



**COMPETITION: 2024 Fall NGJA Course**

**EVENT: High Bar**

**ROUTINE: L71**

[https://www.youtube.com/shorts/r54CvIASI\\_E](https://www.youtube.com/shorts/r54CvIASI_E)

| Skills                        | Skill Value | Element Group | Connection Bonus (CB) | Execution Deduction                           | Comments                                                                                         |
|-------------------------------|-------------|---------------|-----------------------|-----------------------------------------------|--------------------------------------------------------------------------------------------------|
| Kip Cast                      | A           | III           |                       | .1 / .1 / .3 1<br>/ .3 .1 .3                  | Bent Knees / Bent Ankles / Angle Bent Knees<br>/ Angle Bent Knees and Angle                      |
| Free Hip                      | A           | III           |                       | .1 / .3 .1 / .1 /<br>.3 .3 .1 .1              | Bent Ankles / Angle Bent Arms / Bent Knees /<br>Angle Bent Knees and Arms, Angle                 |
| Back Giant                    | A           | I             |                       |                                               |                                                                                                  |
| ¾ Giant Backwards             | JDP A       |               |                       | .1 / .1 .1 .1<br>.1 .3                        | Bent Arms / Bent Ankles Bent Arms, Legs<br>and Pike pos                                          |
| Back Hip Circle               | JDP A       |               |                       | .1 / .1 / .11 /<br>.1 .1                      | Bent Arms / Rhythm / Piked Bent Arms /<br>Piked Bent Arms                                        |
| Undershoot to Back Uprise     | JDP A       |               |                       | .1 .1                                         | Piked Piked                                                                                      |
| Undershoot to Swing Backwards |             |               |                       | .1 .1                                         | Bent Ankles Flexed Feet                                                                          |
| Back Salto Layout             | A           | IV            |                       | .3 / .1 / .1 .3<br>/ .1 / .1 / .1<br>.1 .3 .1 | Lack of Rise / Piked / Hop<br>Hop / Lack of Rise / Piked / Knees<br>Knees, Lack of rise and Hope |
|                               |             |               |                       |                                               |                                                                                                  |
|                               |             |               |                       |                                               |                                                                                                  |
|                               |             |               |                       |                                               |                                                                                                  |
|                               |             |               |                       |                                               |                                                                                                  |
|                               |             |               |                       |                                               |                                                                                                  |
|                               |             |               |                       |                                               |                                                                                                  |
|                               |             |               |                       |                                               |                                                                                                  |
|                               |             |               |                       |                                               |                                                                                                  |
|                               |             |               |                       |                                               |                                                                                                  |
|                               |             |               |                       |                                               |                                                                                                  |

|       |                  |               |
|-------|------------------|---------------|
| G =   | Difficulty = 0.6 | D Score = 2.1 |
| F =   | Conn. Bonus =    | E1= 2.0       |
| E =   | Diff. Bonus =    | E2= 2.1       |
| D =   | Exec. Bonus =    | E3 = 2.0      |
| C =   | Stick Bonus =    | Avg. =        |
| B =   | EG I = .5        |               |
| A = 6 | EG II =          | Final Score = |
|       | EG III = .5      |               |
|       | EG IV = .5       |               |
|       | EG Total = 1.5   |               |

**D-Panel Comments:**

**E-Panel Comments:** No deduction for the empty back swing prior to the dismount. Level 7's are allowed an empty ½ swing prior to any skill.

= repeated skill or non-recognized skill.

The top 8 counting skills are noted in **Bold & larger font**



**COMPETITION: 2024 Fall NGJA Course**

**EVENT: High Bar**

**ROUTINE: L72**

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

| Skills                         | Skill Value          | Element Group | Connection Bonus (CB) | Execution Deduction                     | Comments                                                                                                     |
|--------------------------------|----------------------|---------------|-----------------------|-----------------------------------------|--------------------------------------------------------------------------------------------------------------|
| Pullover                       | <b>JDP A</b>         |               |                       | .1 / .3 .1 .3<br>.1                     | Bent Knees / Stop in Support Bent Knees<br>Knees                                                             |
| ¾ Giant Forward                | <b>JDP A</b>         |               |                       | .3 / .1 .1 / .3<br>/ .1 .3 .1 .1        | Angle on Very Low Cast / Leg Separation<br>Knees / Height / Legs Low Cast ,Flex<br>separation                |
| Kip Cast                       | <b>A</b>             | III           |                       | .1 / .1 / .3 1 /<br>.1 / .3 .3 .1<br>.1 | Bent Knees / Bent Arms / Angle Bent Knees /<br>Bent Arms / Angle Flex arms, legs and small<br>cast           |
| Free Hip / Back Hip<br>Circlce | <b>A / JDP<br/>A</b> | III           |                       | .3 / .5 .1 .3<br>.3 .1                  | Bent Arms / Angle Bent Arms Angle, flex<br>open legs                                                         |
| ¾ Giant Backwards              | <b>JDP A</b>         |               |                       | .3 / .3 .3 /<br>.3 .3 .3 .1             | Bent Arms / Rhythm - Hit the Bar Bent Arms<br>/ Rhythm - Hit the Bar hit the bar, body pos<br>and undershoot |
| Back Salto Layout              | <b>A</b>             | IV            |                       | .1 / .1 .1 / .1<br>.1                   | Piked / Unsteadiness upon Landing Piked /<br>Height Low flip                                                 |
|                                |                      |               |                       |                                         |                                                                                                              |
|                                |                      |               |                       |                                         |                                                                                                              |
|                                |                      |               |                       |                                         |                                                                                                              |
|                                |                      |               |                       |                                         |                                                                                                              |
|                                |                      |               |                       |                                         |                                                                                                              |
|                                |                      |               |                       |                                         |                                                                                                              |
|                                |                      |               |                       |                                         |                                                                                                              |

