



Element list

Element Recognition Criteria_CoP2025-2028

[MAG] Rings M-011

element ID	element
I-74.2	Roll bwd straight with bent arms to handstand (2 s.)
II-38	Slow roll bwd slowly and straight body to L-sit (2 s.)
II-52.1	[Azarian] Slow Roll bwd with straight body to cross (2 s.)
II-52.2	[Azarian] Slow Roll bwd with straight body to L-cross (2 s.)
II-52.3	[Tay] Azarian to V-cross (2 s.)
II-101	[Yan Mijayoung] Roll bwd slowly with straight arms and body to free support scale (2 s.)
II-107	Slow roll bwd with straight body to swallow (2 s.)
II-108	[Simonov] Roll backward slowly with straight arms and body to inverted cross through swallow
II-120	[Tulloch] Azarian to inverted swallow (2 s.)
III-82	Felge bwd straight to free support scale (2 s.)