Purpose: 2023 National Course Evaluation Program: USA-G JD

EVENT: HB Level: JD Level 7 Routine#: HB L7-1

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



Skills	Value	EG	Bonus	Execution Deduction	Comments
Pre Swings - (5)				.1 knee bend, .1 leg split .1 knee bend, .1 knee bend, .3 excessive swings	
Back up rise	A			.1 knee bend, .3 reverse direction	Back Uprise is outside the 5 swing exception and so incurs a -0.3 (reversal of direction) deduction
Free hip circle	A	3		.1 leg split, .5 angle	
¾ giant	A			.1 leg split, .3 pause	JD A
Cast				.1 knee bend, .1 leg split	
Under grip Giants	A	1		.1 arch, .1 legs apart	
Pirouette	A	1		.1 leg split, .1 angle .3 angle	
Over grip giants	A	1		.1 leg split, .1 arch third giant	
Back Salto stretched	A	4		.1 lack of vertical rise	

Sk	kills	D Panel		ΕP	anel	Final Score		Range
Н			D I uner					
G		Difficulty	.6			E Score	7.1	
F		Element Groups	1.5	E1	2.6	D Score	1.6	
Е		Connection Bonus	X	E2	3.2	Final Score	8.7	
D		Stick Bonus	X	E3				
C		Start Score Bonus	X	E4		Neutrals		
В		Start Value	2.1	AVG	2.9	Adjusted		
A	6					Score		

D – Panel Comments:

E – Panel Comments: What to do with pauses and stops such as kip stop, pullover on mount stop and grip change stops? I deduct the amount of time taken in the pause (small, medium, large). No pause or slight would be a SMALL deduction, 1-2 seconds would be a MEDIUM deduction and any pause greater than 2 seconds would be a LARGE deduction. The excessive swing deductions is applied because the athlete must start their routine on the 5th swing. Free hip will get credit (almost always) because of the 30*-60*-90* Angle Chart for High Bar that is combined with the JDP Large Deduction Forgiveness exception. This will also apply to any kip that does not STOP prior to the cast.

NR, X = repeated skill or non-recognized skill.

Purpose: 2023 National Course Evaluation Program: USA-G JD

EVENT: HB Level: JD Level 7 Routine#: HB L7-2



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

Skills	Value	EG	Bonus	Execution Deduction	Comments
Pre-Swings (4)					Athlete starts on 4th swing
Back Up Rise				.1 arm bend,	
Free hip circle	A	3		.1 angle, .1 arms bend	
Over grip giants	A	1		.1 arm bend	
½ turn (blind change)	A	1		.1 leg split, .1 knee bend, .1 angle, .3 angle	
Under grip giants	A	1			
Pirouette	A	1		.3 angle	
Over grip giants				.1 hand adjustment, .1 arm bend, .1 knee bend	
Backward double salto	В	4		.1 step	

Sk	kills	D Panel		ΕP	anel	Final Score		Range
Н		2 1 01101				= =====		g•
G		Difficulty	.7			E Score	8.55	
F		Element Groups	1.5	E1	1.3	D Score	2.2	
Е		Connection Bonus	X	E2	1.6	Final Score	10.75	
D		Stick Bonus	X	E3				
C		Start Score Bonus	X	E4		Neutrals		
В	1	Start Value	2.2	AVG	1.45	Adjusted		
A	5					Score		

<u>D – Panel Comments:</u> The back uprise will become a JDP "A" (no reversal of direction or angle deductions) if it is performed within the first 5 swings of the routine.. If it is performed outside the 5 swings (6th swing) then all bets are off and it receives the reversal of direction error and any angle deductions.

E – Panel Comments:

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

Purpose: 2023 National Course Evaluation Program: USA-G JD

EVENT: HB Level: JD Level 7 Routine#: HB L7-3



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

Skills	Value	EG	Bonus	Execution Deduction	Comments		
Pull over				.1 knee bend, .1 pause			
Cast				.5 knee bend, .1 split			
Under grip giant	A	1					
Pirouette	A	1		.1 leg split, .1 angle			
¾ giant (baby giant)	A						
Undershoot to back swing					Empty ½ extra swing is allowed prior to any skill		
Kip	A	3		.1 knee bend, .3 angle, .3 layaway			
Over grip giant	A	1		.1 body position			
Backward salto stretched	A	4					

