

**Rings - Common Junior/FIG Skills**

A (.1)	B (.2)	C (.3)	D (.4)	E (.5)
--------	--------	--------	--------	--------

**Group I - Kip and Swing**

Front Uprise	Front Uprise Fwd Roll			
Back Uprise	Back Uprise Straddle L			
Kip	Back Uprise thru HS	Yamawaki Tu	Yamawaki Pk/Str	
	Honma Pk	Honma Str	Honma Str swing HS	
Inlocate from Hang	Support Swing HS	Honma Pk swing HS		
Inlocate Pk/Str	Inlocate thru HS	Inlocate/Uprise to HS		
Dislocate Pk/Str	Dislocate thru HS	Dislocate to HS		
Felge	Deltchev	Guczoghy Tu	Guczoghy Pk	Guczoghy Str

**Group II - Static Strength**

L/Straddle L	V Sit	V Cross		Azairian to V Cross
Back Lever	Pull up to Back Lever (bent arms)	Pull up to Back Lever (str arms)	Nakayama Cross	Van Gelder (P/BL/M or M/BL/P)
Front Lever	Cross/L Cross	Inverted Cross	Press to HS from Inverted Cross	Cross to Inverted Cross
Straddle Planch		Planch	Maltese	Maltese to BL to Maltese
Bent body bent arm press to HS	Hollow/Pk/Str Planch press to HS	Straight Body/Planch to HS	Press to HS from Maltese	BL to Maltese or Planch (F)
	Cross to Back Lever	Cross up to L	Maltese press to Planch	Cross to Maltese
			Azarian Cross/L Cross	Pull up to Maltese or Planch
			Planch to Inverted Cross	Pull up to Inverted Cross (F)
				Maltese to Inverted Cross
			Azarian to Planch	Azarian to Maltese

**Group III - Swing to Strength**

	Front Uprise L		Back Kip to Planch	Back Kip to Maltese
	Back Uprise Straddle Planch	Back Uprise Cross/L Cross	Back Uprise Planch	Back Uprise Maltese
	Kip L	Kip V	Kip to V Cross	Back Uprise Inverted Cross
	Honma L	Kip to Cross/L Cross	Honma P/S to Cross/L Cross	Felge to Inv Cross

**Group IV - Dismount**

Front P/L, also with 1/2	Front Pk/Str 1/1	Front Pk/Str 3/2	Double Ft Pk or with 1/2	Double Ft Pk 1/1 or 3/2
		Double Ft Tu or with 1/2	Double Ft Tu 1/1 or 3/2	
Back P/L, also with 1/2	Back Str 1/1	Back L 3/2 or 2/1		Triple Back (G)
	Double Back Tu/Pk	Double Back Str	Double Back Tu 3/2	Double Back Tu 2/1
		Double Back Tu 1/1	Double Back Str 1/2 or 1/1	Double Back Str 3/2 or 2/1 (F)

**Jr FIG D Panel:**

- FIG Dsmt (D) ● L10 Dsmt (C) ● L9 Dsmt (B) ● L8 Dsmt (A)
- Count dismount first then 7 highest skills
- No dismount = Count 7 total skills, No EG IV
- Max final strength position 2x (one EG II & one EG III)

- Missing Swing to HS (.3) (L9/10 only)
- 5 skills allowed from Groups I - III
- No more than 3 EGIII/IV skills in succession
- Max 2 Guczoghy/Li Ning skills + (-.3)

**JO A Skills**

Tuck Planche (2 sec)	Muscle Up (2 sec)
Shoulder Stand or Baby Giant (2 sec)	Front or Back Tucked Salto
Hanging L	
German Hang (2 sec)	