



Element list

Element Recognition Criteria_CoP2025-2028

[MAG] Rings M-014

element ID	element
II-50	Vertical pull up with bent arms to hanging scale rearways (2 s.)
II-51	Vertical pull up with straight arms to hanging scale rearways (2 s.)
II-63.1	[Li Xiaoshuang] From support, lower slowly to hang, and pull with straight arms to cross (2 s.)
II-63.2	[Li Xiaoshuang] From cross, lower slowly to hang, and pull with straight arms to cross (2 s.)
II-64.1	Vertical pull up to cross (2 s.)
II-66	[Tulloch 2] From hang vertical pull up, slowly with straight arms through cross to inverted swallow (2 s.)
II-130	[Cingolani] From hang vertical pull up support and press to handstand with straight body and straight arms
II-132	[Balandin 1] From hang vertical pull up to swallow (2 s.)
II-137	[Balandin 3] From hang vertical pull up through swallow to support scale.
II-138	[Balandin 2] From hang vertical pull up to inverted cross (2 s.)