



## NAIGC MAG 2019 EXAMPLE ROUTINE EVALUATIONS

Links To Videos of Evaluated Routines (Also linked from each page)

Division	FX	PH	SR	VT	PB	HB
Developmental (JD1)	<a href="#">FX -- Developmental (JD1)</a>	<a href="#">PH -- Developmental (JD1)</a>	<a href="#">SR -- Developmental (JD1)</a>	<a href="#">VT -- Developmental (JD1)</a>	<a href="#">PB1:PB#2 -- Developmental (JD1)</a> <a href="#">PB2:PB -- Developmental (JD1)</a>	<a href="#">HB1:HB#2 -- Developmental (JD1)</a> <a href="#">HB2:HB -- Developmental (JD1)</a>
Modified Level 9	<a href="#">FX -- Modified Level 9.mp4</a>	<a href="#">PH -- Modified Level 9</a>	<a href="#">SR -- Modified Level 9</a>	<a href="#">VT -- Modified Level 9</a>	<a href="#">PB -- Modified Level 9</a>	<a href="#">HB -- Modified Level 9</a>
Modified NCAA	<a href="#">FX -- Modified NCAA</a>	<a href="#">PH -- Modified NCAA</a>	<a href="#">SR -- Modified NCAA</a>	<a href="#">VT -- Modified NCAA</a>	<a href="#">PB -- Modified NCAA</a>	<a href="#">HB -- Modified NCAA</a>

FX -- Developmental (JD1) - <a href="#">video link</a>					
Skill	Value	EG	Bonus	Deductions	Comments
FHS.	<b>A</b>	II		3	form
FHS.	-			1,1,1	form, step, step
F. tuck	<b>A</b>	II		1,1	form, step
HS.	<b>A</b>	I		1,1,3	step, step, short hold
HS.				1,1,1,1,1	steps
pirouette	<b>A</b>	I		1,1	arch, form
B. roll through HS.	<b>A</b>	-		3,1	shy of HS, early leg separation, NAIGC 'A'
cartwheel	<b>A</b>	-		3	form, NAIGC 'A'
cartwheel	-			3	form
roundoff	<b>A</b>			3	form, NAIGC 'A'
BHS.	-	-		3	form
BHS.	<b>A</b>	IV	0.1	3	form, stick

Presentation: 10.0 Element Groups: 1.5 Difficulty: 0.6 Bonus: 0.1 Start Value: 12.2 Execution: 3.4 - 4.0 **FINAL: 8.2 - 8.8**

\*\* NOTE: Women will be competing traditional “men’s” events... they are to be judged as male competitors \*\*

FX -- Modified Level 9 - <a href="#">video link</a>					
Skill	Value	EG	Bonus	Deductions	Comments
roundoff	<b>A</b>	-			NAIGC 'A'
arabian	<b>A</b>	III			
roundoff	-				NAIGC 'A'
BHS.	<b>A</b>	III			
B. 1/1 stretched	<b>B</b>	III		1,1	form, step
switch leap, jump 1/1	-				not recognized
HS	<b>A</b>	I		1,1	steps
FHS.	<b>A</b>	II			
F. 1/1 stretched	<b>C</b>	II		1.0	fall
roundoff	-				NAIGC 'A'
straddle jump, jump to prone	-				not recognized
split	<b>A</b>	I			
roundoff	-				
BHS.	-				

B. 3/2	<b>C</b>	IV		3,3	step, step
Presentation: 10.0 Element Groups: 2.0 Difficulty: 1.3 Bonus: 0.0 Start Value: 13.3 Execution: 1.9 - 2.3 <b>FINAL: 11.0 - 11.4</b>					

FX -- Modified NCAA - <a href="#">video link</a>					
Skill	Value	EG	Bonus	Deductions	Comments
BHS.	<b>A</b>	III			
double back	<b>C</b>	III		1,1,3	low, cowboy, hop
FHS.	<b>A</b>	II			
F. 1/1 stretched	<b>C</b>	II		3,3	form,step
V press HS	<b>C</b>	I		1,1,3	form, short hold
pirouette	<b>A</b>	I			
B. layout	<b>B</b>	III		1	form
split	<b>A</b>	I			
planche press HS.	<b>C</b>	I		1,3	form, short hold
F. ½ stretched	<b>B</b>	II		3,3	form, uncontrolled landing
BHS.	-				
B. 2/1	<b>C</b>	IV		1,1,3	form, step

