

PH Compulsory Evaluation Form



Purpose: 2023 National Course Evaluation

Program: USA-G JD

EVENT: PH

Level: JD Level 3

Routine#: 1

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

Pommel Horse		JD 3		Routine Version: 7/14/2023	
Part	Description	SB	V	Exec. Deduct.	Comments
1.	Double leg circle			0.1, 0.1	Lack of extension, knee bend
V1	In #1, performed with 0.1 or less in deductions (+0.3)				
SB1	Following # 1, Add one double leg circle (+0.5)	0.5		0.1, 0.1	Lack of extension, knee bend
SB2	Following SB1, Add one double leg circle (+0.5)	0.5		0.1, 0.1	Lack of extension, knee bend
SB3	Following SB2, Add one double leg circle (+0.5)	0.5		0.1, 0.1	Lack of extension, knee bend
2.	½ double leg circle with ¼ turn to flank dismount				
	Stick Bonus	0.2			

Start Value Calculation		Execution Scores		Final Score	
Base Score	9.5	E1	0.8		
Virtuosity		E2			
Special Bonus	1.5	E3		Start Score:	11.2
Stick Bonus	0.2	E4		E Score:	0.8
Start Score:	11.2	Exec. Average:	0.8	Final Score:	10.4

PH Compulsory Evaluation Form



Purpose: 2023 National Course Evaluation

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EVENT: PH

Level: JD Level 3

Routine#: 2

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



Routine Version: 7/14/2023

Pommel Horse		JD 3			
Part	Description	SB	V	Exec. Deduct.	Comments
1.	Double leg circle			0.3, 0.1, 0.1, 0.1	Knee bend, lack of extension, legs separation, touching apparatus
V1	In #1, performed with 0.1 or less in deductions (+0.3)				
SB1	Following # 1, Add one double leg circle (+0.5)				
SB2	Following SB1, Add one double leg circle (+0.5)				
SB3	Following SB2, Add one double leg circle (+0.5)				
2.	½ double leg circle with ¼ turn to flank dismount			0.1, 0.1, 0.1	Flexed feet, unsteadiness in landing, toe shift
	Stick Bonus				

Start Value Calculation		Execution Scores		Final Score	
Base Score	9.5	E1	0.9		
Virtuosity		E2			
Special Bonus		E3		Start Score:	9.5
Stick Bonus		E4		E Score:	0.9
Start Score:	9.5	Exec. Average:	0.9	Final Score:	8.6

PH Compulsory Evaluation Form



Purpose: 2023 National Course Evaluation

Program: USA-G JD

EVENT: PH

Level: JD Level 3

Routine#: 3

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

Routine Version: 7/14/2023

Pommel Horse		JD 3		Exec. Deduct.	Comments
Part	Description	SB	V		
1.	Double leg circle			0.1	Lack of extension
V1	In #1, performed with 0.1 or less in deductions (+0.3)		0.3		
SB1	Following # 1, Add one double leg circle (+0.5)	0.5			
SB2	Following SB1, Add one double leg circle (+0.5)	0.5			
SB3	Following SB2, Add one double leg circle (+0.5)	0.5			
2.	½ double leg circle with ¼ turn to flank dismount			0.1, 0.1	Foot shuffle (x2)
	Stick Bonus				

Start Value Calculation		Execution Scores		Final Score	
Base Score	9.5	E1	0.3		
Virtuosity	0.3	E2			
Special Bonus	1.5	E3		Start Score:	11.3
Stick Bonus		E4		E Score:	0.3
Start Score:	11.3	Exec. Average:	0.3	Final Score:	11.0

NGJA Compulsory Evaluation Form

Purpose: 2023 National Course Evaluation

Competition:

EVENT: PH

Level: JD Level 4

ATHLETE: 1

Routine Link: ngja.org/wp-content/uploads/2023-2024/Course_videos/Compulsory/L4 PH 1.mp4