Sk	kills	D Panel		ΕP	anel	Final Score		Range
Н		2 1 01101	D I will			2 22002 %	g•	
G		Difficulty	.6			E Score	8.25	
F		Element Groups	1.5	E1	1.7	D Score	2.1	
Е		Connection Bonus	X	E2	1.8	Final Score	10.35	
D		Stick Bonus	X	E3				
C		Start Score Bonus	X	E4		Neutrals		
В		Start Value	2.1	AVG	1.75	Adjusted		
A	6					Score		

<u>D – Panel Comments:</u> Using the pause criteria on the pullover, I only deducted -0.1. The kip will get credit (almost always) because of the 30*-60*-90* Angle Chart for High Bar that is combined with the JDP Large Deduction Forgiveness exception. The only way a kip does not get credit is if there is a stop between the kip and cast. In that case it would receive the JDP "A" credit. Unfortunately, the finish angle of the cast is deducted and an additional "Reversal of direction" deduction is also applied because the skill must go to the handstand.

E – Panel Comments:

NR, X = repeated skill or non-recognized skill.

Purpose: 2023 National Course Evaluation Program: USA-G JD

EVENT: HB Level: JD Level 8 Routine#: HB L8-1



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

Skills	Value	EG	Bonus	Execution Deduction	Comments
Pre-Swings (5)					Athlete starts on 5th swing
Back uprise	A				
Free hip circle	A	3		.1 arm bend, .1 angle	An over grip inbar element will satisfy the EG 3 requirement.
Over grip giants	A	1		.1 arm bend, .1 body arch	
½ turn (blind change)	A	1		.1 leg split, .1 arm bend	
Under grip giants	A	1		.1 body position	
Under grip giants		1		.1 body position	
Pirouette	A	1		.3 angle	
Over grip giants				.1 body position	
Over grip giants				.1 body position	
Backward salto stretched	A	4		.1 body position	
_				_	

Sk	kills	D Panel		ΕP	anel	Final Sc	ore	Range
Н		D I unei	D I unei			1 111W1 20	-tunge	
G		Difficulty	.7			E Score	8.8	
F		Element Groups	1.5	E1	1.0	D Score	2.2	
Е		Connection Bonus		E2	1.4	Final Score	11.0	
D		Stick Bonus		E3				
С		Start Score Bonus	X	E4		Neutrals		
В		Start Value	2.2	AVG	1.2	Adjusted		
A	7					Score		

<u>**D – Panel Comments:**</u> The athlete is missing the EG 2 skill requirement (flight or under grip inbar). Stick bonus is only awarded for a FIG "C" value or higher dismount.

E – Panel Comments:

NR, X = repeated skill or non-recognized skill.

Purpose: 2023 National Course Evaluation Program: USA-G JD

EVENT: HB Level: JD Level 8 Routine#: HB L8-2



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

Skills	Value	EG	Bonus	Execution Deduction	Comments
Pre-Swings (4)					Athlete starts on 4th swing
Back uprise	A				
Free hip circle	A	3		.3 angle, .1 arm bend	
Over grip giant	A	1		.1 arm bend, .1 body arch	
Over grip giant				.1 arm bend, .1 hand adjustment	
½ turn (blind change)	A	1		.13 leg split, .1 arm bend, .1 angle,	
Under grip giant	A	1		.1 body position	
Under grip giant				.1 body position	
Pirouette	A	1		.1 angle	
Over grip giant				.1 knee bend, .1 arm bend, .1 skew, .1	
				arch	
Over grip giant				.1 arm bend, .1 arch	
Over grip giant				.1 arms bend	
Backward salto stretched	A	4		.1 lack of rise	

Sk	cills	D Panel		ΕP	anel	Final Score		Range
Н		2 1 01101	D I unei					1101190
G		Difficulty	.7			E Score	7.9	
F		Element Groups	1.5	E1	2.0	D Score	2.2	
Е		Connection Bonus		E2	2.2	Final Score	10.1	
D		Stick Bonus		E3				
C		Start Score Bonus	X	E4		Neutrals		
В		Start Value	2.2	AVG	2.1	Adjusted		
A	7					Score		

D – Panel Comments:

E – Panel Comments:

NR, X = repeated skill or non-recognized skill.



