



Boys Program 2018-19

☆ STILL RINGS ☆

LEVEL 2

Start Value

10.0

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

LEVEL 3

Start Value

10.0

1. From straight arm hang, pull up to flexed arm hang (head between rings) with 2 second hold	0.60
2. Lower to straight arm hang, lift knees to hanging tuck position hold for 2 seconds	0.60
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	
3. Shoot legs out, swing backward, swing forward	0.60
•Swing backward to 45 degrees below horizontal •Swing showing ring turn	
One or more to achieve proper body position and technique	
5. Swing backward, swing forward to straight body inverted hang	0.60
•Swing backward to 45 degrees below horizontal •1 second hold	
6. Lower legs to piked body inverted hang with a 1 second hold	0.60

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

1. From straight arm hang, pull up to flexed arm hang (head between rings) with 2 second hold	0.60
2. Lower to straight arm hang, lift knees to hanging tuck position hold for 2 seconds	0.60
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	
3. Shoot legs out, swing backward, swing forward	0.60
•Swing backward to 45 degrees below horizontal •Swing showing ring turn One or more to achieve proper body position and technique	
5. Swing backward, swing forward to straight body inverted hang	0.60
•Swing backward to 45 degrees below horizontal •1 second hold	
6. Lower legs to piked body inverted hang with a 1 second hold	0.60
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

Updated September 2018