 Routine Version: 7/14/2023

Pommel Horse		JD 4		Exec. Deduct.	Comments
Part	Description	SB	V		
1.	Double leg circle			0.1, 0.1	Lack of extension, leg separation
V1	In #1, performed with 0.1 or less in deductions (+0.1)				
2.	Double leg circle			0.1	Lack of extension
V2	In #2, performed with 0.1 or less in deductions (+0.1)		0.1		
SB1	Following #2, add two double leg circles (+0.5)	0.5		0.1; 0.1	Lack of extension; leg separation
SB2	Following #2, SB1 or SB3, add ½ spindle within one or two double leg circles (+0.5)	0.5		0.1, 0.1, 0.1	Knee bend, leg separation, short turn
SB3	Following #2, SB1 or SB3, add two flared double leg circles (+0.5)				
3	Double leg circle			1.0	Missing box: flanks directly out of ½ spindle
V3	In #3, performed with 0.1 or less in deductions (+0.1)				
4	½ double leg circle with ¼ turn to flank dismount				
	Stick Bonus	0.2			

Base Score Calculation		Execution Scores		Final Score	
Base Score	9.5	E1	1.8		
Virtuosity	0.1	E2			
Special Bonus	1.0	E3		Start Score:	10.8
Stick Bonus	0.2	E4		E Score:	1.8
Start Score:	10.8	Exec. Average:	1.8	Final Score:	9.0

NGJA Compulsory Evaluation Form

Purpose: 2023 National Course Evaluation

Competition:

EVENT: PH

Level: JD Level 4

ATHLETE: 2

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



Routine Version: 7/14/2023

Pommel Horse		JD 4			
Part	Description	SB	V	Exec. Deduct.	Comments
1.	Double leg circle				
V1	In #1, performed with 0.1 or less in deductions (+0.1)		0.1		
2.	Double leg circle				
V2	In #2, performed with 0.1 or less in deductions (+0.1)		0.1		
SB1	Following #2, add two double leg circles (+0.5)	0.5		0.1; 0.1, 0.1	Leg separation; leg separation, early turn
SB2	Following #2, SB1 or SB3, add ½ spindle within one or two double leg circles (+0.5)	0.5		0.1, 0.1	Knee bend, leg separation
SB3	Following #2, SB1 or SB3, add two flared double leg circles (+0.5)	0.5		0.1, 0.1; 0.1, 0.1	Lack of extension, lack of separation (x2)
3	Double leg circle				
V3	In #3, performed with 0.1 or less in deductions (+0.1)		0.1		
4	½ double leg circle with ¼ turn to flank dismount			0.1	Unsteadiness in landing
	Stick Bonus	0.2			

Base Score Calculation		Execution Scores		Final Score	
Base Score	9.5	E1	1.0		
Virtuosity	0.3	E2			
Special Bonus	1.5	E3		Start Score:	11.5
Stick Bonus	0.2	E4		E Score:	1.0
Start Score:	11.5	Exec. Average:	1.0	Final Score:	10.5

NGJA Compulsory Evaluation Form

Purpose: 2023 National Course Evaluation


Competition:

EVENT: PH

Level: JD Level 4

ATHLETE: 3

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

Pommel Horse		JD 4		 Routine Version: 7/14/2023	
Part	Description	SB	V	Exec. Deduct.	Comments
1.	Double leg circle			0.1, 0.1	Knee bend, lack of extension
V1	In #1, performed with 0.1 or less in deductions (+0.1)				
2.	Double leg circle			0.1, 0.1	Knee bend, lack of extension
V2	In #2, performed with 0.1 or less in deductions (+0.1)				
SB1	Following #2, add two double leg circles (+0.5)	0.5		0.1; 0.1	Lack of extension (x2)
SB2	Following #2, SB1 or SB3, add ½ spindle within one or two double leg circles (+0.5)	0.5		0.1, 0.1, 0.1, 0.1	Knee bend/lack of extension (x2)
	Additional circle			0.1, 0.1	Knee bend, early leg split. Allowed, but judged for execution
SB3	Following #2, SB1 or SB3, add two flared double leg circles (+0.5)	0.5		0.1, 0.1; 0.1, 0.1	Knee bend, lack of separation; knee bend, foot flexed
3	Double leg circle			0.1, 0.1	Knee bend, lack of extension
V3	In #3, performed with 0.1 or less in deductions (+0.1)				
4	½ double leg circle with ¼ turn to flank dismount				
	Stick Bonus	0.2			

