

NGJA FX Compulsory Evaluation Form

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

EVENT: FX **Level:** JDP Level 3 **Routine#:** 1

Routine Link: [https://drive.google.com/file/d/1aLEtHpqW-BUI57KE-xBgmA-fggGNWsZi/view?usp=drive link](https://drive.google.com/file/d/1aLEtHpqW-BUI57KE-xBgmA-fggGNWsZi/view?usp=drive_link)

Floor Exercise		JD 3		Routine Version: <i>May 2024</i>
Part	Description	SB	Exec. Deduct.	Comments
1.	Lift arms and kick leg up, step forward to lunge hold			
2.	Kick to handstand hold		.1 .1	Body Position/ Knees
3.	Straight arm forward roll, jump hurdle to cartwheel, cartwheel with 1/4 turn to stand		.1 .1 .1	No Jump to Hurdle Knees on Cartwheels
4.	Tucked Backward roll to straight or hollow body extended		.1	Toes
5.	Lower to arch support with toes pointed and head up, lift to straddle stand with head up and arms extended			
6.	Straddled press to headstand hold			
SB 1	Replace #6 with Jump from straddle stand to handstand hold (+0.3)	+.3	.2 .1	No momentary hold, Knees
7.	Forward roll, tuck jump to stand			
SB 2	Replace #7 with forward roll, straight jump with 1/1 turn to stand (+0.3)	+.3	.1	<360 turn
8.	Run, hurdle, round-off, rebound to stand			
SB 3	Replace #8 with run, hurdle, round off, back handspring, rebound to stand	+.3	.1 .1	Knees/Body Position

Start Value Calculation

Execution Scores Final Score

Base Score	9.0	E1 1.1	
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		E2 1.2	
Specified Bonus	.9	E3 Start Score:	10.0
Stick Bonus	.1	E4 E Score:	1.15
Start Score:	10.0	Exec. Average: Final Score :	8.85

NGJA FX Compulsory Evaluation Form

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

EVENT: FX **Level:** JDP Level 3 **Routine#:** 2

Routine Link: https://youtu.be/8pdeKSb4uzQ?si=WGCy51hd5sz_yy8n&t=20

Floor Exercise		JD 3 	Routine Version: <i>May 2024</i>
Part	Description	SB Exec. Deduct.	Comments
1.	Lift arms and kick leg up, step forward to lunge hold		
2.	Kick to handstand hold		
3.	Straight arm forward roll, jump hurdle to cartwheel, cartwheel with 1/4 turn to stand	.1 .1	Split legs, Bent Arms
4.	Tucked Backward roll to straight or hollow body extended	.1	Split legs
5.	Lower to arch support with toes pointed and head up, lift to straddle stand with head up and arms extended		
6.	Straddled press to headstand hold		
SB 1	Replace #6 with Jump from straddle stand to handstand hold (+0.3)	+.3 .2 .1	No hold, Handstand angle
7.	Forward roll, tuck jump to stand		
SB 2	Replace #7 with forward roll, straight jump with 1/1 turn to stand (+0.3)	+.3 .1	<360
8.	Run, hurdle, round-off, rebound to stand	.1	Leg split
SB 3	Replace #8 with run, hurdle, round off, back handspring, rebound to stand		

Start Value Calculation	Execution Scores	Final Score
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Base Score	9.0	E1		
		E2 0.8		
Specified Bonus	0.6	E3	Start Score:	9.7

Stick Bonus	0.1	E4	E Score:	
Start Score:	9.7	Exec. Average:	Final	S C C R E :

NGJA FX Compulsory Evaluation Form

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

EVENT: FX **Level:** JDP Level 3 **Routine#:** 3

Routine Link: https://youtu.be/ffImzr4kfKE?si=Rg_D9HX9RdNmAO&t=10

Floor Exercise		JD 3 	Routine Version: <i>May 2024</i>
Part	Description	SB Exec. Deduct.	Comments
1.	Lift arms and kick leg up, step forward to lunge hold		
2.	Kick to handstand hold		
3,	Straight arm forward roll, jump hurdle to cartwheel, cartwheel with 1/4 turn to stand	.1	Bent Arms
4.	Tucked Backward roll to straight or hollow body extended	.1	Bent Knee
5.	Lower to arch support with toes pointed and head up, lift to straddle stand with head up and arms extended		
6.	Straddled press to headstand hold	.2	Headstand angle
SB 1	Replace #6 with Jump from straddle stand to handstand hold (+0.3)		
7.	Forward roll, tuck jump to stand		
SB 2	Replace #7 with forward roll, straight jump with 1/1 turn to stand (+0.3)		
8.	Run, hurdle, round-off, rebound to stand	.1, .1, .5	Leg split, Bent knees, Fall
SB 3	Replace #8 with run, hurdle, round off, back handspring, rebound to stand		

