

# RINGS Compulsory Evaluation Form



**Purpose:** 2023 National Course Evaluation

**Competition:**

**EVENT:** SR

**Level:** JDP Level 3

**Routine#:** SR L3-1

**Routine Link:** [ngja.org/wp-content/uploads/2023-2024/Course videos/Compulsory/L3 SR 1.mp4](http://ngja.org/wp-content/uploads/2023-2024/Course%20videos/Compulsory/L3%20SR%201.mp4)

Routine Version: 7/14/2023

Still Rings		JD 3			
Part	Description	SB	V	Exec. Deduct.	Comments
1	From straight arm hang, pull up to momentary hold of flexed arm hang				
2	Lower straight arm hang, lift knees to hanging tuck position hold				
SB1	(Replace #2 with hanging "L" hold)	.5		.1, .3	Leg angle, short hold (starts moving before 3 sec)
3	Shoot legs out, swing backward, swing forward			.1	Leg separation
4	Swing backward, swing forward			.1, .1	Leg separation (x2)
V1	(In #4, swing bwd. with turnover greater than horizontal)				
5	Swing backward, swing forward to momentary hold of straight body inverted hang			.1	Leg separation
V2	(In #5, swing bwd. with turnover greater than horizontal)				
6	Lower legs to momentary hold of piked inverted hang				
SB2	(Following #6, add extend body to momentary hold of hanging scale rearways (back lever))	.5		.1	Body position
7	Lower to German hang hold (skin-the-cat)				
V3	(In #7, perform with fully extended shoulder flexibility)				
SB3	(Following #7, add pull out of German hang to momentary piked body inverted hang, lower through German hang (skin-the-cat))	.5			
8	Release hands and drop to stand				
	<b>Stick Bonus</b>	.2			

Start Value Calculation		Execution Scores		Final Score	
Base Score	9.5	E1	0.9		
Virtuosity		E2			
Special Bonus	1.5	E3		Start Score:	11.2
Stick Bonus	.2	E4		E Score:	0.9
<b>Start Score:</b>	<b>11.2</b>	<b>Exec. Average:</b>	<b>0.9</b>	<b>Final Score:</b>	<b>10.1</b>

# RINGS Compulsory Evaluation Form

**Purpose:** 2023 National Course Evaluation

**Competition:**

**EVENT:** SR

**Level:** JDP Level 3

**Routine#:** SR L3-2

**Routine Link:** [ngja.org/wp-content/uploads/2023-2024/Course videos/Compulsory/L3 SR 2.mp4](http://ngja.org/wp-content/uploads/2023-2024/Course%20videos/Compulsory/L3%20SR%202.mp4)



Routine Version: 7/14/2023

Still Rings		JD 3			
Part	Description	SB	V	Exec. Deduct.	Comments
1	From straight arm hang, pull up to momentary hold of flexed arm hang			.1	Toes separation
2	Lower straight arm hang, lift knees to hanging tuck position hold			.1, .1, .3	Toe & knee separation, short hold
SB1	(Replace #2 with hanging "L" hold)				
3	Shoot legs out, swing backward, swing forward			.1, .1, .1, .1	Toe & knee separation on shoot out, knees on bwd. swing, toe separation on fwd. swing
4	Swing backward, swing forward			.1, .1	Knees on bwd. swing, toe separation on fwd. swing
V1	(In #4, swing bwd. with turnover greater than horizontal)				
5	Swing backward, swing forward to momentary hold of straight body inverted hang			.1, .1	Knees on bwd. swing, toe separation on fwd. swing
V2	(In #5, swing bwd. with turnover greater than horizontal)				
6	Lower legs to momentary hold of piked inverted hang			.1	Knees
SB2	(Following #6, add extend body to momentary hold of hanging scale rearways (back lever))				
7	Lower to German hang hold (skin-the-cat)			.1	Toe separation
V3	(In #7, perform with fully extended shoulder flexibility)				
SB3	(Following #7, add pull out of German hang to momentary piked body inverted hang, lower through German hang (skin-the-cat))				
8	Release hands and drop to stand				
	Stick Bonus	.2			

