

# <u>COMPETITION</u>: 2023 Course Evaluation, LEVEL: 7 <u>EVENT</u>: FX <u>ATHLETE</u>: 1

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

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
RO	Α				
BHS	Α	III			
LAY BACK 1/1	B	II		.4	.3 step, .1 legs
PRONE PRESS HAND	B	Ι		.1	arm bend
LAYOUT FRONT	B	II		.6	.3 legs .3 hop
CART WHEEL	Α				
FRONT LAYOUT 1/1	С	IV		.1	leg form

H =				
G =				
F =				
E =	Difficulty =	1.1	E1 = 1.2	Dismount stuck = no bonus
				level 7
D =	Element Groups =	1.5	E2 =	
C =	Connection Bonus =		E3 =	
B =	Presentation =	10.0	E4 =	D Panel + E Panel =
A =	Start Value =	12.6		

#### **D – Panel Comments:**

### <u>E – Panel Comments:</u>

\* X = repeated skill or non-recognized skill.



# <u>COMPETITION</u>: 2023 Course Evaluation, LEVEL: 7 <u>EVENT</u>: FX

ATHLETE:

2

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Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
RO	A	•			
Back layout 1/2	В	III		.5	.1 arch,.1 legs, .1head, .1step, .1 step
Hand stand hold	Α	Ι		.3	short hold
Lay front 1/2	В	II		.2	.1 legs, .1 pike
RO					
BHS	Α	III		.1	legs
Back layout	В	IV		.1	body position

H =				
G =				
F =				
E =	Difficulty =	.9	E1 = 1.2	Dismount stuck =
D = C =	Element Groups =	1.5	E2 =	no stick for level 7
C =	Connection Bonus =		E3 =	
B =	Presentation =	10.0	E4 =	D Panel + E Panel =
A =	Start Value =	12.4		

#### **D** – Panel Comments:

no stick for level 7

#### E - Panel Comments:

<sup>\*</sup> X = repeated skill or non-recognized skill.



**COMPETITION:** EVENT: FX 2023 Course Evaluation,LEVEL: 7

<u>EVENT</u>: <u>ATHLETE</u>:

<u>E</u>: 3

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

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
RO	А				
Back layout 3/2	С	III		.3	step
RO	-				
BHS				.1	leg bend
Back layout 1/1	В	III			
Front pike	А	II			
Aerial		Ι			
Front HS		II			
Hand stand	А	Ι			
Stalder press	Х			.8	.3 arm bend, .5 step on way up
Handstand 1/1	А	Ι			
RO	-				
BHS	-	III			
Back layout	В	IV		.1	landing balance check

H =			
G =			
F =			
E =	Difficulty = 1.0	E1 = 1.3	Dismount stuck =
D = C =	Element Groups = 1.5	E2 =	
C =	Connection Bonus =	E3 =	
B =	Presentation = 10.0	) E4 =	D Panel + E Panel =
A =	Start Value = 12.5	5	

<u>D – Panel Comments:</u>

<u>E – Panel Comments:</u>

\* X = repeated skill or non-recognized skill.



# COMPETITION:2023 Course Evaluation, LEVEL: 8EVENT:FXATHLETE: 1ngja.org/wp-content/uploads/2023-2024/Course videos/JR Optional/L8 FX 1.mp4

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
RO	Α				
BHS	Α	III			
Back layout 1/1	В	III		.5	.1 legs .1 knees .1 pike.1 step .1 step
Tuck front	Α	II		.3	step
RO					
Tuck arabian front	Α	III		.1	step
Prone press hand	В	Ι		.3	.11ack of press, .1arm bend, .1 balance check
Layout front 1/2	В	II		.6	.3 pike, .3 step
RO					
BHS					
Back layout	В	IV		.1	step

H =			
G =			
F =			
E =	Difficulty = 1.2	E1 = 1.9	Dismount stuck =
D =	Element Groups = 2.0	E2 =	
C =	Connection Bonus =	E3 =	
B =	Presentation = 10.0	E4 =	D Panel + E Panel =
A =	Start Value = 13.2		

### **D – Panel Comments:**

### <u>E – Panel Comments:</u>

\* X = repeated skill or non-recognized skill.