Start Value	Execution Scores	Final Score
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Calculation				
Base Score	9.0	E1		
		E2 1.1		
Specified Bonus	0.0	E3	Start Score:	9.0
Stick Bonus	0.0	E4	E Score:	
Start Score:	9.0	Exec. Average:	Final	

NGJA FX Compulsory Evaluation Form

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

EVENT: FX **Level:** JD Level 5 **ATHLETE:** #1

Routine Link: https://drive.google.com/file/d/1EOa4d3RilX8qDmgi_vGrXEKD6baXY49T/view?usp=drive_link

Floor Exercise		JD 5 	Routine Version: <i>May 2024</i>
Part	Description	SB Exec. Deduct.	Comments
1.	Run, punch, salto forward tucked		
S B 1	Replace #1 with run, punch, salto forward piked (+0.3)	+ .3 .1 .1 .2	Knees/ Amplitude/ Hop
2.	Step forward and kick to handstand with full 360° pirouette	.1	Arch
3.	Straight arm forward roll to handspring, straight legged sissone, step forward to ½ turn rearward	.1 .1	Knees/ Small Hop
4.	Run, hurdle, forward handspring step-out, forward handspring. Straight jump with ½ turn to stand	.1 .1 .1 .1	Knees/ Tinisca on Second Handspring/ Chest Down/ Small Hop
5.	Straight arm tuck or pike backward extension roll through handstand, lower to arched prone support with head up and toes pointed. Lift to straddle stand with head up and arms extended	.1 .2	Toes/ Out of Bounds
6.	Straddle press handstand hold		
S B2	Replace #6 with Endo roll to handstand hold (+0.3)	+ .3 .1 .1	Kness/Balance Check
7.	Pike down or rollout to stand and kick rearways 180° to one or more steps, assemble ½ turn to stand facing diagonal		
8.	Run, hurdle, round-off, back handspring, salto backward tucked		
S	Replace #8 with run, hurdle, round-off,	+ .3 .1	Split in Back

B3	back handspring, back handspring, 3 salto backward tucked (+0.3)		Handsprings
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Base Score Calculation		Execution Scores	Final Score
Base Score	9.0	E1 1.7	
		E2 1.6	
Specified Bonus	0.9	E3 Start Score:	10.0
Stick Bonus	0.1	E4 E Score:	8.35
Start Score:	10.0	Exec. Average: Final Score :	

NGJA FX Compulsory Evaluation Form

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

EVENT: FX **Level:** JD Level 6 **ATHLETE:** #1

Routine Link: https://drive.google.com/file/d/1aLHkgmAvhSrNbH6zfAwaS64iSMrrkEO-/view?usp=drive_link

Floor Exercise		JD 6 	Routine Version: <i>May 2024</i>
Part	Description	SB Exec. Deduct.	Comments
1.	Run, hurdle, round-off, back handspring, salto backward stretched		
SB 1	Replace #1 with run, hurdle, round-off, back handspring, salto backward stretched with a full twist (+0.3)	+ .3	
2.	Straight arm tuck or pike backward extension roll with ½ turn, lower to prone, extended forward roll, pike up to handstand hold, 360° full pirouette with controlled pike down, straight legged sissone, step forward to ½ turn rearward	.1 .1 .1	Steps/ Bent Arm
SB 2	In #2 replace pike up to handstand hold with Endo roll to handstand hold. (+0.3)	No .1 .1 .1 .3 Bonus	Steps and NO Hold
3.	Run, hurdle, front handspring step-out, front handspring		
4.	Rebound to dive roll		
SB3	Replace #4 with punch salto forward	+ .3 .1 .1	Chest/ Small Hop
5.	Step forward and kick ½ turn to Swedish fall, lower to arched prone support, double leg stoop through to rear support hold. Lift either hand and turn over to prone support, cut one leg around the side to finish in split hold.	.1 .2	Bent Knees on stoop Not holding 2 seconds in split before moving arms to get ready for press.
6.	From split straddle or pike body straight arm press to handstand hold, ¼ pirouette, straight arm forward roll, step(s) to corner, assemble ½ turn to stand facing diagonal	.2 .2 .1	Bent Arms/Less than 2 Second Hold/ Body Position
7.	Run, hurdle, round-off, back handspring, back handspring, salto		

	backward tucked		
SB4	Replace #7 with run hurdle, round-off, back handspring, tempo whip back salto backward, back handspring, salto backward tucked (+0.3)	+0.3 .1 .1	Less than one running step/Body Position on Tuck

Base Score Calculation		Execution Scores	Final Score
Base Score	9.0	E1 1.9	
		E2 1.7	
Specified Bonus	0.9	E3 Start Score:	10.0
Stick Bonus	0.1	E4 E Score:	1.8
Start Score:	10.0	Exec. Average: Final Score :	8.2

Notes: Gymnast does all 4 Specified Bonus. Is there a deduction for doing all 4? The Text says that an athlete may only perform 3 out of the 4 listed specified bonus options.

Should not give bonus for Endo Roll since there was a single large deduction