Presentation: 10.0 Element Groups: 2.0 Difficulty: 2.2 Bonus: 0.0 Start Value: 14.2 Execution: 2.7 - 3.4 <b>FINAL: 10.8 - 11.5</b>					

PH -- Developmental (JD1) - <a href="#">video link</a>					
Skill	Value	EG	Bonus	Deductions	Comments
leg swing				1	form, 1 half and full empty swing allowed
scissor	<b>A</b>	I		1,1	form, low
leg swing				1,1	form, low
false scissor	<b>A</b>	-		1	form, NAIGC 'A'
faint				1	form, included in half empty swing rule
circle	<b>A</b>	II		3	form
½ circle dismount	<b>A</b>	IV		5	form/rhythm, NAIGC 'A'
				3	*neutral not touching all parts of horse

Presentation: 8.0 Element Groups: 1.5 Difficulty: 0.4 Bonus: Start Value: 9.4 Execution: 1.4 - 1.8 **FINAL: 7.6 - 8.0**

PH -- Modified Level 9 - [video link](#)

Skill	Value	EG	Bonus	Deductions	Comments
russian	<b>B</b>	II		1,1	form, cut in allowed for Dev./L9.
single leg stockli	<b>A</b>	-		3	rhythm, NAIGC 'A'
single leg cut	<b>A</b>	-		1,1	form, low, NAIGC 'A'
scissor	<b>A</b>	I		1,1	form, low
scissor ½ travel	<b>B</b>	I		1,1,1	form, low, rhythm
single leg stockli	-	-		3	rhythm, repetition
scissor	-	I		1,1,1	form, low, stop
scissor 1/2	<b>A</b>	I		1,1,1	form, low, rhythm
faint				3	change of direction
circle	<b>A</b>	II		1	form
½ circle dismount	<b>A</b>	-*		3,1	hitting horse, form, NAIGC 'A'
					*L9 needs min. FIG 'A' for ½ credit
				3	*neutral not touching all parts of horse

Presentation: 10.0 Element Groups: 1.0 Difficulty: 1.0 Bonus: Start Value: 12.0 Execution: 2.4 - 3.0 <b>FINAL: 9.0 - 9.6</b>					

PH -- Modified NCAA - <a href="#">video link</a>					
Skill	Value	EG	Bonus	Deductions	Comments
scissor 1/1 travel	<b>C</b>	I		1	low
Mikulak	<b>D</b>	I		1,3	low, rhythm
scissor ½ travel	<b>B</b>	I			
Michaels	<b>D</b>	I		3	rhythm, NAIGC 'D'
circle	<b>A</b>	II		1	pike
side circle travel	<b>A</b>	III		3,3	form, rhythm
schwabenflank	<b>A</b>	I		3	pike
HS dismount travel	<b>C</b>	IV		1	rhythm

Presentation: 10.0 Element Groups: 2.0 Difficulty: 1.9 Bonus: 0.0 Start Value: 14.2 Execution: 1.6 - 2.0 <b>FINAL: 12.2 - 12.6</b>					

SR -- Developmental (JD1) - <a href="#">video link</a>					
Skill	Value	EG	Bonus	Deductions	Comments
Muscle Up	<b>A</b>	-		1	Legs on Jump, NAIGC 'A'
L	<b>A</b>	II			
Slow roll forward to support	<b>A</b>	II		1	Bent arms at end
Shoulderstand	<b>A</b>	-		1	Rhythm, NAIGC 'A'
Inlocate	<b>A</b>	I		3, 1	Rise, leg bend (This is a typical NAIGC Dev inlocate),
Back Half swing				1	Knee bend (Allowed 1 empty swing),
Back Pike	<b>A</b>	IV		3, 1	Knee bend, step (If back tuck is given, non FIG A = 0.3)



Presentation: 10.0 Element Groups: 1.5 Difficulty: 0.6 Bonus: 0 Start Value: 12.1 Execution: 1.1 - 1.3 **FINAL: 10.8 - 11.0**

SR -- Modified Level 9 - <a href="#">video link</a>					
Skill	Value	EG	Bonus	Deductions	Comments
Back Lever	<b>A</b>	II			
Dislocate	<b>A</b>	I			
Front Uprise L	<b>B</b>	III		1, 1	Height, knee bend
Straddle Planche	<b>B</b>	II		3, 3, 1	Arm bend, short hold
Inlocate	<b>A</b>	I			
Back Uprise Back Tuck	<b>A</b>	IV (0.3)		1, 1	Steps

