

LEVEL 5 STILL RINGS

Base Score	15.0
Specified Bonus	0.6
Virtuosity	0.3
<u>Stick Bonus</u>	0.1
Maximum Score	16.0

Description	Performance Criteria
1. From a hang with false grip with arms extended and as straight as possible, muscle up to support	Spotter assistance is allowed but cables must remain taut. (no slack) Pike in hips permitted
2. Straight body, straight arm support with the rings turned out	2 second hold in support
3. Lift legs toward L support and roll backward and down to piked inverted hang	Bent arms allowed during roll-down
4. Lower to German hang (skin-the-cat) position	Momentary hold of German hang position
5. Pull out to piked inverted hang and immediately cast forward to swing backward	Turnover swing shown. Feet at ring height
6. Swing forward. Swing Backward	Turnover swing shown. Feet at ring height
7. Swing forward. Swing Backward to immediate	Turnover swing shown. Feet at ring height
8. Inlocate to swing backward	Inlocate with stretched body position Turnover swing shown. Feet at ring height
9. Swing forward. Swing Backward.	Turnover swing shown. Feet at ring height
10. Swing forward to straddled flyaway dismount	Turnover swing shown. Feet at ring height

Specified Bonus: From a hang with false grip with arms extended and as straight as possible, muscle up to support with no spotter assistance

Specified Bonus: From piked inverted hang in #3, extend body horizontally into back lever position. 2 second hold of back lever.