Rings

* 10 Elements per exercise
* 4 Element Groups
* Maximum 5 elements per Element Group
* Maximum 1 final strength position in each EG for recognized difficulty
* Swing to handstand required (must be inside 10 counting elements) or -0.3 ND
* Maximum 3 strength elements in succession and a B value or higher swing element (inside the 10 counting) is required before any further strength elements can be counted to difficulty recognition

New EG

|  |  |
| --- | --- |
| EG I | Kip and swing elements, swings through handstand, & swings to handstand (2 sec) |
| EG II | Strength elements and hold elements (2 sec.) |
| EG III | Swing to Strength hold elements (2 sec.) |
| EG IV | Dismounts |

Summary:

* ~~Retain maximum 3 strength or swing to strength elements in a row per exercise rule~~
* ~~Retain maximum two times same final hold (max. 2 Swallow, 2 Crosses, 2 planches, etc.)~~
* Honma to Cross & Honma to V Cross remain
* Csollány and Chechi move to same box, still B value
* Li Ning and Li Ning 2 move to same box, B value
* Guczoghy & Guczoghy tucked from or to Li Ning hang move to same box
* Guczoghy piked & Guczoghy piked to Li Ning hang move to same box
* O’Neill & Guczoghy stretched to Li Ning hang move to same box
* Li Ning to cross or L-cross (2 s.) & Li Ning2 to cross or L-cross (2 s.) move to same box, C value
* Li Ning to V-cross (2 s.) & Li Ning 2 to V-cross (2 s.) to D value
* Triple salto backward dismount move to G value
* Kip to L in (B value) move to Swing to Strength
* Front uprise to L-sit (B value) move to Swing to Strength
* Li Ning 1 & 2 to L-sit move to Swing to Strength
* Honma to L-sit move to Swing to Strength
* Li Ning to cross or L-cross (2 s.) & Li Ning2 to cross or L-cross (2 s.) move to same box, C value
* Li Ning to V-cross (2 s.) & Li Ning 2 to V-cross (2 s.) to D value
* Triple salto backward dismount move to G value
* Balandin 2 move to F value

V.39 only tucked position