

NGJA HB Compulsory Evaluation Form

Purpose: 2024 National Course Evaluation **Program:** USAG JD

EVENT: HB **Level:** JD Level 3 **Routine#:** 1

Routine Link: https://drive.google.com/file/d/1M3orsNIYIO9S2I6117VG_xKXrEYK4Ce4/view?usp=drive_link

Horizontal Bar		JD 3		Routine Version: May 2024
Part	Description	SB	Exec. Deduct.	Comments
1.	From a hang in overgrip, hanging ½ turn to mixed grip, change second hand to overgrip		0.1, 0.1, 0.1 0.1	Feet, 2 hand adjustments Body pos
2.	Pullover to support with spotter assistance			
SB1	Pullover without assistance (+0.3)	0.3	0.1, 0.1	Knee bend, leg separation Bend arms
3	Cast to undershoot			
SB2	Replace #3 with cast to back hip circle prior to undershoot forward (+0.3)	0.3	0.1, 0.1, 0.2 0.3	Knee bend, Leg separation, bent arms on undershoot Not undershoot Control
4	Swing backward, tap swing forward		0.1, 0.1, 0.2	Body position, crossed feet, lack of backswing
5	Swing backward, tap swing forward		0.1, 0.1	Body position, crossed feet
6	Swing backward and uprise to hop with both hands, tap swing forward		0.1, 0.3	Body position, no hop
7	Swing backward, tap swing forward		0.1, 0.1	Body position, crossed feet
8	Swing backward, tap swing forward		0.1, 0.1	Body position, crossed feet
9	Swing backward to uprise and release hands dismounting to stand		0.1, 0.1	Body position, crossed feet
SB3	Replace #9 with swing backward, tap swing forward to ½ turn touching the bar with both hands, then dropping to stand (+0.3)			
	Stick Bonus		0.1	Small step, lifts feet to come together

Start Value Calculation		Execution Scores		Final Score		Range
Base Score	9.0	E1	2.6			
		E2	3.0			
Specified Bonus	0.6	E3		Start Score:	9.6	
Stick Bonus	0.0	E4		E Score:	2.6	
Start Score:	9.6	Exec. Average:		Final Score :	7.0	

NGJA Compulsory Evaluation Form

Purpose: 2024 National Course Evaluation **Program:** USAG JD

EVENT: HB **Level:** JD Level 4 **Routine#:** 1

Routine Link: https://drive.google.com/file/d/1k0A3oHo4GyiHcFmaJZThVriDGodTZR6S/view?usp=drive_link

Horizontal Bar		JD 4		Routine Version: <i>May 2024</i>
Part	Description	SB	Exec. Deduct.	Comments
1.	From a hang in overgrip pullover to support		0.1, 0.1	Leg separation on lift, knee bend
2.	Cast to back hip circle to undershoot forward		0.1, 0.1, 0.2, 0.2	Height on cast, knee bend, pike position, lay on bar
SB1	Replace #2 with cast to free hip circle to undershoot forward (+0.3)			
3	Swing backward, tap swing forward w ½ turn to mixed grip		0.1 0.1	Body position (lack of hollow) move hand after swing backward
4	Tap swing forward, swing backward and change hand to double overgrip		0.2, 0.1	Arch on turn, knees
5	Swing forward and kip to support		0.1	Note: Max 0.3 if no spot. knees bend arms
6	Cast to undershoot forward		0.1, 0.1, 0.1 0.1	Low cast, knee bend, leg separation bend arms
SB2	Following #6, add swing backward, tap swing forward to ¾ giant swing to undershoot forward (+0.3)	0.3	0.1, 0.2 0.1	Knees, laying on bar arms
7	Swing backward, tap swing forward		0.1	Lack of hollow position
8	Swing backward, tap swing forward		0.1	Lack of hollow position
9	Swing backward to uprise and release hands dismounting to stand			
SB3	Replace #9 w swing backward, tap swing forward to salto backward tuck, pike, or straight (+0.3)	0.3	0.2, 0.1	Medium step, feet in air
	Stick Bonus			

Base Score Calculation		Execution Scores		Final Score		Range
Base Score	9.0	E1	2.4			7.0 - 7.4
		E2	2.7			
Specified Bonus	0.6	E3		Start Score:	9.6	

Stick Bonus	0.0	E4		E Score:	2.4	
Start Score:	9.6	Exec. Average:		Final Score :	7.2	

Over All Comments: Please deduct for a lack of or NO tap swing. This requirement is important for the development of all swings. There will be times that the deductions on the bonus exceed the bonus, but always try to make it worthwhile for the athlete to attempt the bonus.

