RINGS Optional Evaluation Form

Purpose: **2023 National Course Evaluation**   **Competition:**

EVENT: SR   **Level: JDP Level 7**   **Routine#: SR L7-1**

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

Skills	Value (*)	EG	Bonus	Execution Deduction	Comments
Pull to inverted hang	-	-		0.1	Knee bend
Inlocate	**A**	**I**		0.1,0.1	Knee bend, toes
Uprise bwd. to support	**A**	**I**		0.5, 0.3, 0.1, 0.1	Arm bend, extra swing (during push to support), knee bend, toes
L-sit	**A**	**II**		0.1,0.3	Legs low, short hold
Press to shoulder stand	*A*	-		0.1 0.3 0.1	*JDP A* Toes Arm bend on roll back >1 sec hold on non-listed part
Dislocate	**A**	**I**		0.1	Legs
Salto bwd. straight	**A**	**IV**		0.3,0.1	Hip pike, knee bend

H =			
G =			
F =			
E =	Difficulty = 0.6	E1 = 2.8	**Dismount stuck =**
D =	Element Groups = 1.5	E2 =	
C =	Connection Bonus =	E3 =	
B =	Presentation =	E4 =	**D Panel + E Panel = 9.3**
A = 6	**Start Value = 12.1**		

D – Panel Comments:

E – Panel Comments:

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

RINGS Optional Evaluation Form

Purpose: **2023 National Course Evaluation**   **Competition:**

EVENT: SR   **Level:** JDP Level 7   **Routine#: SR L7-2**

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

Skills	Value (*)	EG	Bonus	Execution Deduction	Comments
German hang hold	*A*	-			*JDP A*
Uprise bwd. to support	A	I		0.1	Arm bend
L-sit	A	II		0.1,0.3	Ring turn-out, short hold
Press to shoulder stand	*A*	-			*JDP A*
Dislocate	A	I		0.1	Arch
Salto bwd. straight	A	IV		0.1	Height

H =			
G =			
F =			
E =	Difficulty = 0.6	E1 = 0.7	**Dismount stuck =**
D =	Element Groups = 1.5	E2 =	
C =	Connection Bonus =	E3 =	
B =	Presentation =	E4 =	**D Panel + E Panel = 11.4**
A = 6	**Start Value = 12.1**		

D – Panel Comments:

E – Panel Comments:

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

RINGS Optional Evaluation Form

Purpose: **2023 National Course Evaluation**   **Competition:**

EVENT: SR   **Level:** JDP Level 7   **Routine#: SR L7-3**

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

Skills	Value (*)	EG	Bonus	Execution Deduction	Comments
German hang hold	*A*	-			*JDP A*
Uprise bwd. to support	A	I		0.1	Arm bend
L-sit	A	II		0.3	Short hold
Press to shoulder stand	*A*	-			*JDP A*
Dislocate	A	I		0.1,0.1	Arch, knee bend
Salto bwd. straight	A	IV		0.1,0.1	Hip pike, toes

H =			
G =			
F =			
E =	Difficulty = 0.6	E1 = 0.8	**Dismount stuck =**
D =	Element Groups = 1.5	E2 =	
C =	Connection Bonus =	E3 =	
B =	Presentation =	E4 =	**D Panel + E Panel = 11.3**
A = 6	**Start Value = 12.1**		

D – Panel Comments:

E – Panel Comments:

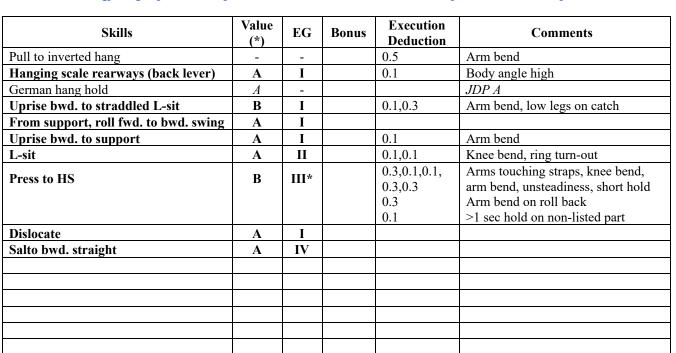* X = repeated skill or non-recognized skill.
  The top 6 counting skills are noted in **Bold & larger font.**

