element Groups = 1.8	E2 = 1.8	
C = 1	Connection Bonus = 0	E3 =	
B=2	Presentation = 10.0	E4 =	D Panel + E Panel =
A = 5	Start Value = 3.0		

D – Panel Comments:

^{*} X = repeated skill or non-recognized skill. The top 8 counting skills are noted in **Bold & larger font.**



COMPETITION: 2023 Course Evaluation, LEVEL: 9

EVENT: PB #92

<u>Link:</u> ngja.org/wp-content/uploads/2023-2024/Course videos/JR Optional/L9 PB 2.mp4

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Glide kip	A	3		0.1, 0.1	legs, arms bent
L seat	A	1		0.3	Short hold
Press HS	В	1		0.1, 0.1	Arms, step
Basket to hang	A	3		0.3	Legs bent on glide
Glide kip- repeated				0.1	Arms bent
1.0 empty swing				0.5	Full empty swing
Swing HS hold	A	1		0.1	Arms bent
Pirouette	A	1		0.1, 0.1	Legs separated, arm flex
Front Uprise	A	2		0.1, 0.3	Form, Angle
½ empty swing				0.3	½ empty swing
Moy to upper arm	JOA				
Backuprise	JOA			0.1	Legs
1.5 empty swing				0.5, 0.3	Full and ½ empty swing
Swing HS Hold- repeated				0.1, 0.3	Arch, short hold
Back salto layout	A	4- partial		0.1, 0.3	Form, Step

H =			
G =			
F =			
E =	Difficulty = .09	E1 = 4.3	Dismount stuck = N
D =	Element Groups = 1.8	E2 = 3.8	
C =	Connection Bonus = 0	E3 =	
B = 1	Presentation = 10.0	E4 =	D Panel + E Panel =
A = 7	Start Value = 2.7		

D – Panel Comments:

^{*} X = repeated skill or non-recognized skill.

The top 8 counting skills are noted in **Bold & larger font.**



COMPETITION: 2023 Course Evaluation, LEVEL: 9

EVENT: **PB #93**

Link: ngja.org/wp-content/uploads/2023-2024/Course videos/JR Optional/L9 PB 3.mp4

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Glide Kip	A	3			
Swing HS no hold					
Straight leg moy	C	3			
Pirouette	A	1		0.1	Arch
Front Uprise	A	2			
½ empty swing					
Basket to support	В	3		0.1, 0.1	Arms, travel
L seat	A	1			
Press HS	В	1			
Back layout salto 1/1	С	4		0.1, 0.3	Form, Step

H =			
G =			
F =			
E =	Difficulty = 1.4	E1 = 0.7	Dismount stuck = N
D =	Element Groups = 2.0	E2 = 0.7	
C=2	Connection Bonus = 0	E3 =	
B=2	Presentation = 10.0	E4 =	D Panel + E Panel =
A = 4	Start Value = 3.4		

D – Panel Comments:

^{*} X = repeated skill or non-recognized skill. The top 10 counting skills are noted in **Bold & larger font.**



COMPETITION: 2023 Course Evaluation, LEVEL: 10

EVENT: PB #101

<u>Link:</u> ngja.org/wp-content/uploads/2023-2024/Course videos/JR Optional/L10 PB 1.mp4

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Glide Kip	A	3		0.1	Knees
Swing HS Hold	A	1			
Straight leg moy	C	3		0.1, 0.1	Knees, toes
Swing HS hold- repeat					
Basket to support	В	3		0.1, 0.1	Arms bent, arch
L seat	A	1		0.1	Hand adjustment
Press HS	В	1			
Diamidov	C	1		0.1, 0.1	Form, uncontrolled HS
Front Uprise	A	2		0.1, 0.1	Toes, Angle
Swing HS hold- repeat					
Stutz HS	C	1		0.1, 0.1	Arms, control
Front uprise- repeat					
Swing HS hold- repeat					
Double Salto Bkwd tuck	C	4		0.1, 0.3	Form, Step

H =			
G =			
F =			
E =	Difficulty = 1.8	E1 = 1.6	Dismount stuck =
D =	Element Groups = 2.0	E2 = 1.4	
C = 4	Connection Bonus = 0	E3 =	
B=2	Presentation = 10.0	E4 =	D Panel + E Panel =
A = 2	Start Value = 3.8		

D – Panel Comments:

See FIG Update #3 for Stutz and Diamidov

E – Panel Comments:

* X = repeated skill or non-recognized skill.

The top 8 counting skills are noted in **Bold & larger font.**



COMPETITION: 2023 Course Evaluation, LEVEL: 10

EVENT: **PB** #102

Link: ngja.org/wp-content/uploads/2023-2024/Course videos/JR Optional/L10 PB 2.mp4

Skills	Value	Element	Connection	Execution	Comments
	(*)	Group	Bonus	Deduction	D 11 C
Front uprise straddle	C	2		0.1, 0.1	Brush bar, form
cut to hang		_			
Glide Kip	A	3			
Swing HS hold	A	1			
Pirouette	A	1		0.1, 0.1	Arch, step
Bhavsar	E	3		0.1, 0.1, 0.5, 0.1	Knees, form, hit bar, brush ground
Glide kip- repeated				0.1	Arms
Swing HS hold- repeated					
Pirouette- repeated				0.1	Arms
Tipelt	D	3		0.1, 0.3, 0.1, 0.1	legs, strength, interruption, Hand adjust
Healy support	D	1		0.1	Form
Swing HS hold- repeated				0.3	Short hold
Basket to support	В	3		0.1	Hand adjust
L seat	A	1			
Press HS	В	1		0.3	Short hold
Double Salto Bkwd tuck	C	4		0.1	Form

H =			
H = G =			
F =			
E = 1	Difficulty = 2.4	E1 = 2.9	Dismount stuck = Y
D=2	Element Groups = 2.0	E2 = 2.6	
C=2	Connection Bonus = 0	E3 =	
B=2	Presentation = 10.0	E4 =	D Panel + E Panel =
A = 1	Start Value = 14.4		

D – Panel Comments:

E – Panel Comments:

* X = repeated skill or non-recognized skill. The top 8 counting skills are noted in **Bold & larger font.**



COMPETITION: 2023 Course Evaluation, LEVEL: 10

EVENT:

<u>Link:</u> ngja.org/wp-content/uploads/2023-2024/Course videos/JR Optional/L10 PB 3.mp4

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Glide Kip	A	3		0.1	Form
Swing HS hold	A	1		0.1	Arm Flex
Straight Leg Moy	C	3			
Swing HS hold- repeat					
Basket to support	В	3		0.1	Arms Bent
L seat	A	1		0.1	Hand shift
Press HS	В	1			
Diamidov	C	1		0.1, 0.3	Form, Angle
Front Uprise	A	2		0.1	Angle
Swing HS hold- repeat				0.1	Arm Flex
Stutz	C	1		0.1, 0.1	Form, control
Front Uprise- repeat				0.1	Angle
Swing HS hold- repeat				0.1	Arch
Double salto Bkwd tuck	C	4		0.1, 0.3	Form, Step

H =			
H = G =			
F =			
E =	Difficulty = 1.8	E1 = 1.8	Dismount stuck = N
D =	Element Groups = 2.0	E2 = 1.6	
C = 4	Connection Bonus = 0	E3 =	
B=2	Presentation = 10.0	E4 =	D Panel + E Panel =
A = 2	Start Value = 3.8		

D – Panel Comments:

E – Panel Comments:

* X = repeated skill or non-recognized skill.

The top 8 counting skills are noted in **Bold & larger font.**