Start Value Calculation		Execution Scores		Final Score	
Base Score	9.5	E1	1.6		
Virtuosity		E2			
Special Bonus		E3		Start Score:	9.7
Stick Bonus	.2	E4		E Score:	1.6
<b>Start Score:</b>	<b>9.7</b>	<b>Exec. Average:</b>	<b>1.6</b>	<b>Final Score:</b>	<b>8.1</b>

# RINGS Compulsory Evaluation Form



**Purpose:** 2023 National Course Evaluation

**Competition:**

**EVENT:** SR

**Level:** JDP Level 3

**Routine#:** SR L3-3

**Routine Link:** [ngja.org/wp-content/uploads/2023-2024/Course videos/Compulsory/L3 SR 3.mp4](http://ngja.org/wp-content/uploads/2023-2024/Course%20videos/Compulsory/L3%20SR%203.mp4)

Still Rings		JD 3		Routine Version: 7/14/2023	
Part	Description	SB	V	Exec. Deduct.	Comments
1	From straight arm hang, pull up to momentary hold of flexed arm hang			.1	Toe separation
2	Lower straight arm hang, lift knees to hanging tuck position hold				
SB1	(Replace #2 with hanging "L" hold)	.5		.1	Leg angle high
3	Shoot legs out, swing backward, swing forward			.1	Toe separation on bwd. swing
4	Swing backward, swing forward			.1, .1	Toe separation & arm bend on bwd/ swing
V1	(In #4, swing bwd. with turnover greater than horizontal)				<i>Feet are above horizontal, but chest and body are not, so no virtuosity (also, more than 0.1 in exec.)</i>
5	Swing backward, swing forward to momentary hold of straight body inverted hang			.1	Arm bend on bwd. swing
V2	(In #5, swing bwd. with turnover greater than horizontal)				
6	Lower legs to momentary hold of piked inverted hang				
SB2	(Following #6, add extend body to momentary hold of hanging scale rearways (back lever))	.5		.1, .1	Unsteadiness, high body angle
7	Lower to German hang hold (skin-the-cat)				
V3	(In #7, perform with fully extended shoulder flexibility)				
SB3	(Following #7, add pull out of German hang to momentary piked body inverted hang, lower through German hang (skin-the-cat))	.5			
8	Release hands and drop to stand			.3	Chest low on landing
	Stick Bonus	.2			

Start Value Calculation		Execution Scores		Final Score	
Base Score	9.5	E1	1.1		
Virtuosity		E2			
Special Bonus	1.5	E3		Start Score:	11.2
Stick Bonus	0.2	E4		E Score:	1.1
<b>Start Score:</b>	<b>11.2</b>	<b>Exec. Average:</b>	<b>1.1</b>	<b>Final Score:</b>	<b>10.1</b>

# RINGS Compulsory Evaluation Form

**Purpose:** 2023 National Course Evaluation

**Competition:**

**EVENT:** SR

**Level:** JDP Level 4

**Routine#:** SR L4-1

**Routine Link:** [ngja.org/wp-content/uploads/2023-2024/Course videos/Compulsory/L4 SR 1.mp4](http://ngja.org/wp-content/uploads/2023-2024/Course%20videos/Compulsory/L4%20SR%201.mp4)

 Routine Version: 7/14/2023

Still Rings		JD 4		Exec. Deduct.	Comments
Part	Description	SB	V		
1	From straight arm hang (false grip allowed), muscle up to support with spotter assistance and with as straight a body as possible				
SB1	(Muscle up WITHOUT spotter assistance)	.5		.3, .1	Hip pike (severe), toe separation
2	Straight body, straight arm support hold				
SB2	(Add lift legs to "L" hold)	.5		.1, .1	High leg angle, rings turned in
3	Roll backward to piked body inverted hang			.1	Toe separation
SB3	(Add extend body horizontally to hanging scale rearways hold (back lever))	.5		.1, .1, .1	Body shape, body angle low, toe separation
4	Lower to momentary hold of German hang (skin-the-cat)				
V1	(In #4, perform German hang with fully extended shoulder flexibility)				
5	Pull out to piked inverted hang and cast forward to swing bwd.			.1	Leg separation on bwd. swing
6	Swing forward, swing backward				
V2	(In #6, swing backward with turnover greater than horizontal)				
7	Swing forward, swing backward			.1, .1	Knee bend & leg separation on bwd. swing
V3	(In #7, swing backward with turnover greater than horizontal)				
8	Swing forward to salto backward tucked dismount			.1	Leg separation on dismount
	Stick Bonus	.2			