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Purpose: 2024 National Course Evaluation **Program:** USAG JD

EVENT: HB **Level:** JD Level 4 **Routine#:** 2

Routine Link: https://drive.google.com/file/d/1wz3LBt_X_5K-SOAPD4FEfHuCpQWPfPuk/view?usp=drive_link

Horizontal Bar		JD 4		Routine Version: <i>May 2024</i>
Part	Description	SB	Exec. Deduct.	Comments
1.	From a hang in overgrip pullover to support		0.1, 0.1	Knees, hand adjustment
2.	Cast to back hip circle to undershoot forward		0.1 0.1	pike position, not straight arms
SB1	Replace #2 with cast to free hip circle to undershoot forward (+0.3)			
3	Swing backward, tap swing forward w ½ turn to mixed grip		0.1, 0.1, 0.2 0.1	Body position (lack of hollow), legs separation, arch
4	Tap swing forward, swing backward and change hand to double overgrip		0.1, 0.1	Lack of hollow, knees
5	Swing forward and kip to support		0.3	Maximum w/ spot: 0.3
6	Cast to undershoot forward		0.1, 0.1	Arch, knee bend on cast
SB2	Following #6, add swing backward, tap swing forward to ¾ giant swing to undershoot forward (+0.3)	0.3	0.1, 0.2, 0.1	Leg separation on tap, lay on bar, knee bend on undershoot
7	Swing backward, tap swing forward		0.1	Lack of hollow position
8	Swing backward, tap swing forward		0.1	Lack of hollow position
9	Swing backward to uprise and release hands dismounting to stand			
SB3	Replace #9 w swing backward, tap swing forward to salto backward tuck, pike, or straight (+0.3)	0.3	0.1, 0.1	small step, lack of hollow position
	Stick Bonus			

Base Score Calculation		Execution Scores		Final Score		Range
Base Score	9.0	E1	2.2			7.0 - 7.4
		E2	2.2			
Specified Bonus	0.6	E3		Start Score:	9.6	
Stick Bonus	0.0	E4		E Score:	2.3	
Start Score:	9.6	Exec. Average:		Final Score :	7.4	

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Purpose: 2024 National Course Evaluation **Program:** USAG JD

EVENT: HB **Level:** JD Level 4 **Routine#:** 3

Routine Link: https://drive.google.com/file/d/1z9POiOUO0vGVSPWLjyn8cKFFZjE04g_i/view?usp=drive_link

Horizontal Bar		JD 4		Routine Version: <i>May 2024</i>
Part	Description	SB	Exec. Deduct.	Comments
1.	From a hang in overgrip pullover to support		0.1 0.1	Knees move hand before cast
2.	Cast to back hip circle to undershoot forward			
SB1	Replace #2 with cast to free hip circle to undershoot forward (+0.3)	0.3	0.1 0.1	Touching bar after free hip, bend legs
3	Swing backward, tap swing forward w ½ turn to mixed grip		0.1, 0.1	Hand shift, body position on turn
4	Tap swing forward, swing backward and change hand to double overgrip		0.1	Arch on turn, knees
5	Swing forward and kip to support		0.1	Form. Maximum ded: 0.3
6	Cast to undershoot forward		0.1	knees
SB2	Following #6, add swing backward, tap swing forward to ¾ giant swing to undershoot forward (+0.3)	0.3	0.1, 0.2, 0.1	knee separation on tap, lay on bar
7	Swing backward, tap swing forward			
8	Swing backward, tap swing forward			
9	Swing backward to uprise and release hands dismounting to stand			
SB3	Replace #9 w swing backward, tap swing forward to salto backward tuck, pike, or straight (+0.3)	0.3	0.2, 0.1	medium step, form in air
	Stick Bonus			

Base Score Calculation		Execution Scores		Final Score		Range
Base Score	9.0	E1	1.4			Range 8.2 - 8.6
		E2	1.6			
Specified Bonus	0.9	E3		Start Score:	9.9	
Stick Bonus	0.0	E4		E Score:	1.4	
Start Score:	9.9	Exec. Average:		Final Score :	8.5	