

Middle School Compulsory Routines Rings - Level 4

Base Score: 9.2 Available Bonus: +.8 **Total Score: 10.0**

Bonus earned can not exceed +.8

Specified Bonus: +.4, Virtuosity: +.2, GPA: +.1, Stick: +.1

Note: Swing height and body position is defined as:

Forward – The line from the shoulders to feet with body position hollow.

Backward – The line from the shoulders to feet with the body in a tight arch.

1. From straight arm hang, pull up to flexed arm hang (chin up)
Head between rings – momentary hold
Specified Bonus: +.2 From flexed arm hang in #1, lower to straight arm hang and then pull up to a second flexed arm hang.
Momentary hold required, hold allowed.
2. Lower to straight arm hang: raise legs to hanging “L”
2 second hold on “L”
3. Drop legs and swing backward.
Backward swing to 45* below horizontal
4. Swing Forward
Forward Swing to horizontal
5. Swing Backward
Backward swing to horizontal
6. Swing forward to straight body inverted hang
Momentary hold – inverted hang
7. Lower legs to piked body inverted hang
Momentary hold required, Hold allowed
Specified Bonus: +.2 Extension from the pike position showing a lever prior to lowering to long hang position.
Hold allowed but not required to receive bonus
8. Lower to long hang position
2 second hold in long hang position
9. Drop to landing
Bonus: +.1 Stick

Middle School Compulsory Routines Rings – Level 5

Base Score: 9.2 Available Bonus: +1.0 **Total Score: 10.00**

Bonus earned can not exceed: +.8

Specified Bonus: +.4, Virtuosity: +.2, GPA: +.1, Stick: +.1, Additional: +.2

Note: Swing height and body position is defined as:

Forward – The line from the shoulders to feet with body position hollow. The swing must show some lifting of the shoulders.

Backward – The line from the shoulders to feet with body position in a tight arch.

1. From straight arm hang with false grip, muscle up to support **OR**
From straight arm hang pull up and cast to back up rise to support
(Spotter assistance is allowed.)
Specified Bonus: +.2 From straight arm hang with false grip, muscle up to support with no assistance.
(Pike in hips is permitted)
Or
Bonus: +.2 From straight arm hang, lower to pike inverted hang and cast to back up rise.
2. Straight body support with the rings turned out
(2 second hold required.)
3. Roll backward to pike inverted hang
(Bent arms allowed)
Specified Bonus: +.2 From pike inverted hang in #3, extend body horizontally into back lever position. (Hold 2 seconds required)
4. Lower to long hang position (Momentary hold required)
5. Pull out to pike inverted hang.
6. Cast to swing backward, swing forward (Forward swing to horizontal)
Bonus: +.1 Cast to inlocate
7. Swing backward to straight body inlocate, swing backward
(Backward swing to horizontal)
8. Swing forward, swing backward
(Forward swing to horizontal, Backward swing to horizontal)
Bonus: +.1 Swing forward and dislocate
9. Swing forward to tucked or layout flyaway dismount.
Bonus: +.1 Stick

Middle School Compulsory Routine Rings - Modified H.S. Level

Base Score: 9.4 Available Bonus: +.8 to +1.1 **Total Score: 10.00**
Bonus earned can not exceed +.6

1. Lift body to straight body inverted hang
2. Lower to pike inverted hang and cast to
3. Straight body inlocate (must show rise in shoulders)
Bonus: +.1 Shoulder rise at bottom of rings
4. Straight body inlocate (must show rise in shoulders)
Bonus: +.1 Shoulder rise at bottom of rings
5. Back uprise to L support (2 second hold), (45* below horizontal)
Bonus: +.1 45* above horizontal
Bonus: +.2 Back uprise to handstand
6. Press to tuck planche (momentary hold – straight arm position)
Bonus: +.1 2 second hold
7. L support (2 second hold), Press to shoulder stand (2 second hold)
Bonus: +.1 Bent arm press to handstand
Bonus: +.2 Straight arm press to handstand
Bonus: +.1 Handstand held 2 seconds (No shoulder stand needed)
8. Lower down and roll back to pike inverted hang
9. Dislocate, straight body dislocate (must show rise in shoulders)
Bonus: +.1 Shoulder rise at bottom of rings on first dislocate
Bonus: +.1 Shoulder rise at bottom of rings on second dislocate
10. Swing forward to **tuck or layout** back somersault. (dismount at ring Ht.)
Bonus: +.1 Layout dismount with hips above top of rings
Bonus: +.1 Stick