Base Score Calculation		Execution Scores		Final Score	
Base Score	9.5	E1	1.4		
Virtuosity		E2			
Special Bonus	1.5	E3		Start Score:	11.2
Stick Bonus	0.2	E4		E Score:	1.4
<b>Start Score:</b>	<b>11.2</b>	<b>Exec. Average:</b>	<b>1.4</b>	<b>Final Score:</b>	<b>9.8</b>

# RINGS Compulsory Evaluation Form



**Purpose:** 2023 National Course Evaluation

**Competition:**

**EVENT:** SR

**Level:** JDP Level 4

**Routine#:** SR L4-2

**Routine Link:** [ngja.org/wp-content/uploads/2023-2024/Course videos/Compulsory/L4 SR 2.mp4](http://ngja.org/wp-content/uploads/2023-2024/Course%20videos/Compulsory/L4%20SR%202.mp4)

Routine Version: 7/14/2023

Still Rings		JD 4		Exec. Deduct.	Comments
Part	Description	SB	V		
1	From straight arm hang (false grip allowed), muscle up to support with spotter assistance and with as straight a body as possible				
SB1	<b>(Muscle up WITHOUT spotter assistance)</b>	.5		.3, .1, .1	Hip pike (severe), knee bend, leg separation
2	Straight body, straight arm support hold			.1	Slight ring turn in
SB2	<b>(Add lift legs to "L" hold)</b>	.5		.1, .1	Leg angle high, slight ring turn in
3	Roll backward to piked body inverted hang			.1	Toes flexed
SB3	<b>(Add extend body horizontally to hanging scale rearways hold (back lever))</b>	.5		.1, .1	Body shape, leg form
4	Lower to momentary hold of German hang (skin-the-cat)				
V1	<b>(In #4, perform German hang with fully extended shoulder flexibility)</b>		.1		
5	Pull out to piked inverted hang and cast forward to swing bwd.			.1	Toe separation on pull out
6	Swing forward, swing backward			.1	Toe separation on bwd. swing
V2	<b>(In #6, swing backward with turnover greater than horizontal)</b>				
7	Swing forward, swing backward			.1	Toe separation on bwd. swing
V3	<b>(In #7, swing backward with turnover greater than horizontal)</b>				
8	Swing forward to salto backward tucked dismount			.1, .1, .1	Low chest, step, step
	Stick Bonus				

Base Score Calculation		Execution Scores		Final Score	
Base Score	9.5	E1	1.7		
Virtuosity	0.1	E2			
Special Bonus	1.5	E3		Start Score:	11.1
Stick Bonus		E4		E Score:	1.7
<b>Start Score:</b>	<b>11.1</b>	<b>Exec. Average:</b>	<b>1.7</b>	<b>Final Score:</b>	<b>9.4</b>

# RINGS Compulsory Evaluation Form

**Purpose:** 2023 National Course Evaluation

**Competition:**

**EVENT:** SR

**Level:** JDP Level 4

**Routine#:** SR L4-3

**Routine Link:** [ngja.org/wp-content/uploads/2023-2024/Course videos/Compulsory/L4 SR 3.mp4](http://ngja.org/wp-content/uploads/2023-2024/Course%20videos/Compulsory/L4%20SR%203.mp4)