|     |                  |                      |
|-----|------------------|----------------------|
| G = | Difficulty = 0.6 | <b>D Score = 1.6</b> |
| F = | Conn. Bonus =    | E1 = 2.0             |
| E = | Diff. Bonus =    | E2 = 2.9             |

|       |                |                      |
|-------|----------------|----------------------|
| D =   | Exec. Bonus =  | E3 = 2.8             |
| C =   | Stick Bonus =  | Avg. =               |
| B =   | EG I =         |                      |
| A = 6 | EG II =        | <b>Final Score =</b> |
|       | EG III = .5    |                      |
|       | EG IV = .5     |                      |
|       | EG Total = 1.0 |                      |

**D-Panel Comments:** Can you count the free hip as a back hip circle push away for a JDP A? Benefit the gymnast without an angle deduction since a free hip to a non handstand is not a JDP A.

**D-Panel Comments:** Counted the Free hip as a JDP A back hip circle to benefit the gymnast on execution.

**E-Panel Comments:** No deduction for the empty back swing prior to the dismount. Level 7's are allowed an empty ½ swing prior to any skill.

= repeated skill or non-recognized skill.

The top 8 counting skills are noted in **Bold & larger font**



COMPETITION: 2024 Fall NGJA Course

EVENT: High Bar

ROUTINE: L73

<https://www.youtube.com/shorts/f0wO7giMOc4>

| Skills                    | Skill Value | Element Group | Connection Bonus (CB) | Execution Deduction              | Comments                                                                               |
|---------------------------|-------------|---------------|-----------------------|----------------------------------|----------------------------------------------------------------------------------------|
| Pullover                  | JDP A       |               |                       | .1 / .5 .1 / .5 .1               | Bent Knees / Complete Stop in Support Bent Knees / Complete Stop in Support Legs Flex, |
| Front Giant               | A           | I             |                       | .1 .1 .1                         | Angle on Cast Angle on Cast Arms                                                       |
| Pirouette                 | A           | I             |                       | .3 .3 .3 .1                      | Angle Angle turn late ,flex arms                                                       |
| Back Giant                | A           | I             |                       | .1 / .1 / .1 .1 / .1 .1 .1 .1 .1 | Bent Arms X2 / Hand Adjustment Bent Arms Hand Adjustment body pos, arms move hand 2    |
| ¾ Giant Backwards         | JDP A       |               |                       |                                  |                                                                                        |
| Undershoot to Back Uprise | JDP A       |               |                       | .1 .1                            | Bent Arms arms                                                                         |
| Free Hip                  | A           | III           |                       | .1 / .1 .1 .1 .1                 | Arched / Bent Arms Bent Arms arch, toes                                                |
| Back Salto Layout         | A           | IV            |                       | .1                               | open legs while landed                                                                 |
|                           |             |               |                       |                                  |                                                                                        |
|                           |             |               |                       |                                  |                                                                                        |
|                           |             |               |                       |                                  |                                                                                        |
|                           |             |               |                       |                                  |                                                                                        |
|                           |             |               |                       |                                  |                                                                                        |

|       |                 |                      |
|-------|-----------------|----------------------|
| G =   | Difficulty = .6 | <b>D Score = 2.1</b> |
| F =   | Conn. Bonus =   | E1 = 1.5             |
| E =   | Diff. Bonus =   | E2 = 1.5             |
| D =   | Exec. Bonus =   | E2 = 1.3             |
| C =   | Stick Bonus =   | Avg. =               |
| B =   | EG I = .5       |                      |
| A = 6 | EG II =         | <b>Final Score =</b> |
|       | EG III = .5     |                      |
|       | EG IV = .5      |                      |
|       | EG Total = 1.5  |                      |

D-Panel Comments:

E-Panel Comments: Beautiful ¾ Giant Swing backwards and Flyaway

= repeated skill or non-recognized skill.

