



## Boys Program 2018-19

### ☆ STILL RINGS ☆

#### LEVEL 2

Start Value

10.0

<b>1. Pull up</b>	<b>0.60</b>
•From straight arm hang, pull up to flexed arm hang (head between rings) •Lower to straight arm hang	
<b>2. “Tuck” position with one second hold</b>	<b>0.60</b>
•Lift legs to “tuck” position	
<b>3. Swing backwards, Swing forward</b>	<b>0.60</b>
One or more swings to achieve proper body position and technique	
•No minimum height requirement for swings	
<b>4. Swing backward, swing forward to straight body inverted hang</b>	<b>0.60</b>
•No minimum height requirement for swings	
<b>6. Basket</b>	<b>0.60</b>
<b>7. German hang – “skin-the-cat”</b>	<b>0.60</b>
One second Hold	
<b>8. Drop for dismount to stand</b>	<b>0.60</b>

#### LEVEL 3

Start Value

10.0

<b>1. From straight arm hang, pull up to flexed arm hang (head between rings) with 2 second hold</b>	<b>0.60</b>
<b>2. Lower to straight arm hang, lift knees to hanging tuck position hold for 2 seconds</b>	<b>0.60</b>
May replace #2 with lower to straight arm hang, lift legs to hanging “L” hold for 2 seconds	
•JUDGING – up to 0.20 maximum deduction	
<b>3. Shoot legs out, swing backward, swing forward</b>	<b>0.60</b>
•Swing backward to 45 degrees below horizontal •Swing showing ring turn	
One or more to achieve proper body position and technique	
<b>5. Swing backward, swing forward to straight body inverted hang</b>	<b>0.60</b>
•Swing backward to 45 degrees below horizontal •1 second hold	
<b>6. Lower legs to piked body inverted hang with a 1 second hold</b>	<b>0.60</b>

Following #6, add extend body to hanging scale rear ways (back lever) with 1 second hold

•JUDGING – up to 0.30 maximum deduction

**7. Lower to German hang (skin-the-cat) hold for 2 seconds**

**0.60**

**8. Release hands and drop to stand**

**0.60**

## **LEVEL AK GOLD**

Start Value 10.0

**1. From extended arm hang (false grip allowed), muscle up to support with spotter assistance and with as straight body as possible**

**0.60**

•Cables must remain taut (no slack) •Slight pike in hips permitted

May replace #1 with from extended arm hang with false grip, muscle up to support without spotter assistance and with as straight body as possible

•JUDGING – up to 0.30 maximum deduction •Slight pike in hips permitted

**2. Straight body, straight arm support hold for 2 seconds**

**0.60**

•2 second hold •Rings turned out and arms free of straps

Following #2, add lift legs to “L” hold for 2 seconds, lower legs to straight body straight arm support

•2 second hold •Rings turned out and arms free of straps •Hips between rings

**3. Roll backward to piked body inverted hang**

**0.60**

•Bent arms allowed

Following #3, add extend body horizontally to hanging scale rearways (back lever) hold for 2 seconds

**4. German hang with 1 second hold**

**0.60**

**5. Pull out to piked inverted hang and cast forward to swing backward**

**0.60**

•Swing backward to 45 degrees below horizontal

**6. Swing forward, swing backward**

**0.60**

•Swing showing ring turn •Swing backward to horizontal  
One or more to achieve proper body position and technique

**8. Swing forward, Salto backward tucked dismount**

**0.60**

•Hips at ring height •Bent arms allowed

# LEVEL 4

Start Value

10.0

<b>1. From straight arm hang, pull up to flexed arm hang (head between rings) with 2 second hold</b>	<b>0.60</b>
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<b>2. Lower to straight arm hang, lift knees to hanging tuck position hold for 2 seconds</b>	<b>0.60</b>
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May replace #2 with lower to straight arm hang, lift legs to hanging “L” hold for 2 seconds

•JUDGING – up to 0.20 maximum deduction

<b>3. Shoot legs out, swing backward, swing forward</b>	<b>0.60</b>
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•Swing backward to 45 degrees below horizontal •Swing showing ring turn  
One or more to achieve proper body position and technique

<b>5. Swing backward, swing forward to straight body inverted hang</b>	<b>0.60</b>
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•Swing backward to 45 degrees below horizontal •1 second hold

<b>6. Lower legs to piked body inverted hang with a 1 second hold</b>	<b>0.60</b>
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Following #6, add extend body to hanging scale rear ways (back lever) with 1 second hold

•JUDGING – up to 0.30 maximum deduction

<b>7. Lower to German hang (skin-the-cat) hold for 2 seconds</b>	<b>0.60</b>
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<b>8. Release hands and drop to stand</b>	<b>0.60</b>
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Updated September 2018