 Routine Version: 7/14/2023

Still Rings		JD 4			
Part	Description	SB	V	Exec. Deduct.	Comments
1	From straight arm hang (false grip allowed), muscle up to support with spotter assistance and with as straight a body as possible			.3 .1	Leg separation on lift to rings Toe separation on muscle up
SB1	(Muscle up WITHOUT spotter assistance)				
2	Straight body, straight arm support hold			.3, .1	Ring turn in (past straight), arm bend
SB2	(Add lift legs to "L" hold)	.5		.3, .1, .1, .1	Ring turn in, arm bend, low legs, knee bend
3	Roll backward to piked body inverted hang			.3, .1, .1	Knee bend, toe flex, leg separation
SB3	(Add extend body horizontally to hanging scale rearways hold (back lever))	.5		.3, .3, .1	Body shape, short hold, toe separation <i>Could have not given credit and only deducted for toe separation, but hold was close to 2 seconds, so gave credit and deducted</i>
4	Lower to momentary hold of German hang (skin-the-cat)			.1	Leg separation
V1	(In #4, perform German hang with fully extended shoulder flexibility)				
5	Pull out to piked inverted hang and cast forward to swing bwd.			.1, .1, .1	Legs on cast, leg bend / separation on bwd. swing
6	Swing forward, swing backward			.1, .1	Toes crossed on fwd. swing, knee bend on bwd, swing
V2	(In #6, swing backward with turnover greater than horizontal)				
7	Swing forward, swing backward			.1, .1	Toes crossed on fwd. swing, knee bend on bwd, swing
V3	(In #7, swing backward with turnover greater than horizontal)				
8	Swing forward to salto backward tucked dismount			.1	Toe flex
	Stick Bonus	.2		.1	Heels not together at end

Base Score Calculation		Execution Scores		Final Score	
Base Score	9.5	E1	3.6		
Virtuosity		E2			
Special Bonus	1.0	E3		Start Score:	10.7
Stick Bonus	0.2	E4		E Score:	3.6
<b>Start Score:</b>	<b>10.7</b>	<b>Exec. Average:</b>	<b>3.6</b>	<b>Final Score:</b>	<b>7.1</b>

# RINGS Compulsory Evaluation Form

**Purpose:** 2023 National Course Evaluation

**Competition:**

**EVENT:** SR

**Level:** JD Level 5

**Routine#:** SR L5-1

**Routine Link:** [ngja.org/wp-content/uploads/2023-2024/Course videos/Compulsory/L5 SR 1.mp4](http://ngja.org/wp-content/uploads/2023-2024/Course%20videos/Compulsory/L5%20SR%201.mp4)



Routine Version: 7/14/2023

Still Rings		JD 5			
Part	Description	SB	V	Exec. Deduct.	Comments
1	From straight arm hang, straight arm piked body pull to piked inverted hang				
SB1	(Following #1 extend body horizontally to hanging scale rearways (back lever))				<i>Would have had 0.3 / 0.3 for high body angle and hold ~1 second, so did not give bonus and did not deduct to benefit gymnast</i>
2	Lower slowly to momentary hold of German hang (skin-the-cat), pull out and extend to momentary hold of straight body inverted hang			.1	Toes crossed on lower to German hang
V1	(In #2, perform German hang with fully extended shoulder flexibility)				
3	Compress to tight pike and dislocate backwards			.1, .1	Toe separation & arch on dislocate
4	Swing forward, swing backward				
V2	(In #4, swing backward with turnover greater than horizontal)		.1		
5	Swing forward, swing backward to uprise backward to support			.1	Toe separation on uprise (bent arms allowed)
V3	(In #5, perform uprise backwards with straight arms)				
6	Lift legs to "L" hold			.1, .3	Low leg angle, short hold
7	Pike press to shoulder stand hold			.1, .1, .3	Toe separation, arch, short hold
SB2	(Replace #7 with momentary hold of bent or straight arm, bent body press to handstand, lower to shoulder stand hold)				
8	Bail forward, swing backward				
9	Swing forward, swing backward			.1	Toe separation
SB3	(Following #9, add inlocate stretched, swing backward)				
10	Swing forward to salto backward tucked or stretched dismount				
	Stick Bonus	.2			

Base Score Calculation		Execution Scores		Final Score	
Base Score	9.5	E1	1.4		
Virtuosity		E2			
Special Bonus		E3		Start Score:	9.7
Stick Bonus	.2	E4		E Score:	1.4
<b>Start Score:</b>	<b>9.7</b>	<b>Exec. Average:</b>	<b>1.4</b>	<b>Final Score:</b>	<b>8.3</b>