**COMPETITION:** 

EVENT: ATHLETE:

FX 2

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

2023 Course Evaluation, LEVEL: 8

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
RO	Α			.1	knees
Back layout 3/2	С	III		.8	.1 short, .11ow, 1 under rotate, .1 step, .3 legs
Piked front 1/2	Α	II		.3	pike down
RO	-				
Back layout	В	III		.4	.3 down, .1 low
Split	Α	Ι			
Press hand from split	Х			.6	.1 knee bend, .5 no hold
RO	-				
Back layout 1/2	В	III		.4	.1 form, .3step
RO	-			.1	knees
Back layout 1/1	B	IV			

H =				
G =				
F =				
E =	Difficulty =	1.2	E1 = 2.5	Dismount stuck =
D =	Element Groups =	2.0	E2 =	
C = B =	Connection Bonus =		E3 =	
B =	Presentation =	10.0	E4 =	D Panel + E Panel =
A =	Start Value =	13.2		

<u>**D** – Panel Comments:</u> 7 skills because no credit on press

#### **E – Panel Comments:**

#### \* X = repeated skill or non-recognized skill.



#### **COMPETITION:** 2023 Course Evaluation, LEVEL: 8 EVENT: FX

3

ATHLETE:

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

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
RO	()	Group	Donus	Deduction	
Whip lay back	В	III			
Lay back half	В	III		.1 .1	form
tuck front	Α	II		.3	hop
front h spring		II		.1	knees
lay front half	В	II		.1	knees
RO					
back full	В	III			
Prone press	В	Ι		.1	rhythm
RO					
back layout	В	III		.1	hop
RO					
lay back 2/1	С	IV		.7	.1knee, .1skew .1 landing, .3large step .1 small step

H =				
G =				
F =				
E =	Difficulty =	1.6	E1 = -1.7	Dismount stuck =
D =	Element Groups =	2.0	E2 =	
C =	Connection Bonus =		E3 =	
B =	Presentation =	10.0	E4 =	D Panel + E Panel =
A =	Start Value =	13.6		

# **D – Panel Comments:**

### **E – Panel Comments:**

\* X = repeated skill or non-recognized skill.

COMPETITION: EVENT: 2023 Course Evaluation, LEVEL: 9 FX

ATHLETE:

1

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

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
RO					
Back layout 3/1	D	III		.4	.3 skew landing, .1 step
RO					
double back pike	С	III		.4	.3 step, .1 under rotate
RO					
back layout	В	III		.2	.1 arch, .1 step
circle	А	Ι			
triple russian	С	Ι		.1	.1 form
split	А	Ι			
press handstand	В	Ι		.1	balance check
RO					
back layout 5/2	D	III		.5	.1 skew, .3 step, .1 back foot drag
rudi	С	II		.1	.1 chest
RO					
back layout 2/1	С	IV		.1	.1 chest down

H =				
G =				
F =				
E =	Difficulty =	2.4	E1 = 1.9	Dismount stuck =
D =	Element Groups =	2.0	E2 =	
C =	Connection Bonus =		E3 =	
B =	Presentation =	10.0	E4 =	D Panel + E Panel =
A =	Start Value =	14.4		

**D – Panel Comments:** 

E – Panel Comments:

\* X = repeated skill or non-recognized skill.



# **<u>COMPETITION</u>: 2023 Course Evaluation, LEVEL: 9**

# EVENT: FX

ATHLETE: 2

ngja.org/wp-content/uploads/2023-2024/Course videos/JR Optional/L9 FX 2.mp4

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
RO					
Back layout 3/1	D	III		.4	.3 skew landing, .1 step
RO					
double back pike	С	III		1.7	.3 under rotate, .3 lack of prep, .1 low, 1.0 fall
RO					
back layout	В	III		.1	arch
circle	А	Ι			
double russian	В	Ι		.2	.1 knees, .1bent legs
split	Α	Ι			
press handstand	В	Ι		.1	balance check
RO					
back layout 5/2	D	III		.4	.1 legs, .1 skew landing, .1 under rotate, .1 step
rudi	С	II		.6	.3 pike down, .3 hop
RO					
back layout 2/1	С	IV		.2	.1 chest down, .1 hop

H =				
G =				
F =				
E =	Difficulty =	2.3	E1 = 3.7	Dismount stuck =
D =	Element Groups =	2.0	E2 =	
C = B =	Connection Bonus =		E3 =	
B =	Presentation =	10.0	E4 =	D Panel + E Panel =
A =	Start Value =	14.3		

# <u>D – Panel Comments:</u>

#### <u>E – Panel Comments:</u>

\* X = repeated skill or non-recognized skill.