Presentation: 10.0 Element Groups: 1.8 Difficulty:0.8 Bonus: 0 Start Value: 12.6 Execution: 1.1 - 1.3 **FINAL: 11.3 - 11.5**

SR -- Modified NCAA - <a href="#">video link</a>					
Skill	Value	EG	Bonus	Deductions	Comments
Back Uprise Straddle Planche	<b>C</b>	III		1, 1	Height, Hip angle
Maltese	<b>D</b>	II		3, 1, 1	Short hold, height, angle
Dislocate	<b>A</b>	I			
Felge Handstand	<b>C</b>	I		3	Arm Bend
Back Uprise Handstand	<b>C</b>	I		1, 1, 1	Knee/Arm bend, swing
Back Uprise	<b>A</b>	I			
L	<b>A</b>	II		3	Short Hold
Press	<b>B</b>	II		1	Touching Straps
Back Uprise Back Layout	<b>B</b>	IV (0.3)		1	Step

Presentation: 10.0 Element Groups: 1.8 Difficulty:2.0 Bonus: 0 Start Value: 13.8 Execution: 1.7 - 2.1 <b>FINAL: 11.7 - 12.1</b>					

VT -- Developmental (JD1) - <a href="#">video link</a>					
Skill	Value	EG	Bonus	Deductions	Comments
Front Handspring	11.6	I	0.1	1, 1, 1	Height, body shape, feet apart on landing
					All vaults eligible for 0.1 Stick Bonus

Bonus: 0.1 Start Value:11.7 Execution: 0.2 - 0.3 **FINAL: 11.4 - 11.5**

VT -- Modified Level 9 - [video link](#)

Skill	Value	EG	Bonus	Deductions	Comments
Front Handspring Front Tuck	12.4	I		Preflight: 1	Early Knee bend
				Height: 1	
				Postflight: 3, 1, 1	Prep for landing, leg form
				Landing 1.0	Fall
Bonus: 0 Start Value:12.4 Execution: 1.7 - 1.8 <b>FINAL: 10.6 - 10.7</b>					



VT -- Modified NCAA - <a href="#">video link</a>					
Skill	Value	EG	Bonus	Deductions	Comments
Tsuk Layout	13.2	II		Preflight 1,1	Leg form
				Height 1	
				Postflight 1, 1, 1	Body shape, leg form
				Landing 3	Step
Bonus: 0 Start Value: 13.2 Execution: 0.9 - 1.0 <b>FINAL: 12.2 - 12.3</b>					

PB1 -- Developmental (JD1) - <a href="#">video link</a>					
Skill	Value	EG	Bonus	Deductions	Comments
kip	<b>A</b>	III		5	dip/arm bend
L	<b>A</b>	I			
shoulder stand	<b>A</b>	-		1,3	form, short hold, NAIGC 'A'
forward roll to upper arm	<b>A</b>	-			NAIGC 'A'
B. uprise from upper arm	<b>A</b>	-		1,1	low, body position
stutz dismount	<b>A</b>	IV		3,1,1	pike, low, step, NAIGC 'A'
Presentation: 10.0 Element Groups: 1.5 Difficulty: 0.6 Bonus: 0.0 Start Value: 12.1 Execution: 1.4 - 1.7 <b>FINAL: 10.4 - 10.7</b>					

PB2 -- Developmental (JD1) - <a href="#">video link</a>					
Skill	Value	EG	Bonus	Deductions	Comments
Kip	A	III		1,1	Legs
Front Uprise	A	II		1	Layaway allowed in developmental
Moy to UA	A			1	Bail allowed in developmental, NAIGC 'A'
Back uprise	A			1	Legs
L	A	I		3,1	Legs, short hold
Press	B	I		3,1	Elbows
Front tuck dismount	A	IV		3	Medium step
Presentation:10.0 Element Groups: 1.5 Difficulty: 0.7 Bonus:0 Start Value:12.2 Execution: 1.4 - 1.7 <b>FINAL: 10.5 - 10.8</b>					