# RINGS Compulsory Evaluation Form



**Purpose:** 2023 National Course Evaluation

**Competition:**

**EVENT:** SR

**Level:** JD Level 5

**Routine#:** SR L5-2

**Routine Link:** [ngja.org/wp-content/uploads/2023-2024/Course videos/Compulsory/L5 SR 2.mp4](http://ngja.org/wp-content/uploads/2023-2024/Course%20videos/Compulsory/L5%20SR%202.mp4)



Routine Version: 7/14/2023

Still Rings		JD 5			
Part	Description	SB	V	Exec. Deduct.	Comments
1	From straight arm hang, straight arm piked body pull to piked inverted hang				
SB1	(Following #1 extend body horizontally to hanging scale rearways (back lever))	.5		.1	Body angle high
2	Lower slowly to momentary hold of German hang (skin-the-cat), pull out and extend to momentary hold of straight body inverted hang				
V1	(In #2, perform German hang with fully extended shoulder flexibility)		.1		
3	Compress to tight pike and dislocate backwards				
4	Swing forward, swing backward				
V2	(In #4, swing backward with turnover greater than horizontal)		.1		
5	Swing forward, swing backward to uprise backward to support				
V3	(In #5, perform uprise backwards with straight arms)		.1	.1	Arm bend
6	Lift legs to "L" hold			.1, .1	Slight ring turn in, leg angle high
7	Pike press to shoulder stand				
SB2	(Replace #7 with momentary hold of bent or straight arm, bent body press to handstand, lower to shoulder stand hold)	.5		.1, .1	Slight ring turn in, arm bend
8	Bail forward, swing backward				
9	Swing forward, swing backward				
SB3	(Following #9, add inlocate stretched, swing backward)	.5			Very slight rise (almost 0.3 deduction for no rise)
10	Swing forward to salto backward tucked or stretched dismount			.1, .1	Hollow body, unsteadiness / leg raise
	Stick Bonus				

Base Score Calculation		Execution Scores		Final Score	
Base Score	9.5	E1	0.8		
Virtuosity	0.3	E2			
Special Bonus	1.5	E3		Start Score:	11.3
Stick Bonus		E4		E Score:	0.8
<b>Start Score:</b>	<b>11.3</b>	<b>Exec. Average:</b>	<b>0.8</b>	<b>Final Score:</b>	<b>10.5</b>



# RINGS Compulsory Evaluation Form

**Purpose:** 2023 National Course Evaluation

**Competition:**

**EVENT:** SR

**Level:** JD Level 5

**Routine#:** SR L5-3

**Routine Link:** [ngja.org/wp-content/uploads/2023-2024/Course videos/Compulsory/L5 SR 3.mp4](https://ngja.org/wp-content/uploads/2023-2024/Course%20videos/Compulsory/L5%20SR%203.mp4)



Routine Version: 7/14/2023

Still Rings		JD 5			
Part	Description	SB	V	Exec. Deduct.	Comments
1	From straight arm hang, straight arm piked body pull to piked inverted hang				
SB1	(Following #1 extend body horizontally to hanging scale rearways (back lever))	.5		.3, .1	Body shape, low leg angle
2	Lower slowly to momentary hold of German hang (skin-the-cat), pull out and extend to momentary hold of straight body inverted hang			.1 .5	Movement on German hang <b>Composition error (no extension to straight body inverted hang)</b>
V1	(In #2, perform German hang with fully extended shoulder flexibility)				
3	Compress to tight pike and dislocate backwards			.1, .3	Knee bend, leg separation
4	Swing forward, swing backward			.1	Leg separation on bwd. swing
V2	(In #4, swing backward with turnover greater than horizontal)				
5	Swing forward, swing backward to uprise backward to support			.1	Leg separation on uprise ( <i>unable to tell if coach touched the gymnast on uprise</i> )
V3	(In #5, perform uprise backwards with straight arms)				
6	Lift legs to "L" hold			.1, .1, .3	Slight ring turn in, leg angle low, short hold
7	Pike press to shoulder stand			.1, .1, .5	Leg separation on press, slight hip angle, low leg angle (below 45 deg)
SB2	(Replace #7 with momentary hold of bent or straight arm, bent body press to handstand, lower to shoulder stand hold)				
8	Bail forward, swing backward			.1	Leg separation on bwd. swing
9	Swing forward, swing backward				
SB3	(Following #9, add inlocate stretched, swing backward)				
10	Swing forward to salto backward tucked or stretched dismount			.1, .1	Low hips, leg separation on landing
	Stick Bonus	.2			

