



Men's Still Rings Special Requirements

Level 1	#1	#2	#3	#4
Ages 5 to 8	2+ Long hang swings	Pull Up Hold 2 sec	Inverted Skill	Long hang L
	Show Turnover Both Sides of Swing			Momentary Hold
Level 2	#1	#2	#3	#4
Ages 6 to 9	2+ Long hang swings	Long hang L Hold 2 sec.	Pull Up Hold 2 sec.	German Hang
	Show Turnover Both Sides of Swing			2 sec Hold
Level 3	#1	#2	#3	#4
Ages 7 to 10	2+ Swings to Inverted Hang	Back Lever	Pull Up L	German Hang 2 sec.
	Show Turnover Both Sides of Swing	Hold 2 sec.	Hold 2 sec.	Pull up Finish in Basket
Level 4	#1	#2	#3	#4
Ages 8 to 11	2+ Swings to Inverted Hang	Assisted Straight Body Support	Strength Skill	Salto Dismount
	Show Turnover Both Sides of Swing	Finish with Rings Turned Out		
Level 5	#1	#2	#3	#4
Ages 9 to 12	Dislocate	Straight Body Support	Strength Skill	Back Layout/Front Pike
		Finish with Rings Turned Out		Show Rise
Level 6	#1	#2	#3	#4
Ages 10 to 13	Inlocate / Dislocate	Support Strength	Press Handstand lower to Shoulder Stand	Back Layout / Front Pike
	Show Rise	Must show Ring Turn Out in Support	Balance feet inside straps allowed	Show Rise
Level 7	#1	#2	#3	#4
Ages 11 to 14	Bail Shoulder Stand to Shoulder Stand	Support Strength From Shoulder Stand	Press Handstand lower to Shoulder Stand	Back Layout 1/2 / Front Pike 1/2
	Show Turnover	Must show Ring Turn Out in Support	Balance feet inside straps allowed	Show Rise
Level 8	EG 1	EG 2	EG 3	EG 4
Ages 12 to 15	Kip and Swing	Strength Hold	Back Uprise to Straddle L Fulfills EG	Dismount
Level 9	EG 1	EG 2	EG 3	EG 4
Ages 13 to 16	Kip and Swing	Strength Hold	Swing to Strength	Dismount
Level 10	EG 1	EG 2	EG 3	EG 4
Ages 14 to 18	Kip and Swing	Strength Hold	Swing to Strength	Dismount