The top 8 counting skills are noted in **Bold & larger font**



COMPETITION: 2024 Fall NGJA Course

EVENT: High Bar

ROUTINE: L81

<https://www.youtube.com/watch?v=3mxATxA-Fog> (5:06 - 5:40)

| Skills                | Skill Value  | Element Group | Connection Bonus (CB) | Execution Deduction | Comments                                                  |
|-----------------------|--------------|---------------|-----------------------|---------------------|-----------------------------------------------------------|
| Back Uprise Support   | <b>JDP A</b> |               |                       | .1 .1 / .1 .1 .1    | Legs Apart Legs Apart / Bent arms Open legs , bend arms   |
| Free Hip              | <b>A</b>     | III           |                       | .3 3 / .1 .3 .1     | Angle Angle / Bent arms Angle Bend arms                   |
| Back Giant            | <b>A</b>     | I             |                       | .1                  | Arch                                                      |
| Blind Change          | <b>A</b>     | I             |                       | .1 .1               | Angle Angle                                               |
| Front Giant           | <b>A</b>     | I             |                       |                     |                                                           |
| Jam (45+)             | <b>C</b>     | II            |                       | .1 1 / .1 .1 .1     | Bent Knees Bent Knees / Flexed Feet ben legs, flexed feed |
| Pirouette             | <b>A</b>     | I             |                       | .1 .1 .1            | Angle Angle Angle                                         |
| <del>Back Giant</del> | <del>A</del> |               |                       | .1                  | Arms                                                      |
| Back Salto Layout     | <b>A</b>     | IV            |                       |                     |                                                           |
|                       |              |               |                       |                     |                                                           |
|                       |              |               |                       |                     |                                                           |
|                       |              |               |                       |                     |                                                           |
|                       |              |               |                       |                     |                                                           |
|                       |              |               |                       |                     |                                                           |

|       |                       |                      |
|-------|-----------------------|----------------------|
| G =   | Difficulty = 1.0      | <b>D Score = 2.6</b> |
| F =   | Conn. Bonus =         | E1 = 1.0             |
| E =   | Diff. Bonus =         | E2 = .7              |
| D =   | Exec. Bonus = +.3 +.2 | E3 = 1.1             |
| C = 1 | Stick Bonus =         | Avg. =               |
| B =   | EG I = .5             |                      |
| A = 7 | EG II = .5            | <b>Final Score =</b> |
|       | EG III = .5           |                      |
|       | EG IV = .1            |                      |
|       | EG Total = 1.6        |                      |

D-Panel Comments:

E-Panel Comments:

= repeated skill or non-recognized skill.

The top 8 counting skills are noted in **Bold & larger font**



**COMPETITION: 2024 Fall NGJA Course**

**EVENT: High Bar**

**ROUTINE: L82**

[https://www.youtube.com/watch?v=zBPH0XZGI\\_A](https://www.youtube.com/watch?v=zBPH0XZGI_A) (1:38 - 2:07)

| Skills              | Skill Value  | Element Group | Connection Bonus (CB) | Execution Deduction                      | Comments                                                                                                                |
|---------------------|--------------|---------------|-----------------------|------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| Pullover to Support | <b>JDP A</b> |               |                       | .1 / .5 / .3 .1<br>/ .5 / .3 .1 .1<br>.5 | Bent knees / Stop in Support / Extra Cast Bent knees / Stop in Support / Extra Cast bend legs, bend arms and extra cast |
| Front Giant         | <b>A</b>     | I             |                       | .1 .1 .1                                 | Legs Apart Legs Apart separation of legs                                                                                |
| Pirouette           | <b>A</b>     | I             |                       | .1 / .1 .1 / .1<br>/ .1 .1 .1            | Body Alignment / Angle Body Alignment / Angle / Leg Separation angle, legs open                                         |
| Back Giant          | <b>A</b>     | I             |                       |                                          |                                                                                                                         |
| Back Salto Layout   | <b>A</b>     | IV            |                       | .1 .1 .1                                 | Piked Piked Need ext                                                                                                    |
|                     |              |               |                       |                                          |                                                                                                                         |
|                     |              |               |                       |                                          |                                                                                                                         |
|                     |              |               |                       |                                          |                                                                                                                         |
|                     |              |               |                       |                                          |                                                                                                                         |
|                     |              |               |                       |                                          |                                                                                                                         |
|                     |              |               |                       |                                          |                                                                                                                         |
|                     |              |               |                       |                                          |                                                                                                                         |
|                     |              |               |                       |                                          |                                                                                                                         |
|                     |              |               |                       |                                          |                                                                                                                         |

|       |                              |                      |
|-------|------------------------------|----------------------|
| G =   | Difficulty = 0.5             | <b>D Score = 1.1</b> |
| F =   | Conn. Bonus =                | E1 = 1.4             |
| E =   | Diff. Bonus =                | E2 = <b>1.3</b>      |
| D =   | Exec. Bonus = <b>+.1</b> +.1 | E3 = <b>1.1</b>      |
| C =   | Stick Bonus =                | ND = <b>-1.0</b>     |
| B =   | EG I = .5                    |                      |
| A = 5 | EG II =                      | Avg. =               |
|       | EG III =                     | <b>Final Score =</b> |
|       | EG IV = .1                   |                      |
|       | EG Total = 0.6               |                      |