RINGS Optional Evaluation Form

Purpose: **2023 National Course Evaluation**   **Competition:**

EVENT: SR   **Level: JDP Level 8**   **Routine#: SR L8-1**

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

Skills	Value (*)	EG	Bonus	Execution Deduction	Comments
Pull to inverted hang	-	-		0.5	Arm bend
Hanging scale rearways (back lever)	**A**	**I**		0.1	Body angle high
German hang hold	*A*	-			*JDP A*
Uprise bwd. to straddled L-sit	**B**	**I**		0.1,0.3	Arm bend, low legs on catch
From support, roll fwd. to bwd. swing	**A**	**I**			
Uprise bwd. to support	**A**	**I**		0.1	Arm bend
L-sit	**A**	**II**		0.1,0.1	Knee bend, ring turn-out
Press to HS	**B**	**III***		0.3,0.1,0.1, 0.3,0.3 0.3 0.1	Arms touching straps, knee bend, arm bend, unsteadiness, short hold Arm bend on roll back >1 sec hold on non-listed part
Dislocate	**A**	**I**			
Salto bwd. straight	**A**	**IV**			

H =			
G =			
F =			
E =	Difficulty = 1.0	E1 = 2.8	**Dismount stuck =**
D =	Element Groups = 2.0	E2 =	
C =	Connection Bonus =	E3 =	
B = 2	Presentation =	E4 =	**D Panel + E Panel = 10.2**
A = 6	**Start Value = 13.0**		

D – Panel Comments:
*EG3 for Level 8 is changed to a handstand hold for 2 seconds

E – Panel Comments:

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

RINGS Optional Evaluation Form

Purpose: **2023 National Course Evaluation**   **Competition:**

EVENT: SR   **Level: JDP Level 8**   **Routine#: SR L8-2**

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

Skills	Value (*)	EG	Bonus	Execution Deduction	Comments
Slow inlocate from hang	**A**	**I**			
Uprise bwd. to straddled L-sit	**B**	**I**		0.1,0.3,0.1	Arm bend, low legs, knee bend
Press to HS	**B**	**III***		0.1,0.1,0.1	Arm bend, ring turnout, unsteadiness
Uprise bwd. to support	**A**	**I**		0.1,0.1	Arm bend, toes
L-sit	**A**	**II**		0.1	Low legs
				0.1	Arm bend on roll back
				0.1	>1 sec hold on non-listed part
Dislocate	**A**	**I**			
Dislocate	x	-			
Dislocate	x	-			
Double salto bwd. tucked	**B**	**IV**		0.1,0.1,0.1	Toes, chest low, foot shift

H =			
G =			
F =			
E =	Difficulty = 1.0	E1 = 1.6	**Dismount stuck =**
D =	Element Groups = 2.0	E2 =	
C =	Connection Bonus =	E3 =	
B = 3	Presentation =	E4 =	**D Panel + E Panel = 11.4**
A = 4	**Start Value = 13.0**		

D – Panel Comments:
*EG3 for Level 8 is changed to a handstand hold for 2 seconds

E – Panel Comments:

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

RINGS Optional Evaluation Form

Purpose: **2023 National Course Evaluation**   **Competition:**

EVENT: SR   **Level:** **JDP Level 8**   **Routine#: SR L8-3**

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

Skills	Value (*)	EG	Bonus	Execution Deduction	Comments
Inlocate	**A**	**I**			
Uprise bwd, to support	**A**	**I**		0.1	Arm bend
L-sit	**A**	**II**			
Press to HS	**B**	**III***		0.3,0.1,0.1,0.3	Arms touching straps, arm bend, unsteadiness, short hold
Dislocate	**A**	**I**			
Double salto bwd. tucked	**B**	**IV**		0.1,0.1,0.3	Toes, chest low, step

H =			
G =			
F =			
E =	Difficulty = 0.8	E1 = 1.5	**Dismount stuck =**
D =	Element Groups = 2.0	E2 =	
C =	Connection Bonus =	E3 =	
B = 2	Presentation =	E4 =	**D Panel + E Panel = 11.3**
A = 4	**Start Value = 12.8**		

D – Panel Comments:
*EG3 for Level 8 is changed to a handstand hold for 2 seconds

E – Panel Comments:

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

RINGS Optional Evaluation Form

Purpose: **2023 National Course Evaluation**   **Competition:**

EVENT: SR   **Level: JDP Level 9**   **Routine#: SR L9-1**

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

Skills	Value (*)	EG	Bonus	Execution Deduction	Comments
Slow inlocate from hang	A	I			
Uprise bwd. to straddled planche	**B**	**III**		0.1,0.3,0.1 0.1	Arm bend, low legs, low body Arm bend on roll back
Inlocate	**A**	**I**		0.1	Knee bend
Jonasson	**D**	**I**		0.1,0.3	Knee bend, support
Uprise bwd. to support	**A**	**I**			
L-sit	**A**	**II**		0.3	Short hold
Press to HS with bent arms and bent body	**B**	**II**		0.1,0.1,0.3	Shoulder angle in HS, unsteadiness, arch
Giant swing fwd. to HS	**C**	**I**		0.3,0.3,0.1, 0.1	Arm bend, swing with strength, knee bend, leg separation
Double salto bwd. tucked	**B**	**IV**		0.1,0.1 0.1,0.3,0.3	Knee separation, toes Hop, step, step

H =			
G =			
F =			
E =	Difficulty = 1.5	E1 = 3.6	**Dismount stuck =**
D = 1	Element Groups = 2.0	E2 =	
C = 1	Connection Bonus =	E3 =	
B = 2	Presentation =	E4 =	**D Panel + E Panel = 9.9**
A = 4	**Start Value = 13.5**		

D – Panel Comments:

E – Panel Comments:

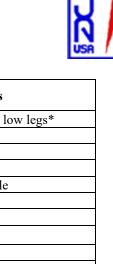***** X = repeated skill or non-recognized skill.
  The top 8 counting skills are noted in **Bold & larger font.**

RINGS Optional Evaluation Form

Purpose: **2023 National Course Evaluation**　　　　**Competition:**

EVENT: SR　　　　　**Level: JDP Level 9**　　　　**Routine#: SR L9-2**

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

Skills	Value (*)	EG	Bonus	Execution Deduction	Comments
Uprise bwd. to straddled planche	**B**	**III**		0.1,0.5	High body angle on entry, low legs*
L-sit	**A**	**II**		0.1	High legs
Press to HS	**B**	**II**			
Giant swing fwd. to HS	**C**	**I**		0.1,0.1	Unsteadiness, arch
Uprise bwd. to HS	**C**	**I**		0.1,0.1	Knees bend, shoulder angle
Swing fwd. through HS	**B**	**I**			
Double salto bwd. tucked	**B**	**IV**		0.1,0.3	Chest low, step

H =			
G =			
F =			
E =	Difficulty = 1.5	E1 = 1.5	**Dismount stuck =**
D =	Element Groups = 2.0	E2 =	
C = 2	Connection Bonus =	E3 =	
B = 4	Presentation =	E4 =	**D Panel + E Panel = 12.0**
A = 1	**Start Value = 13.5**		

D – Panel Comments:
- Credit given for uprise bwd. to straddled planche, even with a large deduction for low legs (JDP exception)

E – Panel Comments:

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

RINGS Optional Evaluation Form

Purpose: 2023 National Course Evaluation   **Competition:**

EVENT: SR   **Level:** JDP Level 9   **Routine#: SR L9-3**

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

Skills	Value (*)	EG	Bonus	Execution Deduction	Comments
Slow inlocate from hang	A	I		0.1	>1 sec hold on non-listed part
Uprise bwd. to straddled planche	B	III		0.1,0.5 0.1	Arm bend on roll back
Inlocate	A	I			
Jonasson	D	I		0.1,0.1	Knee bend, support
Uprise bwd. to straddled L-sit	B	I		0.1,0.3	Arm bend, short hold
Press to HS	B	II		0.3,0.1,0.1	Arms touching straps, arm bend, shoulder angle in HS
Uprise bwd. to HS	C	I		0.3,0.3,0.1, 0.1,0.1,0.1	Arm bend, swing with strength, Knee bend, Leg separation, shoulder angle in HS, ring turnout
Double salto bwd. t. w/ 1/1 twist	C	IV		0.1,0.3,0.1	Leg separation, low chest, step

H =			
G =			
F =			
E =	Difficulty = 1.8	E1 = 3.4	**Dismount stuck =**
D = 1	Element Groups = 2.0	E2 =	
C = 2	Connection Bonus =	E3 =	
B = 3	Presentation =	E4 =	**D Panel + E Panel = 10.4**
A = 2	**Start Value = 13.8**		

D – Panel Comments:
- Credit given for uprise bwd. to straddled planche, even with a large deduction for low legs (JDP exception)

E – Panel Comments:

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

RINGS Optional Evaluation Form

Purpose: 2023 National Course Evaluation   **Competition:**

EVENT: SR   **Level:** JDP Level 10   **Routine#:** SR L10-1

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

Skills	Value (*)	EG	Bonus	Execution Deduction	Comments
Slow inlocate from hang	A	I			
Uprise bwd, to straddled planche	**B**	**III**		0.1,0.5	Arm bend, low legs*
L-sit	A	I			
From support, roll fwd. to bwd swing	A	I			
Jonasson	**D**	**I**		0.1	Knee bend
Yamawaki	**C**	**I**		0.1	Leg separation
Uprise bwd. to support	**A**	**I**			
L-sit	x	-			
Press to HS	**B**	**II**		0.1,0.1,0.1	Arm bend, shoulder angle in HS, ring turnout
Giant swing fwd. to HS	**C**	**I**		0.3,0.1,0.1,0.1, 0.1	Arm bend, swing with strength, arch, ring turnout, unsteadiness
Uprise bwd. to HS	x	-		0.3,0.3,0.3,0.1, 0.1	Amr bend, swing with strength, arch, knee bend, leg separation ***Did not achieve HS**
Dislocate	**A**	**I**		0.3,0.1	Amr bend, leg separation
Double salto bwd. t. w/ 1/1 twist	**C**	**IV**		0.1,0.3,0.3	Toes, chest low, hop

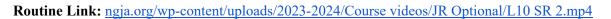|			
H =			
G =			
F =			
E =	Difficulty = 1.9	E1 = 4.0	**Dismount stuck =**
D = 1	Element Groups = 2.0	E2 =	
C = 3	Connection Bonus =	E3 =	
B = 2	Presentation =	E4 =	**D Panel + E Panel = 9.9**
A = 2	**Start Value = 13.9**		

D – Panel Comments:
- Swing bwd. to HS never achieved HS position, so no credit was given.
- Credit given for uprise bwd. to straddled planche, even with a large deduction for low legs (JDP exception)

E – Panel Comments:

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

RINGS Optional Evaluation Form

Purpose: **2023 National Course Evaluation**   **Competition:**

EVENT: SR   **Level: JDP Level 10**   **Routine#: SR L10-2**

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

Skills	Value (*)	EG	Bonus	Execution Deduction	Comments
Kip to L-sit	**B**	**III**		0.1,0.3	Arm bend, leg lowering
From support, roll fwd. to bwd swing	A	I			
Inlocate	**A**	**I**		0.1	Knee bend
Uprise bwd. to straddled L-sit	**B**	**I**			
Press to HS	**B**	**II**		0.1,0.1	Arm bend, ring turnout
Uprise bwd. to HS	**C**	**I**		0.1,0.1	Unsteadiness, ring turnout
Giant swing fwd. to HS	**C**	**I**		0.1,0.1	Leg separation, ring turnout
Swing fwd. through HS	**B**	**I**			
Double salto bwd. t. w/ 1/1 twist	**C**	**IV**		0.1	Knee separation

H =			
G =			
F =			
E =	Difficulty = 1.8	E1 = 1.2	**Dismount stuck =**
D =	Element Groups = 2.0	E2 =	
C = 3	Connection Bonus =	E3 =	
B = 4	Presentation =	E4 =	**D Panel + E Panel = 12.6**
A = 1	**Start Value = 13.8**		

D – Panel Comments:

E – Panel Comments:

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

RINGS Optional Evaluation Form

Purpose: **2023 National Course Evaluation**   **Competition:**

EVENT: SR   **Level:** **JDP Level 10**   **Routine#:** **SR L10-3**

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

Skills	Value (*)	EG	Bonus	Execution Deduction	Comments
Kip to L-sit	**B**	**III**		0.1,0.3	Arm bend, leg lowering
From support, roll fwd. to bwd swing	A	I			
Inlocate	**A**	**I**		0.1	Knee bend
Uprise bwd. to straddled L-sit	**B**	**I**			
Press to HS	**B**	**II**		0.1	Ring turnout
Uprise bwd. to HS	**C**	**I**		0.1,0.1,0.1,0.1,0.1	Knee bend, swing with strength, unsteadiness, ring turnout, rings swinging
Giant swing fwd. to HS	**C**	**I**		0.1,0.3	Arm bend, shoulder check
Swing fwd. through HS	**B**	**I**		0.1	Arch
Double salto bwd. t. w/ 1/1 twist	**C**	**IV**		0.1	Knee separation, chest low, hop

H =			
G =			
F =			
E =	Difficulty = 1.8	E1 = 1.9	**Dismount stuck =**
D =	Element Groups = 2.0	E2 =	
C = 3	Connection Bonus =	E3 =	
B = 4	Presentation =	E4 =	**D Panel + E Panel = 11.9**
A = 1	**Start Value = 13.8**		

D – Panel Comments:

E – Panel Comments:

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