Purpose: 2023 National Course Evaluation Program: USA-G JD

EVENT: HB Level: JD Level 8 Routine#: HB L8-3

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

Skills	Value	EG	Bonus	Execution Deduction	Comments
Pre-Swings (5)					Athlete starts on 5th swing
Back uprise to handstand with ½ turn I.7	A	1		.3 arms bend	
Over grip giants	A	1			
½ turn (blind change)	A	1			
Under grip giant	A	1			
Adler	В	2		.13 knee bend, .1 toe point,	
Under grip giants				.1 body position	
Endo	В	2		.3 entry angle, .1 toe point, .1 end position	
Under grip giants					
Pirouette				.1 angle	
Over grip giants					
Stalder	В	3		.1 knee bend, .1 toe point	
Backward double salto w 1/1 twist stretch	D	4	.2	.1 pike, .1 legs apart	
·					
		_			

Sk	Skills D Panel		ΕP	anel	Final Score		Range	
Н			2 Tuner			/2 00 = 0		
G		Difficulty	1.4			E Score	8.2	
F		Element Groups	2.0	E1	1.7	D Score	3.6	
Е		Connection Bonus		E2	1.9	Final Score	11.8	
D	1	Stick Bonus	.2	E3				
C		Start Score Bonus	X	E4		Neutrals		
В	3	Start Value	3.6	AVG	1.8	Adjusted		
A	4					Score		

<u>**D – Panel Comments:**</u> The Adler was awarded a "B" value with no angle deduction (JD exception). Stick bonus can be awarded with a FIG "C" element or higher, in this case, a "D" element.

NR, X = repeated skill or non-recognized skill.

<u>E – Panel Comments:</u> The entry angle deduction for the endo is now a medium error. It is hard to tell with the video quality, but it looks like the athlete might be bending his knees on many of his over grip giants.

Purpose: 2023 National Course Evaluation Program: USA-G JD

EVENT: HB Level: JD Level 9 Routine#: HB L9-1



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

Skills	Value	EG	Bonus	Execution Deduction	Comments
Pre-Swings (6)				.3 excessive swings	Athlete starts on 6th swing
Back uprise	A	1		.1 arm bend	
Under grip giants					
Adler	В	3		.1 knee bend, .1 toe point	
Under grip giants					
Pirouette				.1 hand movement	Well Performed!
Over grip giants				.1 knee bend, .1 knee bend	
Tkatchev straddled	C	2		.13 amplitude, .1 toe point,	
Endo	В	3		.1 toe point, .1 finish angle1 extra grip change	
Under grip giants					
Pirouette - Over grip giant				.1 hand movement	Well Performed!
Quast	C	1		.1 leg split, .1 amplitude.1 hand movement	
Over grip giant				.1 hand movement	
Rybalko to mix	С	1		.3 amplitude, .1 angle, .1 legs separation	
Under grip giant - Pirouette					Well Performed!
Over grip giant				.1 hand movement	
Stalder	В	3		.1 knee bend, .1 toe point	
Over grip giant				.1, .1, knee bend on giants, .1 leg split	
Backward double salto w 1/1 twist stretch	D	4	.2	.1 pike,	

Sk	kills	D Panel		ΕP	anel	Final Score		Range
Н		2 1 41101	D I unei				runge	
G		Difficulty	2.0			E Score	7.1	
F		Element Groups	2.0	E1	2.7	D Score	4.2	
E		Connection Bonus		E2	3.1	Final Score	11.3	
D	1	Stick Bonus	.2	E3				
C	3	Start Score Bonus		E4		Neutrals		
В	3	Start Value	4.2	AVG	2.9	Adjusted		
A	1					Score		

<u>D – Panel Comments:</u> A push by the coach will count as the first swing. This athlete now starts his first skill on the 6th swing and receives a .3 deduction. The adler was generously awarded a "B" value. This gymnast has GREAT pirouette technique. There is NO extra swing deduction after the tkatchev and into the endo. Would a tkatchev into a kip get an extra swing deduction?

<u>E – Panel Comments:</u> Grip change, (news letter #2, 2022). **Grip Changes (**Article 9.4) An additional grip change is considered an "additional or intermediate hand support" and will be deducted 0.1.

NR, X = repeated skill or non-recognized skill.