**D-Panel Comments:** **Neutral Deduction for less than 6 counting skills**

**E-Panel Comments:** **“E” Score bonus awarded because a neutral deduction is not counted towards this**

= repeated skill or non-recognized skill.

The top 8 counting skills are noted in **Bold & larger font**



COMPETITION: 2024 Fall NGJA Course

EVENT: High Bar

ROUTINE: L83

<https://www.youtube.com/watch?v=7FO6K2nK6Cg> (2:49 - 3:13)

| Skills              | Skill Value | Element Group | Connection Bonus (CB) | Execution Deduction                     | Comments                                                                                                         |
|---------------------|-------------|---------------|-----------------------|-----------------------------------------|------------------------------------------------------------------------------------------------------------------|
| Back Uprise Support | JDP A       |               |                       | .1 / .1 .1 .1                           | Bent Knees / Bent Ankles Bent Knees Bend Knees                                                                   |
| Free Hip            | A           | III           |                       | .1 / .1 .3 / .1.1.1                     | Bent Arms / Angle Bent Arms / Angle Angle Bend Arms Bend Legs                                                    |
| Back Giant          | A           | I             |                       | .1 / .1 .1 / .1.1.1                     | Bent Arms X2 Bent Arms X2 Bend Arms Arch                                                                         |
| Blind Change        | A           | I             |                       | .1 / .1 / .1 / .1 .3 / .1 / .1.3 .1.1.1 | Legs Apart / Alignment / Bent Ankles / Angle Legs Apart / Alignment / Angle Open Legs, Bend Legs Angle Bend Arms |
| Front Giant         | A           | I             |                       |                                         |                                                                                                                  |
| Pirouette           | A           | I             |                       | .3 .3 .3                                | Angle Angle Angle                                                                                                |
| Giants              |             |               |                       | .1 / .1 / .1 .1 / .1 / .1 .1.1.1        | Bent Arms X3 Bent Arms X3 Bend Arms 3                                                                            |
| Back Salto Layout   | A           | IV            |                       | .1 .1 .3                                | Bent Ankles Flexed Feet Lower flip                                                                               |
|                     |             |               |                       |                                         |                                                                                                                  |
|                     |             |               |                       |                                         |                                                                                                                  |
|                     |             |               |                       |                                         |                                                                                                                  |
|                     |             |               |                       |                                         |                                                                                                                  |
|                     |             |               |                       |                                         |                                                                                                                  |

|       |                 |               |
|-------|-----------------|---------------|
| G =   | Difficulty = .7 | D Score = 1.8 |
| F =   | Conn. Bonus =   | E1 = 1.9      |
| E =   | Diff. Bonus =   | E2 = 1.7      |
| D =   | Exec. Bonus =   | E3 = 1.8      |
| C =   | Stick Bonus =   | Avg. =        |
| B =   | EG I = .5       |               |
| A = 7 | EG II =         | Final Score = |
|       | EG III = .5     |               |
|       | EG IV = .1      |               |
|       | EG Total = 1.1  |               |

D-Panel Comments:

E-Panel Comments:

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



**COMPETITION: 2024 Fall NGJA Course**

**EVENT: High Bar**

**ROUTINE: L91**

<https://www.youtube.com/shorts/ty0DrfLRNZw>

| Skills                         | Skill Value  | Element Group | Connection Bonus (CB) | Execution Deduction                          | Comments                                                                                                    |
|--------------------------------|--------------|---------------|-----------------------|----------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| Back Uprise Support            | <b>JDP A</b> |               |                       | .1 .1 .1                                     | Bent Knees Bent Knees Legs                                                                                  |
| Free Hip Handstand             | <b>A</b>     | III           |                       | .1 / .3 .1 /<br>.3 .1 .3                     | Bent Arms / Angle Bent Arms / Angle Arms<br>and angle                                                       |
| Back Giant                     | <b>A</b>     | I             |                       | .1 / .1 .1 .1 .1<br>.1                       | Bent Arms X2 Arms 2                                                                                         |
| Blind Change                   | <b>A</b>     | I             |                       | .1 / .1 / .1 .1 /<br>.1 / .1 .1 .1<br>.1     | Bent Arms / Bent Ankles / Body Alignment<br>Bent Arms / Split Legs / Body Alignment<br>Arms, legs and Angle |
| Front Giant                    | <b>A</b>     | I             |                       | .1 .1 .1                                     | Hand Adjustment Hand Adjustment Hand<br>Adjustment                                                          |
| Pirouette                      | <b>A</b>     | I             |                       | .1 / .3 .1 / .3<br>/ .1 .1 .3                | Bent Arms / Angle Bent Arms / Angle / Legs<br>apart Arms and Angle                                          |
| Back Giant                     |              |               |                       | .1 / .1 .1 / .1                              | Bent Arms X2 Bent Arms X2 Arms 2                                                                            |
| $\frac{3}{4}$ Giant Swing Back | <b>JDP A</b> |               |                       | .1 / .3 .1 / .3<br>.1 .3                     | Bent Arms / Empty Swing Bent Arms / Empty<br>Swing Arms Empty Swing                                         |
| Back Salto Piked               | <b>A</b>     | IV            |                       | .3 / .1 / .3 3 /<br>3 / .1 .3 .1<br>.3 .1 .1 | Lack of Rise / Multiple Steps Lack of Rise /<br>Steps Lower Flip, Pike, Long and small steps                |
|                                |              |               |                       |                                              |                                                                                                             |
|                                |              |               |                       |                                              |                                                                                                             |
|                                |              |               |                       |                                              |                                                                                                             |
|                                |              |               |                       |                                              |                                                                                                             |

|       |                 |                      |
|-------|-----------------|----------------------|
| G =   | Difficulty = .8 | <b>D Score = 1.7</b> |
| F =   | Conn. Bonus =   | E1 = 2.9             |
| E =   | Diff. Bonus =   | E2 = 2.8             |
| D =   | Exec. Bonus =   | E3 = 2.8             |
| C =   | Stick Bonus =   | Avg. =               |
| B =   | EG I = .5       |                      |
| A = 8 | EG II =         | <b>Final Score =</b> |
|       | EG III = .3     |                      |
|       | EG IV = .1      |                      |
|       | EG Total = 0.9  |                      |

**D-Panel Comments:**

**E-Panel Comments:**

= repeated skill or non-recognized skill.

The top 8 counting skills are noted in **Bold & larger font**



COMPETITION: 2024 Fall NGJA Course

EVENT: High Bar

ROUTINE: L92

<https://www.youtube.com/watch?v=-Qb3nXpwMRI> (2:45 - 3:11)

| Skills              | Skill Value  | Element Group | Connection Bonus (CB) | Execution Deduction                  | Comments                                                                              |
|---------------------|--------------|---------------|-----------------------|--------------------------------------|---------------------------------------------------------------------------------------|
| Back Uprise Support | <b>JDP A</b> |               |                       |                                      |                                                                                       |
| Free hip            | <b>A</b>     | III           |                       | .3 .3 / .1 .3 .1                     | Angle Angle / Arms Angle, Arms                                                        |
| Giant               | <b>A</b>     | I             |                       | .1 .3 .1 .1                          | Bent Arms Bent Arms Arms Arch                                                         |
| Blind Change        | <b>A</b>     | I             |                       | .1 .1 .1 .1                          | Angle Angle Arms Angle                                                                |
| Front Giant         | <b>A</b>     | I             |                       |                                      |                                                                                       |
| ½ turn              | <b>A</b>     | I             |                       | .1 / .3 .1 / .3 .1 .3 .1             | Arched / Angle Feet Apart / Angle Angle Arms and Legs                                 |
| Giant               | <b>-</b>     |               |                       | .1/.1/.1/.1<br>1/.1/.1/.1<br>.1.1 .1 | Bent Arms / Bent Knees on Tap X3 Bent Arms / Bent Knees on Tap X3 Arms ,Legs and Grip |
| Double Back Tucked  | <b>B</b>     | IV            |                       |                                      |                                                                                       |
|                     |              |               |                       |                                      |                                                                                       |
|                     |              |               |                       |                                      |                                                                                       |
|                     |              |               |                       |                                      |                                                                                       |
|                     |              |               |                       |                                      |                                                                                       |
|                     |              |               |                       |                                      |                                                                                       |

|       |                   |                      |
|-------|-------------------|----------------------|
| G =   | Difficulty =.8    | <b>D Score = 1.9</b> |
| F =   | Conn. Bonus =     | E1 =1.6              |
| E =   | Diff. Bonus =     | E2 = <b>1.3</b>      |
| D =   | Exec. Bonus =     | E3 = <b>1.5</b>      |
| C =   | Stick Bonus = +.1 | Avg. =               |
| B = 1 | EG I = 0.5        |                      |
| A = 6 | EG II = 0         | <b>Final Score =</b> |
|       | EG III = 0.3      |                      |
|       | EG IV = 0.2       |                      |
|       | EG Total = 1.0    |                      |

D-Panel Comments: No stick bonus. Must be a C value

E-Panel Comments:

= repeated skill or non-recognized skill.