Base Score Calculation		Execution Scores		Final Score	
Base Score	9.5	E1	3.1		
Virtuosity		E2			
Special Bonus	.5	E3		Start Score:	10.2
Stick Bonus	.2	E4		E Score:	3.1
<b>Start Score:</b>	<b>10.2</b>	<b>Exec. Average:</b>	<b>3.1</b>	<b>Final Score:</b>	<b>7.1</b>

# RINGS Compulsory Evaluation Form

**Purpose:** 2023 National Course Evaluation

**Competition:**

**EVENT:** SR

**Level:** JD Level 6

**Routine#:** SR L6-1

**Routine Link:** [ngja.org/wp-content/uploads/2023-2024/Course videos/Compulsory/L6 SR 1.mp4](http://ngja.org/wp-content/uploads/2023-2024/Course%20videos/Compulsory/L6%20SR%201.mp4)

 Routine Version: 7/14/2023

Still Rings		JD 6			
Part	Description	SB	V	Exec. Deduct.	Comments
1	From straight arm hang, straight arm piked body pull directly to straight body inverted hang				
V1	(Perform #1 with straight arms and straight body)		.1		
2	Cast, swing bwd. to uprise bwd. with straight arms to "L" support hold				
3	Press to tucked Planche hold, lower to "L" support hold			.1	Slight arm bend
4	Pike press to shoulder stand and bail forward				
SB1	(Replace #4 with momentary hold of bent or straight arm, bent body press to handstand, lower to shoulder stand and bail forward)	.5		.1, .1, .1	Ring turn in, arm bend, leg separation in handstand
SB2	(Following #4, add bail to swing bwd. to shoulder stand (baby giant), bail fwd.)	.5		.1	Leg separation
5	Inlocate stretched				
V2	(Perform #5 with shoulders at ring level with body vertical)				
6	Uprise backward with straight arms to support			.1, .1	Arm bend, slight ring turn in on support
7	Roll bwd. to piked inverted body hang				
8	Dislocate backward				
9	One or two dislocates bwd. stretched			.1, .1	Leg separation, arch
V3	(Perform #9 with shoulders at ring level)				
10	Swing forward to salto backward stretched dismount				
SB3	(Replace #10 with swing forward to double salto backward tucked dismount)	.5			
	Stick Bonus	.2			

Base Score Calculation		Execution Deductions		Final Score	
Base Score	9.5	E1	0.8		
Virtuosity	0.1	E2			
Special Bonus	1.5	E3		Start Score:	11.3
Stick Bonus	0.2	E4		E Score:	0.8
<b>Start Score:</b>	<b>11.3</b>	<b>Exec. Average:</b>	<b>0.8</b>	<b>Final Score:</b>	<b>10.5</b>

# RINGS Compulsory Evaluation Form

**Purpose:** 2023 National Course Evaluation

**Competition:**

**EVENT:** SR

**Level:** JD Level 6

**Routine#:** SR L6-2

**Routine Link:** [ngja.org/wp-content/uploads/2023-2024/Course videos/Compulsory/L6 SR 2.mp4](http://ngja.org/wp-content/uploads/2023-2024/Course%20videos/Compulsory/L6%20SR%202.mp4)

