Still Rings

A	B	C	D	E	F	G
EG I: Kip and Swing Elements and swings to or through handstand						
Uprise Fwd to Support Sup roll fwd swing bwd in hang Underswing w shoulders above Felge to Support Dislocate pike or stretch Bwd Uprise to Support Inlocate pike or stretch Slow Inlocate from hang Kip to Support Back Kip to Support Swing fwd to Swing bwd hang Sup Felge to Support	Chechi/Csollany* Li Ning/Li Ning 2* Dislocate thru HS Deltechev Inolcate thru HS Honma Back kip w str arms Bwd Uprise Strad L Back kip HS Sup Swing HS	Guczoghy* Stretch Honma Yamawaki Sup Salto Fwd Bwd Giant Fwd Giant Honma HS	Pike Guczoghy* Jonasson Stretch Honma HS	O'Neill*		
EG II: Strength Elements and Hold Elements						
L or Strad L Sit Back Lever Front Lever Bent arms and body Press HS Slow Sup Fwd Roll	V-Sit Straddle Planche Any Cross Press HS Slow Sup Roll Strch Slow Bwd roll strch Bent arm pull bwd lever Cross to Bwd Lever HS lower Bwd Lever HS Lower to Inv hang	Invert Cross Straight Planche V-Cross Str/Str Press HS Slow Fwd roll HS Slow fwd roll Cross Str amr pull bwd lever Vert pull to L-Sit Cross lower Cross L prss Inv Cross Cross press L	Inv Cross Press HS Maltese V-Cross press V-Sit Maltese Str/Str HS Slow roll fwd Inv Cross Pineda Pham Azarian Nakayama Vert Pull Cross Maltese press Planche L-Cross press Inv Cross Planche press inv Cross Cross press Planche Inv Cross felge Cross Slw fwd roll Planche Slw fed roll Cross	Victorian Pineda Inv Cross Pineda V-Cross Bhavsar Azarian V-Cross Nakyama V-Cross Van Gelder Maltese bwd lever Maltese Cross str press Inv Cross Maltese press Inv Cross Cross press maltese Inv Cross press maltese Azarian Planche Pull maltese or planche Wynn Vert Pull V-Cross	Nakyama Victorian Zanetti Azarian Maltese Azarian Victorian Carmona Str pull Inv Cross	
EG III: Swing to Strength Hold Elements						
	Fwd Uprise L Kip L Honma L	Fwd Uprise V-Sit Kip V-Sit Fwd Uprise Cross Bwd Uprise Cross Li Ning Cross* Felge Cross Kip Cross Back kip Cross Felge Strad Planche Bwd Uprise Strad Plan Bwd kip strad planche	Honma Cross Sup Honma Cross Li Ning V-Cross* Kip V-Cross Bwd uprise V-Cross Felge Planche Bwd uprise Planche Back kip Planche Felge Planche Felge Inv Cross Bwd Uprise Inv Cross Back kip Inv Cross	Honma V-Cross Felge Maltese Bwd Uprise Maltese Back kip Maltese	Fwd uprise Victorian Kip Victorian	
EG IV: Dismount						
Fwd Pike or Layout Koste Bwd Pike or Layout	Fwd Pike/Layout ½ Koste Pike or Layout Bwd Layout ½ or 1/1 Double Bwd Tuck or Pike	Fwd Pike/Layout 1/1 or 3/2 Double Fwd Tuck and ½ Koste Layout Bwd Layout 2/1 or 3/2 Double Bwd Layout Double Bwd Tuck ½ or 1/1 Bwd lauout 1/1 and Tuck	Fwd Pike/Layout 2/1 Double Fwd Tuck 3/2 (1/1) Doublw Fwd Pike and ½ Double Bwd Tuck 3/2 Dble Bwd Layout ½ or 1/1	Double Fwd Pike 3/2 (1/1) Bwd Layout 3/1 Double Bwd Tuck 2/1	Dbl Bwd Tuck 5/2 Dbl Bwd Lay3/2 o 2/1	Triple Tuck **Triple Pike H**

Still Rings

FIG

A Swing to Handstand is Required
- -0.3 Neutral Deduction
- Must be inside Counting Elements

Only 3 strength or swing to strength (EGII and EGIII) may be performed in succession. They must be broken up by a "B" non-kipping skill. The fourth and subsequent "strength" skills will not count towards the D-Score

Each "Final Strength" position may only be used one time from EGII and one time from EGIII.
- Cross, L-Cross, and V-Cross
- Planche and Straddle Planche

Does not apply to V-Sit and L-Sit

All "V" holds must have legs at Vertical for no deduction

Deductions in an element that make the next element easier may be taken from both elements (ie. High angle on a Cross may also be taken on the press out of the Cross)

Hold of a non-listed part = -0.1 each

Gymnast may NOT bend his arms in moving to the first position unless specifically stated in the element code box

Special Repetitions
- Max 2 Guczoghy Elements
- Max 2 Lin Ning Elements

NCAA

A 10cm/4in mat or Sting mat is allowed for landings

Rings must be taped to the straps

NCAA Dismount Credit for EGIV

D+ = Full Value (0.5)
B or C = Partial Value (0.3)
A = Partial Value (0.1)

ALL Dismounts are eligible for +0.1 Stick Bonus

JO

* Denotes Elements not allowed at Jr. FIG

JO Bonus Skills are Highlighted
- EGII or EGIII any "C" or Higher

Level 8
- May only preform one Honma type element from EGI and one from EGIII
- FIG Swing HS is not required

Special Requirements
1. Handstand
2. FIG "A" Support Skill
3. Inlocate or Dislocate w shoulders at ring height OR Giant
   Skill below height get partial credit
4. FIG "A" Dismount
   Non-FIG gets partial credit