The top 8 counting skills are noted in **Bold & larger font**



COMPETITION: 2024 Fall NGJA Course

EVENT: High Bar

ROUTINE: L93

[https://www.youtube.com/watch?v=YOf0\\_opOiEg](https://www.youtube.com/watch?v=YOf0_opOiEg)

| Skills              | Skill Value | Element Group | Connection Bonus (CB) | Execution Deduction | Execution Deduction                | Comments                                       | Comments                                                                              |
|---------------------|-------------|---------------|-----------------------|---------------------|------------------------------------|------------------------------------------------|---------------------------------------------------------------------------------------|
| Back Uprise Support | JDP A       |               |                       | .1                  | .1 .1                              | Knees                                          | Knees Knees                                                                           |
| Free Hip            | A           | III           |                       | .1 / .1 / .3        | .1 / .1 / .3<br>.1 .3              | Arched / Bent Arms / Angle                     | Arched / Bent Arms / Angle Arch Angle                                                 |
| Back Giant          | A           | I             |                       | .1 / .1             | .1 / .1 .1 .1                      | Bent Arms X2                                   | Bent Arms X2 Bend Arms 2                                                              |
| Blind Change        | A           | I             |                       | .3 / .3 / .1<br>/.1 | .5 / .3 / .1<br>/.1 .3 .3 .3       | Bent knees / Legs Apart / Bent Ankles / Arched | Bent knees / Legs Apart / Flexed Feet / Body Position Open Legs , Bend Legs, Angle    |
| Front Giant         | A           | I             |                       | .1                  | .1 .1                              | Arched                                         | Arched Arched                                                                         |
| Endo                | B           | II            |                       | .3 / .1 / .1<br>/.3 | .3 / .1 / .1<br>/.3 .3 .1 .1<br>.3 | Early Entry / Bent knees / Bent Ankles / Angle | Early Entry / Bent knees / Flexed Feet / Angle Early Start, Flex legs, toes and angle |
| Giant               |             |               |                       | .1                  | .1 .1                              | Arched                                         | Arched Arched                                                                         |
| Pirouette           | A           | I             |                       | .1 / .1             | .1 / .1 .1 .3                      | Arched / Angle                                 | Arched / Angle Arched angle                                                           |
| Giant               |             |               |                       | .1                  | .1 / .1 .1 .1                      | Arched                                         | Bent Arms / Knees Arched, legs                                                        |
| Back Salto Layout   | A           | IV            |                       | .1 / .3 / .1        | .1                                 | Bent Ankles / Step / Unsteadiness              | Bent Arms                                                                             |
|                     |             |               |                       |                     | .1 / .3 / .3<br>.1 .3              |                                                | Flexed Feet / Step Lower flip, flexed feet and step                                   |
|                     |             |               |                       |                     |                                    |                                                |                                                                                       |
|                     |             |               |                       |                     |                                    |                                                |                                                                                       |

|       |                  |               |
|-------|------------------|---------------|
| G =   | Difficulty = 0.9 | D Score = 2.1 |
| F =   | Conn. Bonus =    | E1 = 3.7      |
| E =   | Diff. Bonus =    | E2 = 3.4      |
| D =   | Exec. Bonus =    | E3 = 3.9      |
| C =   | Stick Bonus =    | Avg. =        |
| B = 1 | EG I = .5        |               |
| A = 7 | EG II = .3       | Final Score = |
|       | EG III = .3      |               |
|       | EG IV = .1       |               |
|       | EG Total = 1.2   |               |

D-Panel Comments:

# E-Panel Comments:

= repeated skill or non-recognized skill.

The top 8 counting skills are noted in **Bold & larger font**



## COMPETITION: 2024 Fall NGJA Course

### EVENT: High Bar

### ROUTINE: L101

<https://www.youtube.com/watch?v=U4GxSs8bdsw&list=PLJBt-BI-D7nakr9UaDNvAFzOhC0LtG5QX&index=167>