Base Score Calculation		Execution Scores		Final Score	
Base Score	9.5	E1	1.8		
Virtuosity		E2			
Special Bonus	1.5	E3		Start Score:	11.2
Stick Bonus	0.2	E4		E Score:	1.8
Start Score:	11.2	Exec. Average:	1.8	Final Score:	9.4

NGJA Compulsory Evaluation Form



Purpose: 2023 National Course Evaluation

Competition:

EVENT: PH

Level: JD Level 5

ATHLETE: 1

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



Routine Version: 7/14/2023

Pommel Horse		JD 5		Exec. Deduct.	Comments
Part	Description	SB	V		
1.	Two double leg circles			0.1	Lack of extension
V1	In #1, performed with 0.1 or less in deductions (+0.1)		0.1		
	Additional circle			0.1	Lack of extension. Allowed, but judged for execution
SB1	Following #3, add a Direct Stockli A (DSA) (+0.5)	0.5		0.1, 0.1, 0.1; 0.5	Lack of extension, leg separation, touching apparatus; Routine composition error (performed out of order)
3	One or more double leg circles			0.1 (x2)	Leg separation (x2)
2.	Czechkhere (moore)			0.1	Leg separation
V2	In #2, performed with 0.1 or less in deductions (+0.1)		0.1		
	Additional circle			0.1	Leg separation
4	Two or more flared double leg circles			0.1, 0.1	Lack of extension (x2)
V3	In #4, perform with leg separation of 135 degrees or greater (+0.1)				
SB2	Replace #4 with ½ spindle within two or more flared double leg circles (+0.5)				
V3	In SB2, perform with leg separation of 135 degrees or greater (+0.1)				
SB3	Following #4 or SB2, add a Russian wendeswing with 270 or 360 (+0.5)				
5	Double leg circle			0.1	Leg separation
6	½ double leg circle with ¼ turn to flank dismount			0.1	Step
	Stick Bonus				

Base Score Calculation		Execution Scores		Final Score	
Base Score	9.5	E1	1.8		
Virtuosity	0.2	E2			
Special Bonus	0.5	E3		Start Score:	10.2
Stick Bonus		E4		E Score:	1.8
Start Score:	10.2	Exec. Average:	1.8	Final Score:	8.4

NGJA Compulsory Evaluation Form



Purpose: 2023 National Course Evaluation

Competition:

EVENT: PH

Level: JD Level 5

ATHLETE: 2

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



Routine Version: 7/14/2023

Pommel Horse		JD 5		Exec. Deduct.	Comments
Part	Description	SB	V		
1.	Two double leg circles			0.1	Lack of extension
V1	In #1, performed with 0.1 or less in deductions (+0.1)		0.1		
2.	Czechkhere (moore)			0.1, 0.1	Lack of extension, leg separation
V2	In #1, performed with 0.1 or less in deductions (+0.1)				
3	One or more double leg circles				
SB1	Following #3, add a Direct Stockli A (DSA) (+0.5)	0.5			
	Additional circle			0.1	Leg separation
4	Two or more flared double leg circles				
V3	In #4, perform with leg separation of 135 degrees or greater (+0.1)				
SB2	Replace #4 with ½ spindle within two or more flared double leg circles (+0.5)	0.5		0.1 (x3)	Lack of extension (x3)
V3	In SB2, perform with leg separation of 135 degrees or greater (+0.1)				
SB3	Following #4 or SB2, add a Russian wendeswing with 270 or 360 (+0.5)	0.5		0.1	Leg separation
5	Double leg circle			0.1, 0.1	Lack of extension, feet crossed
6	½ double leg circle with ¼ turn to flank dismount				
	Stick Bonus	0.2			

Base Score Calculation		Execution Scores		Final Score	
Base Score	9.5	E1	1.0		
Virtuosity	0.1	E2			
Special Bonus	1.5	E3		Start Score:	11.3
Stick Bonus	0.2	E4		E Score:	1.0
Start Score:	11.3	Exec. Average:	1.0	Final Score:	10.3

NGJA Compulsory Evaluation Form



Purpose: 2023 National Course Evaluation

Competition:

EVENT: PH

Level: JD Level 5

ATHLETE: 3

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



Routine Version: 7/14/2023

Pommel Horse		JD 5		Exec. Deduct.	Comments
Part	Description	SB	V		
1.	Two double leg circles				
V1	In #1, performed with 0.1 or less in deductions (+0.1)		0.1		
2.	Czechkhere (moore)			0.1	Lack of extension
V2	In #1, performed with 0.1 or less in deductions (+0.1)		0.1		
3	One or more double leg circles				
	Added moore			0.1; 0.5	Leg separation; Routine composition error (skill added not in routine)
SB1	Following #3, add a Direct Stockli A (DSA) (+0.5)				
	Additional circles				Allowed, but judged for execution
4	Two or more flared double leg circles				
V3	In #4, perform with leg separation of 135 degrees or greater (+0.1)				
SB2	Replace #4 with ½ spindle within two or more flared double leg circles (+0.5)	0.5		0.1, 0.1, 0.1, 0.1	Knee bend (x2), lack of extension, short turn
V3	In SB2, perform with leg separation of 135 degrees or greater (+0.1)				
	Additional circles				Allowed, but judged for execution
SB3	Following #4 or SB2, add a Russian wendeswing with 270 or 360 (+0.5)	0.5		0.1, 0.1, 0.1	Lack of extension, leg separation, touching floor
5	Double leg circle			0.1, 0.1	Leg separation, knee bend
6	½ double leg circle with ¼ turn to flank dismount			0.1	Unsteadiness in landing
	Stick Bonus	0.2			

Base Score Calculation		Execution Scores		Final Score	
Base Score	9.5	E1	1.7		
Virtuosity	0.2	E2			
Special Bonus	1.0	E3		Start Score:	10.9
Stick Bonus	0.2	E4		E Score:	1.7
Start Score:	10.9	Exec. Average:	1.7	Final Score:	9.2

Note - Initial judge-through in real time was ruled two czechkheres were performed. Without lines (tape or printed) on the mushroom, it is more difficult to assess these skills. I encourage judges to ensure these lines are present for accuracy/consistency in evaluations.

NGJA Compulsory Evaluation Form



Purpose: 2023 National Course Evaluation

Competition:

EVENT: PH

Level: JD Level 6

ATHLETE: 1

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

Routine Version: 7/14/2023

Pommel Horse		JD 6		Exec. Deductions	Comments
Part	Description	SB	V		
1.	One or more circles in cross support frontways on end (front loops)			0.1	Lack of extension
V1	In #1, performed with 0.1 or less in deductions (+0.1)		0.1		
SB3a	Add travel forward in cross support to other end (also in flairs) (3/3) (Magyar) (+0.5)	0.5		0.1; 0.1/0.1 (x3)	Lack of extension (global for skill); knee bend/leg separation [(x3)(form judged per circle)]
6	Circle in cross support rearways on end (back loop)			0.1, 0.1	Leg separation, knee bend
SB1	Replace #6, with cross support rearways ½ spindle within maximum two circles (+0.5)	0.5		0.1, 0.1, 0.1	Lack of extension, lack of extension, leg separation
	Additional front loop			0.1	Lack of extension. Allowed, but judged for execution
SB2	Add a Russian wendeswing with 270 or more (+0.5)	0.5		0.3, 0.1	Leg separation, pike
	Additional front loops			0.1 (x2)	Lack of extension (x2). Allowed, but judged for execution
2	Two flaired circles in cross support frontways on end (flaired front loops) in direct succession			0.3, 0.1; 0.1, 0.1	Lack of separation/extension; lack of separation/extension
V3	In #2, perform with leg separation of 135 degrees or greater (+0.1)				
3	Circle in cross support frontways with ¼ turn forward to side support			0.1, 0.1, 0.5	Lack of extension, leg separation, Routine composition error (steps back for ¼ turn)
4	Two double leg circle in side support			0.1 (x2)	Lack of extension (x2)
V2	In #4, performed with 0.1 or less in deductions (+0.1)				
5	One double leg circle in side support with ¼ turn forward to cross support rearways			0.1, 0.1	Lack of extension, leg separation. Note - also steps back for turn here)
7	One circle in cross support into flank dismount			0.1; 0.1, 0.1, 0.3	Knee bend; knee bend, leg separation, lack of height
	Stick Bonus	0.2			

