

2015 MS Compulsory Routines  
**Rings - Silver**

Base Score	9.40
Specified Bonus	0.60
<b>Max. Score</b>	<b>10.00</b>

	<b>Skills</b>	<b>Descriptions</b>	<b>Performance Criteria</b>	<b>Specified Bonus</b>
1	Muscle up	From a hang with a false grip and arms extended and as straight as possible, muscle up to support	Spotter assistance allowed Cables must remain taut. Slight pike in hips allowed	Muscle up w/o spot <b>+0.1</b> Cast back up rise <b>+0.1</b>
2	Straight body support Forward roll to piked inverted hang	Straight body, straight arm support with the rings turned out. Roll forward to piked inverted hang	Two second hold with arms free of straps	
3	Lower to German hang	Lower and extend to German hang	Momentary hold	Show fully extended shoulder flexibility <b>0.1</b>
4	Pull out to piked inverted hang	Pull out through pike and inverted hang		
5	Cast to back swing	cast to backward swing	Turnover swing shown, Feet at ring level	Swing backward with turnover and feet above bottom of ring <b>+0.1</b>
6	Swing forward	Swing forward	Turnover swing shown, Feet at ring level	Swing forward with turnover and feet above bottom of ring <b>+0.1</b>
7	Swing backward and inlocate Swing backward	Swing backward, and inlocate to a backward swing	Turnover swing shown, Feet at ring level	Str. body inlocate <b>+0.1</b>
8	Swing forward, swing backward	Swing forward, swing backward	Turnover swing shown, Feet at ring level	Swing forw. Or back. with turnover and feet above bottom of ring <b>+0.1 each</b> (0.1 For. / 0.1 Back)
9	Swing forward and dislocate	swing forward and dislocate to <b>pike inverted hang and pause allowed prior to dislocate</b>	Head neutral with straight body and pressure downward and forward on rings	
10	Swing forward to tucked, piked, or stretched dismount	salto backward (tucked, piked, or stretched) dismount	Turnover swing with lift to release.	Salto at ring height <b>+0.1</b> Stick <b>+0.1</b>

2015 MS Compulsory Routines  
**Rings - Gold**

Base Score	9.40
Specified Bonus	0.60
<b>Max. Score</b>	<b>10.00</b>

	<b>Skills</b>	<b>Descriptions</b>	<b>Performance Criteria</b>	<b>Specified Bonus</b>
1	Inverted Hang Piked Inverted Hang	Lift body to straight body inverted hang lower to pike inverted hang and cast forward to		
2	Inlocate	Straight body inlocate	Rise in shoulders	Shoulders at bottom of rings <b>+0.1</b>
3	Inlocate	Straight body inlocate	Rise in shoulders	Shoulders at bottom of rings <b>+0.1</b>
4	Back Uprise L Support	Back uprise to L support	Straight Arms and feet 45* below horizontal 2 second hold	Back uprise 45* above horizontal, bent arms OK <b>0.1</b> Back uprise to handstand bent arms OK <b>0.2</b>
5	Tuck Planche	Press to tuck planche or straight body planche	Momentary Hold Straight Arms, Rings turned out, back parallel to floor	2 second Hold <b>0.1</b>
6	L support Shoulderstand	L support (hold), press to shoulderstand (hold)	2 second hold on L and shoulderstand If handstand is performed shoulderstand is omitted	Bent arm press to hand (Piked or Straddled) <b>0.1</b> Straight arm press to hand (Piked or Straddled) <b>0.2</b> 2 second Handstand <b>0.1</b>
7	Piked Inverted hang	Lower down and roll around to pike inverted hang and		
8	Dislocate	Dislocate	Rise in shoulders	Shoulders at bottom of rings <b>+0.1</b>
9	Dislocate	Dislocate	Rise in shoulders	Shoulders at bottom of rings <b>+0.1</b>
10	Salto	Swing forward to tuck or layout back salto	Salto at ring height	Salto with hips above top of rings <b>+0.1</b>  <b>Stick +0.1</b>