| Skills        | Skill Value | Element Group | Connection Bonus (CB) | Execution Deduction | Execution Deduction           | Comments                                                     | Comments                                                                                                  |
|---------------|-------------|---------------|-----------------------|---------------------|-------------------------------|--------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| Voronin       | <b>B</b>    | II            |                       | .1 / .1 / .1 / .1   | .1 / .1 / .1 .1 .1 .1         | Leg form / Leg form / Bent arms upon regrasp / Bent Ankles   | Leg Split / Bent Knees / Flexed Feet <b>Open legs toes arms</b>                                           |
| Giant         | <b>A</b>    | I             |                       | .3 / .1 / .1 / .1   | .3 / .1 / .1 / .1 .1 .1 .3    | Bent Arms / Arch body position / Bent Legs / hand adjustment | Bent Arms / Arch body position / Bent Legs / hand adjustment <b>hand adjustment, arms bend arms, arch</b> |
| Blind Change  | <b>A</b>    | I             |                       | .1                  | .1 .3                         | Angle                                                        | Angle <b>Angle</b>                                                                                        |
| Forward Giant | <b>A</b>    | I             |                       |                     |                               |                                                              |                                                                                                           |
| Endo          | <b>B</b>    | III           |                       | .1                  | .1 .1                         | Angle                                                        | Angle <b>Angle</b>                                                                                        |
| Inside Endo   | <b>C</b>    | III           |                       | .1 / .3             | .1 / .3 .1 .3 .1              | Knees / Lack of piking compression                           | Knees / Lack of piking compression <b>Knees, lack of piking, angle</b>                                    |
| ½ Turn        | A           | I             |                       |                     |                               |                                                              |                                                                                                           |
| Stalder       | <b>B</b>    | III           |                       | .1                  | .1 .1                         | Bent Ankles                                                  | Bent Ankles Angle                                                                                         |
| Double Pike   | <b>B</b>    | IV            |                       | .3/.3/.3/.1/.1      | .3/.3/.3/.1/.1 .3 .3 .3 .1 .1 | Non-distinct position / 2 medium and 2 small steps           | Non-Distinct position / 2 medium and 2 small steps <b>Not Ext, 2 Medium steps, 2 small steps</b>          |
|               |             |               |                       |                     |                               |                                                              |                                                                                                           |
|               |             |               |                       |                     |                               |                                                              |                                                                                                           |
|               |             |               |                       |                     |                               |                                                              |                                                                                                           |
|               |             |               |                       |                     |                               |                                                              |                                                                                                           |

|                |                  |                      |
|----------------|------------------|----------------------|
| G =            | Difficulty = 1.4 | D Score = <b>2.7</b> |
| F =            | Conn. Bonus =    |                      |
| E =            | Diff. Bonus =    | E1 = 2.7             |
| D =            | Exec. Bonus =    | E2 = <b>2.8</b>      |
| C = 2 <b>1</b> | Stick Bonus =    | Avg. =               |

|         |                    |                      |
|---------|--------------------|----------------------|
| B = 3 4 | <i>EG I = .5</i>   |                      |
| A = 3 3 | <i>EG II = .3</i>  | <b>Final Score =</b> |
|         | <i>EG III = .3</i> |                      |
|         | <i>EG IV = .2</i>  |                      |
|         | EG Total = 1.3     |                      |

**D-Panel Comments:**

**E-Panel Comments:**

= repeated skill or non-recognized skill.

The top 8 counting skills are noted in **Bold & larger font**



COMPETITION: 2024 Fall NGJA Course

EVENT: High Bar

ROUTINE: L102

<https://www.youtube.com/watch?v=pokHV05ShsM&list=PLJBt-BI-D7nakr9UaDNvAFzOhC0LtG5OX&index=181>

| Skills                            | Skill Value | Element Group | Connection Bonus (CB) | Execution Deduction | Execution Deduction | Comments                          | Comments                                            |
|-----------------------------------|-------------|---------------|-----------------------|---------------------|---------------------|-----------------------------------|-----------------------------------------------------|
| Veronin                           | <b>B</b>    | II            |                       | .3 / .1             | .3 .3 .1            | Lack of height / Lack of turn,    | Lack of height Lack height                          |
| Back Giant                        | <b>A</b>    | I             |                       |                     | .1                  |                                   | Body Pos                                            |
| Free Hip                          | <b>A</b>    | III           |                       |                     | .1                  |                                   | Passed                                              |
| Flying Giant                      | <b>B</b>    | I             |                       | .1 / .1             | .1 .1               | Lack of height / hand adjustment  | Hand adjustment hand Adjustment                     |
| Blind Change                      | <b>A</b>    | I             |                       | .1                  | .1                  | Angle                             | Angle                                               |
| Front Giant                       | <b>A</b>    | I             |                       |                     |                     |                                   |                                                     |
| Pirouette                         |             |               |                       | .1 / .1             | .1 .1 .1            | Angle / Hand adjustment           | Hand adjustment Angle hand adjustment               |
| Double Back Tucked with 1/1 twist | <b>C</b>    | IV            |                       | .1 / .3 / .1        | .1 / .3 .1 .1 .3    | Bent Ankles / Step / Unsteadiness | Flexed Feet / Step Flexed feet, not extension, step |
|                                   |             |               |                       |                     |                     |                                   |                                                     |
|                                   |             |               |                       |                     |                     |                                   |                                                     |
|                                   |             |               |                       |                     |                     |                                   |                                                     |
|                                   |             |               |                       |                     |                     |                                   |                                                     |
|                                   |             |               |                       |                     |                     |                                   |                                                     |