Purpose: 2023 National Course Evaluation Program: USA-G JD

EVENT: HB Level: JD Level 9 Routine#: HB L9-2



Routine Link: ngja.org/wp-content/uploads/2023-2024/Course videos/JR Optional/L9 HB 2.mp4

Skills	Value	EG	Bonus	Execution Deduction	Comments
Pre-Swings (5)					Athlete starts on 5th swing
Voronin	В	2		.1 leg split, .3 skew, .1 arm bend	
kip	A	3		.1 angle, .1 hand adjustment	
Under grip giant	A	1			
Endo	В	3			Well Performed!
Under grip giant					
Pirouette	A	1		.1 angle	
Over grip giant	A	1			
Stalder	В	3		.1 toe point	Well Performed!
Over grip giant					
Backward double salto tuck	В	4		.1 prep, .3 step	

Sk	kills	D Panel		ΕP	anel	Final Sc	ore	Range	
Η		2 1 01101	D I will				2 11101 20	010	1101190
G		Difficulty	1.2			E Score	8.7		
F		Element Groups	2.0	E1	1.3	D Score	3.2		
Е		Connection Bonus		E2	1.3	Final Score	11.9		
D		Stick Bonus		E3					
С		Start Score Bonus		E4		Neutrals			
В	4	Start Value	3.2	AVG	2.6	Adjusted			
Α	4					Score			

<u>D – Panel Comments:</u> <u>E – Panel Comments:</u>

NR, X = repeated skill or non-recognized skill.

Purpose: 2023 National Course Evaluation Program: USA-G JD

EVENT: HB Level: JD Level 9 Routine#: HB L9-3



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

Skills	Value	EG	Bonus	Execution Deduction	Comments
Pre-Swings (4)				.1 knee bend	Athlete starts on 4th swing
Vault catch	В	2		.1 knee bend, .1 toe point, .1 arm bend .3 lack of amplitude	
Swing ½ turn					
Kip	A	3		.1 knee bend, .1 arm bend, .1 angle	
Under grip giant	A	1			
Endo	В	3		.1 end position	
Under grip giant					
Pirouette				.3 angle	
Over grip giants	A	1			
Stalder piked	С	3		.1 knee bend, .1 toe point, .1 compression, .1 arm bend, .3 compression	
Over grip giants					
Stalder	В	3		.1 knee bend, .1 toe point	
Over grip giants					
Backward Salto Stretch	A	4		.1 toe point, .1 body position	
		I			

Sk	kills	D Panel		ΕP	anel	Final Score		Range
Н		2 1 0.1.01	D I unei					1101190
G		Difficulty	1.3			E Score	7.9	
F		Element Groups	1.8	E1	1.8	D Score	3.1	
Е		Connection Bonus		E2	2.4	Final Score	11.0	
D		Stick Bonus		E3				
C	1	Start Score Bonus		E4		Neutrals		
В	3	Start Value	3.1	AVG	2.1	Adjusted		
A	4					Score		

D – Panel Comments:

<u>E – Panel Comments:</u> The stalder-piked is becoming a popular skill for the juniors with the increased value attributed to it. Common errors are: bent knees, lack of toe point and a <u>lack of compression</u>.

NR, X = repeated skill or non-recognized skill.

Purpose: 2023 National Course Evaluation Program: USA-G JD

EVENT: HB Level: JD Level 10 Routine#: HB L10-1



Routine Link: ngja.org/wp-content/uploads/2023-2024/Course videos/JR Optional/L10 HB 1.mp4

Skills	Value	EG	Bon us	Execution Deduction	Comments
Pre-Swings (4)					Athlete starts on 4th swing
Back uprise to handstand with ½ turn I.7	A	1		.1 arm bend,.1 angle	
Over grip giant	A	1		.1 knee bend	
Kovacs	D	2		.1 leg split, .1 arm bend	
Over grip giant				.1 body position	
Stalder	В	3		.1 knee bend, .1 toe point	
Over grip giant					
½ turn (blind change)	A	1		.1 angular deviation	
Under grip giants	A	1			
Endo	В	3		.1 toe point	
Under grip giants					
Pirouette				.1 angle	
Over grip giants					
Backward double salto w 2/1 twist stretch	E	4		.1 pike, .1 step	

Sk	kills	D Panel		ΕP	anel	Final Sc	ore	Range
Н		2 1 01101				2 11101 2 0	010	1101180
G		Difficulty	1.7			E Score	8.8	
F		Element Groups	2.0	E1	1.1	D Score	3.7	
Е	1	Connection Bonus		E2	1.3	Final Score	12.5	
D	1	Stick Bonus		E3				
C		Start Score Bonus		E4		Neutrals		
В	2	Start Value	3.7	AVG	1.2	Adjusted		
A	4					Score		

D – Panel Comments:

E – Panel Comments:

NR, X = repeated skill or non-recognized skill.