Base Score Calculation		Execution Deductions		Final Score	
Base Score	9.5	E1	4.3		
Virtuosity	0.1	E2			
Special Bonus	1.5	E3		Start Score:	11.3
Stick Bonus	0.2	E4		E Score:	4.3
Start Score:	11.3	Exec. Average:	4.3	Final Score:	7.0

NGJA Compulsory Evaluation Form



Purpose: 2023 National Course Evaluation

Competition:

EVENT: PH

Level: JD Level 6

ATHLETE: 2

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

 Routine Version: 7/14/2023

Pommel Horse		JD 6		Exec. Deductions	Comments
Part	Description	SB	V		
1.	One or more circles in cross support frontways on end (front loops)				
V1	In #1, performed with 0.1 or less in deductions (+0.1)		0.1		
SB2	Add a Russian wendeswing with 270 or more (+0.5)	0.5			
	Additional front loops				Allowed, but judged for execution
2	Two flaired circles in cross support frontways on end (flaired front loops) in direct succession				
V3	In #2, perform with leg separation of 135 degrees or greater (+0.1)		0.1		
	Additional front loops				Allowed, but judged for execution
SB3a	Add travel forward in cross support to other end (also in flairs) (3/3) (Magyar) (+0.5)	0.5			
6	Circle in cross support rearways on end (back loop)				
SB1	Replace #6, with cross support rearways ½ spindle within maximum two circles (+0.5)	0.5			
	Additional front loops				Allowed, but judged for execution
3	Circle in cross support frontways with ¼ turn forward to side support				
4	Two double leg circle in side support			0.3	Early turn on second circle
V2	In #4, performed with 0.1 or less in deductions (+0.1)		0.1		
5	One double leg circle in side support with ¼ turn forward to cross support rearways				
	Additional back loop				
7	One circle in cross support into flank dismount			0.3	Lack of height
	Stick Bonus	0.2			

Base Score Calculation		Execution Deductions		Final Score	
Base Score	9.5	E1	0.6		
Virtuosity	0.3	E2			
Special Bonus	1.5	E3		Start Score:	11.5
Stick Bonus	0.2	E4		E Score:	0.6
Start Score:	11.5	Exec. Average:	0.6	Final Score:	10.9

NGJA Compulsory Evaluation Form



Purpose: 2023 National Course Evaluation

Competition:

EVENT: PH

Level: JD Level 6

ATHLETE: 3

Routine Link: ngja.org/wp-content/uploads/2023-2024/Course_videos/Compulsory/L6 PH 3.mp4

Routine Version: 7/14/2023

Pommel Horse		JD 6			
Part	Description	SB	V	Exec. Deductions	Comments
1.	One or more circles in cross support frontways on end (front loops)			0.1	Lack of extension
V1	In #1, performed with 0.1 or less in deductions (+0.1)		0.1		
SB2	Add a Russian wendeswing with 270 or more (+0.5)				
	Additional front loops				Allowed, but judged for execution
2	Two flaired circles in cross support frontways on end (flaired front loops) in direct succession				
V3	In #2, perform with leg separation of 135 degrees or greater (+0.1)		0.1		
	Additional front loops				Allowed, but judged for execution
SB3a	Add travel forward in cross support to other end (also in flairs) (3/3) (Magyar) (+0.5)	0.5		0.1	Skew
6	Circle in cross support rearways on end (back loop)				
SB1	Replace #6, with cross support rearways ½ spindle within maximum two circles (+0.5)				
	Additional front loops			0.1	Lack of extension. Allowed, but judged for execution
3	Circle in cross support frontways with ¼ turn forward to side support				
4	Two double leg circle in side support				
V2	In #4, performed with 0.1 or less in deductions (+0.1)		0.1		
5	One double leg circle in side support with ¼ turn forward to cross support rearways				
	Additional back loop				Allowed, but judged for execution
7	One circle in cross support into flank dismount			0.3	Lack of height
	Stick Bonus	0.2			

Base Score Calculation		Execution Deductions		Final Score	
Base Score	9.5	E1	0.6		
Virtuosity	0.3	E2			
Special Bonus	1.5	E3		Start Score:	11.5
Stick Bonus	0.2	E4		E Score:	0.6
Start Score:	11.5	Exec. Average:	0.6	Final Score:	10.9