|       |                       |                      |
|-------|-----------------------|----------------------|
| G =   | Difficulty = 1.1      | <b>D Score = 2.5</b> |
| F =   | Conn. Bonus =         | E1 = 0.9             |
| E =   | Diff. Bonus =         | E2 = 1.3             |
| D =   | Exec. Bonus = +.1 +.2 | E3 = 1.5             |
| C = 1 | Stick Bonus =         | <b>Avg. =</b>        |
| B = 2 | EG I = .5             |                      |
| A = 4 | EG II = .3            | <b>Final Score =</b> |
|       | EG III = .3           |                      |
|       | EG IV = .3            |                      |
|       | EG Total = 1.4        |                      |

D-Panel Comments:

E-Panel Comments:

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



**COMPETITION: 2024 Fall NGJA Course**

**EVENT: High Bar**

**ROUTINE: L103**

<https://www.youtube.com/watch?v=qlk0--muPZo&list=PLJBt-BI-D7nakr9UaDNvAFzOhC0LtG5QX&index=71>

| Skills             | Skill Value   | Element Group | Connection Bonus (CB) | Execution Deduction | Execution Deduction | Comments                                       | Comments                                                           |
|--------------------|---------------|---------------|-----------------------|---------------------|---------------------|------------------------------------------------|--------------------------------------------------------------------|
| Veronin / Yamawaki | <b>B / CC</b> | II            |                       | .3                  | .3 .3               | Additional swings at the beginning of exercise | Additional swings at the beginning of exercise<br>Not complete ext |
| Endo               | <b>B</b>      | III           |                       |                     |                     |                                                |                                                                    |
| Pirouette          | <b>A</b>      | I             |                       | .1                  | .3 .1               | Angle                                          | Angle Angle                                                        |
| Back Giant         | <b>A</b>      | I             |                       | .1                  | .1                  | Hand Adjustment                                | Hand Adjustment Hand Adjustment                                    |
| Tkatchev Piked     | <b>C</b>      | II            |                       | .1 / .1             | .1 / .1 .1 .1       | Bent Ankles / Bent Arm on Giant out            | Flexed Feet / Bent Arm on Giant out<br>Flex legs and Bend Arms     |
| Tkatchev Straddled | <b>C</b>      | II            |                       | .1 / .1             | .1 / .1 .1          | Bent Ankles / Bent Arm on Giant out            | Flexed Feet / Bent Arm on Giant out<br>Bend Arms on giant          |
| Stalder            | <b>B</b>      | III           |                       | .1                  | .1                  | Bent Ankles                                    | Flexed Feet                                                        |
| Double Back Tucked | <b>B</b>      | IV            |                       | .1                  | .1                  | Low chest upon Landing                         | Low Chest                                                          |
|                    |               |               |                       |                     |                     |                                                |                                                                    |
|                    |               |               |                       |                     |                     |                                                |                                                                    |
|                    |               |               |                       |                     |                     |                                                |                                                                    |
|                    |               |               |                       |                     |                     |                                                |                                                                    |
|                    |               |               |                       |                     |                     |                                                |                                                                    |

|       |                            |                                |
|-------|----------------------------|--------------------------------|
| G =   | Difficulty = 1.6 1.7       | <b>D Score = 2.9 / 3.0 3.0</b> |
| F =   | Conn. Bonus =              | E1 = 1.2                       |
| E =   | Diff. Bonus =              | E2 = 1.1                       |
| D =   | Exec. Bonus = +.2 +0.1 0.3 | E3 = 0.8                       |
| C = 2 | Stick Bonus =              | Avg. =                         |
| B = 4 | EG I = .5                  |                                |
| A = 2 | EG II = .3                 | <b>Final Score =</b>           |
|       | EG III = .3                |                                |
|       | EG IV = .2                 |                                |
|       | EG Total = 1.3             |                                |

**D-Panel Comments:** Yamawaki rule states a bent body more than 45 degrees will be evaluated as a Veronin. No stick bonus awarded for a “B” value dismount.

**D-Panel Comments:** The Yamawaki element must be straight when passing through a vertical body position over the bar for no deductions. An excessive pike or a poor vertical position over the bar will be deducted, but bent body more than 45° will be recognized as a B value.

Yamawaky skill, his shoulders are over his feet, he passed layout over the bar with a little flexion so its the reason I gave him 0.3 deduction.

**E-Panel Comments:**

= repeated skill or non-recognized skill.

The top 8 counting skills are noted in **Bold & larger font**