Purpose: 2023 National Course Evaluation Program: USA-G JD

EVENT: HB Level: JD Level 10 Routine#: HB L10-2



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

Skills	Value	E	Bonus	Execution Deduction	Comments
		G			
Pre-Swings (4)					Athlete starts on 4th
					swing
Back uprise to handstand				.1 arm bend,.1 angle	
with ½ turn I.7					
Over grip giant					
Tkatchev straddled	C	2		.1 low amplitude	
Over grip giant				.1 body position	
Rybalko to mix	C	1		.3 amplitude, .3 angle, .1 amplitude	
Under grip giants					
Adler	С	3		.1 knee bend, .1 toe point, .1 angle	
Under grip giants					
Endo	В	3		.1 body position	? entry angle ?
Under grip giant					
Pirouette					
Over grip giant					
Stalder	В	3		.1 knee bend, .1 toe point, .1 angle	
Over grip giant					
Stalder piked	С	3		.1 knee bend, .1 toe point, .3	Hmmmm
-				compression, .1 arm bend, .5 knee bend,	
				.3 leg split,	
				.1 hand adjustment	
Quast	C	1		.1 leg split, .1 amplitude, .1 angle	
Over grip giants				.1 knee bend, .1 knee bend	
Backward double salto w 1/1	D	4		.1 pike, .1 hop	
twist stretch					

Sk	kills	D Panel		ΕP	anel	Final Sc	ore	Range
Η		2 1 0.101				2 22002 % 0	010	11001280
G		Difficulty	2.3			E Score	6.5	
F		Element Groups	2.0	E1	3.3	D Score	4.5	
Е		Connection Bonus		E2	3.7	Final Score	11.0	
D	1	Stick Bonus		E3				
C	5	Start Score Bonus	.2	E4		Neutrals		
В	2	Start Value	4.5	AVG	3.5	Adjusted		
A						Score		

<u>D – Panel Comments:</u> The rybalko and quast elements must show amplitude as they are considered "hops". The stalder piked was close to getting Non-Recognition status, even applying the JD rules. Athlete receives +.2 in Start Score Bonus due to his 4.3 start score.

E – Panel Comments:

NR, X = repeated skill or non-recognized skill.

Purpose: 2023 National Course Evaluation Program: USA-G JD

EVENT: HB Level: JD Level 10 Routine#: HB L10-3



Routine Link: ngja.org/wp-content/uploads/2023-2024/Course videos/JR Optional/L10 HB 3.mp4

Skills	Value	EG	Bon us	Execution Deduction	Comments
Back uprise to handstand	A	1		.1 angle, .1 movement	
with ½ turn					
Over grip giants	A	1		.1 hand movement	
Tkatchev straddled	C	2		.1 regrasping angle	
Endo	В	3		.1 extra grip change	
Pirouette				.1 hand movement, .1 hand movement	
Over grip giant					
Stalder piked	C	3		.1 legs apart, .1 toe point,	
				.3 compression, .1 arm bend	
Over grip giant				.1 hand movement	
Rybalko 3/2 to a mix grip	C	1		.3 angle	
Under grip giant				.1 hand movement	
Adler	C	3		.3 angel deviation, .1 leg separation	
Under grip giant				.1 hand movement	
Pirouette				.1 hand movement	
Quast	C	1		.3 angel deviation, .1 hand movement	
Stalder	В	3			
Backward double salto w 1/1 twist stretch	D	4		.1 pike, .1 legs apart	

Sk	Skills D Panel			E Panel		Final Score		Range
Н		2 1 0.1.01	2 1 41101					1101190
G		Difficulty	2.5			E Score	3.0	
F		Element Groups	2.0	E1	3.0	D Score	4.8	
Е		Connection Bonus		E2		Final Score	11.8	
D	1	Stick Bonus	0.1	E3				
C	5	Start Score Bonus	0.2	E4		Neutrals		
В	2	Start Value	4.8	AVG	3.0	Adjusted		
A	2					Score		

D – Panel Comments:

E – Panel Comments:

NR, X = repeated skill or non-recognized skill.