PB -- Modified Level 9 - <a href="#">video link</a>					
Skill	Value	EG	Bonus	Deductions	Comments
Kip	<b>A</b>	III		1	Legs
Swing handstand	<b>A</b>	I		1,1	form, arch
Under bar cast	<b>A</b>	III			
Back uprise straddle cut	<b>B</b>	II		1	dip
L	<b>A</b>	I			
L Press	<b>B</b>	I		1	use of swing
Front uprise	<b>A</b>	II		1	legs
Front tuck	<b>A</b>	IV	0.1	1,1	low chest, feet apart Front tuck gets half group credit
Presentation:10.0 Element Groups:1.8 Difficulty: 1.0 Bonus: 0.1 Start Value: 12.9 Execution: 0.7 - 0.8 <b>FINAL: 12.1 - 12.2</b>					

PB -- Modified NCAA - <a href="#">video link</a>					
Skill	Value	EG	Bonus	Deductions	Comments
Peach drop	<b>A</b>	III		1,1	Needs more rise, form
Kip	<b>A</b>	III		1,1	legs
L	<b>A</b>	1		1	dip
Under bar cast	<b>A</b>	III		1	legs
Back uprise straddle	<b>A</b>	II		1,1	legs, toes
Dip swing handstand	<b>A</b>	I		3,3,1	Short hold, form, step
Front uprise	<b>A</b>	II		1,1	legs, toes
Front half	<b>B</b>	IV		1,1,1	low, chest, step
Presentation: 10.0 Element Groups: 1.8 Difficulty: 0.9 Bonus:0.0 Start Value: 12.9 Execution:1.6 - 2.0 <b>FINAL: 10.5 - 10.9</b>					

HB1 -- Developmental (JD1) - <a href="#">video link</a>					
Skill	Value	EG	Bonus	Deductions	Comments
back uprise support	<b>A</b>	-		1	form on pike, arch, cast, NAIGC 'A'
cast to horizontal	<b>A</b>	-			NAIGC 'A'
B. hip circle	<b>A</b>	-			NAIGC 'A'
underswing, swing back					1 half or full empty swing allowed
kip	<b>A</b>	-			
forward roll					must return to support for NAIGC 'A' front hip circle
chin up pullover	<b>A</b>	-		1	form, half empty swing allowed, NAIGC 'A'
underswing, swing back					half empty swing allowed
half turn	<b>A</b>	-		1,1	form, arch, NAIGC 'A'
swing forward					half empty swing allowed
push off				1	step
Presentation: 10.0 Element Groups: 0.0 Difficulty: 0.6 Bonus: 0.0 Start Value: 10.6 Execution: 0.5 - 0.6 <b>FINAL: 10.0 - 10.1</b>					

HB2 -- Developmental (JD1) - [video link](#)

Skill	Value	EG	Bonus	Deductions	Comments
Kip	A			3	Legs on mount (change of direction is ok)
Cast	A			1	form
Giant	A	I		1,1	Arms, legs
Baby giant	A			1	
Half turn	A			1	
Back uprise	A				
Back hip circle	A				
underswing, swing back					half empty swing allowed
Fly away	A	IV		1	toes
Presentation:10.0 Element Groups:1.0 Difficulty: 0.6 Bonus: Start Value: 11.6 Execution: 0.9 - 1.0 <b>FINAL: 10.6 - 10.7</b>					

HB -- Modified Level 9 - [video link](#)

Skill	Value	EG	Bonus	Deductions	Comments
Back uprise	<b>A</b>			1	
Free hip	<b>A</b>	III		1,1	Angle, form
Giant	<b>A</b>	I		1	
Blind change	<b>A</b>	I		1,1	
Front giant	<b>A</b>	I			
Pirouette	<b>A</b>	I		1,1	
Layout	<b>A</b>	IV		1	
Presentation:10.0 Element Groups:1.3 Difficulty: 0.7 Bonus: 0 Start Value:12.0 Execution: 0.9 - 1.1 <b>FINAL: 10.9 - 11.1</b>					

HB -- Modified NCAA - [video link](#)

Skill	Value	EG	Bonus	Deductions	Comments
Vault catch	<b>B</b>	II		1,1,1,1	Form, up to 5 movements allowed before counting skill
Kip	<b>A</b>	III		1,1	
Front Giant	<b>A</b>	I		1	
Pirouette	<b>A</b>	I		3,1,1	Angle
Giant	<b>A</b>	I			
Higgins	<b>A</b>	I		3,1,3,1	
Pirouette	-	-		3,1	
Layout	<b>A</b>	IV (0.3)		1	A gets half group credit
Presentation:10.0 Element Groups:1.8 Difficulty: 0.8 Bonus: 0 Start Value:12.7 Execution: 2.3 - 2.9 <b>FINAL: 9.8 - 10.4</b>					