# **<u>COMPETITION</u>:**

<u>EVENT</u>: <u>ATHLETE</u>: 2023 Course Evaluation, LEVEL: 9 FX 3

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

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
RO					
back layout 3/2	С	III			
tuck front	А	II		.1	uncontrolled landing
RO					
back handspring	А	III			
double back tuck	С	III		.4	.3 landing, .1 long pause
RO					
back handspring	-				
back layout 2/1					
flair	А	Ι		.1	lack of extension
flair	-	Ι		.1	lack of extension
split	А	Ι			
front layout	В	II		.5	.1 knees, .3 step, .1 pause
RO					
back handspring					
back layout	В	IV			

H =				
G =				
F =				
E =	Difficulty =	1.4	E1 = 1.2	Dismount stuck =
D = C =	Element Groups =	2.0	E2 =	
C =	Connection Bonus =		E3 =	
B =	Presentation =	10.0	E4 =	D Panel + E Panel =
A =	Start Value =	13.4		

# <u>D – Panel Comments:</u>

#### E – 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: 10EVENT:FX

ATHLETE:

1

ngja.org/wp-content/uploads/2023-2024/Course videos/JR Optional/L10 FX 1.mp4

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
lay front 5/2	Е	II		1.2	.5 lack of twist, .3 lack of prep, .1 chest down, .3 step
RO					
tuck double with full	D	III		1.4	.3 under rotate, .1 form, 1.0 fall
RO					
lay back 5/2	D	III	+.1		
lay front	В	II		.1	unsteady landing
Rudi	С	II		.2	.1 chest down, .1 unsteady landing
circle		Ι			
triple russian	С	Ι			
split		Ι			
RO					
back layout 3/1	D	III		.4	.1 lack of twist, .3 landing
RO					
back layout 2/1	С	IV		.1	chest on landing

H =				
G =				
F =				
E = D = C =	Difficulty =	2.8	E1 = 3.4	Dismount stuck =
D =	Element Groups =	2.0	E2 =	
C =	Connection Bonus =	.1	E3 =	
B =	Presentation =	10.0	E4 =	D Panel + E Panel =
A =	Start Value =	14.9		

#### <u>D – Panel Comments:</u>

E – Panel Comments:

\* X = repeated skill or non-recognized skill.

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# COMPETITION:2023 CoEVENT:FX

2023 Course Evaluation, LEVEL: 10

<u>EVENT</u>: <u>ATHLETE</u>:

2

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

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
RO					
BHS	А	III			
double back with 1/1	D	III			
front layout 2/1	D	II		.1	hop
RO					
whip back	В	III	+.1		
layout back 5/2	D	III		.3	hop
RO					
layout back 2/1	С	III		.2	.1 step, .1 step
circle		Ι			
double russian	В	Ι		.2	.1 leg form, .1 leg touched floor
prone press	Х			.5	no hold no credit
RO					
BHS					
layout back 3/1	D	IV		.6	.1 leg bend, .1leg apart, .3 lack of twist, .1 step

H =				
G =				
F =				
E =	Difficulty =	2.4	E1 = 1.9	Dismount stuck =
D =	Element Groups =	2.0	E2 =	
C =	Connection Bonus =	.1	E3 =	
B =	Presentation =	10.0	E4 =	D Panel + E Panel =
A =	Start Value =	12.5		

### **D – Panel Comments:**

**E – Panel Comments:** 

\* X = repeated skill or non-recognized skill.



#### **COMPETITION:** 2023 Course Evaluation, LEVEL: 10 EVENT: FX

3

ATHLETE:

ngja.org/wp-content/uploads/2023-2024/Course videos/JR Optional/L10 FX 3.mp4

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
RO					
layout back 5/2	D	III	+.1		
layout front	В	II		.2	.1 leg form, .1 hop
RO					
tuck double back 1/1	D	III		.4	.1 legs apart, .3 landing
lay front 2/1	D	II		.4	.1 lack of prep, .3 step
rudi	С	II		.1	pike down
circle		Ι			
triple russian	С	Ι		.1	bent legs
split	А	Ι			
RO					
layout back 3/1	D	III		.5	.1 lack of prep, .1 incomplete twist, .3 step
RO					· ·
layout back 2/1	С	IV			
			ļ		

H =				
G =				
F =				
E =	Difficulty =	2.7	E1 = 1.7	Dismount stuck =
D =	Element Groups =	2.0	E2 =	
D = C = B =	Connection Bonus =	.1	E3 =	
B =	Presentation =	10.0	E4 =	D Panel + E Panel =
A =	Start Value =	14.8		

# **D – Panel Comments:**

#### **E – Panel Comments:**

\* X = repeated skill or non-recognized skill.