 Routine Version: 7/14/2023

Still Rings		JD 6		Exec. Deduct.	Comments
Part	Description	SB	V		
1	From straight arm hang, straight arm piked body pull directly to straight body inverted hang			.1	Pre-motion backward
V1	(Perform #1 with straight arms and straight body)				
2	Cast, swing bwd. to uprise bwd. with straight arms to "L" support hold			.5, .3, .1	Arm bend, intermediate swing (in support), ring turn in
3	Press to tucked Planche hold, lower to "L" support hold			.1, .1, .1, .1	Arm bend, ring turn in (planche), unsteadiness, ring turn in (L-sit)
4	Pike press to shoulder stand and bail forward				
SB1	(Replace #4 with momentary hold of bent or straight arm, bent body press to handstand, lower to shoulder stand and bail forward)	.5		.5 (.3, .1, .1, .1, .1)	Maximum deduction of 0.5 for achieving the HS (Arms touching straps, arm bend, knee bend, arch in HS, shoulder angle)
SB2	(Following #4, add bail to swing bwd. to shoulder stand (baby giant), bail fwd.)				
5	Inlocate stretched			.3	No rise
V2	(Perform #5 with shoulders at ring level with body vertical)				
6	Uprise backward with straight arms to support			.5	Arm bend
7	Roll bwd. to piked inverted body hang				
8	Dislocate backward			.1	Hip pike
9	One or two dislocates bwd. stretched			.1	Hip pike
V3	(Perform #9 with shoulders at ring level)				
10	Swing forward to salto backward stretched dismount			.1, .3	Hip pike, hip height
SB3	(Replace #10 with swing forward to double salto backward tucked dismount)				
	Stick Bonus		.2	.1	Unsteadiness

Base Score Calculation		Execution Deductions		Final Score	
Base Score	9.5	E1	3.4		
Virtuosity		E2			
Special Bonus	0.5	E3		Start Score:	10.2
Stick Bonus	.2	E4		E Score:	3.4
<b>Start Score:</b>	<b>10.2</b>	<b>Exec. Average:</b>	<b>3.4</b>	<b>Final Score:</b>	<b>6.8</b>

# RINGS Compulsory Evaluation Form

**Purpose:** 2023 National Course Evaluation

**Competition:**

**EVENT:** SR

**Level:** JD Level 6

**Routine#:** SR L6-3

**Routine Link:** [ngja.org/wp-content/uploads/2023-2024/Course videos/Compulsory/L6 SR 3.mp4](http://ngja.org/wp-content/uploads/2023-2024/Course%20videos/Compulsory/L6%20SR%203.mp4)

 Routine Version: 7/14/2023

Still Rings		JD 6			
Part	Description	SB	V	Exec. Deduct.	Comments
1	From straight arm hang, straight arm piked body pull directly to straight body inverted hang				
V1	(Perform #1 with straight arms and straight body)				
2	Cast, swing bwd. to uprise bwd. with straight arms to "L" support hold			.1, .1, .3	Knee bend, toe separation, arm bend
3	Press to tucked Planche hold, lower to "L" support hold			.1, .3, .1	Arm bend, lowering legs (in planche), ring turn in (L-sit)
4	Pike press to shoulder stand and bail forward				
SB1	(Replace #4 with momentary hold of bent or straight arm, bent body press to handstand, lower to shoulder stand and bail forward)	.5		.5 (.3, .1, .1, .3, .1)	Maximum deduction of 0.5 for achieving the HS (Arms touching straps, arm bend, knee bend, arch in HS, shoulder angle)
SB2	(Following #4, add bail to swing bwd. to shoulder stand (baby giant), bail fwd.)				
5	Inlocate stretched			.1, .3	Knee bend, no rise
V2	(Perform #5 with shoulders at ring level with body vertical)				
6	Uprise backward with straight arms to support			.1, .5, .3	Knee bend, arm bend, intermediate swing (in support)
7	Roll bwd. to piked inverted body hang			.1	Knee bend
8	Dislocate backward				
9	One or two dislocates bwd. stretched			.1	Knee bend
V3	(Perform #9 with shoulders at ring level)				
10	Swing forward to salto backward stretched dismount			.1, .3, .3	Hip pike, hip height, step
SB3	(Replace #10 with swing forward to double salto backward tucked dismount)				
	Stick Bonus				

Base Score Calculation		Execution Deductions		Final Score	
Base Score	9.5	E1	3.2		
Virtuosity		E2			
Special Bonus	0.5	E3		Start Score:	10.0
Stick Bonus		E4		E Score:	3.2
<b>Start Score:</b>	<b>10.0</b>	<b>Exec. Average:</b>	<b>3.2</b>	<b>Final Score:</b>	<b>6.8</b>