



COMPETITION: 2024 Fall NGJA Course

EVENT: Vault

ROUTINE: L71

<https://www.youtube.com/watch?v=ACMTe3NrBZQ> (1:52 - 2:06)

Vault Performed	Vault Value
HANDSPRING	11.2

	Execution Deductions	Comments:
Phase1: Pre-Flight	-1, -1	minor toe execution error & slight leg separation
	-1,-1,-1	toes, separation, pike onto table
Phase2: On Table	-1	deviation from handstand
	-1	on table past handstand
Phase3: Post-Flight	-1	minor execution error
	-3	block/lift
Phase4: Landing	-1, -1	small step & leg separation
	-1	small step
E1 =	-6	
E2 =	-8	
Avg. =	-7	
Stick Bonus =		
Exec. Bonus =		
Diff. Bonus =		
D-Score =	11.2	
Final Score =	10.5	

D-Panel Comments:

E-Panel Comments:



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ROUTINE: L72

<https://www.youtube.com/watch?v=voURjHFghGeM>

Vault Performed	Vault Value
HANDSPRING FRONT SALTO TUCKED	12.0

	Execution Deductions	Comments:
Phase1: Pre-Flight	-1, -1	SM toe execution error & slight leg separation
	.1 -1	SM toes, sm. Leg sep.
Phase2: On Table	-1, -3	SM leg execution, strong arm bend
	-1, -3 -1, -3	SM leg bend, MD arm bend sm let, md. arm
Phase3: Post-Flight	-1, -1	SM toe execution error & slight leg separation
	-1, -1 -1	SM toes, SM leg separation sm. Leg Sep.
Phase4: Landing	-3	medium step
	-3 -3	MD step md. Step
E1 =	-1.1	
E2 =	-1.0	
Avg. =	-1.05	
JDP E	-.9	
Stick Bonus =		
Exec. Bonus =		
Diff. Bonus =		
D-Score =	12.0	
Final Score =	10.95, 11.1	

D-Panel Comments:

E-Panel Comments:



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ROUTINE: L73

<https://www.youtube.com/shorts/GyKEEdr3Mnc>

Vault Performed	Vault Value
HANDSPRING FORWARD AND SALTO FORWARD	12.0

	Execution Deductions	Comments:
Phase1: Pre-Flight	-1	minor toe/foot execution
	-1 -1	SM Toes, sm toes
Phase2: On Table		
Phase3: Post-Flight	-1, -1	minor execution; toe point & knee separation
	-1	SM toes
Phase4: Landing	-.3, -.3, -.3, -.3, -.3, -.5	no preparation, lack of extension, large step. No prep, lrg. Step, Hips below knees,
	-.3, -.5, -.3, -.1	MD open, LG low landing, MD step. SM step
E1 =	-1.2	
E2 =	-1.4	
Avg. =	-1.3	
JDP	-1.2	
Stick Bonus =		
Exec. Bonus =		
Diff. Bonus =		
D-Score =	12.0	
Final Score =	10.7 10.8	

D-Panel Comments:

E-Panel Comments:



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ROUTINE: L81

<https://www.youtube.com/watch?v=uJtGk-dE234> (1:14 - 1:23)

Vault Performed	Vault Value
TSUKAHARA TUCK	11.8
JDP SV	12.6

	Execution Deductions	Comments:
Phase1: Pre-Flight	-.5, -.3	severe execution & technical deviation
	-.3,-.3,-.1 -.5,-.3,-.1	MD leg sep, MD leg bend, SM toes lrg.leg sep.,med. knee bend,sm.toe
Phase2: On Table	-.5, -.5	support execution & deviation from vertical
	-.5,-.1,-.1 -.5, -.3, -.1	LG deviation from vert, MD leg sep,SM knee bend Lg. Dev. Med.leg sep., sm knee
Phase3: Post-Flight	-.3, -.5	execution deviation & insufficient height
	-.5,-.1,-.1 -.5,-.1,-.1	LG height, SM toes, SM leg seperation
Phase4: Landing	-.3, -1.0	lack of extension & fall
	-.3,-1.0 -.3,-1.0	MD open, fall
E1 =	-3.9	
E2 =	-3.6	
Avg. =	-3.75	
JDP	3.8	
Stick Bonus =		
Exec. Bonus =		
Diff. Bonus =		
D-Score =	11.8. JDP 12.6	
Final Score =	8.05 JDP 8.8	

D-Panel Comments:

E-Panel Comments:



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ROUTINE: L82

<https://www.youtube.com/watch?v=3mxATxA-Fog> (4:11 - 4:24)

