

LEVEL 6 STILL RINGS

Base Score	15.0
Specified Bonus	0.6
Virtuosity	0.3
Stick Bonus	0.1
Maximum Score	16.0

Description	Performance Criteria
1. Lift body to straight body inverted hang.	Bent arms allowed
2. Cast forward to swing backward. Swing forward.	Turnover swing shown, Feet at ring height on both swings
3. Swing backward and immediately back uprise to "L" support	Back uprise should finish with straight body and feet at or above 45° below horizontal 2 sec. hold of "L" support required
4. Roll through support and down to piked inverted hang. Extend body horizontally into back lever position.	2 sec. hold of back lever required
5. Lower body to German hang (skin-the-cat) position (momentary hold) pull out to piked inverted hang position and immediately cast forward to swing backward.	Momentary hold of German hang position Feet at ring height on back swing
6. Swing forward. Swing backward to immediate,	Turnover swing shown. Feet at ring height.
7. Inlocate, inlocate.	Stretched body position
8. Swing backward. Swing forward to immediate,	Turnover swing shown. Feet at ring height.
9. Dislocate, dislocate	Stretched body position
10. Swing forward to layout flyaway dismount.	Somersault at ring height (bottom of ring)

Specified Bonus: From L position in #3, tuck, pike or straddle, bent arm, bent body press to handstand with feet on inside of ring cables. Legs may touch cables during the achievement of the handstand position, but then should be adjusted so that only the feet have contact with the inside of the cables. (2 second hold of handstand) Lower through support and roll down to piked inverted hang in #4

Specified Bonus: After specified bonus option #1, hold handstand for an additional 2 seconds with feet together and off of the cables. Note that this must be after the 2 second hold with feet on the cables in order to facilitate full extension of the handstand

Note, on each bonus element, bonus should be awarded if there is no single large error on the handstand.

- Presentation errors in the press will not be counted against exercise presentation.
- Presentation errors in the handstand will count against exercise presentation. (ie. bent elbows, rings turned in, forearms on straps, excessive arch and / or shoulder angle)