Vault Performed	Vault Value
HANDSPRING	11.2

	Execution Deductions	Comments:
Phase1: Pre-Flight	-.1	slight bent legs
Phase2: On Table		
Phase3: Post-Flight	-.1	insufficient height
	-.1 -.1	SM height Sm height
Phase4: Landing	-.3, -.1 -.3,-.1,-.1	medium and small step med step, sm step, lack of prep
	-.3,-.1,-.1	MD step,SM step, SM step
E1 =	-.6	
E2 =	-.6	
Avg. =	-.6	
JDP	-.6	
Stick Bonus =		
Exec. Bonus =	.3	
Diff. Bonus =		
D-Score =	11.2	
Final Score =	10.6 JDP 10.9	

D-Panel Comments:

E-Panel Comments:



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ROUTINE: L83

<https://www.youtube.com/watch?v=7FO6K2nK6Cg> (2:13 - 2:24)

Vault Performed	Vault Value
TSUKAHARA TUCK	11.8
JDP SV	12.6

	Execution Deductions	Comments:
Phase1: Pre-Flight	-.3 -.3, -.1	medium leg separation med leg sep, sm knee
	-.3, -.1, -.1	MD leg separation, SM knee bend, SM toes
Phase2: On Table	-.3	medium technical error
	-.1, -.1 -.1	SM deviation from vert, SM toes, sm dev.
Phase3: Post-Flight	-.3	insufficient height
	-.1, -.1 -.1	SM height, SM toes, Sm height
Phase4: Landing	-.3, -.1, -.1	lack of extension, small leg separation & low body position
	-.3, -.1 -.3, -.1	MD open, SM step, lack of prep, sm step
E1 =	-1.4	
E2 =	-1.3	
Avg. =	-1.35	
JDP	-1.0	
Stick Bonus =		
Exec. Bonus =	.2	
Diff. Bonus =		
D-Score =	11.8 JDP 12.6	
Final Score =	10.45 JDP 11.8	

D-Panel Comments:

E-Panel Comments:



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ROUTINE: L91

https://www.youtube.com/watch?v=vC1K0y0_1II

Vault Performed	Vault Value
TSUKAHARA TUCK	11.8
MDP SV	12.2

	Execution Deductions	Comments:
Phase1: Pre-Flight	-.3, -.1 -.3, -.1	medium leg separation & execution error med leg sep., sm knee bend
	-.5, -.1, -.1	LG leg separation, SM knee bend, SM toes
Phase2: On Table	-.1, -.3	support execution & deviation from vertical
	-.1, -.1 -.1	SM Deviation from vert, SM knee bend
Phase3: Post-Flight	-.3, -.3	non-distinct position, medium execution error
	-.1, -.1 -.3, -.1, -.1	SM height, SM toes med. height, Sm non distinct, sm toes
Phase4: Landing	-.3, -.5, -1.0	lack of extension, hips below knees, fall
	-.3, -.5, -1.0 -.3, -.5, -1.0	MD open, LG low landing, fall
E1 =	-3.2	
E2 =	-2.9	
Avg. =	-3.05	
JDP	-2.8	
Stick Bonus =		
Exec. Bonus =		
Diff. Bonus =		
D-Score =	11.8 MDP 12.2	
Final Score =	8.75 MDP 9.4	

D-Panel Comments:

E-Panel Comments:



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ROUTINE: L92

<https://www.youtube.com/watch?v=AkeFp8o-0KE> (0:08 - 0:23)

Vault Performed	Vault Value
KASAMATSU STRETCHED	(JO)13.6

	Execution Deductions	Comments:
Phase1: Pre-Flight	-1, -1	small toe execution error and slight leg separation
	-1,-1 -1	SM leg separation, SM toes sm leg sep
Phase2: On Table	-1	slight technical deviation
	-1 -1	SM deviation from vert sm. dev.
Phase3: Post-Flight	-3	non-distinct position throughout
	-1,-1,-1 -1	SM leg separation,SM toes,SM pike sm pike
Phase4: Landing	-1, -1, -3	lack of extension, poor end position, large step
	-1,-3 -1,-3	SM open,MD step sm lack of prep, Med step
E1 =	-1.1	
E2 =	-1.0	
Avg. =	-1.05	
MDP	-.7	
Stick Bonus =		
Exec. Bonus =	.3	
Diff. Bonus =		
D-Score =	13.6	
Final Score =	12.55 MDP 13.2	

D-Panel Comments:

E-Panel Comments:



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ROUTINE: L93

<https://www.youtube.com/shorts/NR2f4ZGf3MY>

Vault Performed	Vault Value
HANDSPRING FRONT PIKED	(JO) 3.2

	Execution Deductions	Comments:
Phase1: Pre-Flight	-1	toe execution error
	-1 -1	SM toes sm toes
Phase2: On Table		
Phase3: Post-Flight	-1, -1	knees and toes small execution errors
	-1,-1 -1,-1	SM knee bend,SM toes sm knee, sm toes
Phase4: Landing	-1, -.5, -1	lack of extension, hips below knees, small step
	-1,-.3,-1 -.3,-1	SM open,-.MD low landing,SM step Med. low landing , sm step
E1 =	-1.0	
E2 =	-.8	
Avg. =	-.9	
MDP	-.7	
Stick Bonus =		
Exec. Bonus =	.3	
Diff. Bonus =		
D-Score =	13.2	
Final Score =	12.7 MDP 12.8	

D-Panel Comments:

E-Panel Comments:



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ROUTINE: L101

<https://www.youtube.com/watch?v=KCthRN0z46k&list=PLJBt-BI-D7nakr9UaDNvAFzOhC0LtG5OX&index=38>

Vault Performed	Vault Value
YURCHENKO 3/2 TWIST	14.0

	Execution Deductions	Comments:
Phase1: Pre-Flight	-.1	sm knee
	-.1,-.3	SM leg separation,MD knee bend
Phase2: On Table	-.1	small execution error
	-.1 -.1	SM elbow bend sm elbow
Phase3: Post-Flight	-.3, -.1 -.1,-.1	medium leg execution, minor body position error
		Sm knee bend, sm height
	-.1,-.1,-.1	SM height,SM knee bend,SM toes
Phase4: Landing	-.3, -.3, -.1	lack of extension, large step, slight loss of balance
	-.1,-.3,-.1 -.1,-.3,-.1	SM sep,MD step,SM balance check, sm lack of prep, step, balance
E1 =	-1.2	
E2 =	-1.3	
Avg. =	-1.25	
MDP	-.8 - 1.1	
Stick Bonus =		
Exec. Bonus =	.3 or .2	
Diff. Bonus =		
D-Score =	14.0	
Final Score =	12.75 MDP 13.1-13.5	

D-Panel Comments:

E-Panel Comments:



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ROUTINE: L102

<https://www.youtube.com/watch?v=dGEebW8GFd0&list=PLJBt-BI-D7nakr9UaDNvAFzOhC0LtG5OX&index=44>

Vault Performed	Vault Value
KASAMATSU TUCK	12.4

	Execution Deductions	Comments:
Phase1: Pre-Flight	-.3, -.1 -.3, -.1	leg execution and technical error md.knee, sm leg sep.
	-.3, -.1	MD knee bend, SM leg separation
Phase2: On Table	-.3 -.5	distinct leg bend Lg knee bend
	-.1, -.5	SM deviation from vert, LG knee bend
Phase3: Post-Flight	-.3, -.1	non-distinct body position and small execution error
	-.3, -.1 -.3, -.1	MD height, SM toes med height, sm toes
Phase4: Landing	-.3, -.3, -1.0	lack of extension, medium execution, support with 1 hand
	-.3, -1.0 -.3, -1.0	MD open, fall med lack of prep, fall
E1 =	-2.7	
E2 =	-2.7	
Avg. =		
JDP	-2.6	
Stick Bonus =		
Exec. Bonus =		
Diff. Bonus =		
D-Score =	12.4	
Final Score =	9.7 MDP 9.8	

D-Panel Comments:

E-Panel Comments:



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ROUTINE: L103

<https://www.youtube.com/watch?v=FF4UCAsEjQk&list=PLJBt-BI-D7nakr9UaDNvAFzOhC0LtG5QX&index=4>

Vault Performed	Vault Value
KASAMATSU STRETCHED	13.6

	Execution Deductions	Comments:
Phase1: Pre-Flight	-.3 -.1	medium leg separation sm leg sep
	-.1,-.1	SM leg separation, SM toes
Phase2: On Table		
	-.1 -.1	Sm deviation from vert sm deviation
Phase3: Post-Flight	-.3, -.3	non-distinct bodyposition, medium execution error
	-.1,-.1 -.3,-.1	SM toes, SM pike med pike sm toes
Phase4: Landing	-.3, -.1, -.3	lack of extension, loss of balance, medium step
	-.3,-.3,-.3 -.3,-.3,-.1	MD open, MD hop, MD step, med. lack of prep, med. step., small step
E1 =	-1.6	
E2 =	-1.4	
Avg. =	-1.5	
JDP	1.3	
Stick Bonus =		
Exec. Bonus =	.1	
Diff. Bonus =		
D-Score =	13.6	
Final Score =	12.1 MDP 12.4	

D-Panel Comments:

E-Panel Comments: