

# International Pole and Aerial Sports Federation

## Aerial Sports Championships

### *Aerial hoop Code of Points 2021-2023*



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## Introduction

The IPSF scoring system is consisting of four parts: Technical Bonus, Technical Deductions, Artistic and Choreography Presentation, and Compulsories; athletes will be judged in all four sections. The final score is a combination of the compulsory score + technical presentation bonus + technical presentation deduction + artistic and choreography presentation. In the case of a draw, the athlete with the highest score in technical deductions will be the winner. It is important that an athlete incorporates all sections into their routine to be awarded the most points. The scoring system not only encourages and promotes a well-balanced routine but also a well-trained and well-rounded athlete. The minimum overall score an athlete can be awarded is zero. All athletes need to use an IPSF endorsed aerial hoop with two rigging points. With regards to the diameter, height, and other characteristics of the aerial hoop, see rules and regulations and apparatus norms. For definitions of various terms, please see the glossary.

### Divisions

- Amateur
- Professional
- Elite

### Categories

- Novice (Mixed)
- Junior (Mixed)
- Senior Women 18+
- Senior Men 18+
- Masters 40+ Women
- Masters 40+ Men
- Doubles Youth (Mixed)
- Doubles Senior (Mixed)

*Categories offered at individual competitions are at the discretion of the IPSF.*

Listed below is a short summary of what judges will be looking for. A detailed layout of all four sections is in this document to enable athletes to put together a successful routine.

### Technical Bonus

- Singular points are awarded each time a bonus element/movement is executed.
- Overall points are awarded for the level of difficulty throughout the routine.

### Technical Deduction

- Singular points are deducted each time an infringement is noted throughout the routine.
- Overall points are deducted once for infringements throughout the routine.

### Artistic and Choreography Presentation

- Points are awarded for artistry and choreography.
- Points are deducted each time an infringement is noted.

### Compulsory

- Nine or eleven compulsory elements are required depending on the athlete's division and category. Please see the compulsory section for the exact breakdown and details for each category/division.

### Head Judge Penalties

- Penalties are given for any infringements and breaches of rules and regulations.
- Penalties can be given prior to, during and after the athlete has competed.

Please see Rules and Regulations for restrictions on music, hair, makeup, costume, and grip aids.

*Important to note: for all judging sections except the Head Judge deductions, judging starts when the music starts, and ends when the music ends. Any elements or choreography performed outside of this will not be judged.*

Note: Athletes will be penalised for not adhering to the IPSF rules, regulations, and the Ethical Code of Conduct. These penalties may be given before, during or after an athlete's performance, and may even be deducted after the completion of the competition if deemed necessary, which may affect the final ranking.

## Technical Bonus

A maximum of 25.0 points can be awarded in the technical bonus. Please note that all technical bonuses must be performed aurally, unless specified otherwise. This section is to judge the level of difficulty of combinations, dynamic movements, and transitions in and out of hoop tricks, as well as the doubles synchronised/interlocking/balance and pair hoop tricks. The judges will look for tricks performed with ease and grace. All athletes must complete a Technical Bonus Form, noting the bonus elements in the order they will be performed; athletes must submit a form regardless of whether hoop tricks will be included in their routine or not. A repetition of a specific individual bonus will be awarded a maximum of two times, i.e., athletes performing the same JO multiple times will only be awarded for the first 2 bonuses. Any additional repetitions will not be judged. An example form can be found at the end of the Code of Points. This section is broken down into the following areas:

### ***SINGLES - SINGULAR BONUS POINTS (AWARDED PER TIME):***

The cumulative total of all singular bonus points indicated on the Technical Bonus Form must not be more than 14.0.

#### **Acrobatic catches: AC (Max +2.0 pts)**

Acrobatic catches are defined as a release of all contact from the hoop, so there is no contact by any part of the body for a brief moment and re-gripping ("catching") the hoop. An athlete may either move up or down the hoop and/or change directions/positions when performing an acrobatic catch. **+0.5**

#### **Combining spins with other spins: SP (Max +3.0 pts)**

Refers to all spins combined with a spin (see definition of spins). Each spin position in this combination must rotate a full 720° before changing into the next spin position (which must include a change in body position), and the transition must be direct. The spin is counted from when the position is fixed. **+0.5**

Three spins can be combined for this technical bonus. When combining three spins for a point value of 1.0, each spin must be in a fixed position and rotate 720° and must include a change in body position; the code to use is **SP/SP. +1.0**

#### **Dynamic combinations on hoop: DC (Max +4.0 pts)**

Dynamic combinations refer to a combination of two separate dynamic movements (see definition of dynamic movement) where the body is in a powerful control of momentum. The athlete must demonstrate a high level of control of centripetal force where at least one part of the body releases from the hoop. Dynamic movements can include rolls, acrobatic catches, jump-outs, etc. They should be executed in quick succession with no pause between the two dynamic movements to be awarded this bonus. **+0.5**

#### **Floor-based Contact Flip (starting and/or ending on the floor): FCF (Max +0.6 pts)**

A floor-based hoop flip with contact refers to a flip that is performed on the hoop, starting and/or ending on the floor, flipping backwards, forwards or sideways. In this flip, the athlete should have contact with both the floor and the hoop. The flip must fully rotate, with head over heels (i.e., a full 360° rotation), in a dynamic manner while maintaining contact with the hoop. Twists are prohibited (see penalties). **+0.3**

#### **Hoop Drops: HD (Max+ 0.8 pts)**

A rapid, controlled, and sudden movement from one element to another on the hoop. There is to be no hand contact with the hoop during the hoop drop (although hand contact at the start and/or end are permitted). At least one part of the body should be released from the hoop during the drop. **+0.2**

#### **Jump-out / Jump-on: JO (Max +1.2 pts)**

Jump-out refers to a jump executed from a starting position on the hoop, ending in a position on the floor away from the hoop. A jump-on refers to a jump executed from a starting position on the floor away from the hoop ending in a position on the hoop. There must be no contact with the hoop in between the starting and ending positions, and the jump must be dynamic (i.e., not just a release to the floor). **+0.2**

#### **Rolls: Double Rolls: DR (Max +0.8 pts)**

Double rolls refer to a combination of two x 360° rotations performed on the hoop where the body is in a powerful control of momentum. Double rolls should be executed in quick succession with no pause between the two rolls to be awarded this bonus. Each roll must fully rotate without contact with the floor. A repetition of double rolls will be awarded a maximum of two times. Double rolls must be executed forwards, backwards or sideways. **+0.2**

**Rolls: Single Rolls: SR (Max +0.2 pts)**

Single rolls refer to a 360° rotation performed on the hoop where the body is in a powerful control of momentum. The single roll must fully rotate without contact with the floor. Single rolls must be executed forwards, backwards or sideways. **+0.1**

***DOUBLES - SINGULAR BONUS POINTS (AWARDED PER TIME):***

Note: All explanations in singles above apply to doubles. The cumulative total of all singular bonus points indicated on the Technical Bonus Form must not be more than 10.0.

**Acrobatic catches in synchronicity: AC/SYN (Max +1.0 pts)**

Both partners must perform synchronised acrobatic catches. **+0.5**

**Combining spins with other spins in synchronicity: SP/SYN (Max +1.0 pts)**

Both partners must perform two spins in succession and in synchronicity to receive the bonus. These must be the same spins or mirror image spins. A 720° rotation must be completed and must include a change in body position (see definition of spins). **+0.5**

Three spins can be combined for this technical bonus. These must be the same spins or mirror image spins. When combining three spins for a point value of 1.0, each spin must be in a fixed position and rotate 720° and must include a change in body position; the code to use is **SP/SP/SYN. +1.0**

**Floor-based Contact Flip (starting and/or ending on the floor) in synchronicity: FCF/SYN (Max+ 0.6 pts)**

Both partners must perform fully synchronised Floor based contact flips to achieve this bonus. **+0.3**

**Hoop Drops in synchronicity: HD/SYN (Max +0.8 pts)**

These must be performed fully synchronised. **+0.2**

**Jump-out / Jump-on in synchronicity: JO/SYN (Max 1.2 pts)**

These must be performed fully synchronised. Both partners must start and end at the same time. **+0.2**

**Partner catch / throw from hoop to partner or partner to hoop - Floor based: PCT (Max +0.8 pts)**

Partner catch refers to one partner starting in a position on the hoop and jumping into the arms of the second partner who is on the floor. A partner throw refers to both partners starting in a position on the floor and one partner throwing the other into a position on the hoop. (See definition of throw) **+0.4**

**Partner catch from hoop to partner or partner to hoop - Hoop based: HPC (Max +0.6 pts)**

Partner catch refers to one partner starting in a position on the hoop who releases and is caught by the second partner who is on the hoop, no floor contact is allowed. **+0.6**

**Rolls: Double Rolls in synchronicity: DR/SYN (Max +0.8 pts)**

These must be performed fully synchronised. **+0.2**

**Rolls: Single Rolls in synchronicity: SR/SYN (Max +0.2 pts)**

These must be performed fully synchronised. **+0.1**

**Synchronised dynamic combinations on hoop: DC/SYN (Max +2.0 pts)**

These must be performed fully synchronised. **+0.5**

***SINGLES - OVERALL BONUS POINTS (AWARDED ONE TIME):***

Level of difficulty (LOD) refers to the elements and combinations of elements. (See definition on LOD).

Please note: Athletes will be awarded points based on the average LOD of the elements in the routine.

0 = simple      0.5 = moderate      1.0 = difficult      1.5 = very difficult      2.0 = extremely difficult.

**Flexibility elements (Max +2.0)**

Flexibility refers to the flexibility of the legs, back, hips and shoulders. In order to display the highest LOD to the judges, the athlete should perform movements, combinations, and transitions with full extension and mobility.

**Hoop transitions (Max +2.0)**

Transitions refer to the transitions in and out of elements, also on and off the hoop, from the floor to the hoop and from the hoop to the floor. In order to display the highest level of difficulty (LOD) the athlete must display flowing movement and good body placement. The athlete must perform transitions with precision and ease.

**Strength elements (Max +2.0)**

Strength refers to strength of the arms, core, and legs. In order to display the highest LOD to the judges, the athlete should perform both upper body and core strength elements and combinations. Holding and controlling a strength element (such as a front plank) for two (2) seconds or more will display a higher LOD.

**Balance elements (Max +2.0)**

Balance elements refer to balancing on different parts of the body, e.g., stomach, hips, back, shoulders, legs. Holding and controlling the balance for two (2) seconds or more will display a higher LOD.

**Dynamic movements/combinations (Max +2.0)**

Dynamic movements and combinations refers to rolls around the hoop, strong swings, changes of grip in movement, drops and other dynamic elements, showing high control of the body and good acrobatic skills. In order to display the highest LOD the athlete has to show variety of dynamic moves that requires extreme body control.

**ADDITIONAL BONUS POINTS (SINGLES ONLY):**

*Singles will be awarded a bonus points for:*

- An athlete will be awarded a bonus if he/she manages to perform elements on all three levels of the hoop: low bar, middle space of the hoop and on the high bar. See glossary for definitions of the three levels of the hoop. **+1.0**

**DOUBLES - OVERALL BONUS POINTS (AWARDED ONE TIME):**

Note: All explanations in singles above apply to doubles. The LOD of each partner will be averaged for a final score.

**Flexibility elements (Max +2.0)**

The flexibility of both partners will be taken into account and averaged.

**Strength elements (Max +2.0)**

The strength of both partners will be taken into account and averaged.

**Flying partner elements (Max +2.0)**

See glossary for definition.

**Hoop transitions (Max +2.0)**

The transitions of both partners will be taken into account and averaged.

**Dynamic movements/combinations (Max +2.0)**

The movements of both partners will be taken into account and averaged.

**Synchronised parallel / interlocking and balance elements (Max +2.0)**

See glossary for definition.

**Balance based partner elements (Max +2.0)**

See glossary for definition.

**ADDITIONAL BONUS POINTS (DOUBLES ONLY):**

*Doubles will be awarded bonus points for:*

- Both partners show they can catch and fly equally in the routine. This bonus is determined based on all movements that involve athletes catching and flying. **+1.0**

**DEDUCTIONS:**

The athlete may receive a deduction for the form being filled in incorrectly. The form is split into 3 sections, and an error in any of these 3 sections will result in a deduction. This is a once-off deduction and is not cumulative (i.e., the maximum deduction possible is -1).

- An error in the top part of the form will result in a **-0.2** deduction. The top part is the section of the form where the athlete(s) is/are required to indicate name, date, division, category, country, region, and federation.
- An error in the bottom part of the form will result in a **-0.5** deduction. The bottom part is the section of the form where the athlete(s) is/are required to sign, along with an IPSF recognised coach (if applicable), and/or a parent or legal guardian in the case of youth athletes.
- An error in the main part of the form will result in a **-1.0** deduction. The middle of the form is the section where the athlete(s) indicate which technical bonus elements they will be including.



## Technical Deductions

A maximum of 25.0 points can be deducted in technical deductions. This section is to deduct points for poor execution on all elements (including compulsory). Judges are also asked to deduct points for loss of balance, falls, and failing to perform a required element. The number of points deducted is dependent on the level of infringement. Movements are broken down into the following sections:

### ***SINGLES/ DOUBLES - SINGULAR DEDUCTIONS (DEDUCTED PER TIME):***

#### **Fall**

A definition of a fall is a sudden rapid uncontrolled drop onto the floor. This can be from any position on or off the hoop. **-3.0**

#### **Lack of synchronicity of element (Doubles)**

Lack of synchronicity of an element refers to the partners executing an element in an uncoordinated / unsynchronised manner, and not in time with each other. **-0.5**

#### **Poor execution and incorrect lines**

Execution of hoop elements must have the following:

- *Knee and toe alignment* – The knee and toe should be aligned. There should be a straight line from the kneecap to the big toe. The foot and toe should be pointed. The toes should not be clenched or showing tension. No unnecessary grabbing or gripping the hoop with toes. **-0.1**
- *Clean lines* – The legs and arms should be correctly positioned and at full extension, feet and toes should be pointed. Fingers and toes should not show tension and feet should not be flexed unless performing an aerial walk or if it is a choreography choice. **-0.1**
- *Extension* – Legs, arms, back, neck, wrist and torso line should be fully lengthened. The shoulders and/or back should not be rounded and the head should be high showing no strain. **-0.1**
- *Posture* – Correct body alignment should be used on and off the hoop. All body movements must be controlled. **-0.1**

#### **Poor presentation of the element**

This refers to elements executed with poor positioning or a poor angle to the judges so the element cannot be seen fully. This also refers to elements presented showing an unfavourable part of the body. **-0.5**

#### **Poor transitions in and out of elements and on and off the hoop**

A poor transition is when an athlete fails to execute the entry and exits of elements smoothly, e.g., an abrupt uncontrolled entry/exit not performed with ease and grace. Transitions should appear effortless. **-0.5**

#### **Slip or loss of balance**

A definition of a slip or loss of balance is when an athlete performs a movement and they temporarily and unintentionally lose control of their equilibrium or positioning of their body or part of their body on or off the hoop. This must be only for a brief moment and the athlete is able to correct their positioning almost instantly (see Fall). **-1.0**

#### **Touching the truss system during the routine**

It is strictly prohibited to touch or use the truss system during the routine. This includes touching the backdrop, any lighting that may be behind the stage area, or stepping out of bounds. Athletes must only have contact with the hoop, the slings holding the hoop and the floor. **-1.0**

### ***SINGLES/ DOUBLES - OVERALL DEDUCTIONS (DEDUCTED ONE TIME):***

#### **Failing to use the hoop on spinning (Singles and Doubles)**

The athlete/athletes will be penalised for not spinning the hoop at least two times (2 x 720° rotations with momentum) (see definition of using the hoop on spinning) during their routine. For doubles, both partners should spin together on the hoop in a synchronised manner (2x720° rotations with momentum). **-2.0**

#### **Lack of synchronicity (Doubles)**

The athletes will incur a deduction if they fail to perform their routine in a synchronised manner for a minimum of 70% of their routine, either on the hoop or on the floor. **-2.0**



## Artistic and Choreography Presentation

A maximum of 20.0 points can be awarded in artistic and choreography presentation. This section is to judge the athlete's artistic presentation, interpretation, and stage performance. Artistic presentation is the way in which the athlete expresses and presents him or herself to the judges. The judges will assess the athlete's ability to convey emotion and expression through movement. They should be confident, engaging, entertaining and show a high level of stage presence in each element of their performance on and off the hoop. The costume, music, and performance should be reflective of each other. The athlete should create an original performance and display a unique style. The overall performance should flow seamlessly and effortlessly ensuring that highs and lows (shades) are demonstrated. The judges will assess the athlete's ability to perform dance and acrobatic choreography that is performed with imagination, flow, and flair. The judges will consider both novelty and variety when evaluating the artistic and choreographic presentation.

All work where the athlete is not in contact with the hoop must be limited to a maximum of 40 seconds for the total length of the routine. Note: see Head Judge's penalties.

### ***SINGLES/ DOUBLES - ARTISTIC BONUSES:***

The level of creativity refers to the overall routine on and off the hoop.

Please note: Athletes will be awarded points based on the overall majority of the routine.

0 = poor	Almost non-existent, less than 20% of routine
0.5 = slight	A small amount, between 20% -40% of routine
1.0 = good	Fair amount, between 40% - 60% of routine
1.5 = very good	A large amount, between 60% - 80% of routine
2.0 = extreme	Over 80% of routine

### **Balance of the routine (Max +2.0)**

Balance refers to the athlete's ability to create a well-balanced routine that has equal amount of various elements. The athlete should create a balanced routine of different types of tricks e.g., flexibility, strength, balance, dynamic movements, acrobatic moves, and transitions, integrating these into a choreography with stage performance and artistic content, also using the hoop spinning.

### **Confidence (Max +2.0)**

Confidence refers to the athlete's level of confidence in his or her routine. The athlete should not show nerves, but rather carry him/herself with confidence and be engaging, command the stage and the audience's attention, making their whole routine look believable.

### **Flow (Max +2.0)**

Flow refers to the athlete's ability to create a seamless and effortless performance. The athlete should show a flow on the hoop, from floor to the hoop, from the hoop to floor, and from floor to standing or from standing to floor. The sequences, tricks, transitions, choreography and/or gymnastics and acrobatic movements should flow in a seamless, smooth, natural, flawless, and graceful way. Movement in and out of elements should continue to the next element faultlessly. The routine should not look disjointed in any way. An athlete will be marked down if they perform elements and wait for applause.

### **Interpretation (Max +2.0)**

Interpretation refers to the athlete's ability to interpret the music, their facial expressions, their emotions, choreography and the creation of a character or story. The athlete should create choreography that shows the light, shade, feeling, and emotion of the music. They should connect with the music and show expression through their costume, body, and facial expressions. They need to show they can work their choreography to the beat and phrase of the music and melody.

### **Originality of the overall presentation (Max +2.0)**

This refers to the variety, originality, and creativity of the overall performance of tricks and combinations, elements, and original movements on and off the hoop and the originality of choreography throughout the entire routine. The athlete should create original combinations of tricks and create new themes in choreography. Judges are not just looking for just one or two unique tricks and combinations but for overall originality in all components of the routine.

### **Originality of Elements (Max +2.0)**

This refers to the variety, originality, and creativity of the overall performance of tricks, elements, and movements on the hoop throughout the entire routine. Athletes will be marked down if elements, tricks, and movements become repetitive (for example, if the same elements/movements are used consistently instead of a variety of elements, tricks, and movements).

**Originality of transitions in and out of elements (Max +2.0)**

This refers to the variety, originality and creativity of all transitions, entrances, and exits of tricks and combinations in the entire routine. The athlete should create new and original movements for their transitions in and out of tricks and on and off the hoop.

**Stage presence and charisma (Max +2.0)**

The athlete should capture the attention of the spectators. He or she should be in total control of their performance and carry themselves with an impressive style or manner, which is both engaging and charismatic.

***SINGLES/ DOUBLES - CHOREOGRAPHY BONUSES:*****Originality of Choreography and Composition of whole routine (Max +2.0)**

The level of variety, originality and creativity of choreography and composition of the whole routine refers to the level of creativity of movements on and off the hoop. Choreography is the art of composing dance, planning, and arranging the movements, steps, and patterns. The judges are looking for originality in the composition of the choreography, i.e., how it was put together.

**Originality of Floor work (Max +2.0)**

The level of variety, originality and creativity of the floor work refers to a choreographed combination of dance steps and movements executed on the floor with no contact with the hoop. This includes but is not limited to complex dance choreography, musicality, creativity, and fluidity. The athlete should create movements that work with the beat of the music, which are reflective of their routine and are engaging and entertaining.

***SINGLES/ DOUBLES - SINGULAR DEDUCTIONS (DEDUCTED PER TIME):*****Causing distraction by uttering vocals**

The definition of vocals includes talking, cueing, grunting, whooping, cheering, and mouthing words as it causes a distraction. **-1.0**

**Costume malfunction or distraction**

The definition of a costume malfunction is when a part of the costume accidentally falls down (this does not refer to decorations coming loose during the performance for example diamantes, beads, sequins, or feathers falling off the costumes), falls off, becomes revealing, or distracting to the athlete's performance. This should not be confused with the wilful removal of clothing, which is a direct violation of the IPSF rule of non-removal of clothing and can result in instant disqualification from the competition. **-1.0**

**Drying hands on costume, body, hoop, or floor and/or adjusting hair or costume**

Drying or wiping hands on costume, body, hoop, or floor and/or wiping hair away from face or neck, pulling at or fixing costume. **-1.0**

**No logical beginning or end to the routine and/or and the routine starting before or ending after the music**

It is important that the athlete edits their music so that it corresponds with both the start and finish of the choreography. There should be a logical beginning and end to the routine that fits to the music. Athletes must begin and end their performance in a position on the stage, visible to be seen by the judges. They must start their routine when the music starts and stop when the music ends. **-1.0**

***SINGLES/ DOUBLES - OVERALL DEDUCTIONS (DEDUCTED ONE TIME):*****Putting no effort or thought into the costume**

The athlete must compete in a costume suitable for competition and not for training. This requires taking the style, cut and decoration into consideration when choosing a costume for competition. **-1.0**

## Compulsory

All athletes must perform the allocated number of compulsory elements. A technical value of between + 0.1 and +1.0 will be awarded if the minimum requirements have been met, e.g., position held for two seconds, correct split/body angle. It is the responsibility of the athlete to execute the compulsory element clearly to the judges. It is up to the athlete to ensure that all minimum criteria are visible to the judges. This may require the athlete to have a rotation throughout their element in order to show all minimum criteria. If a compulsory element is on the border, it will not be awarded. Elements with a value of +0.1 are easier than those with a value of +1.0. The technical value of compulsory elements permitted is dependent on both age category and competitive division. The judges always judge according to the element code in the compulsory form (and not the name of the element) and only the first attempt of the element will be judged. Compulsory element will not count after the first attempt even if the element is executed correctly afterwards. Compulsory elements must not be repeated (i.e., individual elements can be used only once). Repetitions of the same compulsory element will not be awarded, but will result in a deduction for incorrect form, and will count as a missing element. Compulsory elements must also be held in a fixed position, unless specified otherwise. All compulsory elements are in aerial positions. See category breakdown below.

## Compulsory Code Key

**F** = Flexibility element

**S** = Strength element

**B** = Balance Element

**SYN** = Synchronised partner element

**BLN** = Balance based partner element

**FLY** = Flying partner element

Please note: When the doubles element specifies "refer to minimum criteria" or the element code, then the minimum requirements of the singles element must be met. If the element name is mentioned, but "refer to minimum criteria" or the element code is not mentioned, then the athlete must perform the same body position of the element, but is not required to meet the minimum criteria of the singles element.

### *Elite*

#### **Senior, Masters 40+ and Junior**

Athletes must select 11 elements:

- four (4) flexibility elements
- four (4) strength elements
- two (2) balance elements
- one (1) athlete's choice (from this Code of Points)

### **Novice**

Athletes must select 9 elements:

- three (3) flexibility elements
- three (3) strength elements
- one (1) balance element
- two (2) athlete's choice (from this Code of Points)

### **Doubles- Senior and Youth**

Athletes must select 9 elements:

- four (4) synchronised partner elements, broken down as follows:
  - two (2) synchronised parallel elements
  - two (2) synchronised interlocking and balance elements
- two (2) balance partner elements
- three (3) flying partner elements, athletes must include:
  - one (1) one-partner contact flying element
  - one (1) both partner contact flying element
  - one (1) athlete's choice of flying element (from this Code of Points)

### **Professional\***

#### **Senior and Masters 40+**

Athletes must select 11 elements:

- four (4) flexibility elements
- four (4) strength elements
- two (2) balance element
- one (1) athlete's choice (from this Code of Points)

## **Doubles- Senior**

Athletes must select 9 elements:

- four (4) synchronised partner elements, broken down as follows:
  - two (2) synchronised parallel elements
  - two (2) synchronised interlocking and balance elements
- two (2) balance partner element
- three (3) flying partner elements, athletes must include:
  - one (1) one-partner contact flying element
  - one (1) both partner contact flying element
  - one (1) athlete's choice of flying element (from this Code of Points)

**\*Please Note: no Novice, Junior, or Youth category**

## **Amateur**

### **Senior, Masters 40+, Junior and Novice**

Athletes must select 9 elements:

- three (3) flexibility elements
- three (3) strength elements
- one (1) balance element
- two (2) athlete's choice (from this Code of Points)

## **Doubles- Senior and Youth**

Athletes must select 9 elements:

- four (4) synchronised partner elements, broken down as follows:
  - two (2) synchronised parallel elements
  - two (2) synchronised interlocking and balance elements
- two (2) balance partner element
- three (3) flying partner elements, athletes must include:
  - one (1) one-partner contact flying element
  - one (1) both partner contact flying element
  - one (1) athlete's choice of flying element (from this Code of Points)

## **CATEGORY BREAKDOWN**

Please note: athletes must not choose the same element twice, even if executed at different split angles or body tolerances.

### **Senior, Masters 40+ and Doubles Senior:**

**Elite** athletes must choose compulsory elements with a technical value of between +0.5 and +1.0

**Professional** athletes must choose compulsory elements with a technical value of between +0.3 and +0.8

**Amateur** athletes must choose compulsory elements with a technical value of between +0.1 and +0.5

### **Novice, Junior, and Doubles Youth:**

**Elite** athletes must choose compulsory elements with a technical value of between +0.3 and +0.8.

**Amateur** athletes must choose compulsory elements with a technical value of between +0.1 and +0.5.

Please note: professional category does not apply to Novice, Junior, or Youth athletes.

## **COMPULSORY POINT REQUIREMENTS**

**Please note:** Should compulsory point requirements not be adhered to, or should the maximum / minimum score be outside of the prescribed range, this will result in a -3 deduction being applied –please refer to the Compulsory Deductions.

### **Elite Division Compulsory Point Requirements**

**Senior** must have a total value of from 7.7 to 11.0 points on their compulsory form

**Masters 40+** must have a total value of from 6.6 to 11.0 points on their compulsory form

**Doubles Senior** must have a total value of from 6.0 to 9.0 points on their compulsory form

**Junior** must have a total value of from 5.5 to 8.8 points on their compulsory form

**Novice** must have a total value of from 4.4 to 7.2 points on their compulsory form

**Doubles Youth** must have a total value of from 4.4 to 7.2 points on their compulsory form

### Professional Division Compulsory Point Requirement

**Senior** must have a total value of from 5.5 to 8.8-points on their compulsory form

**Masters 40+** must have a total value of from 5.5 to 8.8 points on their compulsory form

**Doubles Senior** must have a total value of from 4.4 to 7.2-points on their compulsory form

### Amateur Division Compulsory Point Requirements

**Amateur (all categories including doubles)** athletes must have a total value of from 1.1 to 4.5 points on their compulsory form.

Division	Category	Amount of compulsory moves	Permitted range of the compulsory elements	Permitted range of the total value
Amateur	all categories (Novice, Junior, Senior, All Doubles)	9	between +0.1 and +0.5	from 1.1 to 4.5
Professional	Senior and Masters 40+	11	between +0.3 and +0.8	from 5.5 to 8.8
Professional	Doubles Senior	9	between +0.3 and +0.8	from 4.4-to 7.2
Elite	Novice and Doubles Youth	9	between +0.3 and +0.8	from 4.4 to 7.2
Elite	Junior	11	between +0.3 and +0.8	from 5.5-to 8.8
Elite	Senior	11	between +0.5 and +1.0	from 7.7 to 11.0
Elite	Masters 40+	11	between +0.5 and +1.0	from 6.6 to 11.0
Elite	Doubles Senior	9	between +0.5 and +1.0	from 6.0 to 9.0

### COMPULSORY DEDUCTIONS

Deductions will be applied if the form is filled in incorrectly. The form is split into 3 sections, and an error in any of these 3 sections will result in a deduction. This is a once-off deduction and is not cumulative (i.e., the maximum deduction possible for an incorrect form is -1).

- An error in the top part of the form will result in a **-0.2** deduction. The top part is the section of the form where the athlete(s) is/are required to indicate name, date, division, category, country, region, and federation.
- An error in the bottom part of the form will result in a **-0.5** deduction. The bottom part is the section of the form where the athlete(s) is/are required to sign, along with an IPSF recognised coach (if applicable), and/or a parent or legal guardian in the case of youth athletes.
- An error in the main part of the form will result in a **-1.0** deduction. The middle of the form is the section where the athlete(s) indicate which compulsory elements they will be including.

### An athlete may also incur the following additional deductions

- Failing to perform one of their chosen compulsory elements or if the element is not recognisable as the compulsory element. This is considered a missing element, and deducted per time. **-3.0**
- Failing to meet the minimum total point requirements. This is a once-off deduction. **-3.0**
- Exceeding the maximum total points allowed for the points requirements. **-3.0**
- If an element with a value outside of the permitted range is indicated, it will be regarded as a missing element. **-3.0** per element
- Failing to perform the element that is indicated by the element code (as opposed to the element name) will be seen as a missing element. **-3.0** per element
- Wrong element name versus element code or technical value will be seen as filling in the compulsory form incorrectly. **-1.0** once off
- Failing to execute the compulsory element in order of sequence as listed on the compulsory form. \* **-1.0** per time

\*If two elements that are in immediate succession on the form are switched (e.g., the athlete performs element 1, then element 3, then element 2) the two elements that were reversed in order will receive a score of 0 and a penalty of -1.0 will be given for reversing the order of the two elements. The **-1.0** penalty will be given per switch. If an element is included in the routine but not in the correct order, and the element is more than one place off from where it should be in the order of the program it shall be considered a missed element, and will receive a score of **-3.0**.

**The following will result in a compulsory element not being awarded:**

- *Failing to hold a compulsory element:* The athlete will NOT be awarded points if he/she fails to hold the position of a compulsory element for the required two (2) seconds, according to the minimum requirements in the description under 'criteria'. The element must be executed in an angle visible to the judges.
- *Failing to execute the required split and/or body angle:* The athlete will NOT be awarded points if he/she fails to execute the compulsory element at the required split and/or body angle, according to the minimum requirements in the description under 'criteria'.
- *Failing to meet further minimum requirements:* The athlete will NOT be awarded points if he/she fails to meet any further minimum requirements listed in the description under 'criteria'.
- *Failing to accurately show individual elements:* The athlete should clearly indicate each element as an individual element and show clear differentiation between the end of the first element and the start of the second element. The athlete must demonstrate that these are 2 separate elements from the code, as opposed to just the continuation of the first element.


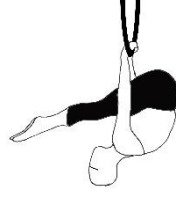


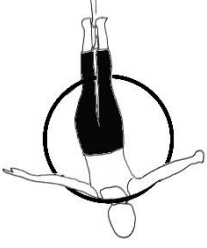
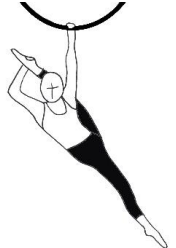
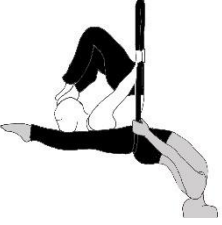
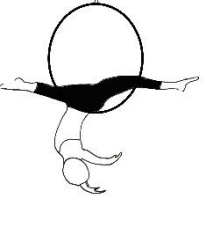

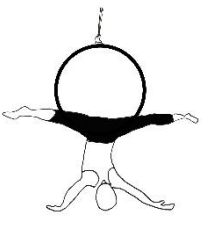
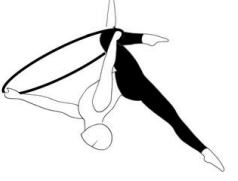

## **Compulsory Minimum Requirement Definitions**

**The inside arm or leg is closest to the hoop. The outside arm or leg is furthest away from the hoop.**

**Body positions:**

- Inside leg/foot/arm/hand and outside leg/foot/arm/hand
- Front, behind, backwards, and forwards, upwards, downwards
- Inverted (upside down), upright, horizontal

## Leg positions:

	<b>Stag</b> Both legs are bent at 90° at the knees and open in split position (minimum 90°)		<b>Pike</b> Both legs are extended and closed and next to each other in front of the body, hips at an angle
	<b>Tuck</b> Knees are tucked into the chest and closed		<b>Ring</b> One leg is bent backward towards the head, either touching the head, or over the head
	<b>Pencil</b> Legs are extended and closed, body and legs are in a straight line (with no bending at the hips)		<b>Split – Diagonal split:</b> A split where the line of the legs formed by the split is 45° to the vertical axis, with a tolerance of 20° of the entire line, not of the separate legs, legs are in a split position of the given degree
	<b>Fang</b> Both legs are bent backwards, feet are to back of head, knees apart and toes together		<b>Split – Frontal Split / Side Split / Front Split</b> The legs are extended and open. Front leg is positioned in front of the upper body and back legs are behind the upper body, legs are in a split position of the given degree
	<b>Passé</b> One leg is bent at 90° at the hip while the other leg is extended.		<b>Split – Middle Split / Box split</b> The legs are extended and open. Legs are positioned to the sides away from the upper body, legs are in a split position of the given degree
	<b>Split – Half Split</b> Both legs are open in a split position of the given degree, with one leg to the front of the body, and the other to the back. One leg is fully extended, while the other leg is bent.		<b>Straddle</b> Both legs are extended and open



## **Prohibited movements and penalties:**

- All types of lifts and balances with extended arms and where the lifting partner is in an upright standing position are prohibited. All lifts where the partner is lifted and held above shoulder level are prohibited.
- All lifts using the hoop as an aid and fixing the lifting position are prohibited. These lifts are only allowed if used as a transition onto the hoop without fixing a position.
- Throwing a partner into the air and catching him or her with no contact with the hoop is prohibited.
- All work, where the athlete is not in contact with the hoop, must be limited to a maximum of 40 seconds of the total length of the performance.
- Twisting saltos and two or more consecutive saltos without hoop contact are prohibited. A twist is defined as a change of the direction of the body while mid-salto, i.e., the athlete rotates on two axes instead of one
- No rotation movements including jumps, pivots, and pirouettes with more than 720° on one point are allowed.
- For an additional list of prohibited movements, refer to Addendum 1.

**Penalty: if the above rules are not adhered to, a penalty of -5 will be given by the head judge for each time and no difficulty value will be awarded.**

## Head Judge Penalties:

An athlete can get penalties by the decision of the Head Judge during the competition for the following infringements:

Criteria	Limitations	Penalty
Exceeding maximum time permitted without contact with the hoop	40 seconds	-5
Throwing a partner in to the air	Catching him/her with no partner contact with the hoop	-5 per time
Lifts and balances with extended arms	Lifting partner in an upright position	-5 per time
Prohibited elements	On and off the hoop	-5 per time
Compulsory forms/Technical bonus forms submitted past given deadline	Between 1 – 5 days late	-1 per day per form
	Over 5 days late but more than 48 hours before competition date	-5 per form
	Forms received within 48 hours of competition date	Disqualification for either form
Music submitted past given deadline	Between 1 – 5 days late	-1 per day
	Over 5 days late but more than 48 hours before competition date	-5
	Music received within 48 hours of competition date	Disqualification
Music not in accordance with Rules and Regulations	See Rules	-3
Providing false or inaccurate information on the application form	False or inaccurate piece of information provided	-5 per time
	False information about age, division, or category	Disqualification
Arriving late to the stage when announced	Up to 60 seconds late	-1
	Athlete doesn't arrive within 1 minute	Disqualification
Performance time	5 seconds or less outside permitted time	-3
	More than 5 seconds outside permitted time	-5
Disruptions	Athletes interacting with the audience (such as gestures, talking to the spectators etc) while on stage performing	-1 per athlete and occurrence
	Athletes caught being cued from off-stage during their performance	-1 per occurrence
	Athletes and/or their coaches/representatives approaching the Judges' table and/or room or obstructing judges' view at any point during the competition	-3 per occurrence
Not starting or ending routine on stage	Not starting or ending routine on stage	-1 per time
Grip aids	Applying grip aid directly on the hoop	- 5
	Using prohibited grips aids	Disqualification
Presence of jewellery and props not in accordance with Rules and Regulations	Presence of jewellery/piercings (Excluding stud earrings/plain coloured plugs)	-3 per athlete
	Use of a prop or item which assists in the performance	-5 per athlete

Inappropriate choreography, costume, hair, and makeup in accordance with Rules and Regulations	- Hair covering the face - Costume not in accordance with the rules	-1 per athlete
	- Promotional words, logos, religious connotations, negative connotations - Wearing a mask, using body paint on one part of the body e. g. leg, using face paint more than half of the face	-3 per athlete
	- Provocative costume (including fabrics such as leather and latex) - Use of body paint on several parts of body or provocative choreography, using face paint on the entire face	-5 per athlete
	- Use of body paint on all of body - Aggressively provocative choreography and lewd behaviour	Disqualification
Tracksuits	- Tracksuits not in accordance with the rules	-1 per athlete
	- Not having a tracksuit - Not wearing tracksuits while awaiting results at the designated area or during the medals ceremony.	-5 per athlete
Overall rule infringements	- General rule infringements at the discretion of the Head Judge with agreement from an external Head Judge council	Range is -1 to -5
	- Using obscene gestures, profanity, or disrespectful language privately or publicly to any sporting participant	-10
	- Attempting to strike or striking an official, competitor, spectator or other sporting official intentionally engaging in or inciting other athletes and/or spectators to participate in abusive or violent action - Using drugs (except for medical purposes), alcohol consumption before or while competing - Exhibiting nudity before, during, or after the competition. - Multiple or severe infringements of the rules and regulations	Disqualification
Opening or medal ceremony	- Athletes who do not participate in the official opening or medal ceremony, without a written permission from the organizer	-1
Registration	- Athletes who do not register on the official registration day, without a written permission from the organizer	-1 per athlete

### **Injury during a routine**

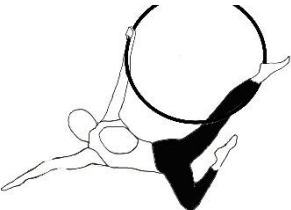

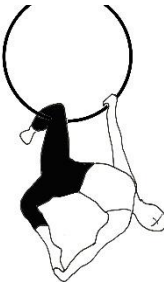
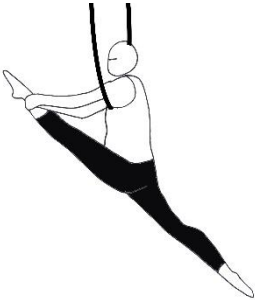
If in the opinion of the head judge, medical attention is required, the head judge must stop the programme if the athlete has not done so already. If the athlete is able to continue within one minute they must continue immediately from the point of interruption or, if that is not possible, allow a period of up to ten seconds before the continuation. If an athlete is unable to complete the programme, no scores are to be awarded and the athlete will be considered as withdrawn. The same applies to the situation when an athlete has been given the opportunity to continue the programme from the point of interruption and once more is unable to complete the programme. Only one interruption is permitted.



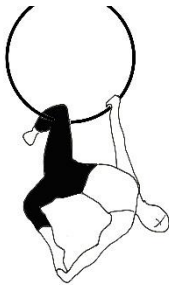
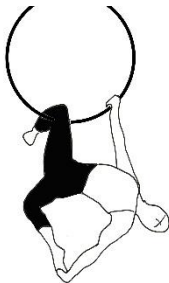
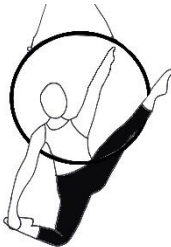
*No restarts of the whole programme are allowed, except for deficient music. Please refer to Rules & Regulations.*

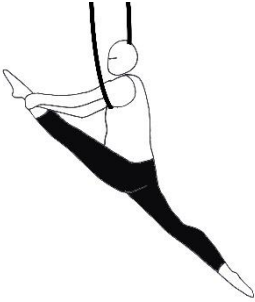
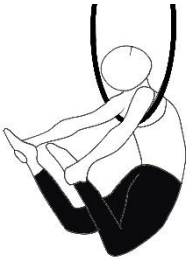
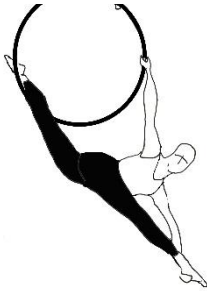





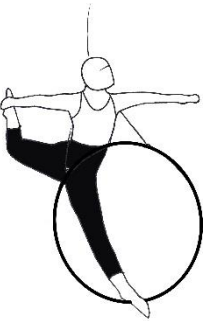
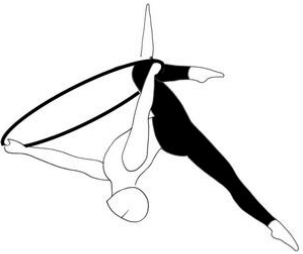
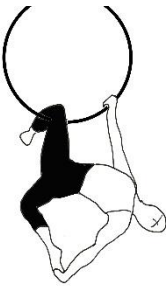
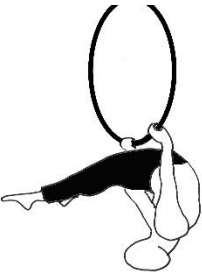
## COMPULSORY SINGLES

Please note that the drawings are to be used only as a guide.  
It is important to follow the minimum requirements under criteria.


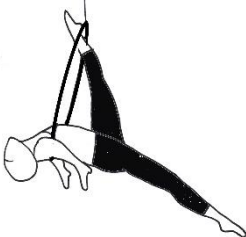


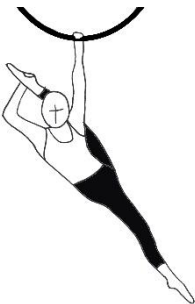
<b>FLEXIBILITY ELEMENTS</b>				
Code No.	Name	Element	Tech. Value	Criteria
F1	Angel Bent Leg		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one shin, foot and ankle, opposite hand</li> <li>- <b>Arm Position:</b> one arm holding the hoop is extended, the other arm in fixed position of choice without contact with the hoop</li> <li>- <b>Leg position:</b> upper leg touching the hoop is fully extended, other leg is bent</li> <li>- <b>Body position:</b> facing downwards</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F2	Back Bend S 1		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, crook of knee of front leg, shin, or ankle of back leg</li> <li>- <b>Arm Position:</b> both arms are extended and hands holding the high bar of the hoop</li> <li>- <b>Leg position:</b> both legs are bent and in contact with the hoop. Front leg is touching the high bar and the back leg is touching the low bar.</li> <li>- <b>Body position:</b> inverted, back arch</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F3	Delilah 1		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of one knee, same side hand</li> <li>- <b>Arm position:</b> both arms are extended, one hand holding the hoop, other hand holding the same side foot or ankle</li> <li>- <b>Leg position:</b> both legs are bent</li> <li>- <b>Body position:</b> inverted and back arch</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F4	Underarm Hold Split 1		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both underarms, chest</li> <li>- <b>Arm position:</b> hands are holding the ankle of front leg</li> <li>- <b>Leg position:</b> legs are extended in front split position without contact with the hoop</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>

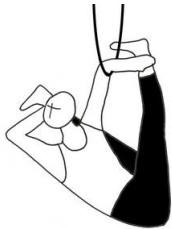
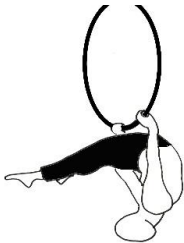
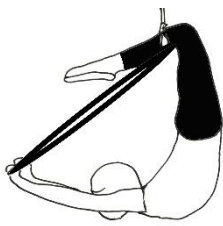
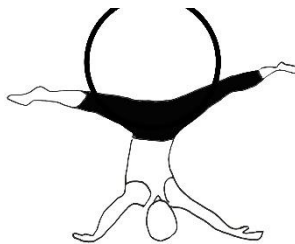
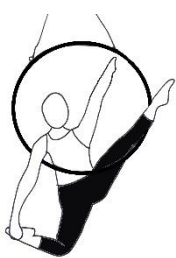
Code No.	Name	Element	Tech. Value	Criteria
F5	Upright Balance Back Bend 1		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, pelvis, both thighs, one foot and ankle</li> <li>- <b>Arm position:</b> one arm is fully extended, the other arm is bent and holding the hoop over the head</li> <li>- <b>Leg position:</b> one leg is bent backwards, and foot is touching the crown of the head, the other leg is in a fixed position of choice</li> <li>- <b>Body position:</b> upright, back arched</li> </ul>
F6	Birds Nest		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, both ankles or feet, shins (optional)</li> <li>- <b>Arm Position:</b> arms are fully extended, and hands have contact with the low bar</li> <li>- <b>Leg position:</b> both legs are fully extended (flexed feet optional)</li> <li>- <b>Body position:</b> hanging from the low bar and facing downwards, back arch</li> </ul>
F7	Closed Delilah 1		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of one knee, opposite hand</li> <li>- <b>Arm position:</b> both arms are extended, one hand holding the hoop, other hand holding opposite foot or ankle</li> <li>- <b>Leg position:</b> both legs are bent</li> <li>- <b>Body position:</b> inverted and back arch</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F8	Delilah 2		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of one knee, same side hand</li> <li>- <b>Arm position:</b> both arms are extended, one hand holding the hoop, other hand holding the same side foot or ankle</li> <li>- <b>Leg position:</b> both legs are bent</li> <li>- <b>Body position:</b> inverted and back arch</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F9	Trapped Half Split 1		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one leg, back, one underarm</li> <li>- <b>Arm Position:</b> no hands have contact with the hoop, the same hand holds the ankle/shin of back leg and arm is fully extended, the opposite arm is in a fixed position of choice</li> <li>- <b>Leg position:</b> in split position with front leg fully extended, back leg is bent</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>

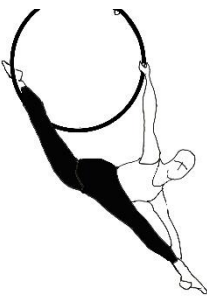
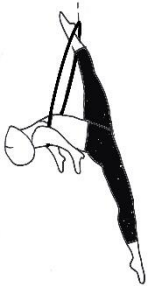


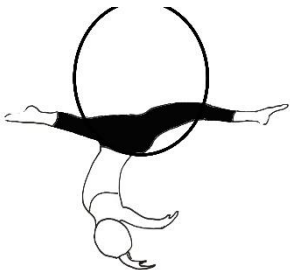
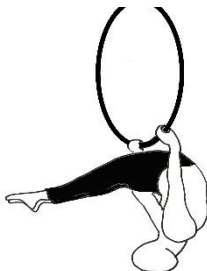
Code No.	Name	Element	Tech. Value	Criteria
F10	Underarm Hold Split 2		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both underarms, chest</li> <li>- <b>Arm position:</b> hands are holding the ankle of front leg</li> <li>- <b>Leg position:</b> legs are extended in front split position without contact with the hoop</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F11	Yogini 1		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> biceps, underarms, shoulder blades</li> <li>- <b>Arm position:</b> extended and holding the legs at ankle/shin</li> <li>- <b>Leg position:</b> legs are bent backwards, ankles are pushed away from the glutes</li> <li>- <b>Body position:</b> upright, in a back arch</li> </ul>
F12	Angel 1		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one shin, foot and ankle, opposite hand</li> <li>- <b>Arm Position:</b> both arms are fully extended. One hand is holding the hoop, the other hand is holding the opposite leg from ankle or foot.</li> <li>- <b>Leg position:</b> legs are fully extended in a front split position</li> <li>- <b>Body position:</b> facing downwards</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F13	Arabesque 1		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, one shin, ankle (optional) and foot</li> <li>- <b>Arm position:</b> arms are extended over the head and hands are holding the hoop</li> <li>- <b>Leg position:</b> the leg in contact with the hoop is fully extended, the foot may be flexed (optional), the other leg is in a fixed position of choice without contact with the hoop</li> <li>- <b>Body position:</b> facing downwards, back arch</li> </ul>
F14	Back Bend S 2		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, crook of knee of front leg, shin, or ankle of back leg</li> <li>- <b>Arm Position:</b> both arms are extended, and hands are holding the high bar of the hoop</li> <li>- <b>Leg position:</b> both legs are bent and in contact with the hoop. Front leg is touching the high bar and the back leg is touching the low bar.</li> <li>- <b>Body position:</b> inverted, back arch</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>



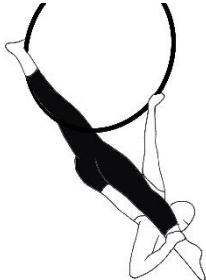


Code No.	Name	Element	Tech. Value	Criteria
F15	Back Support Stag Split 1		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands and arms, back of ankle, shoulders/shoulder blades, heel (optional)</li> <li>- <b>Arm Position:</b> hands are holding the side bars</li> <li>- <b>Leg position:</b> both legs are in stag position, the ankle of upper leg has contact with the high bar, other leg is bent backwards</li> <li>- <b>Body position:</b> back arch</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F16	Ballerina 1		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> sole of one foot and front of torso</li> <li>- <b>Arm Position:</b> no hands contact with the hoop and slings, the same arm holds the ankle/shin of back leg and is fully extended, the opposite arm is in a fixed position of choice. No hand contact with the slings.</li> <li>- <b>Leg position:</b> split position with front leg fully extended, back leg is bent backwards</li> <li>- <b>Body position:</b> upright, standing on the low bar</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F17	Butterfly Half Split		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, crook of one knee</li> <li>- <b>Arm position:</b> both arms are fully extended. One hand is holding the low bar of the hoop, the other hand is holding the high bar next to the bent leg.</li> <li>- <b>Leg position:</b> one leg is bent and in contact with the high bar at the crook of the knee, the other leg is fully extended and has no contact with the hoop or slings.</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F18	Closed Delilah 2		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of one knee, opposite hand</li> <li>- <b>Arm position:</b> both arms are extended, one hand holding the hoop, other hand holding opposite foot or ankle</li> <li>- <b>Leg position:</b> both legs are bent</li> <li>- <b>Body position:</b> inverted and back arch</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F19	Mexican Straddle 1		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm Position:</b> front arm is fully extended, one arm is between the legs and can be bent</li> <li>- <b>Leg position:</b> Legs are fully extended in a straddle position, with ankles and feet lower than the hips</li> <li>- <b>Body position:</b> inverted, back arch</li> </ul>


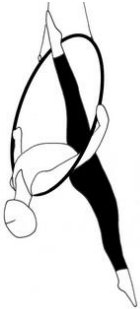
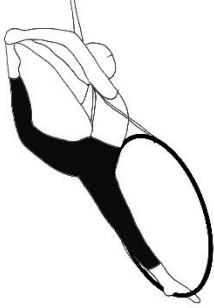
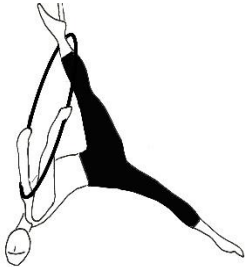




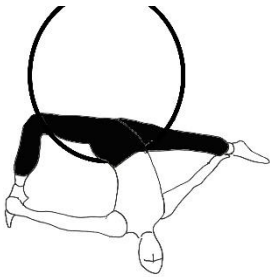

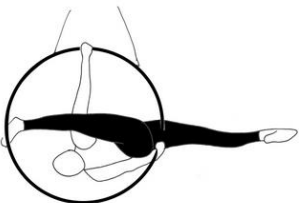
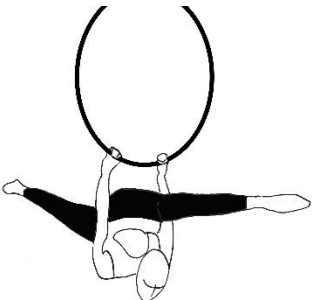
Code No.	Name	Element	Tech. Value	Criteria
F20	Scarab Backwards 1		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, crooks of both knees</li> <li>- <b>Arm Position:</b> arms can be bent and are pushing the low bar away and over the head, with hands in shoulder width (maximum distance apart)</li> <li>- <b>Leg position:</b> legs are bent and hooked on the high bar</li> <li>- <b>Body position:</b> Inverted, back arch, the hoop is behind the body and the low bar is above the head</li> </ul>
F21	Back Balance Split 1		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one ankle/heel, upper back, underarms (optional)</li> <li>- <b>Arm position:</b> fixed position of choice, no hand contact with the hoop</li> <li>- <b>Leg position:</b> both legs are fully extended in front split position, one ankle/heel is on the high bar.</li> <li>- <b>Body position:</b> facing upwards, in a back arch, balancing with the upper back on the low bar</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F22	Back Support Split 1		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands and arms, ankle/heel of front leg, shoulder blades</li> <li>- <b>Arm Position:</b> hands are holding the side bar</li> <li>- <b>Leg position:</b> both legs are fully extended in front split position, the ankle/heel of the upper leg has contact with the high bar</li> <li>- <b>Body position:</b> back arch</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F23	Ballerina 2		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> sole of one foot and front of torso</li> <li>- <b>Arm position:</b> arms have contact with the slings, but no hands in contact with hoop or slings. Arms are fully extended, and one hand holds the same side leg at ankle/shin level</li> <li>- <b>Leg position:</b> legs are fully extended in front split position</li> <li>- <b>Body position:</b> upright, standing on the low bar, torso is against the high bar</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F24	Diagonal Split 1		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand</li> <li>- <b>Arm position:</b> one arm is fully extended and holding the hoop, back of the shoulder has contact with the same side leg. Other arm is bent and holding the ankle of the opposite leg over the head</li> <li>- <b>Leg position:</b> both legs are fully extended in a diagonal split position</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
F25	Elbow Hang Twisted Scissor		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of one elbow</li> <li>- <b>Arm Position:</b> one arm is bent and hanging from one elbow and holding the opposite ankle. The other arm is bent behind the head, and holding the ankle of the opposite leg, behind the body.</li> <li>- <b>Leg position:</b> legs are fully extended, and open, back leg is behind the upper body and has contact with the opposite shoulder</li> <li>- <b>Body position:</b> upright, twisted</li> </ul>
F26	Mexican Straddle 2		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm Position:</b> one arm is fully extended, other arm is between the legs</li> <li>- <b>Leg position:</b> Legs are fully extended in a straddle position, with ankles and feet lower than the hips</li> <li>- <b>Body position:</b> inverted, back arch</li> </ul>
F27	Scarab Backwards 2		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, crooks of both knees</li> <li>- <b>Arm Position:</b> arms are fully extended and are pushing the low bar away and over the head, with hands in shoulder width (maximum distance apart)</li> <li>- <b>Leg position:</b> legs are bent and hooked on the high bar</li> <li>- <b>Body position:</b> Inverted, back arch, the hoop is behind the body and the low bar is above the head</li> </ul>
F28	Star on the Bar 1		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both legs and lower back</li> <li>- <b>Arm Position:</b> arms are in fixed position of choice with no contact with the hoop</li> <li>- <b>Leg position:</b> both legs are fully extended in a box split position</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F29	Trapped Half Split 2		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one leg, back, one underarm</li> <li>- <b>Arm Position:</b> no hands have contact with the hoop, the same hand holds the ankle/shin of back leg and arm is fully extended, the opposite arm is in a fixed position of choice</li> <li>- <b>Leg position:</b> in split position with front leg fully extended, back leg is bent</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>

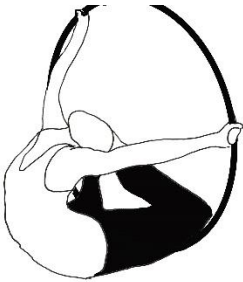
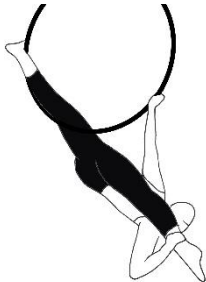
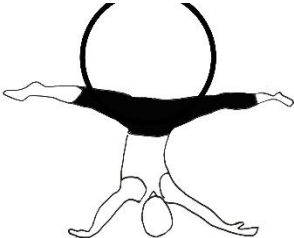
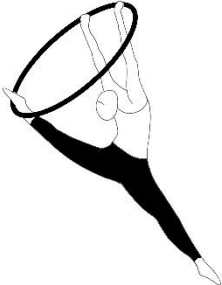

Code No.	Name	Element	Tech. Value	Criteria
F30	Angel 2		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one shin, foot and ankle, opposite hand</li> <li>- <b>Arm Position:</b> both arms are fully extended. One hand is holding the hoop, the other hand is holding the opposite leg from ankle or foot.</li> <li>- <b>Leg position:</b> legs are fully extended in a front split position</li> <li>- <b>Body position:</b> facing downwards</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F31	Back Balance Split 2		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one ankle/heel, upper back, underarms (optional)</li> <li>- <b>Arm position:</b> fixed position of choice, no hand contact with the hoop</li> <li>- <b>Leg position:</b> both legs are fully extended in front split position, one ankle/heel is on the high bar.</li> <li>- <b>Body position:</b> facing upwards, in a back arch, balancing with the upper back on the low bar</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F32	Back Support Stag Split 2		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands and arms, back of ankle, shoulders/shoulder blades, heel (optional)</li> <li>- <b>Arm Position:</b> hands are holding the side bars</li> <li>- <b>Leg position:</b> both legs are in stag position, the ankle of upper leg has contact with the high bar, other leg is bent backwards</li> <li>- <b>Body position:</b> back arch</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F33	Cocoon 1		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of knee of front leg</li> <li>- <b>Arm position:</b> both arms are over the head and fully extended, holding foot/ankle of back leg</li> <li>- <b>Leg position:</b> back leg is fully extended and over the head</li> <li>- <b>Body position:</b> inverted and back arch</li> </ul>
F34	Gazelle		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both legs, one hip, lower back</li> <li>- <b>Arm Position:</b> arms in fixed position of choice with no contact with the hoop, one hand can hold the front leg (optional)</li> <li>- <b>Leg position:</b> both legs are fully extended in front split position</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F35	Mexican Legs Closed		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm Position:</b> one arm is fully extended, one other arm is between the legs</li> <li>- <b>Leg position:</b> Legs are fully extended and closed, with feet and ankles are lower than hips</li> <li>- <b>Body position:</b> inverted, back arch</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
F36	One Arm Front Split Ring		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand, one ankle</li> <li>- <b>Arm Position:</b> one arm is fully extended and holding the high bar of the hoop. Other arm is bent overhead, holding the foot of the opposite leg over the head.</li> <li>- <b>Leg position:</b> legs are in front split position, back leg is bent and in ring position.</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F37	Optical Split		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand, lower back, glutes, thighs</li> <li>- <b>Arm Position:</b> inside arm holding the hoop is fully extended, the outside arm is bent, holding the ankle of opposite leg over the head</li> <li>- <b>Leg position:</b> both legs are fully extended in split position, one leg is behind the body and has contact with opposite shoulder</li> <li>- <b>Body position:</b> horizontal, facing away, twisted</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F38	Reverse Angel 1		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one foot, one leg, back of thigh (optional), opposite hand</li> <li>- <b>Arm Position:</b> one arm is fully extended and holding the hoop, other arm is bent and holding the ankle of opposite leg over the head</li> <li>- <b>Leg position:</b> legs are fully extended in split position, bottom leg is behind the shoulder</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F39	Reverse Vertical Split Hang		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, back, glutes, side of torso, ankle/shin of back leg</li> <li>- <b>Arm Position:</b> arms are extended, and hands are holding the hoop</li> <li>- <b>Leg position:</b> legs are extended in a front split position, foot of back leg is higher than the head. Back leg has contact with the same side hand/arm and is between the hand/arm and the hoop.</li> <li>- <b>Body position:</b> upright, hoop is behind the body</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F40	Swallow 1		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands and both shins</li> <li>- <b>Arm Position:</b> arms are fully extended and holding the high bar of the hoop</li> <li>- <b>Leg position:</b> legs are fully extended and touching the low bar of the hoop</li> <li>- <b>Body position:</b> upright, back arch</li> </ul>

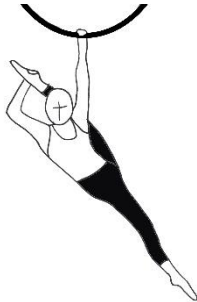

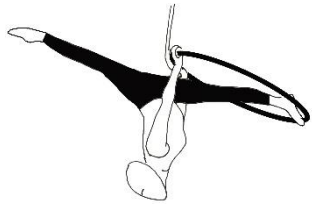
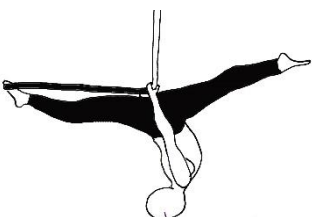
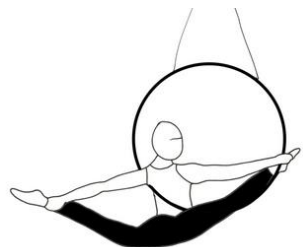
Code No.	Name	Element	Tech. Value	Criteria
F41	Arabesque Split Twist		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand, opposite leg, back (optional) and other leg (optional)</li> <li>- <b>Arm position:</b> one arm is fully extended and holding the high bar of the hoop. Other arm is holding the opposite, front leg, at the ankle</li> <li>- <b>Leg position:</b> Legs are fully extended in a front split position, the back leg has contact with the sling and the high bar of the hoop</li> <li>- <b>Body position:</b> inverted, facing downwards</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F42	Back Support Split 2		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands and arms, ankle of front leg, shoulder blades, heel (optional)</li> <li>- <b>Arm Position:</b> arms are holding the side bars</li> <li>- <b>Leg position:</b> both legs are fully extended in front split position, the ankle (and heel - optional) of front leg has contact with the high bar</li> <li>- <b>Body position:</b> back arch</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F43	Ballerina 3		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> sole of the foot of the front leg, back</li> <li>- <b>Arm Position:</b> arms are over the head and can be bent, holding the foot of back leg</li> <li>- <b>Leg position:</b> in split position with front leg fully extended, back leg is bent backwards in ring position</li> <li>- <b>Body position:</b> upright, standing on the low bar, back arch</li> </ul>
F44	Choke Hold 1		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands and arms, ankle of the upper leg, chest (optional)</li> <li>- <b>Arm Position:</b> arms are fully extended, holding the hoop from inside</li> <li>- <b>Leg position:</b> both legs are fully extended in front split position, the heel of the front leg is in contact with the high bar, the back leg is behind the body</li> <li>- <b>Body position:</b> inverted, the hoop is in front of the body</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F45	Drop Hang		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> hands, shins, ankles (optional), feet (optional)</li> <li>- <b>Arm position:</b> one arm is fully extended, the other arm can be bent. Hands are holding the one side bar.</li> <li>- <b>Leg position:</b> both legs are fully extended</li> <li>- <b>Body position:</b> back arch</li> </ul>

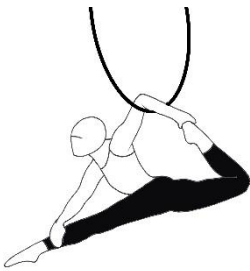
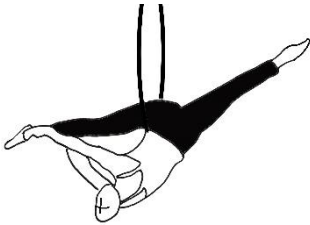
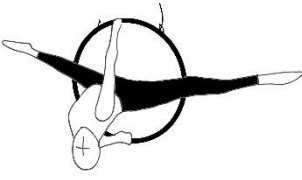

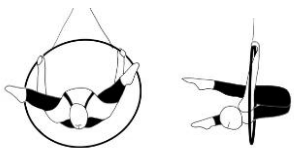
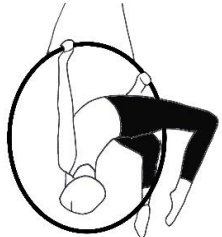
Code No.	Name	Element	Tech. Value	Criteria
F46	Elbow Hang Ballerina		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand, one crook of elbow, triceps (optional), forearm (optional)</li> <li>- <b>Arm position:</b> one arm is fully extended and in contact with the low bar of the hoop with the hand only. The other arm is bent around the high bar of the hoop, holding the same side leg at the ankle/shin with forearm in contact with the sling (optional)</li> <li>- <b>Leg position:</b> front split position with front leg fully extended, back leg can be bent</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F47	Extreme Gazelle		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both legs, one hip, lower back</li> <li>- <b>Arm Position:</b> no hands contact with the hoop, the same hand holds the shin/ankle/foot of back leg and the arm is fully extended. The opposite hand holds front leg at the ankle.</li> <li>- <b>Leg position:</b> front leg is fully extended and horizontal, back leg is bent backwards</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F48	Hanging Elbow Ring		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of one elbow</li> <li>- <b>Arm Position:</b> hanging from one elbow, the same arm is bent and hand is holding the opposite leg at ankle or shin over the head. The other arm is in a fixed position of choice without contact with the hoop or body</li> <li>- <b>Leg position:</b> legs are bent, one leg is bent backwards in a ring position with foot over the head</li> <li>- <b>Body position:</b> upright, back arch</li> </ul>
F49	Horizontal Front Split 1		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, sole of one foot, back of one thigh, glutes (optional)</li> <li>- <b>Arm position:</b> one hand is holding the high bar with a fully extended arm, the other hand is holding the side bar at the leg</li> <li>- <b>Leg position:</b> legs are fully extended in a front split position, front leg is horizontal with the sole of the foot on the side bar of the hoop, and in contact with the back of the same shoulder/triceps</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F50	Jigsaw 1		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm Position:</b> arms are extended, arm with leg resting on it can be bowed, but not bent</li> <li>- <b>Leg position:</b> both legs are fully extended in front split position. Front leg is horizontal to the floor, it is behind the body and leaning to the same side arm. Other leg is pointing backwards.</li> <li>- <b>Body position:</b> torso is facing downwards, hips are dropped away from the bar</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>

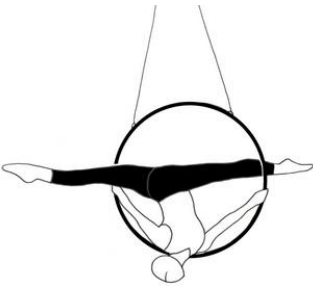
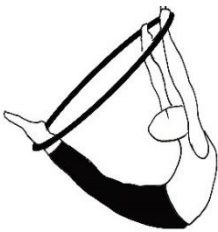
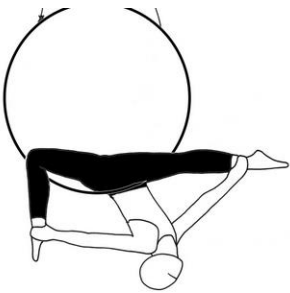

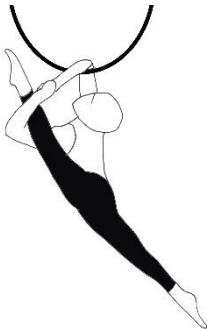


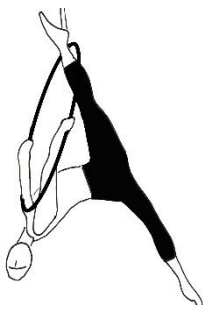

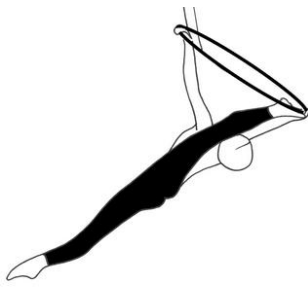
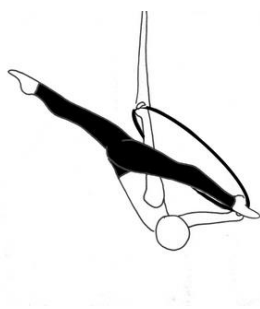

Code No.	Name	Element	Tech. Value	Criteria
F51	O Bend		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands in contact with high bar and both front thighs in contact with low bar</li> <li>- <b>Arm Position:</b> arms are fully extended, holding the high bar of the hoop</li> <li>- <b>Leg position:</b> both knees bent, toes touching head or shoulders. Thighs are in contact with the low bar.</li> <li>- <b>Body position:</b> upright, back arch in a ring position.</li> </ul>
F52	Reverse Angel 2		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one foot, one leg, back of thigh (optional), opposite hand</li> <li>- <b>Arm Position:</b> one arm is fully extended and holding the hoop, other arm is bent and holding the ankle of opposite leg over the head</li> <li>- <b>Leg position:</b> legs are fully extended in split position, bottom leg is behind the shoulder</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F53	Star on the Bar 2		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both legs and lower back</li> <li>- <b>Arm Position:</b> arms in fixed position of choice with no contact with the hoop</li> <li>- <b>Leg position:</b> both legs are fully extended in a box split position</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F54	Swallow Split 1		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands and shin of back leg</li> <li>- <b>Arm Position:</b> arms are fully extended and holding the high bar of the hoop</li> <li>- <b>Leg position:</b> legs are fully extended in a front split position. The shin of back leg is in contact with the low bar</li> <li>- <b>Body position:</b> upright, back arch</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F55	Vertical Angel Split		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one shoulder, hand of opposite arm, back leg, front leg (optional),</li> <li>- <b>Arm Position:</b> both arms are fully extended, one hand is holding the hoop behind the body, and the other hand is holding the ankle of the front, opposite leg.</li> <li>- <b>Leg position:</b> legs are in front split position, back leg is in contact with the high bar and the foot is in contact with the sling (optional), front leg has optional contact with the low bar.</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>

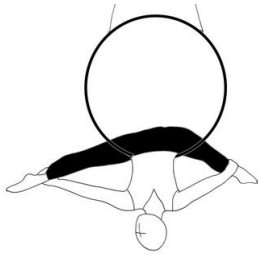
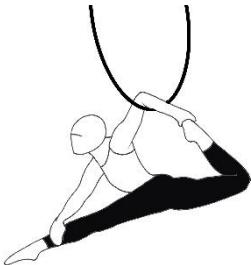
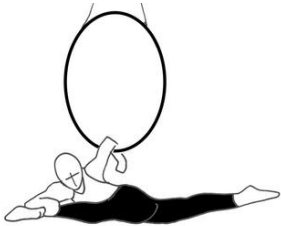

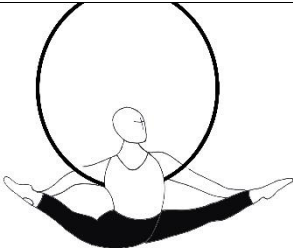
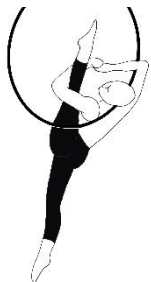



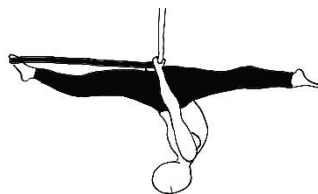


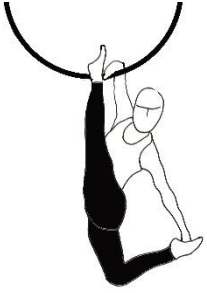
Code No.	Name	Element	Tech. Value	Criteria
F56	Diagonal Split 2		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand</li> <li>- <b>Arm position:</b> one arm is fully extended and holding the hoop, back of the shoulder has contact with the same side leg. Other arm is bent and holding the ankle of the opposite leg over the head</li> <li>- <b>Leg position:</b> both legs are fully extended in a diagonal split position</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F57	Feet Hang Scarab		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds.</li> <li>- <b>Points of contact:</b> both feet, both ankles, both hands, shins (optional).</li> <li>- <b>Arm position:</b> arms are fully extended and holding the low bar with hands shoulder width apart.</li> <li>- <b>Leg position:</b> legs are fully extended backwards and open.</li> <li>- <b>Body position:</b> inverted, in a back arch, the hoop is behind the body.</li> </ul>
F58	Flying Russian Back 1		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, one foot</li> <li>- <b>Arm Position:</b> Both arms are extended holding the high bar of the hoop</li> <li>- <b>Leg position:</b> legs are fully extended in a straight front split position. The front leg is horizontal, and the foot of the front leg is on the low bar.</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F59	Flying Russian Front 1		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, one foot</li> <li>- <b>Arm Position:</b> Both arms are extended holding the high bar of the hoop</li> <li>- <b>Leg position:</b> legs are fully extended in a straight front split position. The back leg is horizontal, and the foot of the back leg is on the low bar.</li> <li>- <b>Body position:</b> Inverted</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F60	Front Amazon Oversplit		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one underarm, one hand, back, inner thigh and calf of one leg, ankle, and foot (optional)</li> <li>- <b>Arm Position:</b> both arms fully extended. One hand is holding the hoop, the other hand is holding the ankle/shin of the same side leg.</li> <li>- <b>Leg position:</b> legs are in a front split position. Front leg is in contact with the hoop.</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 190°</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
F61	Hanging Elbow Half Split 1		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of one elbow</li> <li>- <b>Arm Position:</b> hanging from one elbow holding the opposite leg at ankle or foot which is bent backwards, other arm is holding the front leg at calf or ankle</li> <li>- <b>Leg position:</b> legs are in front split position, front leg is fully extended, back leg is bent</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F62	Hip Split Balance 1		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hip</li> <li>- <b>Arm position:</b> minimum one hand is holding the front leg at the foot or ankle</li> <li>- <b>Leg position:</b> both legs are fully extended in front split position and front leg is parallel to the floor with a maximum of 20° tolerance</li> <li>- <b>Body position:</b> torso is horizontal with 20° tolerance, balancing on one hip.</li> <li>- <b>Angle of split:</b> A minimum of 160°</li> </ul>
F63	Horizontal Box Split		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both legs, both hands</li> <li>- <b>Arm Position:</b> Both arms are extended. One hand is holding the high bar and the other hand the low bar of the hoop</li> <li>- <b>Leg position:</b> both legs are fully extended and horizontal in box split position with both legs in contact with the hoop</li> <li>- <b>Body position:</b> back arch</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F64	Horizontal Front Split 2		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both legs, both hands</li> <li>- <b>Arm Position:</b> Both arms are extended. One hand is holding the high bar and the other hand the low bar of the hoop</li> <li>- <b>Leg position:</b> both legs are fully extended in front split position with both legs in contact with the hoop. Line of the legs is horizontal</li> <li>- <b>Body position:</b> back arch</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F65	Jigsaw Straddle		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position:</b> arms can be bent, triceps/underarms have contact with the legs</li> <li>- <b>Leg position:</b> both legs are fully extended in a horizontal straddle position</li> <li>- <b>Body position:</b> horizontal</li> </ul>
F66	Mexican Fang		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm Position:</b> one arm is fully extended, other arm is between the legs</li> <li>- <b>Leg position:</b> fang position with both legs bent backwards, feet must be at shoulder level or lower, and knees are at the same level or lower than the hips</li> <li>- <b>Body position:</b> inverted, back arch</li> </ul>

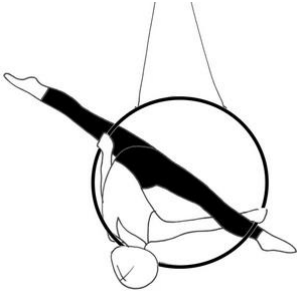
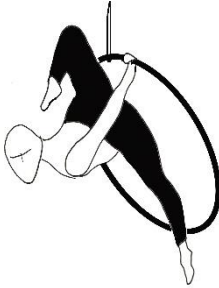
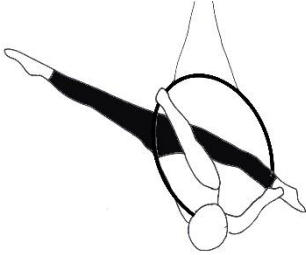
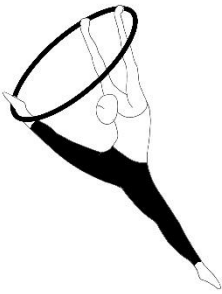
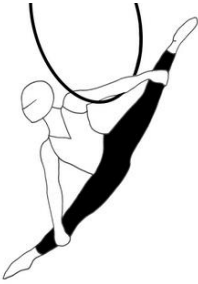
Code No.	Name	Element	Tech. Value	Criteria
F67	Shoulder Balance Twisted Split		0.7	<ul style="list-style-type: none"> <li>- <b>Hold position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, both legs, shoulder, and side of neck.</li> <li>- <b>Arm position:</b> both arms are fully extended, with opposite arm to front leg to the front of the body, and the other arm to the back</li> <li>- <b>Leg position:</b> front split position with both legs extended. Legs are on opposite sides of the hoop.</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F68	Swallow 2		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands and both feet or ankles (where the ankle and shin meet), shin (optional)</li> <li>- <b>Arm Position:</b> arms are fully extended and holding the high bar of the hoop</li> <li>- <b>Leg position:</b> legs fully are fully extended and touching the low bar of the hoop</li> <li>- <b>Body position:</b> upright, back arch</li> </ul>
F69	Twisted Gazelle		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both legs, one hip, lower back, glutes (optional)</li> <li>- <b>Arm Position:</b> both arms are fully extended, one hand holds the shin/ankle of the back and opposite leg. The other hand holds the opposite, front leg at the ankle.</li> <li>- <b>Leg position:</b> front leg is fully extended and horizontal, back leg is bent backwards</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F70	Back Balance Ring 1		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> lower back on the low bar and one foot/ankle/heel on the high bar</li> <li>- <b>Arm position:</b> arms can be bent and holding the foot of back leg over the head</li> <li>- <b>Leg position:</b> one leg extended and touching the high bar. Other leg is bent backwards</li> <li>- <b>Body position:</b> inverted, balancing on the back</li> <li>- <b>Angle of split:</b> a minimum of a 160°</li> </ul>
F71	Bird Of Paradise Upright		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of one elbow</li> <li>- <b>Arm position:</b> both arms are bent, hands are clasped. One arm is holding the hoop with the crook of the elbow. The other arm has no contact with the hoop, and is wrapped around and holding the same leg, back of arm and forearm have contact with the same leg shoulder contact with leg is optional.</li> <li>- <b>Leg position:</b> both legs are fully extended in a diagonal split position</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
F72	Choke Hold 2		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands and arms, ankle of the upper leg, chest (optional)</li> <li>- <b>Arm Position:</b> arms are fully extended, holding the hoop from inside</li> <li>- <b>Leg position:</b> both legs are fully extended in front split position, the heel of front leg is in contact with the high bar, the back leg is behind the body</li> <li>- <b>Body position:</b> inverted, the hoop is in front of the body</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F73	Cocoon Handstand		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, one leg/foot, glutes, side of torso</li> <li>- <b>Arm position:</b> both arms are extended, one hand is pushing against the low bar, the other hand is holding the side bar.</li> <li>- <b>Leg position:</b> one leg is bent around the slings. The other leg is extended backwards and is in contact with hoop between arms.</li> <li>- <b>Body position:</b> inverted and back arch</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F74	Flying Split		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, one foot</li> <li>- <b>Arm Position:</b> Both arms are fully extended, opposite hand to leg in contact with the hoop is holding the low bar, and the other hand is holding the high bar</li> <li>- <b>Leg position:</b> legs are fully extended in a front split position. The foot of the front leg is on the low bar.</li> <li>- <b>Body position:</b> facing upwards</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F75	Flying Split Inverted		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, one foot</li> <li>- <b>Arm Position:</b> Both arms are fully extended, one hand is holding the low bar, and the other hand is holding the high bar</li> <li>- <b>Leg position:</b> legs are fully extended in a front split position. The foot of the front leg (opposite leg to hand holding the low bar) is on the low bar.</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F76	Front Bird Nest		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, hips, shins, thighs (optional), feet (optional)</li> <li>- <b>Arm Position:</b> arms are fully extended, holding the side bars of the hoop at the knees</li> <li>- <b>Leg position:</b> legs are fully extended in straddle position</li> <li>- <b>Body position:</b> back arch position, head is higher than the hips</li> </ul>



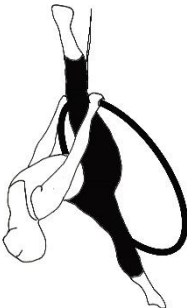
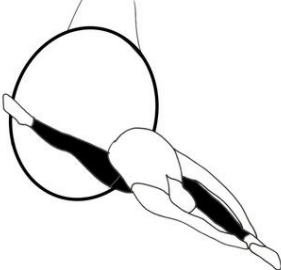
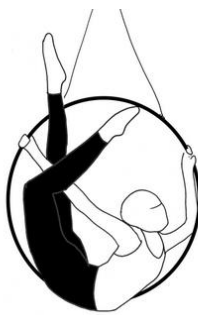
Code No.	Name	Element	Tech. Value	Criteria
F77	Gazelle Oversplit		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both legs, glutes, lower back</li> <li>- <b>Arm position:</b> arms are fully extended and holding the legs at the shin/calf/ankle</li> <li>- <b>Leg position:</b> legs are fully extended in a front split position.</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 190°</li> </ul>
F78	Hanging Elbow Half Split 2		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of one elbow</li> <li>- <b>Arm Position:</b> hanging from one elbow holding the opposite leg at ankle or foot which is bent backwards, other arm is holding the front leg at calf or ankle</li> <li>- <b>Leg position:</b> legs are in front split position, front leg is fully extended, back leg is bent</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F79	Hanging Elbow Split		0.8	<ul style="list-style-type: none"> <li>- <b>Hold position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of one elbow, forearm (optional), bicep (optional)</li> <li>- <b>Arm position:</b> One arm is in elbow grip position, the other arm is holding the opposite leg at ankle/calf.</li> <li>- <b>Leg position:</b> Both legs are fully extended and horizontal in a split position.</li> <li>- <b>Body position:</b> torso is facing downwards.</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F80	Heel Hang Ring		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one heel/back of ankle, wrists (optional)</li> <li>- <b>Arm position:</b> arms are over the head and extended, with hands holding the foot of one leg</li> <li>- <b>Leg position:</b> the back leg is bent over the head in ring position and in contact with the hoop at the heel/back of ankle, the other leg is in a fixed position of choice with no contact to the hoop</li> <li>- <b>Body position:</b> upright, in a back arch</li> </ul>
F81	Eagle Oversplit		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> underarms, biceps, shoulder blades</li> <li>- <b>Arm position:</b> extended and holding the legs at the shin/calf/ankle</li> <li>- <b>Leg position:</b> legs are fully extended in a front split position</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 190°</li> </ul>
F82	Elbow Hang Amazon Split		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of one elbow, thigh of front leg, side of torso, back, back of neck, back of one shoulder</li> <li>- <b>Arm position/grip:</b> both arms are bent, hands are clasped over the head</li> <li>- <b>Leg position:</b> both legs are fully extended in a diagonal split position</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>

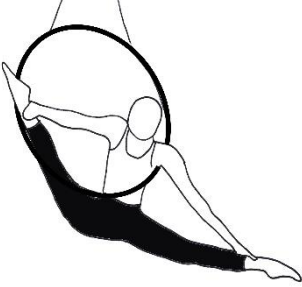
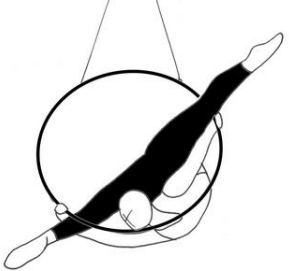

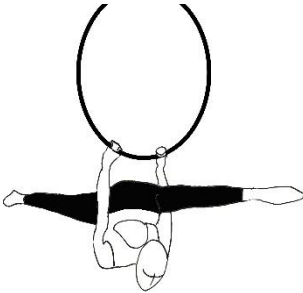
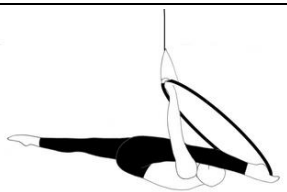

Code No.	Name	Element	Tech. Value	Criteria
F83	Flying Russian Back 2		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, one foot</li> <li>- <b>Arm Position:</b> Both arms are extended holding the high bar of the hoop</li> <li>- <b>Leg position:</b> legs are fully extended in a straight front split position. The front leg is horizontal, and the foot of the front leg is on the low bar.</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F84	Flying Russian Front 2		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, one foot</li> <li>- <b>Arm Position:</b> Both arms are extended holding the high bar of the hoop</li> <li>- <b>Leg position:</b> legs are fully extended in a straight front split position. The back leg is horizontal, and the foot of the back leg is on the low bar.</li> <li>- <b>Body position:</b> Inverted</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F85	Foot Hang Twisted Scissor		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one foot, ankle (optional), opposite wrist/side of hand (optional)</li> <li>- <b>Arm Position:</b> one arm is fully extended and hand is holding the opposite foot. Other arm is bent and hand is holding the ankle of opposite leg over the head</li> <li>- <b>Leg Position:</b> both legs are fully extended. Leg behind the head is a horizontal position</li> <li>- <b>Body Position:</b> upper body is not facing downwards</li> </ul>
F86	Heel Hang Split		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> ankle, heel, wrist (optional)</li> <li>- <b>Arm position:</b> Both arms are fully extended, one wrist may be in contact with the hoop with hand holding same side leg's foot, the other arm is holding same side leg at the calf</li> <li>- <b>Leg position:</b> In a front split position with front leg fully extended without contact with the hoop, back leg is bent with ankle/heel in contact with the hoop</li> <li>- <b>Body position:</b> torso is facing downwards</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F87	Hanging Elbow Half Split 3		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of one elbow</li> <li>- <b>Arm Position:</b> one arm is bent and hanging from one elbow holding the opposite shin/ankle/ foot, other arm is fully extended and holding the back leg at the ankle or foot behind the body</li> <li>- <b>Leg position:</b> legs are in front split position, front leg is fully extended, back leg is bent backwards</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>

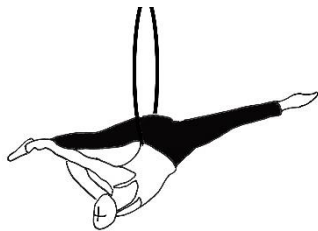
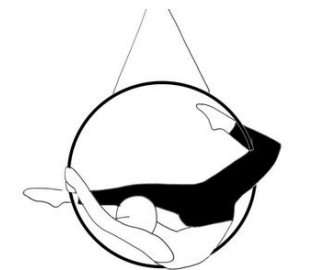
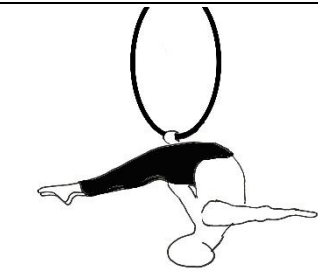
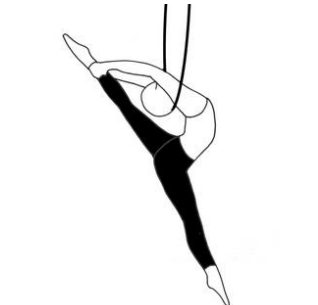







Code No.	Name	Element	Tech. Value	Criteria
F88	Mexican Stand Split		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, one arm (optional), both legs, one shoulder, chest (optional)</li> <li>- <b>Arm position:</b> one arm is extended and holding the side bar behind the back, the other arm is holding the hoop between the body and the leg</li> <li>- <b>Leg position:</b> both legs are fully extended in a front split position, back leg is between the arm and hoop</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F89	Scorpio Split		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both legs, both hands</li> <li>- <b>Arm Position:</b> both arms are extended holding the high bar</li> <li>- <b>Leg position:</b> legs are in front split position with both legs in contact with the hoop. The front leg is fully extended, the back leg is bent backwards and foot is touching the head. The front leg is touching the low bar, and the back leg is touching the high bar of the hoop.</li> <li>- <b>Body position:</b> back arch</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F90	Shoulder Balance Split 1		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> at least one hand (both hands optional), one arm, back, glutes and one shoulder, neck (optional)</li> <li>- <b>Arm position:</b> both arms can be bent. One arm is holding the hoop behind the back, the other arm is holding the ankle of the opposite leg around the hoop</li> <li>- <b>Leg position:</b> both legs are fully extended in front split position</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F91	Swallow Split 2		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands and one ankle (where the ankle and shin meet) or foot, shin (optional)</li> <li>- <b>Arm Position:</b> arms are fully extended and holding the high bar of the hoop</li> <li>- <b>Leg position:</b> legs are fully extended in a front split position. The ankle/foot/shin of back leg is in contact with the low bar</li> <li>- <b>Body position:</b> upright, back arch</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F92	Underarm Hold Split 3		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one underarm, bicep (optional)</li> <li>- <b>Arm position:</b> Both arms are fully extended and holding the same side legs below the knee</li> <li>- <b>Leg position:</b> Both legs are fully extended in a front split position without contact with the hoop</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>




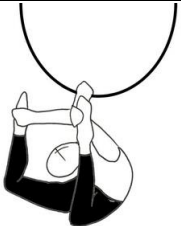
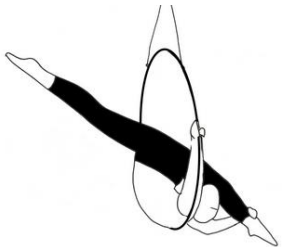


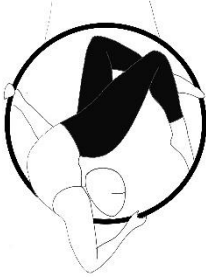
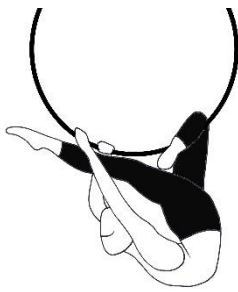

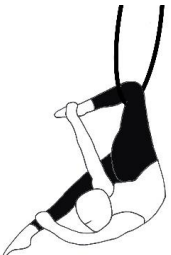
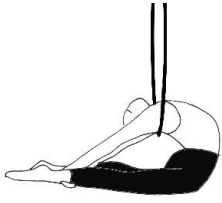
Code No.	Name	Element	Tech. Value	Criteria
F93	Upright Balance Back Bend 2		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand, torso, pelvis, one thigh, one foot and ankle (optional).</li> <li>- <b>Arm position:</b> One arm is holding the hoop in front of the body, the other arm is over the head and extended, with the hand holding the shin/ankle of the back leg.</li> <li>- <b>Leg position:</b> Front leg is bent, and the back leg is fully extended over the head and in contact with the hoop.</li> <li>- <b>Body position:</b> upper body is in a back arch position</li> </ul>
F94	Vertical Hang Back Bend		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, both legs</li> <li>- <b>Arm position:</b> arms are fully extended and holding the high bar</li> <li>- <b>Leg position:</b> legs are fully extended, the front of both legs has contact with the low bar. Legs and body are on the same side of the hoop.</li> <li>- <b>Body position:</b> inverted, back arch</li> </ul>
F95	Vertical Split		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both legs, both hands</li> <li>- <b>Arm Position:</b> Both arms are fully extended and hands are holding the high bar of the hoop.</li> <li>- <b>Leg position:</b> both legs are fully extended in front split position in contact with the hoop. Front leg is touching the high bar and the back leg is touching the low bar.</li> <li>- <b>Body position:</b> back arch</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F96	Back Balance Needle 1		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> lower back, glutes, one foot</li> <li>- <b>Arm position:</b> both arms extended and holding the shin/ankle of back leg over the head</li> <li>- <b>Leg position:</b> both legs are fully extended in front split position.</li> <li>- <b>Body position:</b> body is in a back bend position around the side bar with one foot on the other side bar. Body is angled downwards.</li> </ul>
F97	Back Bend in the Moon		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, one arm, abdominal part of the torso, hips, one leg (optional)</li> <li>- <b>Arm position:</b> one arm is bent and holding the side bar in front of the body. The other arm is between the legs and holds the opposite side bar behind the body.</li> <li>- <b>Leg position:</b> legs are in a fixed position of choice and knees higher than the shoulders</li> <li>- <b>Body position:</b> in a back arch position inside the hoop</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
F98	Capezio Split		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> underarm of inside arm, back, back leg, hand of outside arm (optional)</li> <li>- <b>Arm position/grip:</b> the inside arm is fully extended and holds front leg at ankle/shin level. The outside arm is fully extended and holds back leg at ankle/shin level.</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F99	Chest Stand Split		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, both legs, chest, chin (optional)</li> <li>- <b>Arm position:</b> both arms are extended, holding the hoop with the hands</li> <li>- <b>Leg position:</b> both legs are fully extended in a front split, back leg is over the head and is between the hand/arm and hoop</li> <li>- <b>Body position:</b> inverted, back is arched</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F100	Cocoon 2		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of knee of front leg</li> <li>- <b>Arm position:</b> both arms are over the head and fully extended, holding foot/ankle of back leg</li> <li>- <b>Leg position:</b> in split position, back leg is fully extended</li> <li>- <b>Body position:</b> inverted and back arch</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F101	Jigsaw 2		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm Position:</b> arms are extended, arm with leg leaning on it can be bowed, but not bent</li> <li>- <b>Leg position:</b> both legs are fully extended in front split position. Front leg is horizontal, behind the body and leaning to the same side arm. Other leg is pointing backwards</li> <li>- <b>Body position:</b> torso is horizontal</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F102	Flying Russian Back 3		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, one foot</li> <li>- <b>Arm position:</b> both arms are extended and holding the high bar of the hoop</li> <li>- <b>Leg position:</b> legs are fully extended in a straight front split position. The front leg is horizontal, and the foot of the front leg is on the low bar.</li> <li>- <b>Body position:</b> upper body is horizontal</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F103	Foot Hang Split 1		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one foot and ankle (optional)</li> <li>- <b>Arm position:</b> in a fixed position of choice, no hand contact with the hoop, at least one hand is holding the ankle/foot of the lower leg</li> <li>- <b>Leg position:</b> both legs are fully extended in a split position, lower leg is in contact with the back of the same shoulder</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> minimum 180°</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
F105	Hip Split Balance 2		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hip</li> <li>- <b>Arm position:</b> minimum one hand is holding the front leg at the foot or ankle</li> <li>- <b>Leg position:</b> both legs are fully extended in front split position and parallel to the floor</li> <li>- <b>Body position:</b> torso is horizontal with 20° tolerance, balancing on one hip</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F106	Marchenko in the Moon		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, crook of one knee, calf/ankle of the other leg, torso</li> <li>- <b>Arm position:</b> both hands are holding the side bar, above the extended leg</li> <li>- <b>Leg position:</b> legs are in a half split, one leg is bent and hooked around the side bar, the other leg is extended over the head, is between the same side arm and the hoop, and is horizontal.</li> <li>- <b>Body position:</b> inverted, back is arched</li> </ul>
F107	Mexican Legs Closed One Hand		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hands</li> <li>- <b>Arm Position:</b> one arm is extended and holding the hoop between the legs, other arm in fixed position of choice</li> <li>- <b>Leg position:</b> Legs are fully extended and closed with feet and ankles, lower than hips</li> <li>- <b>Body position:</b> inverted, back arch</li> </ul>
F108	Neck Balance Split		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> back of arms, back of shoulders, neck, back of head (optional), upper back contact (optional)</li> <li>- <b>Arm position:</b> arms are over the head and extended, holding the shin/ankle of the back leg</li> <li>- <b>Leg position:</b> both legs are fully extended in a front split position, with the back leg over the head</li> <li>- <b>Body position:</b> upright, in a back arch</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>

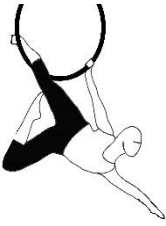

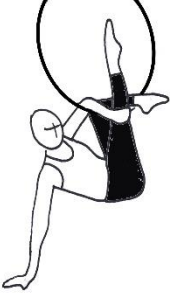
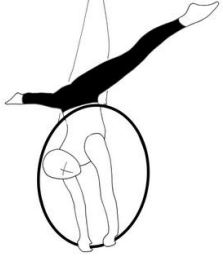
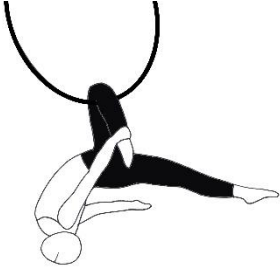
Code No.	Name	Element	Tech. Value	Criteria
F109	Rainbow Gazelle		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum 2 seconds.</li> <li>- <b>Points of contact:</b> front leg in its entirety in contact with the hoop (including foot), lower back, glutes, thighs/knee of back leg.</li> <li>- <b>Leg position:</b> legs are in a half split position, with the back leg fully extended, and the front leg bent.</li> <li>- <b>Arm position:</b> fully extended, both hands holding the leg.</li> <li>- <b>Body position:</b> inverted with back arch.</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F110	Rainbow Marchenko		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds.</li> <li>- <b>Points of contact:</b> both legs, lower back, glutes, hand of one arm.</li> <li>- <b>Arm position:</b> one arm is fully extended with no contact with the hoop, with the hand holding the back leg at ankle/shin. The hand of the other arm is holding the hoop on the low bar</li> <li>- <b>Leg position:</b> both legs are fully extended in a horizontal split position.</li> <li>- <b>Body position:</b> inverted with back arch, chest is facing downwards.</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F111	Reverse Meathook One Hand Split		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand, opposite leg (optional)</li> <li>- <b>Arm position:</b> one arm is bent and hand is holding the hoop behind the back, other arm is holding the same side leg</li> <li>- <b>Leg position:</b> legs are fully extended in a front split position</li> <li>- <b>Body position:</b> back is leaning on one arm, upper body is facing sideways</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F112	Side Eagle Split		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one underarm, one hand, upper back, one leg, side of torso (optional), neck (optional), foot (optional)</li> <li>- <b>Arm position:</b> one arm is fully extended and holding the same side shin, the other arm may be bent and is holding the hoop around the same side leg.</li> <li>- <b>Leg position:</b> legs are fully extended in a front split position. One leg is extended towards the back, while the other is extended, in contact with the side and high bar of the hoop and on the same side of the hoop as the arm with hand contact.</li> <li>- <b>Body position:</b> upper body is horizontal</li> </ul>
F113	Tear Drop Feet Hook		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, both calves (optional)</li> <li>- <b>Arm position:</b> arms are extended and hands are holding the high bar</li> <li>- <b>Leg position:</b> legs are fully extended over the head, ankles/feet are hooked around the slings. Feet can be flexed</li> <li>- <b>Body position:</b> upright, in a back arch</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
F114	Upright Balance Back Bend Split		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand, torso, pelvis, one thigh, one foot and ankle (optional).</li> <li>- <b>Arm position:</b> One arm is holding the hoop in front of the body, the other arm is over the head and extended, with the hand holding the shin/ankle of the back leg.</li> <li>- <b>Leg position:</b> both legs are fully extended in a front split position, with the back leg over the head and in contact with the hoop.</li> <li>- <b>Body position:</b> upright, in a back arch</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F115	V Back Bend		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, one shin, ankle (optional) and foot of one leg, shin and/or knee of other leg optional</li> <li>- <b>Arm position:</b> arms are extended over the head and hands are holding the hoop</li> <li>- <b>Leg position:</b> the leg in contact with the hoop is fully extended, the foot may be flexed (optional), the other leg is extended over the head with optional contact with the hoop</li> <li>- <b>Body position:</b> facing downwards with the torso completely under the low bar, back arch</li> </ul>
F116	Back Balance Split 3		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> lower back on the low bar and one foot/ankle/heel on the high bar</li> <li>- <b>Arm position:</b> both arms fully extended and holding the shin/ankle of back leg over the head</li> <li>- <b>Leg position:</b> both legs are fully extended in front split position.</li> <li>- <b>Body position:</b> inverted, balancing on the back</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F117	Back Bend Pretzel		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of one elbow</li> <li>- <b>Arm Position:</b> hanging from one elbow, arms are bent, hands are holding the opposite legs at ankle or foot over the head</li> <li>- <b>Leg position:</b> legs are bent with both legs in ring position</li> <li>- <b>Body position:</b> upright, back arch</li> </ul>
F118	Chest Balance Rainbow		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one arm (and hand), shoulder (optional), chest</li> <li>- <b>Arm position:</b> one arm is holding the side bar, the other arm is holding the ankle of the opposite leg over the head</li> <li>- <b>Leg position:</b> both legs are fully extended in a front split position.</li> <li>- <b>Body position:</b> inverted, balancing on the chest</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>

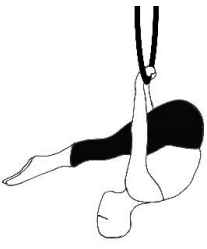


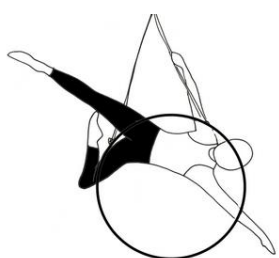
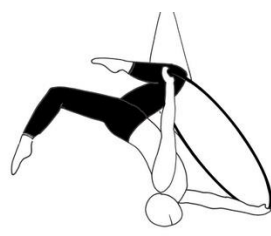
Code No.	Name	Element	Tech. Value	Criteria
F119	Chest Stand Back Bend		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, feet, chest, neck (optional), side of the jaw (optional)</li> <li>- <b>Arm position:</b> one arm is holding the side bar, other arm is holding the low bar in front of the head</li> <li>- <b>Leg position:</b> legs are bent backwards, one foot is touching the side bar over the head, other foot is touching the low bar in front of the head</li> <li>- <b>Body position:</b> inverted, inside the hoop except one arm and in a back arch</li> </ul>
F120	Knee Hook Rainbow Marchenko		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of one knee, shin of other leg, knee of other leg (optional), both hands</li> <li>- <b>Arm position:</b> arms can be bent, and hands are holding the hoop over the head and above the leg</li> <li>- <b>Leg position:</b> one leg is bent, other leg is over the head</li> <li>- <b>Body position:</b> facing downwards, back arch</li> </ul>
F121	Needle Oversplit		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> sole of one foot, back, shoulders (optional), glutes (optional)</li> <li>- <b>Arm position:</b> both arms are extended over the head and holding the foot/ankle of back leg</li> <li>- <b>Leg position:</b> oversplit position with both legs extended, back leg and foot must be stretched over the head</li> <li>- <b>Body position:</b> upright, standing on the low bar</li> <li>- <b>Angle of split:</b> a minimum of 190°</li> </ul>
F122	Single Hox Cocoon		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of one knee</li> <li>- <b>Arm position:</b> hands have contact with opposite legs. Both arms are fully extended. Hand holding bent leg is holding at the ankle/foot, hand holding straight leg is holding at the shin.</li> <li>- <b>Leg position:</b> one leg is bent, the other is fully extended</li> <li>- <b>Body position:</b> inverted, twisted and in back arch</li> </ul>
F123	Yogini 2		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> underarms (optional), shoulder blades</li> <li>- <b>Arm position:</b> extended over the head, and holding the legs at ankle/shin</li> <li>- <b>Leg position:</b> legs are fully extended, to the back, and horizontal</li> <li>- <b>Body position:</b> upright, in a back arch</li> </ul>


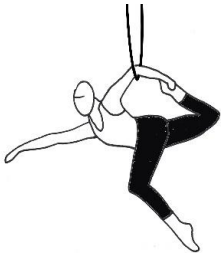
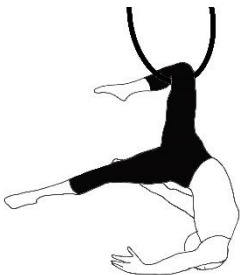

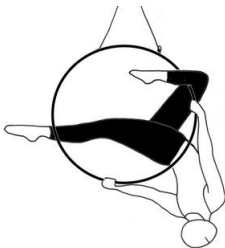





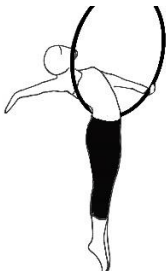

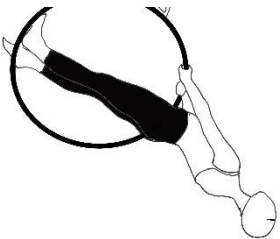
## STRENGTH ELEMENTS

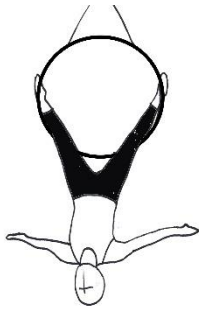



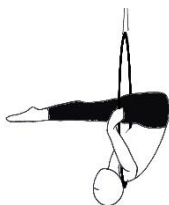
Code No.	Name	Element	Tech. Value	Criteria
S1	Arabesque 2		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand and the same side leg</li> <li>- <b>Arm position:</b> one arm is fully extended and holding the hoop. Other arm is in a fixed position of choice without contact with the hoop</li> <li>- <b>Leg position:</b> The leg in contact with the hoop is extended, the foot might be flexed (optional). The other leg is bent in passé position</li> <li>- <b>Body position:</b> facing downwards, vertical or diagonal down.</li> </ul>
S2	Basic Invert		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, both thighs</li> <li>- <b>Arm position:</b> both arms are fully extended</li> <li>- <b>Leg position:</b> both legs are fully extended</li> <li>- <b>Body position:</b> inverted, the full body is aligned</li> </ul>
S3	Elbow Hold Hang		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of one elbow, one crook of knee, other knee/calf (optional)</li> <li>- <b>Arm Position:</b> hanging from one elbow holding the opposite leg, other arm is in a fixed position of choice</li> <li>- <b>Leg position:</b> one leg is bent and in contact with the hoop, other leg is fully extended and at a 90° angle to the hoop</li> <li>- <b>Body position:</b> upright</li> </ul>
S4	Handstand Straddle 1		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> hands, lower back, glutes (optional)</li> <li>- <b>Arm position:</b> arms are fully extended and pushing against the low bar</li> <li>- <b>Leg position:</b> legs are fully extended in a straddle position with thighs in contact with the slings</li> <li>- <b>Body position:</b> inverted</li> </ul>
S5	Knee Hang		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of one knee</li> <li>- <b>Arm position:</b> in fixed position of choice with no contact with the hoop, one hand holding the ankle of the upper leg</li> <li>- <b>Leg position:</b> one leg is bent and holding the hoop with the crook of the knee. The back leg is horizontal.</li> <li>- <b>Body position:</b> inverted</li> </ul>

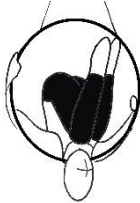


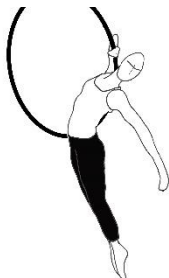

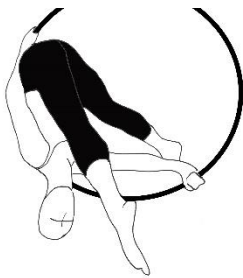


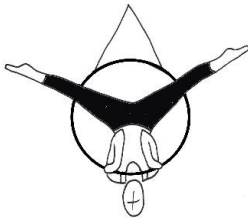
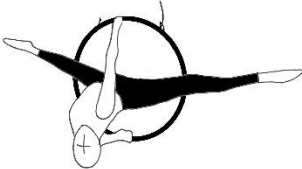
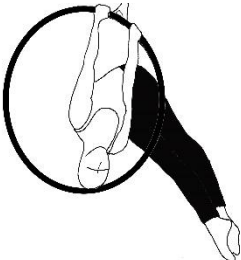
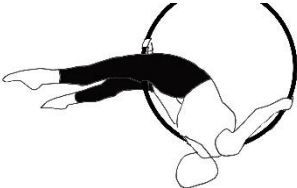
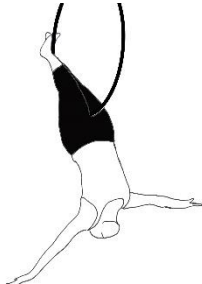
Code No.	Name	Element	Tech. Value	Criteria
S6	Pike Hang		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position:</b> both arms are fully extended and holding the low bar of the hoop</li> <li>- <b>Leg position:</b> both legs are fully extended and closed in a pike position, between the arms</li> <li>- <b>Body position:</b> inverted</li> </ul>
S7	Single Point Flag		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, shoulder blades and upper back.</li> <li>- <b>Arm position:</b> both arms are fully extended, one arm is in vertical position holding the high bar of the hoop, the other arm is in horizontal position, holding the side of the hoop</li> <li>- <b>Leg position:</b> legs are fully extended and closed in pencil position</li> <li>- <b>Body position:</b> upright</li> </ul>
S8	Arabesque 3		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand, opposite leg, back (optional)</li> <li>- <b>Arm position:</b> one arm is fully extended and holding the high bar of the hoop. Other arm is in a fixed position of choice without contact with the hoop</li> <li>- <b>Leg position:</b> The leg in contact with the hoop is fully extended with foot/ankle in contact with the sling. The other leg is bent</li> <li>- <b>Body position:</b> inverted, facing downwards</li> </ul>
S9	Arabesque on the Slings		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> back of one shoulder (optional), both legs, both glutes (optional)</li> <li>- <b>Arm Position:</b> one arm is fully extended with hand holding one sling, the other arm in fixed position of choice without contact with the hoop</li> <li>- <b>Leg position:</b> one leg is fully extended with the leg in between the sling and the high bar of the hoop (front of thigh in contact with the sling, glutes and back of thigh have contact with the hoop), the other leg is bent and in contact with the side bar (glute contact with the side bar optional)</li> <li>- <b>Body position:</b> facing downwards</li> </ul>
S10	Butterfly		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, the crook of one knee</li> <li>- <b>Arm position:</b> both arms are fully extended. One arm is holding the low bar of the hoop, other arm is holding the high bar.</li> <li>- <b>Leg position:</b> legs are bent with one leg bent around the high bar. The other leg is bent to the back of the body with no hoop contact.</li> <li>- <b>Body position:</b> inverted</li> </ul>

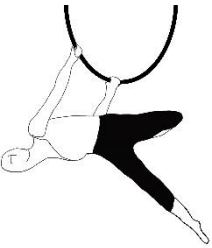
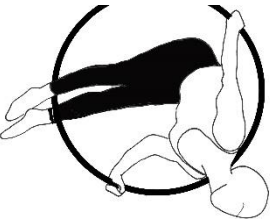
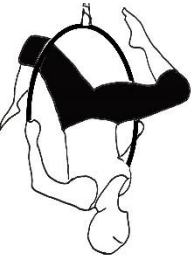

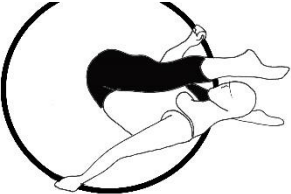
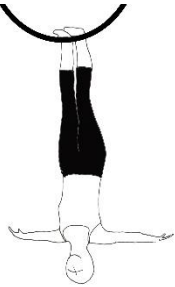
Code No.	Name	Element	Tech. Value	Criteria
S11	Candlestick		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands and both legs</li> <li>- <b>Arm position:</b> both arms are fully extended and holding the hoop</li> <li>- <b>Leg position:</b> both legs are fully extended and ankles crossed holding the hoop between the legs. Feet can be flexed (optional).</li> <li>- <b>Body position:</b> Inverted</li> </ul>
S12	Elbow Hang		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of one elbow</li> <li>- <b>Arm Position:</b> hanging from one elbow holding the opposite leg at ankle or foot, other arm is in a fixed position of choice</li> <li>- <b>Leg position:</b> legs are bent</li> <li>- <b>Body position:</b> facing downwards</li> </ul>
S13	Single Leg Hang		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of one knee</li> <li>- <b>Arm position:</b> in fixed position of choice with no contact with the hoop or the legs</li> <li>- <b>Leg position:</b> One leg is bent and holding the hoop with the crook of the knee. The other leg is in fixed position of choice without contact with the hoop</li> <li>- <b>Body position:</b> Inverted</li> </ul>
S14	Single Yogini		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one underarm</li> <li>- <b>Arm position:</b> The hand that is holding the hoop with underarm is extended and holding the same side foot or ankle. The other arm is in fixed position of choice without contact with the hoop.</li> <li>- <b>Leg position:</b> one leg is bent and in contact with the arm. Other leg is in fixed position of choice without contact with the hoop.</li> <li>- <b>Body position:</b> upright</li> </ul>
S15	Supported Outside Knee Hang		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, both legs, side of torso</li> <li>- <b>Arm position:</b> both arms are fully extended. Outside arm is holding the low bar of the hoop, inside arm is holding the side bar below the bent leg.</li> <li>- <b>Leg position:</b> outside leg is bent and holding the hoop at the crook of the knee. Inside leg is fully extended in a horizontal position. Both legs are on the same side of the hoop.</li> <li>- <b>Body position:</b> inverted.</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
S16	Underarm pike		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both underarms, chest</li> <li>- <b>Arm position:</b> hands are holding the calves or ankles</li> <li>- <b>Leg position:</b> legs are in pike position without contact with the hoop, and level with or higher than the hips</li> <li>- <b>Body position:</b> upright</li> </ul>
S17	Candlestick No Hands 1		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both legs</li> <li>- <b>Arm position:</b> fixed position of choice without contact with the hoop</li> <li>- <b>Leg position:</b> both legs are fully extended and ankles crossed holding the hoop between the legs. Feet can be flexed (optional).</li> <li>- <b>Body position:</b> inverted</li> </ul>
S18	Eagle		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both underarms, upper back, biceps (optional)</li> <li>- <b>Arm position:</b> both arms are fully extended, holding the hoop with underarms, the hoop behind the back</li> <li>- <b>Leg position:</b> legs are in fixed position or choice without contact with the hoop</li> <li>- <b>Body position:</b> upright</li> </ul>
S19	Front Amazon		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand, back, one underarm</li> <li>- <b>Arm position:</b> both arms are fully extended. The inside arm is holding the hoop with underarm, and the outside arm is extended to the side and holding the hoop with the hand.</li> <li>- <b>Leg position:</b> legs are in fixed position of choice without contact with the hoop</li> <li>- <b>Body position:</b> upright</li> </ul>
S20	One arm pike		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand</li> <li>- <b>Arm position:</b> one arm is extended and holding the hoop with one hand, the other arm is wrapped around the legs</li> <li>- <b>Leg position:</b> legs are extended and closed in pike position</li> <li>- <b>Body position:</b> upright</li> </ul>
S21	Side stand		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, both inner thighs, both feet</li> <li>- <b>Arm position:</b> both arms are extended and holding the hoop from the side</li> <li>- <b>Leg position:</b> both legs are fully extended and stepping to the side of the hoop. Feet may be flexed(optional)</li> <li>- <b>Body position:</b> Fully extended and facing upwards</li> </ul>

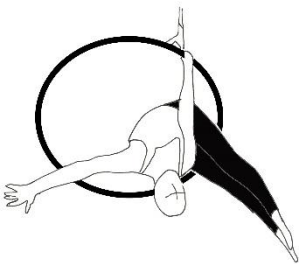
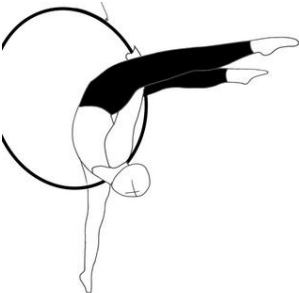
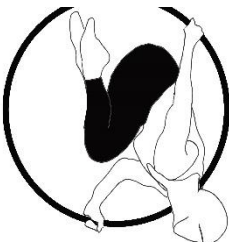
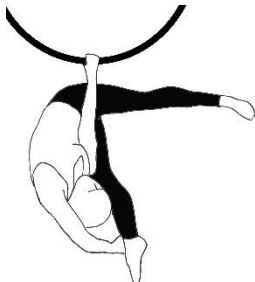
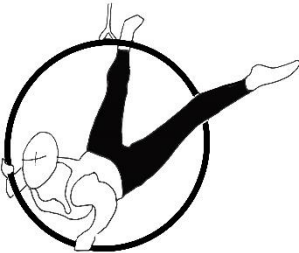
Code No.	Name	Element	Tech. Value	Criteria
S22	Ankle Hang		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both legs, feet</li> <li>- <b>Arm position:</b> fixed position of choice without contact with the hoop</li> <li>- <b>Leg position:</b> both legs are fully extended. Feet are hooked around the back of the side bars. Legs do not have contact with the slings.</li> <li>- <b>Body position:</b> inverted, torso facing in the same direction as the hoop. Body in front of the hoop.</li> </ul>
S23	Elbow Hold Straddle		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of one elbow</li> <li>- <b>Arm position:</b> one arm is bent and holding the hoop with the crook of the elbow, the other arm is in fixed position of choice without contact with the hoop</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position, at least one foot is higher than shoulders</li> <li>- <b>Body position:</b> upright</li> </ul>
S24	Handstand Gazelle		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, one leg, glutes, side of torso</li> <li>- <b>Arm position:</b> both arms are fully extended and pushing against the low bar</li> <li>- <b>Leg position:</b> one leg is bent and wrapped around one of the slings. The other leg is extended backwards and is in contact with the other sling.</li> <li>- <b>Body position:</b> inverted and back arch</li> </ul>
S25	Side Amazon		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand, opposite shoulder, side of torso, back, neck</li> <li>- <b>Arm position:</b> both arms are fully extended. One arm is in front of the body and holding the hoop with the hand, other arm is in fixed position of choice without contact with the hoop.</li> <li>- <b>Leg position:</b> legs are in fixed position of choice without contact with the hoop</li> <li>- <b>Body position:</b> upright</li> </ul>
S26	Shoulder Stand Pike		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> shoulders, both arms, hands, and neck (optional)</li> <li>- <b>Arm position:</b> holding the side bars</li> <li>- <b>Leg position:</b> knees are either bent in tuck position or extended in pike position, without contact with the hoop. If the legs are in tuck position, the chest has contact with the thighs. If the legs are in pike position, legs are fully extended and horizontal or lower</li> <li>- <b>Body position:</b> inverted</li> </ul>

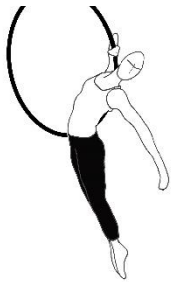
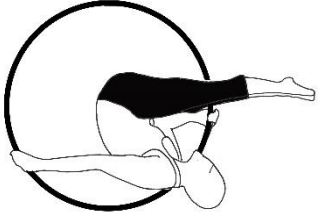
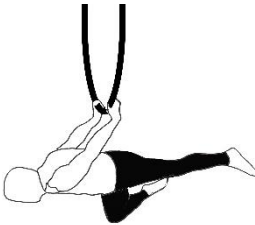


Code No.	Name	Element	Tech. Value	Criteria
S27	Shoulder Stand Tuck		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> shoulders, both arms, hands, and neck (optional)</li> <li>- <b>Arm position:</b> holding the side bars</li> <li>- <b>Leg position:</b> knees are either bent in tuck position or extended in pike position, without contact with the hoop. If the legs are in tuck position, the chest has contact with the thighs. If the legs are in pike position, legs are fully extended and horizontal or lower</li> <li>- <b>Body position:</b> inverted</li> </ul>
S28	Walking Man		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both legs</li> <li>- <b>Arm position:</b> fixed position of choice without contact with the hoop</li> <li>- <b>Leg position:</b> both legs are fully extended except the feet. The hoop is between the legs and the legs are holding the hoop one leg on each side of the hoop.</li> <li>- <b>Body position:</b> inverted</li> </ul>
S29	Back Hang Pike		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, wrists, and forearms (optional)</li> <li>- <b>Arm position:</b> arms are fully extended and holding the hoop behind the body</li> <li>- <b>Leg position:</b> legs are fully extended in pike position and parallel to the floor.</li> <li>- <b>Body position:</b> upright, facing downwards</li> </ul>
S30	Elbow Hang Amazon 1		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of one elbow, side of the neck (optional), side of torso (optional) back (optional), hip (optional), leg (optional)</li> <li>- <b>Arm position:</b> upper arm is bent and holding the hoop at the tab (slings contact allowed) with the crook of the elbow, other arm is in fixed position of choice without contact with the hoop</li> <li>- <b>Leg position:</b> both legs are fully extended and closed</li> <li>- <b>Body position:</b> upright</li> </ul>
S31	Feet Hang Pike		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both feet</li> <li>- <b>Arm position:</b> the hands are holding the legs</li> <li>- <b>Leg position:</b> both legs are extended and in pike position. The feet are holding the hoop.</li> <li>- <b>Body position:</b> upright, pike position, holding the hoop with feet only</li> </ul>
S32	Inverted Straddle		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, back and one shoulder, neck (optional)</li> <li>- <b>Arm position:</b> one arm is in the vertical position and holding the hoop behind the back, the other arm is in the horizontal position and holding the hoop in front of the body</li> <li>- <b>Leg position:</b> legs are fully extended in straddle position</li> <li>- <b>Body position:</b> inverted</li> </ul>


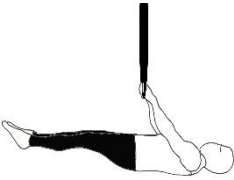

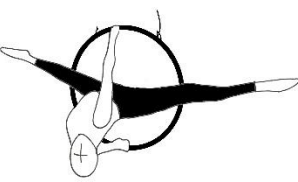

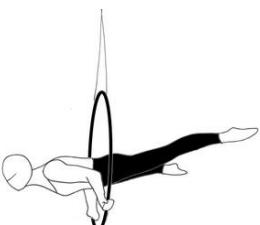
Code No.	Name	Element	Tech. Value	Criteria
S33	Handstand Straddle 2		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands and legs, chest (optional)</li> <li>- <b>Arm position:</b> arms are bent and in front of the chest</li> <li>- <b>Leg position:</b> legs are fully extended in straddle position and in contact with the side bars</li> <li>- <b>Body position:</b> Inverted</li> </ul>
S34	Horizontal Straddle 1		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both legs, both hands</li> <li>- <b>Arm Position:</b> both arms are extended. One hand is holding the high bar and the other hand the low bar of the hoop</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position with both legs in contact with the hoop</li> <li>- <b>Body position:</b> horizontal and back arch</li> </ul>
S35	Meathook		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position:</b> both arms are fully extended and holding the hoop. One of the arms is pressed between the torso and the legs</li> <li>- <b>Leg position:</b> both legs are fully extended in pike position on one side and leaning to one arm</li> <li>- <b>Body position:</b> inverted</li> </ul>
S36	Mexican Stand		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands and one shoulder, neck (optional), one arm (optional)</li> <li>- <b>Arm position:</b> One arm is leaning to the hoop with the shoulder and holding the hoop behind the back between the legs. Other arm is holding the hoop in front of the body</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position with feet and ankles lower than the hand holding the hoop behind the back and between the legs</li> <li>- <b>Body position:</b> inverted and back arch</li> </ul>
S37	Candlestick No Hands 2		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both legs</li> <li>- <b>Arm position:</b> fixed position of choice without contact with the hoop</li> <li>- <b>Leg position:</b> both legs are fully extended and ankles crossed holding the hoop between the legs.</li> <li>- <b>Body position:</b> inverted</li> </ul>

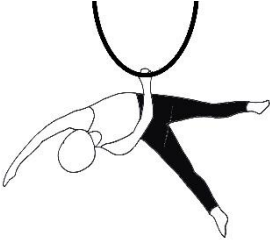
Code No.	Name	Element	Tech. Value	Criteria
S38	Reverse Meathook		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position:</b> both hands are holding the hoop, one arm is bent and behind the back, other arm is extended</li> <li>- <b>Leg position:</b> legs are in fixed position of choice without contact with the hoop</li> <li>- <b>Body position:</b> back is leaning to one arm and upper body is in horizontal position.</li> </ul>
S39	Shoulder Press Pike		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, one shoulder, neck (optional), both ankles/legs</li> <li>- <b>Arm position:</b> one arm is fully extended and holding the hoop behind the back, other arm is bent and holding the hoop in front of the body</li> <li>- <b>Leg position:</b> both legs are fully extended and closed in pike position (and horizontal)</li> <li>- <b>Body position:</b> inverted</li> </ul>
S40	Shoulder Stand Stag		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> neck (optional), shoulders, arms, hands(optional)</li> <li>- <b>Arm position:</b> extended on the sides or holding the hoop</li> <li>- <b>Leg position:</b> both legs are bent in stag position without contact with the hoop</li> <li>- <b>Body position:</b> Inverted</li> </ul>
S41	Heel Hang Tuck		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both heels</li> <li>- <b>Arm position:</b> wrapped around the legs</li> <li>- <b>Leg position:</b> legs are bent in a tuck position</li> <li>- <b>Body position:</b> the arms pulling the chest towards the knees</li> </ul>
S42	Icarus Straddle		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, one shoulder</li> <li>- <b>Arm position:</b> upper arm is bent and holding the hoop, lower arm is fully extended and holding the hoop behind the back</li> <li>- <b>Leg position:</b> both legs are fully extended in even straddle position and horizontal</li> <li>- <b>Body position:</b> inside the hoop leaning with one shoulder to the side of the hoop, inverted so the hips are higher than head</li> </ul>
S43	Feet Hang		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both feet</li> <li>- <b>Arm position:</b> both arms are in fixed position of choice</li> <li>- <b>Leg position:</b> both legs are fully extended and closed. Feet are flexed and holding the hoop</li> <li>- <b>Body position:</b> inverted and totally extended in a straight line (including the hips) or with the upper body arched backwards, head should be directly beneath the hips</li> </ul>



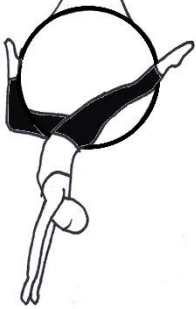
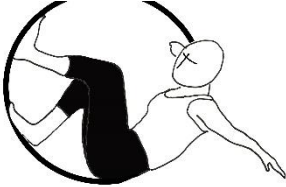

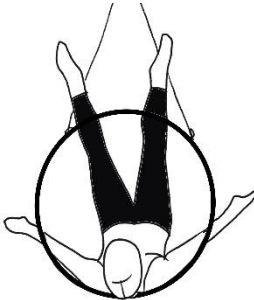

Code No.	Name	Element	Tech. Value	Criteria
S44	Meathook Single Arm		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand</li> <li>- <b>Arm position:</b> The arm is fully extended and holding the hoop with one hand. The extended arm is pressed between the torso and the legs. The other arm is in fixed position of choice without contact with the hoop</li> <li>- <b>Leg position:</b> both legs are fully extended and closed in pike position on one side leaning to one arm</li> <li>- <b>Body position:</b> inverted</li> </ul>
S45	Mexican Stand One Hand		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand, one shoulder, neck (optional), one arm (optional), glutes (optional)</li> <li>- <b>Arm position:</b> One arm is holding the hoop behind the back and between the legs. The other arm is in a fixed position of choice, with shoulder contact with the hoop.</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position with feet and ankles lower than the hand holding the hoop behind the back and between the legs</li> <li>- <b>Body position:</b> inverted and back arch</li> </ul>
S46	Shoulder Press Tuck		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, one shoulder, neck(optional)</li> <li>- <b>Arm position:</b> one arm is fully extended and holding the hoop behind the back, other arm is bent and holding the hoop in front of the body</li> <li>- <b>Leg position:</b> both legs are bent in a tuck position</li> <li>- <b>Body position:</b> inverted</li> </ul>
S47	Side Straddle Meat Hook		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand</li> <li>- <b>Arm position:</b> inside arm is fully extended and holding the hoop pressed between the torso and at least one leg, Outside arm is holding the foot/ankle of opposite leg</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position on one side of the body</li> <li>- <b>Body position:</b> inverted</li> </ul>
S48	Crocodile		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, one leg (optional)</li> <li>- <b>Arm position:</b> both arms are bent. The lower arm is supporting the body and has contact with the low bar, the elbow/upper arm is leaning to the torso, the upper arm is holding the side of the hoop</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position, feet higher than head</li> <li>- <b>Body position:</b> torso is horizontal</li> </ul>


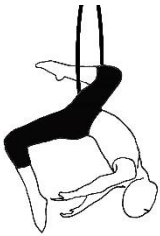
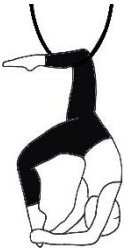

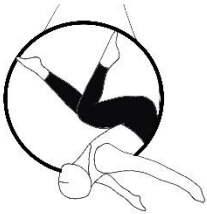

Code No.	Name	Element	Tech. Value	Criteria
S49	Elbow Hang Amazon 2		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of one elbow, side of the neck, side of torso, back, hip (optional), leg (optional)</li> <li>- <b>Arm position:</b> upper arm is bent and holding the hoop with the crook of the elbow (contact with the tab or slings is not allowed), other arm is in fixed position of choice without contact with the hoop</li> <li>- <b>Leg position:</b> both legs are fully extended and closed</li> <li>- <b>Body position:</b> upright</li> </ul>
S50	Icarus Pike		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, one shoulder, both legs</li> <li>- <b>Arm position:</b> upper arm is bent and holding the hoop, lower arm is fully extended and holding the hoop behind the back</li> <li>- <b>Leg position:</b> legs are fully extended, closed in pike position and parallel to the floor</li> <li>- <b>Body position:</b> inverted and inside the hoop (except head and legs) leaning with one shoulder to the side of the hoop</li> </ul>
S51	Back Horizontal Plank Passé		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position:</b> arms are fully extended and holding the hoop</li> <li>- <b>Leg position:</b> one leg is fully extended, other leg is in passé position</li> <li>- <b>Body position:</b> facing downwards, straight leg and torso parallel to the floor</li> </ul>
S52	Front Horizontal Plank Passé		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position:</b> both arms are fully extended and holding the hoop</li> <li>- <b>Leg position:</b> one leg is fully extended, the other leg is in passé position</li> <li>- <b>Body position:</b> facing upwards, straight leg and torso are parallel to the floor</li> </ul>
S53	Back Horizontal Plank		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position:</b> arms are fully extended holding the hoop</li> <li>- <b>Leg position:</b> both legs are fully extended</li> <li>- <b>Body position:</b> facing downwards, legs and torso are horizontal and in a straight line</li> </ul>


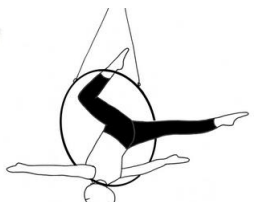

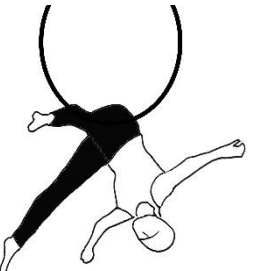
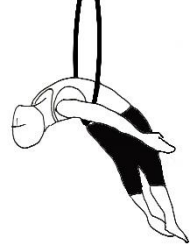

Code No.	Name	Element	Tech. Value	Criteria
S54	Foot Hang		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one foot and ankle (optional)</li> <li>- <b>Arm position:</b> both arms are extended in a fixed position of choice</li> <li>- <b>Leg position:</b> one leg is fully extended with flexed foot holding the hoop. The other leg is in a bent position of choice, foot lower than the low bar</li> <li>- <b>Body position:</b> inverted, head should be directly beneath the hips, back may be arched</li> </ul>
S55	Front Horizontal Plank		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position:</b> both arms are fully extended and holding the hoop</li> <li>- <b>Leg position:</b> both legs are fully extended and closed</li> <li>- <b>Body position:</b> facing upwards, legs and torso are horizontal and in a straight line</li> </ul>
S56	Heel Hang		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both heels/ankles</li> <li>- <b>Arm position:</b> in a fixed position of choice, without contact with the hoop or the legs</li> <li>- <b>Leg position:</b> legs are bent</li> <li>- <b>Body position:</b> inverted, head should be directly beneath the hips, back may be arched</li> </ul>
S57	Horizontal Straddle 2		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm Position:</b> both arms are extended. One hand is holding the high bar and the other hand the low bar of the hoop</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position</li> <li>- <b>Body position:</b> torso is horizontal, back arch</li> </ul>
S58	Neck Hang		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> neck, nape</li> <li>- <b>Arm position:</b> fixed position of choice without contact with the hoop</li> <li>- <b>Leg position:</b> legs are fully extended and closed</li> <li>- <b>Body position:</b> upright</li> </ul>
S59	Peacock Plank		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position:</b> both arms are bent and holding the low bar, torso and hips are leaning on the elbows/upper arms</li> <li>- <b>Leg position:</b> both legs are fully extended in a horizontal straddle position without contact with the hoop</li> <li>- <b>Body position:</b> legs and torso are horizontal</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
S60	Reverse Meathook One Hand		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand</li> <li>- <b>Arm position:</b> one hand is holding the hoop with bent arm behind the back, other arm is in fixed position of choice</li> <li>- <b>Leg position:</b> legs are in fixed position of choice without contact with the hoop</li> <li>- <b>Body position:</b> back is leaning on the arm that is behind the body</li> </ul>



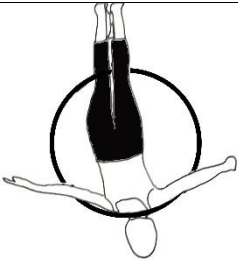
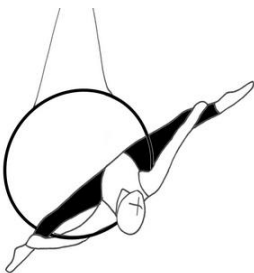
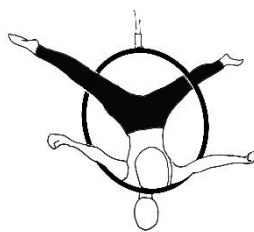

## BALANCE BASED ELEMENTS

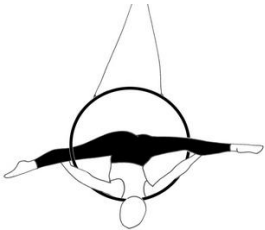


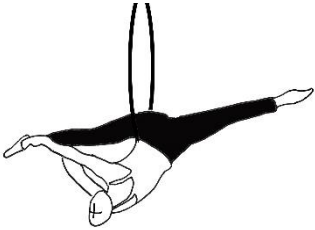

Code No.	Name	Element	Tech. Value	Criteria
B1	Balance Gazelle		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> front leg, calf, or shin of back leg (optional), one hip, lower back/glutes (optional)</li> <li>- <b>Arm position:</b> arms in fixed position of choice with no contact with the hoop</li> <li>- <b>Leg position:</b> front leg is bent and hooked around the hoop. Back leg is fully extended</li> <li>- <b>Body position:</b> inverted</li> </ul>
B2	Man in the Moon		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> back, both feet, one shoulder (optional), side of the neck</li> <li>- <b>Arm position:</b> arms in fixed position of choice with no contact with the hoop</li> <li>- <b>Leg position:</b> both legs are bent and feet are touching the inside of the hoop</li> <li>- <b>Body position:</b> upright, the whole body is inside the hoop except the arms</li> </ul>
B3	Back Balance One Leg		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> lower back on the low bar and one foot or ankle on the high bar</li> <li>- <b>Arm position:</b> fixed position of choice without contact with the hoop</li> <li>- <b>Leg position:</b> one leg extended and touching the high bar (foot extended). Other leg in position of choice without contact with the hoop</li> <li>- <b>Body position:</b> inverted, balancing on the back</li> </ul>
B4	Chest Stand No Hands		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> chest, upper arms, back of legs, shoulders (optional)</li> <li>- <b>Arm position:</b> arms are fully extended and in contact with the low bar, no hands contact with the hoop</li> <li>- <b>Leg position:</b> legs are fully extended and in contact with the high bar (and the slings). Feet must not hook around the slings</li> <li>- <b>Body position:</b> inverted, back arch</li> </ul>
B5	Upright Balance		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both inner thighs</li> <li>- <b>Arm position:</b> fixed position of choice without contact with the hoop</li> <li>- <b>Leg position:</b> fully extended and closed, pencil position</li> <li>- <b>Body position:</b> upright, the low bar of the hoop is between the legs</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
B6	Man in the Moon Straight Legs		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> back, both ankles, one shoulder, side of the neck</li> <li>- <b>Arm position:</b> arms in fixed position of choice with no contact with the hoop</li> <li>- <b>Leg position:</b> both legs are extended and crossed, the ankles are touching the hoop</li> <li>- <b>Body position:</b> upright</li> </ul>
B7	Back Balance Stag		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> lower back on the low bar</li> <li>- <b>Arm position:</b> fixed position of choice without contact with the hoop</li> <li>- <b>Leg position:</b> both legs are bent in stag position</li> <li>- <b>Body position:</b> inverted, balancing on the lower back</li> </ul>
B8	Cocoon 3		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of knee of front leg</li> <li>- <b>Arm position:</b> both arms are over the head and can be bent, holding foot of back leg</li> <li>- <b>Leg position:</b> both legs are bent, back leg is in ring position</li> <li>- <b>Body position:</b> inverted and back arch</li> </ul>
B9	Hip Tuck Balance		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hip</li> <li>- <b>Arm position:</b> fixed position of choice without contact with the hoop</li> <li>- <b>Leg position:</b> tuck position</li> <li>- <b>Body position:</b> Inverted, balancing with one hip on the low bar of the hoop.</li> </ul>
B10	Inverted Man in the Moon		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> back, both feet, one shoulder, side of the neck, glutes (optional)</li> <li>- <b>Arm position:</b> arms in fixed position of choice with no contact with the hoop</li> <li>- <b>Leg position:</b> both legs are bent and feet are touching the inside of the hoop</li> <li>- <b>Body position:</b> inverted, the whole body (except arms and head) is inside the hoop</li> </ul>
B11	Inverted Tree Balance		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hip, one thigh, one foot/ankle, torso (optional)</li> <li>- <b>Arm position:</b> fixed position of choice without contact with the hoop or the body</li> <li>- <b>Leg position:</b> one leg extended and touching the high bar with the foot/ankle. The other leg is bent with the thigh and hip in contact with the low bar.</li> <li>- <b>Body position:</b> inverted and balancing on the low bar</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
B12	Seated Balance 1		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> the back side of the upper thighs</li> <li>- <b>Arm position:</b> In a fixed position of choice without contact with the hoop</li> <li>- <b>Leg position:</b> legs are bent and closed</li> <li>- <b>Body position:</b> Upright, holding a balance sitting on the low bar of the hoop</li> </ul>
B13	Shoulder Stand Half Split		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> neck (optional), shoulders (optional), one heel/back of ankle, arms, no hand contact allowed</li> <li>- <b>Arm position:</b> extended to the sides, with no hand contact allowed</li> <li>- <b>Leg position:</b> one leg is bent and in contact with the high bar at the heel/back of the ankle. The other leg is fully extended backwards in a horizontal position.</li> <li>- <b>Body position:</b> inverted</li> </ul>
B14	Back Balance Ring 2		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> lower back on the low bar and one foot/ankle/heel on the high bar</li> <li>- <b>Arm position:</b> arms can be bent and holding the foot of back leg over the head</li> <li>- <b>Leg position:</b> one leg extended and touching the high bar. Other leg is bent backwards</li> <li>- <b>Body position:</b> inverted, balancing on the back</li> </ul>
B15	Hip Straddle Balance		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hip</li> <li>- <b>Arm position:</b> fixed position of choice without contact with the hoop</li> <li>- <b>Leg position:</b> straddle position</li> <li>- <b>Body position:</b> Inverted, balancing with one hip on the low bar of the hoop.</li> </ul>
B16	Back Balance Extended 1		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> lower back on the low bar</li> <li>- <b>Arm position:</b> fixed position of choice without contact with the hoop</li> <li>- <b>Leg position:</b> both legs are fully extended and closed, with legs below the low bar</li> <li>- <b>Body position:</b> upper body is in a back arch position, balancing on the lower back</li> </ul>
B17	Back Balance Bent Legs		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> lower back on the low bar</li> <li>- <b>Arm position:</b> fixed position of choice without contact with the hoop</li> <li>- <b>Leg position:</b> both knees are bent and closed. Feet higher than the low bar of the hoop</li> <li>- <b>Body position:</b> inverted, balancing on the back</li> </ul>



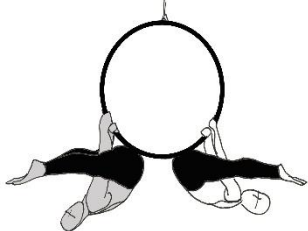
Code No.	Name	Element	Tech. Value	Criteria
B18	Back Balance Extended 2		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> lower back, glutes (optional)</li> <li>- <b>Arm position:</b> arms are fully extended to the back and hands hold the same side leg at ankle/shin level</li> <li>- <b>Leg position:</b> legs are fully extended</li> <li>- <b>Body position:</b> back arch position, balancing on the lower back, head is lower than glutes</li> </ul>
B19	Hip Twisted Scissor Balance		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hip, both thighs, side of torso/back (optional)</li> <li>- <b>Arm position:</b> both hands are holding the opposite ankle, inside arm is fully extended, the outside arm may be bent</li> <li>- <b>Leg position:</b> both legs are fully extended and open, one leg is in contact with the back of shoulder</li> <li>- <b>Body position:</b> inverted, twisted</li> </ul>
B20	Shoulder Stand		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> neck (optional), shoulders, legs, arms (optional), no hand contact is allowed</li> <li>- <b>Arm position:</b> extended on the sides</li> <li>- <b>Leg position:</b> legs are fully extended with one leg in front of the other, the high bar of the hoop is between the legs.</li> <li>- <b>Body position:</b> Inverted and fully extended</li> </ul>
B21	Shoulder Stand Straddle Balance		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds.</li> <li>- <b>Points of contact:</b> back, shoulders, legs, one arm.</li> <li>- <b>Arm position:</b> One arm is fully extended and holding the ankle/calf of the same leg. The other arm comes around the hoop from the back and is holding the ankle/shin of the same leg.</li> <li>- <b>Leg position:</b> Both legs are fully extended in a straddle position.</li> <li>- <b>Body position:</b> Inverted</li> </ul>
B22	Shoulder Stand Straddle		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> neck (optional), shoulders, arms (optional), no hand contact is allowed</li> <li>- <b>Arm position:</b> extended on the sides</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position without contact with the hoop</li> <li>- <b>Body position:</b> Inverted</li> </ul>
B23	Aeroplane No Hands		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> hips</li> <li>- <b>Arm position:</b> In a fixed position of choice without contact with the hoop</li> <li>- <b>Leg position:</b> legs are fully extended, higher than the low bar of the hoop</li> <li>- <b>Body position:</b> Horizontal, balancing on the hoop with hips</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
B24	Shoulder Balance Split 2		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds.</li> <li>- <b>Points of contact:</b> neck, shoulders, legs, arms</li> <li>- <b>Arm position:</b> One arm holds the same side leg around the hoop from the back, the other arm is extended and holding the same side leg.</li> <li>- <b>Leg position:</b> Both legs are fully extended in a front split position.</li> <li>- <b>Body position:</b> Inverted</li> </ul>
B25	Stag in the Moon		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both feet, both knees (knee of top leg is optional), one shoulder, chest</li> <li>- <b>Arm position:</b> Arms are fully extended on the sides</li> <li>- <b>Leg position:</b> legs are in stag position. Knees (knee of upper leg is optional) and feet are leaning to the hoop</li> <li>- <b>Body position:</b> inverted and inside the hoop except the arms, head, and knee of top leg (optional)</li> </ul>
B26	Back Balance Needle 1		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> lower back, glutes, front leg, foot (optional)</li> <li>- <b>Arm position:</b> Both arms fully extended, holding ankle/shin of back leg over the head.</li> <li>- <b>Leg position:</b> Both legs are fully extended.</li> <li>- <b>Body position:</b> Inverted, on the high bar in between the slings, and in back arch.</li> </ul>
B27	Hip Split Balance 3		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hip</li> <li>- <b>Arm position:</b> minimum one hand is holding the front leg at the foot or ankle</li> <li>- <b>Leg position:</b> both legs are fully extended in front split position and parallel to the floor</li> <li>- <b>Body position:</b> torso is horizontal, balancing on one hip</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
B28	Teardrop		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> lower back, glutes (optional)</li> <li>- <b>Arm position:</b> both arms are extended over the head and holding both legs at the ankles/feet over the head</li> <li>- <b>Leg position:</b> both legs are fully extended</li> <li>- <b>Body position:</b> back arch position, balancing on the lower back, head is lower than glutes</li> </ul>

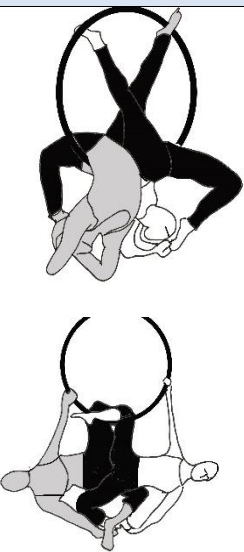


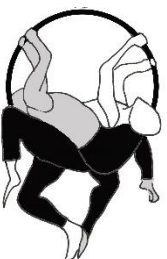



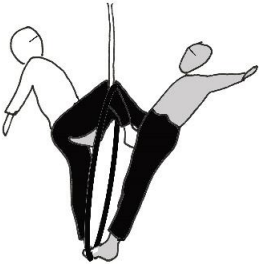

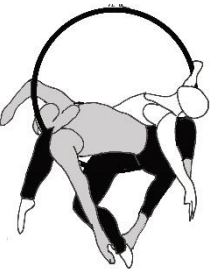

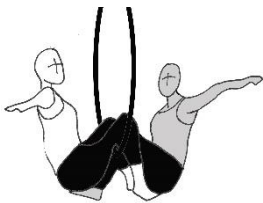
## COMPULSORY DOUBLES

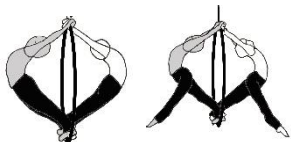
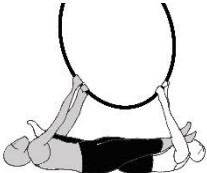
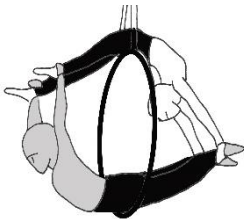
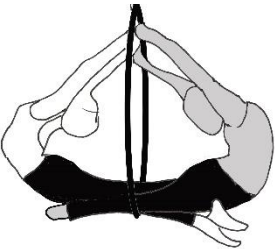
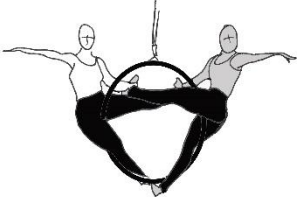
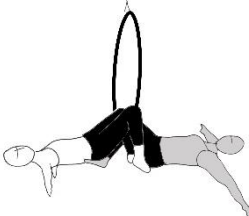
Please note that the drawings are to be used only as a guide.  
It is important to follow the minimum requirements under criteria.

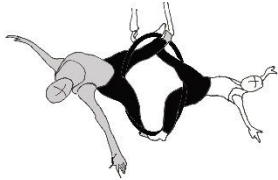
<b><i>SYNCHRONISED PARALLEL ELEMENTS</i></b>				
Code No.	Name	Element	Tech. Value	Criteria
<b>SYN1</b>	Different direction to the hoop OR Horizontal position OR Vertical to the hoop OR Mirror image		<b>0.1/ 1.0</b>	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- This element must be a Flexibility, Strength or Balance based element chosen from the singles compulsory elements. The same element must be used for all except mirror image.</li> <li>- Partners must be parallel to each other.</li> <li>- In the event that the mirror image version of SYN 1 is performed, where two parallel elements consist of different elements, the Technical Value of the element with the lower value will apply.</li> <li>- Please include the element code as well in the compulsory form (e.g., SYN1/F10 or SYN1/S40, etc.). Please indicate only the name(s) of the individual element to be performed.</li> </ul>

## SYNCHRONISED INTERLOCKING AND BALANCE ELEMENTS

Code No.	Name	Element	Tech. Value	Criteria
<b>SYN2</b>	Interlocked Strength/ Flexibility/ Balance Element of Choice		<b>0.1/ 1.0</b>	<ul style="list-style-type: none"> <li>- Hold the position: for a minimum of 2 seconds</li> <li>- This element must be a Flexibility, Strength or balance-based element chosen from the singles compulsory elements. The same element must be used, also for mirror imaged.</li> <li>- The partner must interlock visibly at least with one part of the body (only foot or only hand will not be counted as interlocked).</li> <li>- Please include the element code as well in the compulsory form (e.g., SYN2/F10 or SYN2/S40, etc.). Please indicate only the name(s) of the individual element to be performed.</li> </ul>
<b>SYN3</b>	Seated Balance 2		<b>0.1</b>	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supporting partner is in sitting position of choice on the low bar</li> <li>- The balancing partner is lying on the high bar and has contact with the hoop with the fold of the hips, thighs, and lower abdominals (optional) contact and lying on the back of the supporting partner</li> <li>- Both partners' arms are fully extended and in contact with supporting partner's arms, no hands contact with the hoop</li> <li>- Partners are facing away from each other and are in a mirror image</li> <li>- Both partners have contact with the hoop</li> </ul>
<b>SYN4</b>	Double X Position 1		<b>0.2</b>	<ul style="list-style-type: none"> <li>- Hold the position: for a minimum of 2 seconds</li> <li>- Both partners are facing each other in a sitting position with open legs.</li> <li>- One leg is laying on the shoulder of the partner.</li> <li>- The legs are straight or bent</li> <li>- Partners must be in a mirror image of each other</li> </ul>
<b>SYN5</b>	Leaning on Each Other Position 1		<b>0.2</b>	<ul style="list-style-type: none"> <li>- Hold the position: for a minimum of 2 seconds</li> <li>- The partners are sitting beneath each other and leaning on each other's leg/legs</li> <li>- Head and the torso are on the opposite sides of the hoop</li> <li>- Partners must be in a mirror image of each other</li> <li>- Hands are holding the hoop</li> </ul>


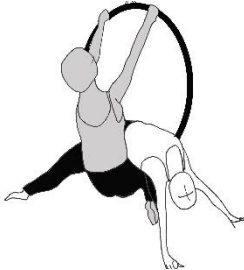
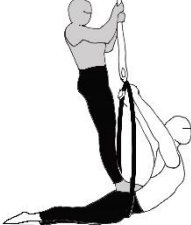



Code No.	Name	Element	Tech. Value	Criteria
SYN6	Double X Position 2		0.3	<ul style="list-style-type: none"> <li>- Hold position for a minimum of 2 seconds</li> <li>- Partners are facing each other in upright position with open legs. One leg is fully extended and is laying on the shoulder of the opposite partner. The other leg is in a position of choice without contact to the hoop or the other partner.</li> <li>- Both partners have contact with the hoop holding the high bar with both hands.</li> <li>- Partners must be in a mirror image of each other.</li> </ul>
SYN7	Interlocked Upright Balance		0.3	<ul style="list-style-type: none"> <li>- Hold the position: for a minimum of 2 seconds</li> <li>- Partners are facing each other and standing on one leg on the low bar</li> <li>- The other leg is hooked around the high bar of the hoop and the legs are interlocked</li> <li>- Arm position: fixed position of choice</li> <li>- Partners must be in a mirror image of each other</li> </ul>
SYN8	Tuck Balance		0.3	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supporting partner is in sitting position on the low bar and holding the hoop with both hands</li> <li>- The balancing person is on inverted tuck position and laying on the back of the supporting partner, holding the hoop with both hands</li> <li>- Partners are facing away from each other and are in a mirror image</li> <li>- Both partners have contact with the hoop</li> </ul>
SYN9	Leaning on Each Other Position 2		0.3	<ul style="list-style-type: none"> <li>- Hold the position: for a minimum of 2 seconds</li> <li>- The partners are sitting beneath each other and leaning on each other's leg/legs</li> <li>- Head and the torso are on the opposite sides of the hoop</li> <li>- Partners must be in a mirror image of each other</li> <li>- Hands don't have contact with the hoop</li> </ul>
SYN10	Standing Facing Away		0.4	<ul style="list-style-type: none"> <li>- Hold the position: a minimum of 2 seconds</li> <li>- Partners are standing on the low bar on one leg facing away from each other in an interlocked position</li> <li>- The other leg is raised up and held by the partner with no contact with the hoop</li> <li>- Partners must be in a mirror image of each other</li> </ul>
SYN11	Knee Crook Balance		0.4	<ul style="list-style-type: none"> <li>- Hold the position: a minimum of 2 seconds</li> <li>- Partners are hanging on the hoop with their crooks of their knees facing to each other</li> <li>- Feet are hooked under each partner</li> <li>- The hands/arms are not in contact with hoop</li> <li>- Partners must be in a mirror image of each other</li> </ul>





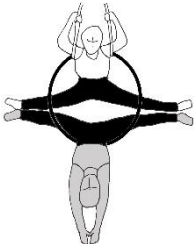
Code No.	Name	Element	Tech. Value	Criteria
SYN12	OM- Circle		0.6	<ul style="list-style-type: none"> <li>- Hold the position: a minimum of 2 second</li> <li>- Partners are standing in the hoop with one or two legs, facing away from each other</li> <li>- Body position: back arch with extended arms and legs</li> <li>- Partners must be in a mirror image of each other</li> </ul>
SYN13	Hands Only Horizontal		0.6	<ul style="list-style-type: none"> <li>- Hold the position: a minimum of 2 seconds</li> <li>- Partners are hanging on the low bar with hands only and interlock their legs on the body of the partner</li> <li>- Body position: facing upwards, the body is completely extended and horizontal</li> <li>- Partners must be in a mirror image of each other</li> </ul>
SYN14	Circle Position		0.7	<ul style="list-style-type: none"> <li>- Hold the position: a minimum of 2 seconds</li> <li>- Upper partner is arched back, holding the ankle/feet of the lower partner</li> <li>- Lower partner arched back, holding the ankle/feet of the upper partner</li> <li>- Legs and arms are fully extended</li> <li>- Partners must be in a mirror image of each other and facing away from each other</li> </ul>
SYN15	Double Back Bend		0.8	<ul style="list-style-type: none"> <li>- Hold the position: a minimum of 2 second</li> <li>- Partners are facing away from each other and laying on the low bar of the hoop with their thighs</li> <li>- Body position: back arched</li> <li>- Legs and arms are fully extended</li> <li>- Partners must be in a mirror image of each other</li> </ul>
SYN16	V- Triangle Vertical		0.8	<ul style="list-style-type: none"> <li>- Hold the position: a minimum of 2 seconds</li> <li>- The partners have the hoop between their legs and their torso facing in the same direction. The lower leg is extended and against the low bar of the hoop. The upper leg is extended and aligned with the leg of the partner. Each partner is holding each other's upper leg with one hand/arm</li> <li>- Body position is vertical and the hands/arms don't have contact with the hoop</li> <li>- Partners must be in a mirror image of each other</li> </ul>
SYN17	Knee Crook Horizontal		0.9	<ul style="list-style-type: none"> <li>- Hold the position: a minimum of 2 seconds</li> <li>- Partners are hanging on the hoop with their crooks of their knees and both facing upwards</li> <li>- Feet are hooked under each partner</li> <li>- The hands are not in contact with the hoop</li> <li>- Partners must be in a mirror image of each other</li> <li>- The torsos are horizontal</li> </ul>


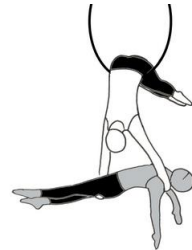

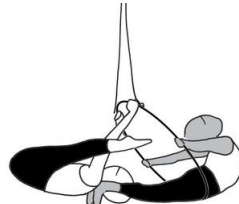
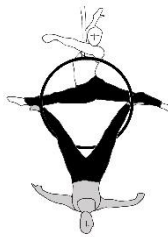
Code No.	Name	Element	Tech. Value	Criteria
<b>SYN18</b>	V- Triangle Horizontal		<b>1.0</b>	<ul style="list-style-type: none"> <li>- Hold the position: a minimum of 2 seconds</li> <li>- The partners have the hoop between their legs and facing in the same direction. The lower leg is extended and against the low bar of the hoop. The upper leg is extended, interlocked, and holds from the high bar.</li> <li>- Body position is upper body is horizontal and the hands don't have contact with the hoop</li> <li>- Partners must be in a mirror image of each other</li> </ul>

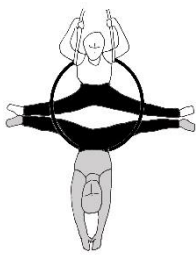
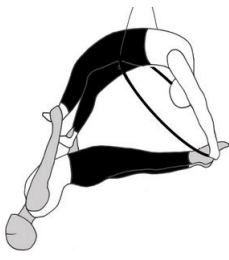








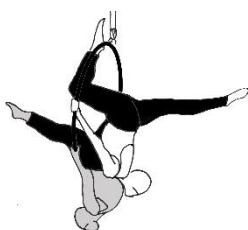

## BALANCE BASED PARTNER ELEMENTS

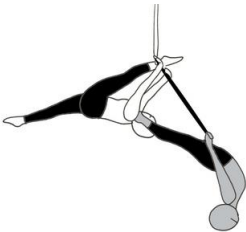

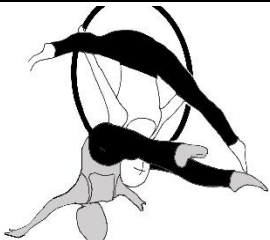
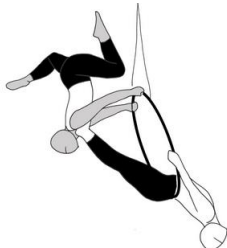
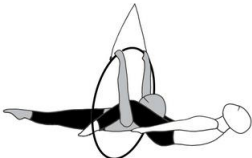
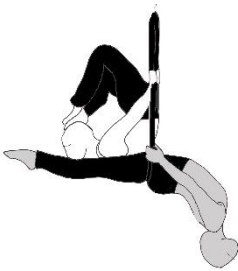
Code No.	Name	Element	Tech. Value	Criteria
BLN1	Balance in Standing Position		0.1	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- The lower partner is sitting on the hoop with extended arms and legs</li> <li>- The upper partner is standing on the feet of the lower partner</li> <li>- The partners are facing each other</li> <li>- Both partners have contact with the hoop</li> </ul>
BLN2	Balance in Sitting Position		0.2	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supporting partner is in a sitting position holding the hoop with hands (with fully extended arms) and hooked with the crooks of the knees</li> <li>- Balancing partner is laying in a horizontal position on top of the supporting partner with no hand/arm contact with hoop</li> <li>- Only one partner has contact with the hoop</li> </ul>
BLN3	Standing Balance 1		0.2	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supporting partner is in an aeroplane position, legs are horizontal, and arm are fully extended</li> <li>- Balancing partner is standing in an upright position with 1 or 2 feet on the lower back of the supporting partner, holding the hoop or the slings</li> </ul>
BLN4	Feet Balance		0.2	<ul style="list-style-type: none"> <li>- Hold position for a minimum of 2 seconds.</li> <li>- Supporting partner: Body position upright with a back arch. Both hands have contact with the high bar of the hoop and soles of both feet have contact with partner's feet and ankles. Arms and legs fully extended.</li> <li>- Balancing partner: Body position inverted. Legs are bent with the crook of both knees have contact with the low bar of the hoop and both feet/ankles have contact with soles of partner's feet. Arms are in a position of choice with no contact with the hoop.</li> </ul>
BLN5	Knee Hook Layback Balance		0.3	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Balancing partner is in hanging with the crook of the knees from the high bar of the hoop, upper body is arched backwards, and the hands are pushing against the legs of the lower partner.</li> <li>- Supporting partner is in a layback position on the low bar, in a back arch holding their ankles/shins with their hands.</li> <li>- Both partners have contact with the hoop.</li> </ul>
BLN6	Layback Support		0.3	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supporting partner is balancing on the high bar on the hips facing downwards. The only point of contact with the hoop is at the hips. Supporting partner is holding the lower partner by the shins.</li> <li>- Lower partner is balancing on the low bar on the glutes/thighs, in a layback position.</li> <li>- Both partners are in contact with the hoop.</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
BLN7	Scarab Split 1		0.3	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supporting partner is in Scarab backwards position holding the foot of the balancing partner. The arms are extended</li> <li>- Balancing partner is hanging facing upwards on the high bar of the hoop with both hands and one heel/ankle, legs are in front split position. Minimum angle of the split is 160°</li> <li>- Both partners are in contact with the hoop</li> </ul>
BLN8	Underarm Horizontal Balance		0.3	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supporting partner is in the sitting position on the high bar, hands are touching the hoop or the slings</li> <li>- Balancing partner is hanging with his underarms on the feet of the upper partner and has feet on the hoop. Arms are in the position of choice, hands are allowed to touch the partner</li> <li>- The body of balancing partner is completely extended in horizontal position.</li> <li>- Both partners have contact with the hoop</li> </ul>
BLN9	Aeroplane Back Balance No Hands		0.4	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supporting partner is balancing on the low bar in a Back balance extended position (see the minimum criteria of B16), legs may be open.</li> <li>- Balancing partner is balancing on the supporting partner. Back is arched, and legs and arms are fully extended and in contact with the hoop. No hand contact with the hoop or supporting partner.</li> <li>- Both partners are in contact with the hoop and facing opposite directions of the hoop</li> </ul>
BLN10	Delta Balance		0.4	<ul style="list-style-type: none"> <li>- Hold for a minimum of 2 seconds</li> <li>- Supporting partner is balancing with the upper back on the low bar of the hoop. Arms are in a fixed position of choice with no contact with the hoop.</li> <li>- Balancing partner is holding the feet or ankles of the catching partner with both hands, facing away from the supporting partner. Feet have hooked on the supporting partner's underarms/biceps and have contact with the hoop.</li> <li>- Both partners are in contact with the hoop.</li> </ul>
BLN11	Double Box Split 1		0.4	<ul style="list-style-type: none"> <li>- Hold the position: a minimum of 2 second</li> <li>- Supporting partner is in the Star on the bar 1 position (see the criteria of F28)</li> <li>- Balancing partner is in upright middle split position balancing on the legs of supporting partner holding the hoop or the slings with both arms</li> <li>- The angle of split of both partners is a minimum of 160°</li> <li>- Both partners have contact with the hoop</li> </ul>

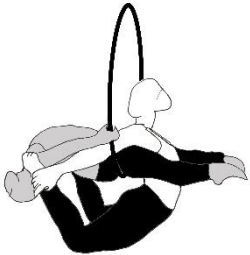

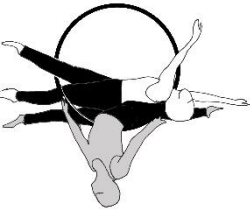


Code No.	Name	Element	Tech. Value	Criteria
BLN12	Double Front Split		0.4	<ul style="list-style-type: none"> <li>- Hold the position: a minimum of 2 second</li> <li>- Supporting partner is hanging under the hoop in inverted front split position</li> <li>- Balancing partner is in upright front split position on the legs of the supporting partner</li> <li>- The angle of split of both partners is a minimum of 160°</li> <li>- Both partners have contact with the hoop</li> </ul>
BLN13	Horizontal Hip Balance		0.4	<ul style="list-style-type: none"> <li>- Hold position for a minimum of 2 seconds</li> <li>- Supporting partner is balancing on the low bar at the hips. Body position inverted. Arm position extended with one hand behind balancing partner's neck and one hand between the balancing partner's legs. Legs are in position of choice with no further contact with the hoop.</li> <li>- Balancing partner has no contact with the hoop. Body position horizontal. Arms are in position of choice. Legs are fully extended with option to cross ankles.</li> <li>- Only 1 partner has contact with the hoop.</li> </ul>
BLN14	Standing Balance 2		0.4	<ul style="list-style-type: none"> <li>- Hold position for a minimum of 2 seconds.</li> <li>- Supporting partner has both hands in contact with the high bar of the hoop behind the body, and lower part of the legs are interlocked with balancing partner's legs. Body position is upright with back arch. Both arms and legs fully extended. Feet are in contact with the hoop.</li> <li>- Balancing partner has both legs fully extended, in contact with the hoop and interlocked with supporting partner's legs. Body position is inverted. Arms are in a fixed position of choice.</li> </ul>
BLN15	Aeroplane Straddle		0.5	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supporting partner is in the aeroplane position with hands in contact with the hoop</li> <li>- Balancing partner is holding the high bar of the hoop with both hands, and is in a straddle position with both legs fully extended. Shoulders are supported by the supporting partner's feet. Upper body is horizontal and facing upwards.</li> <li>- Both partners are in contact with the hoop</li> </ul>
BLN16	Ankle Hang Split Balance		0.5	<ul style="list-style-type: none"> <li>- Hold the position: a minimum of 2 seconds</li> <li>- Supporting partner is in Ankle hang position (see the criteria of S22), with feet (optional)</li> <li>- Balancing partner is showing a split of choice (middle or front split) on the soles of the supporting partner, underarms are allowed to touch the hoop and/or sling. Minimum angle of the split is 160°</li> <li>- Both partners are in contact with the hoop</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
BLN17	Double Box Split 2		0.5	<ul style="list-style-type: none"> <li>- Hold the position: a minimum of 2 second</li> <li>- Supporting partner is in the Star on the bar 2 position (see the criteria of F53)</li> <li>- Balancing partner is in upright middle split position balancing on the legs of supporting partner holding the hoop or the slings with both arms</li> <li>- The angle of split of both partners is a minimum of 180°</li> <li>- Both partners have contact with the hoop</li> </ul>
BLN18	Layback Balance 1		0.5	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supported partner is sitting on the high bar of the hoop and leaning backwards to a back arch. The hands are in contact with the feet of the supporting partner</li> <li>- Supporting partner is hanging from the partners' feet with both hands. Body position is horizontal.</li> <li>- Both partners have contact with the hoop</li> </ul>
BLN19	Double Stag Balance		0.5	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Balancing partner is in chest stand position on the torso of the supporting partner. Legs are in front split position, bent or extended. The minimum angle of split is 160°</li> <li>- Supporting partner is in a back balance stag position (see the criteria of B7).</li> <li>- Both partners are in contact with the hoop</li> </ul>
BLN20	Layback Balance 2		0.5	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supporting partner is sitting on the hoop and arching backwards in a layback position. Arms are in a fixed position of choice with no contact with the hoop. Legs are wrapped around the balancing partner.</li> <li>- Balancing partner is in an upright position facing away from the hoop. Arms and legs are in a fixed position of choice with no contact with the hoop.</li> <li>- Only one partner is in contact with the hoop.</li> </ul>
BLN21	Russian Split Supported Knee Hang		0.5	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supporting partner is in contact with the low bar with the crook of one knee while the other leg is fully extended. At least one hand holds the ankle of the partner's front leg.</li> <li>- Balancing partner is in a split position of choice with both hands holding the high bar of the hoop and the arms fully extended. The front leg is in contact with the supporting partner, the back leg is extended backwards. Body (head to toes excluding arms) is in a horizontal position. The minimum Angle of split 180°.</li> <li>- Both partners are in contact with the hoop.</li> </ul>

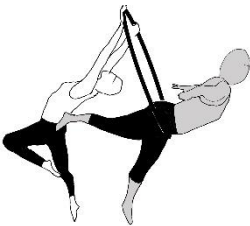
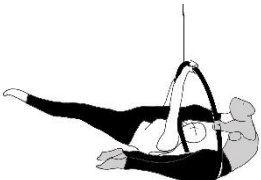



Code No.	Name	Element	Tech. Value	Criteria
BLN22	Scarab Split 2		0.5	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supporting partner is in Scarab backwards position holding the foot of the balancing partner. The arms are extended</li> <li>- Balancing partner is hanging facing upwards on the high bar of the hoop with both hands and one heel/ankle, legs are in front split position. Minimum angle of the split is 180°</li> <li>- Both partners are in contact with the hoop</li> </ul>
BLN23	Split Hang Back Balance		0.5	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supporting partner is in a back balance position without hand contact with the hoop, legs are parallel to the floor. Legs are in contact with the balancing partner's foot/leg.</li> <li>- Balancing partner is hanging facing downwards on the high bar of the hoop with both hands and one shin/ankle in contact with the hoop, both legs are fully extended and in a front split position. Minimum angle of the split is 180°</li> <li>- Both partners have contact with the hoop</li> </ul>
BLN24	Standing Balance 3		0.5	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds.</li> <li>- Supporting partner has both hands in contact with the slings of the hoop and lower part of the legs are interlocked with balancing partner's legs. Body position is upright with back arch. Both arms and legs fully extended. Feet are in contact with the hoop.</li> <li>- Balancing partner has both legs fully extended, in contact with the hoop and interlocked with supporting partner's legs. Body position is inverted. Arms are in a fixed position of choice with no contact with the hoop.</li> </ul>
BLN25	Star on the Bar Chest Balance 1		0.5	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds.</li> <li>- Supported partner is in an inverted chest stand position balancing on top of the supporting partner. Legs are in front split position, bent or extended. The minimum angle of split is 160°.</li> <li>- Supporting partner is in a position Star on the bar 1 (see the criteria of F28). The minimum angle of the split is 160°</li> <li>- Both partners are in contact with the hoop</li> </ul>
BLN26	Supported Extreme Gazelle		0.5	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supporting partner is in a sitting position holding the hoop with one hand. The other arm is in a fixed position of choice with no hand contact with the hoop or other partner.</li> <li>- Balancing partner is in an Extreme Gazelle position balancing on the arm/shoulder of the supporting partner that is in contact with the hoop. Both arms are extended and holding the legs. Hand contact with the hoop is not allowed.</li> <li>- Both partners have contact with the hoop.</li> </ul>

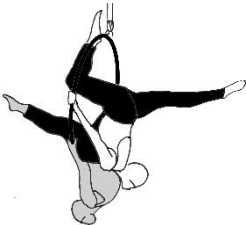
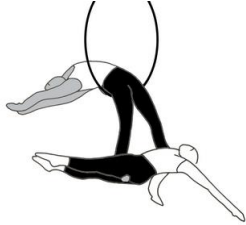
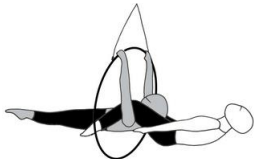
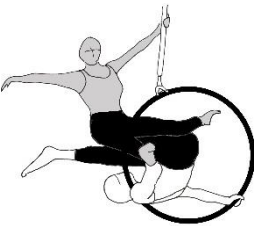
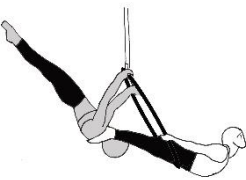
Code No.	Name	Element	Tech. Value	Criteria
BLN27	Supported Russian Split 1		0.5	<ul style="list-style-type: none"> <li>- Hold for a minimum of 2 seconds</li> <li>- Supporting partner is in an inverted position facing the hoop. Both arms are fully extended and holding the low bar of the hoop.</li> <li>- Balancing partner is supported at the shoulders by the soles(feet) of the supporting partner, facing upwards. One ankle and both hands are in contact with the high bar of the hoop. The other leg is opened into front split position. Minimum angle of the split is 180°.</li> <li>- Both partners are in contact with the hoop.</li> </ul>
BLN28	Walking Man Split Balance		0.5	<ul style="list-style-type: none"> <li>- Hold the position: a minimum of 2 seconds</li> <li>- Supporting partner is hanging in the Walking man (see the criteria of S28) inverted position</li> <li>- Balancing partner is showing a split of choice (middle or front split) on the soles of the supporting partner, underarms are allowed to touch the hoop and/or slings.</li> <li>- Minimum angle of the split is 160°</li> <li>- Both partners are in contact with the hoop</li> </ul>
BLN29	Back Balance Inverted Straddle		0.6	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supporting partner is in the back balance position without hand contact with the hoop</li> <li>- Balancing partner is in inverted shoulder stand on the legs of the supporting partner, hands in contact with hoop, legs in straddle position</li> <li>- Both partners are in contact with the hoop</li> </ul>
BLN30	Back Balance Stand		0.6	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supporting partner is in a back balance position holding the hoop with hands</li> <li>- Balancing partner is holding with both hands on the high bar of the hoop and the chest/shoulders touching the soles of the supporting partner's feet. Body is in an inverted position of choice, legs have no contact with the hoop or slings.</li> <li>- Both partners are in contact with the hoop.</li> </ul>
BLN31	Double Plank Balance 1		0.6	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supporting partner is in a front horizontal plank position (see criteria for S55), 20° tolerance is allowed.</li> <li>- Balancing partner has no contact with the hoop. Torso is horizontal, 20° tolerance is allowed and facing upwards. Legs are bent and hooked around the supporting partner.</li> <li>- Partners' bodies are aligned.</li> <li>- Only 1 partner has contact with hoop.</li> </ul>
BLN32	Fang on Legs 1		0.6	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supporting partner is in a layback position, legs are horizontal to the floor, hands are touching the hoop</li> <li>- Balancing partner is in a fang position on the legs of the supporting partner, hands in contact with the hoop, feet are touching the head or shoulders</li> <li>- Both partners are in contact with the hoop</li> </ul>



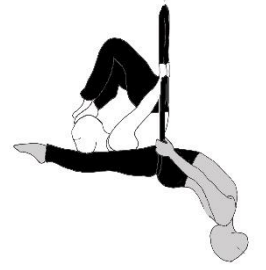
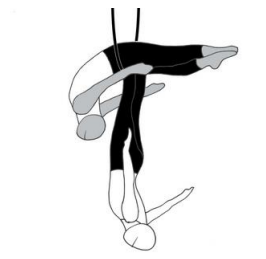
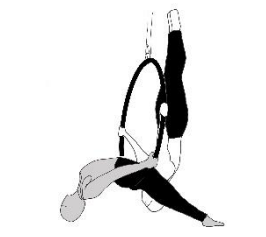




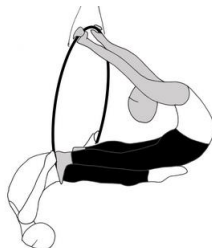


Code No.	Name	Element	Tech. Value	Criteria
BLN33	Layback Yogini		0.6	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supporting partner is-in a layback position with legs extended and open, both hands are holding the hoop, with the back arched</li> <li>- Balancing partner is showing a Yogini on the legs of supporting partner, hanging with underarms, and holding own feet or ankles with both hands. Arms are extended and in contact with the hoop</li> <li>- Both partners are in contact with the hoop</li> </ul>
BLN34	Russian Split Supported Delilah		0.6	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supporting partner is in a Delilah position of choice, the low bar is in contact with the crook of one knee. One hand is holding the partner's front leg, other hand is holding opposite foot or ankle. The minimum Angle of split 180°.</li> <li>- Balancing partner is in a split position of choice with both hands holding the high bar of the hoop and the arms fully extended. The front leg is in contact with the supporting partner, the back leg is extended backwards. Body (head to toes excluding arms) is in a horizontal position. The minimum Angle of split 180°.</li> <li>- Both partners are in contact with the hoop.</li> </ul>
BLN35	Split Lay Support		0.6	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supporting partner is in inverted front split or box split position on the low bar of the hoop</li> <li>- Balancing partner is laying with full body on the legs of the supporting partner with no hand contact with the hoop. Body is in a horizontal position.</li> <li>- Minimum angle of the split is 180°</li> <li>- Both partners are in contact with the hoop</li> </ul>
BLN36	Supported Russian Split 2		0.6	<ul style="list-style-type: none"> <li>- Hold for a minimum of 2 seconds</li> <li>- Supporting partner is in the Aeroplane position with knees bent</li> <li>- Balancing partner is leaning with shoulders on the soles of the supporting partner, facing upwards. One foot and both hands are in contact with the high bar of the hoop. The other leg is opened into front split position. Minimum angle of the split is 180°</li> <li>- Both partners are in contact with the hoop</li> </ul>
BLN37	Supported Vertical Split		0.6	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supporting partner is hanging in an inverted position with the crooks of the knees on the low bar of the hoop</li> <li>- Balancing partner holding from the high bar and standing with one foot on the hands of the supporting partner. The other leg is open upwards in a front split position. The minimum angle of split is 180°. The chest is touching the legs of the supporting partner.</li> <li>- Both partners are in contact with the hoop</li> </ul>

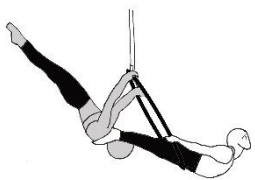



Code No.	Name	Element	Tech. Value	Criteria
BLN38	Aeroplane Pushing Away		0.7	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supporting partner is in the aeroplane position, arms in fixed position of choice with no contact with the hoop. Pushing the balancing partner away with the foot on the partners' lower back</li> <li>- Balancing partner is hanging with both hands on the hoop facing away, arms extended. Legs are in fixed position of choice</li> <li>- Both partners are in contact with the hoop</li> </ul>
BLN39	Aeroplane Russian Split 1		0.7	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supporting partner is in the aeroplane position holding the hoop with both hands, legs higher than the low bar of the hoop</li> <li>- Balancing partner is in a Russian split position facing upwards with both hands holding the high bar of the hoop. The arms are extended, the foot of the front leg is on the back/neck of the supporting partner. The back leg is extended backwards. Front leg is in horizontal position. The minimum angle of the split is 180°</li> <li>- Both partners are in contact with the hoop</li> </ul>
BLN40	Hip Balance Split		0.7	<ul style="list-style-type: none"> <li>- Hold position for a minimum of 2 seconds</li> <li>- Supporting partner is balancing on the low bar at the hips, facing downwards and holding the balancing partner. Legs are in a fixed position of choice.</li> <li>- Balancing partner is in a fixed split position of choice with no contact with the hoop. Torso must be horizontal. Angle of split is a minimum of 160°</li> <li>- Only one partner has contact with the hoop.</li> </ul>
BLN41	Laying on the Clouds 1		0.7	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Upper partner is laying on the low bar of the hoop facing upwards, arms are in a fixed position of choice without contact with the hoop.</li> <li>- Lower partner is in an inverted vertical position with extended legs, feet flexed. One leg is supporting the back of the upper partner, other leg is between the thighs of the upper partner. Arms are in a fixed position of choice with no contact with the hoop.</li> <li>- Only 1 partner has hoop contact.</li> </ul>
BLN42	Rainbow Marchenko Balance 1		0.7	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supporting partner is in an inverted position hanging with the crook of the knees on the slings and holding balancing partner at the leg without hand or arm contact with the hoop</li> <li>- Balancing partner is in a rainbow Marchenko position balancing on the low bar only with one hip, where the front leg (held by the partner) is horizontal. Angle of split a minimum of 180°. No hand, arm or other leg contact with the hoop is allowed.</li> <li>- Both partners are in contact with the hoop</li> </ul>


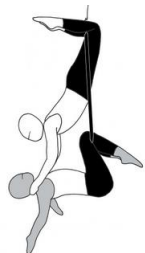

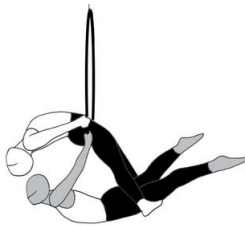

Code No.	Name	Element	Tech. Value	Criteria
BLN43	Star on the Bar Chest Balance 2		0.7	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds.</li> <li>- Supported partner is in an inverted chest stand position balancing on top of the supporting partner. Legs are in front split position, bent or extended. The minimum angle of split is 180°</li> <li>- Supporting partner is in a position Star on the bar 2 (see the criteria of F53). The minimum angle of the split is 180°</li> <li>- Both partners are in contact with the hoop</li> </ul>
BLN44	Back Arch Horizontal No Hands		0.8	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Upper partner is sitting on the hoop with back arched backwards, no hands contact with the hoop. Shoulders at the same level as the hips or lower.</li> <li>- Lower partner is in a horizontal position of choice and has contact with upper partner's legs</li> <li>- Only one partner is in contact with the hoop</li> </ul>
BLN45	Double Plank Balance 2		0.8	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supporting partner is in a front horizontal plank position (see criteria for S55).</li> <li>- Balancing partner has no contact with the hoop. Torso is horizontal and facing upwards. Legs are bent and hooked around the supporting partner.</li> <li>- Partners' bodies are aligned.</li> <li>- Only 1 partner has contact with hoop.</li> </ul>
BLN46	Icarus Straddle Support		0.8	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supporting partner is in the Icarus straddle position (see the criteria of S42)</li> <li>- Balancing partner is sitting in the upright straddle position on the legs of supporting partner, only one hand is allowed to be in contact with the sling or the hoop</li> <li>- Legs position: extended, straddle for both partners</li> <li>- Both partners are in contact with the hoop</li> </ul>
BLN47	Aeroplane Plank 1		0.8	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- The supporting partner is in the aeroplane position with hands on the hoop and legs higher than the low bar of the hoop</li> <li>- The balancing partner is hanging with both hands on the high bar of the hoop and the shoulders touching the soles of supporting partner in Front horizontal plank position (see the criteria of S55). Body is in horizontal position with maximum 45° tolerance parallel to the floor</li> <li>- Both partners are in contact with the hoop</li> </ul>






Code No.	Name	Element	Tech. Value	Criteria
BLN48	Aeroplane Russian Split 2		0.8	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supporting partner is in the aeroplane position holding the hoop with both hands, legs higher than the low bar of the hoop</li> <li>- Balancing partner is in a Russian split position facing upwards with both hands holding the high bar of the hoop. The arms are extended, the foot of the front leg is on the back/neck of the supporting partner. The back leg is extended backwards. Legs are in horizontal position. The minimum angle of the split is 180°</li> <li>- Both partners are in contact with the hoop</li> </ul>
BLN49	Aeroplane Supported Split		0.8	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- The supporting partner is in the aeroplane position with hands on the hoop</li> <li>- The balancing partner is inverted and standing with the shoulders on the soles of the supporting partner, and shows a front split position in the air without foot contact with hoop or slings. Only hands are touching the hoop. Minimum angle of the split is 180°</li> <li>- Both partners are in contact with the hoop</li> </ul>
BLN50	Fang on Legs 2		0.8	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supporting partner is in a layback position, legs are parallel to the floor, hands are touching the hoop</li> <li>- Balancing partner is in a fang position on the legs of the supporting partner, hands in contact with the hoop, feet are touching the head or shoulders</li> <li>- Both partners are in contact with the hoop</li> </ul>
BLN51	Layback Feet Hang		0.8	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supporting partner is in a layback position on the hoop, leaning to the back with the head lower than the hips. Supporting partner holds the feet of the balancing partner between the thighs. Arms are in a fixed position of choice with no contact with the hoop.</li> <li>- Balancing partner is in an inverted pencil position, legs and body are in a straight line with no bending at the hips, hanging with their feet which are held by the catching partner. Arms are in a fixed position of choice. No foot or hand contact with the hoop is allowed</li> <li>- Only one partner has contact with the hoop.</li> </ul>
BLN52	Pencil Balance		0.8	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supporting partner is in the layback position holding the hoop with hands</li> <li>- Balancing partner is in inverted shoulder stand on the legs of the supporting partner, hands in contact with hoop, legs in pencil position at a 90° to the floor</li> <li>- Both partners are in contact with the hoop</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
BLN53	Rainbow Marchenko Balance 2		0.8	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supporting partner is in an inverted position hanging on the high bar at the hips holding balancing partner at the leg. No hand or arm contact with the hoop</li> <li>- Balancing partner is in a Rainbow Marchenko position with both legs fully extended, balancing on the low bar with one hip only. The leg held by the partner (front leg) is horizontal. Angle of split minimum 180. No hand, arm or other leg contact is allowed with the hoop.</li> <li>- Both partners are in contact with the hoop</li> </ul>
BLN54	Star on the Bar Fang 1		0.8	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds.</li> <li>- Supported partner is standing on the chest in a fang position on top of the supporting partner, touching his/her own shoulders or head with the feet. The supported partner only has contact with the hoop with his hands.</li> <li>- Supporting partner is in a position Star on the bar 1 (see the criteria of F28). The minimum angle of the split is 160°</li> <li>- Both partners are in contact with the hoop</li> </ul>
BLN55	Swallow Balance		0.8	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supporting partner is in a layback position, back is arched, legs are parallel to the floor, hands are in contact with the hoop</li> <li>- Balancing partner is in a Swallow position, laying on supporting partner's legs, legs are horizontal and open, on both sides of supporting partner's body. Balancing partner is pushing against the low bar with their feet, and have shin and thigh contact with the supporting partner.</li> <li>- Both partners are in contact with the hoop</li> </ul>
BLN56	Aeroplane Plank Passé		0.9	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- The supporting partner is in the aeroplane position with hands on the hoop and legs higher than the low bar of the hoop</li> <li>- The balancing partner is hanging with both hands on the high bar of the hoop and the shoulders touching the soles of supporting partner in Front horizontal plank passé position (see the criteria of S52). Body is in horizontal position</li> <li>- Both partners are in contact with the hoop</li> </ul>
BLN57	Star on the Bar Fang 2		1.0	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds.</li> <li>- Supported partner is standing on the chest in a fang position on top of the supporting partner, touching his/her own shoulders or head with the feet. The supported partner only has contact with the hoop with his hands.</li> <li>- Supporting partner is in a position Star on the bar 2 (see the criteria of F54). The minimum angle of the split is 180°</li> <li>- Both partners are in contact with the hoop</li> </ul>

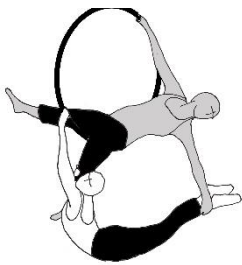


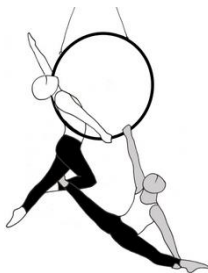

Code No.	Name	Element	Tech. Value	Criteria
BLN58	Aeroplane Plank 2		1.0	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- The supporting partner is in the aeroplane position with hands on the hoop and legs higher than the low bar of the hoop</li> <li>- The balancing partner is hanging with both hands on the high bar of the hoop and the shoulders touching the soles of supporting partner in Front horizontal plank position (see the criteria of S55). Body is parallel to the floor</li> <li>- Both partners are in contact with the hoop</li> </ul>
BLN59	Laying on the Clouds 2		1.0	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Upper partner is laying on the high bar of the hoop in a horizontal position facing upwards, arms are in a fixed position of choice without contact with the hoop or the slings</li> <li>- Lower partner is in an inverted vertical position with extended legs, feet flexed. One leg is supporting the back of the upper partner, other leg is between the thighs of the upper partner. There is no hand or arm contact with the hoop</li> </ul>

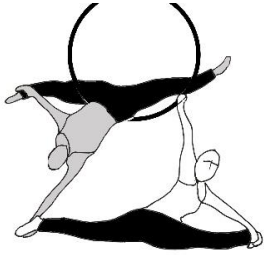



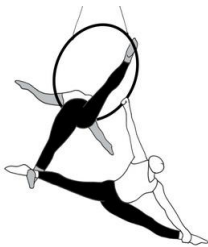
## **FLYING PARTNER ELEMENTS – BOTH PARTNERS MUST HAVE CONTACT WITH THE HOOP**

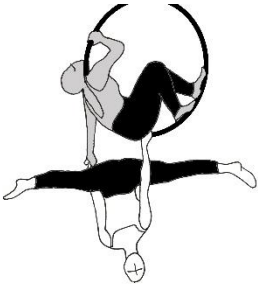
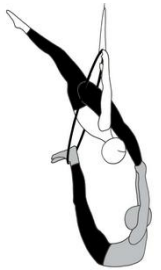



Code No.	Name	Element	Tech. Value	Criteria
FLY1	Climber with Contact		0.1	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is hanging with hands on the high bar of the hoop and with the crook of the knee on the low bar of the hoop</li> <li>- Flying partner is hanging with one hand on the hoop, and one leg on the leg of the catching partner in a fixed position of choice</li> <li>- Both partners have contact with the hoop</li> </ul>
FLY2	Knee Hook Knee Hang		0.1	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is in inverted position hanging with the crook of the knees on the high bar (contact with slings optional) and holding the flying partner from the neck.</li> <li>- Flying partner is hanging on the low bar of the hoop with the crooks of the knees, facing upwards with the torso in a horizontal position. Arms are in a fixed position of choice, with no contact with the hoop or partner. The flying partner has contact with the catching partner at the neck only.</li> <li>- Both partners have contact with hoop.</li> </ul>
FLY3	Supported Horizontal Hold		0.1	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- The catching partner is hanging from the high bar of the hoop with both hands, supporting the flying partner with their feet. Body position is upright.</li> <li>- Flying partner is holding the hoop in one hand, legs are resting on the feet of the catching partner. Legs are horizontal.</li> <li>- Both partners have contact with the hoop.</li> </ul>
FLY4	Layback Hold Horizontal		0.2	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is sitting on the low bar of the hoop and leaning backwards to a back arch, holding the flying partner at the legs with both feet.</li> <li>- Flying partner is hanging in a horizontal position facing downwards, holding the hoop with both hands.</li> <li>- Both partners have contact with the hoop.</li> </ul>
FLY5	Man in the Moon Upright Hold		0.2	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is in the Man in the moon position (see the criteria of B2) with one hand on the hoop, other hand is holding a leg of the flying partner</li> <li>- Flying partner is hanging with only one hand on the hoop and one leg in the hand of catching partner. Body position is upright fixed position of choice</li> <li>- Both partners have contact with the hoop</li> </ul>




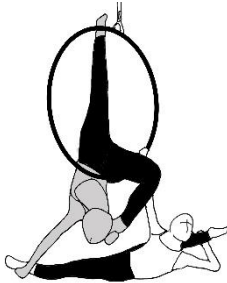

Code No.	Name	Element	Tech. Value	Criteria
FLY6	Aeroplane Horizontal Hold		0.3	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is in aeroplane position legs higher than the low bar of the hoop, one leg bent</li> <li>- Flying partner is hanging in horizontal position holding the hoop with one hand and hanging from the catching partners bent leg with one foot.</li> <li>- Both partners have contact with the hoop</li> </ul>
FLY7	Side Amazon Hold		0.3	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is in a Side Amazon position with both hands, side of the neck, side of torso and back in contact with the hoop. Legs are crossed and holding the back leg of the flying partner.</li> <li>- Flying partner is hanging in an upright position with one hand on the hoop. One leg is bent, the other leg is fully extended in between the legs of the catching partner.</li> <li>- Both partners have contact with the hoop.</li> </ul>
FLY8	Hands Holding Horizontal Support		0.4	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is hanging with hands on the high bar of the hoop and fully extended legs, holding the Flying partner with feet at the partner's neck and between partner's legs.</li> <li>- Flying partner is hanging with both hands on the hoop with arms and legs fully extended. Legs must be horizontal.</li> <li>- Both partners have contact with the hoop</li> </ul>
FLY9	Knee Hold Back Arch Fly		0.4	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds.</li> <li>- Catching partner is in inverted position hanging with the crook of the knees on the high bar (sling contact optional). Hands holding ankles of flying partner. Arms are fully extended.</li> <li>- Flying partner's hands have contact with hoop. Legs are fully extended and horizontal. Back is arched and in an inverted position. Arms are fully extended.</li> <li>- Both partners have contact with the hoop.</li> </ul>
FLY10	Knee Hook Horizontal Support		0.4	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is in inverted position hanging with the crook of the knees on the slings, supporting lower partner by the neck/underarms</li> <li>- Flying partner is balancing on the low bar, body is horizontal, legs should be extended and the back of the legs in contact with the hoop.</li> <li>- Both partners have contact with the hoop.</li> </ul>




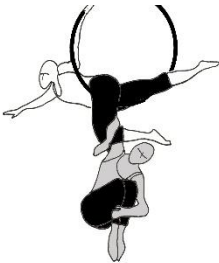


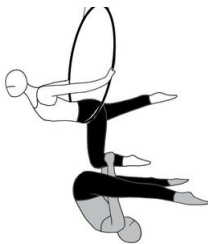
Code No.	Name	Element	Tech. Value	Criteria
FLY11	Layback Hold		0.4	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is sitting on the low bar of the hoop and leaning back, holding the hoop with one hand, and holding the flying partner's legs with the other hand.</li> <li>- Flying partner is hanging in fixed position of choice, holding with one hand the hoop and with the other hand the leg/legs of the partner.</li> <li>- Both partners have contact with the hoop</li> </ul>
FLY30	Back Arch Circle		0.5	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is sitting on the high bar, hooking their legs around the side bars, leaning backwards with back arched and holding the flying partner's legs at each leg/foot.</li> <li>- Flying partner is in an upright position, holding the high bar with one hand and the low bar with the other, back is arched and the legs are held by the catcher.</li> <li>- Both partners have contact with the hoop</li> </ul>
FLY12	Bird Support Split		0.5	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is holding the high bar of the hoop with both hands. The thigh of one leg is in contact with the low bar, the other leg is bent and has no contact with the hoop.</li> <li>- Flying partner is in an upright front split position, holding the hoop with one hand and the front leg with the other hand. The back leg is hanging on the catcher's bent leg.</li> <li>- Angle of split: a minimum of 180°</li> <li>- Both partners have contact with the hoop.</li> </ul>
FLY13	Side Amazon Hold Split		0.5	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is in a Side Amazon position with one hand, side of the neck, side of torso and back in contact with the hoop. Legs are crossed and holding the back leg of the flying partner.</li> <li>- Flying partner is in an upright front split position holding the hoop with one hand and the front leg with the other hand. The back leg is in between the legs of the catcher. Minimum Angle of split 180°.</li> <li>- Both partners have contact with the hoop.</li> </ul>
FLY14	Trapped Split Half Split 1		0.5	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is in a Trapped Half Split 1 position (see the criteria of F9) on the low bar of the hoop</li> <li>- Flying partner is in an upright horizontal front split position holding the hoop with one hand and the front leg with the other hand. The back leg is resting in the ring formed by the partner. Angle of split is a minimum of 160°</li> <li>- Both partners have contact with the hoop</li> </ul>



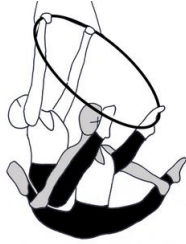



Code No.	Name	Element	Tech. Value	Criteria
FLY15	Double Gazelle 1		0.6	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is Gazelle position (see the criteria of F25) holding with hand the front leg. The other hand is holding the foot or ankle of the flying partner</li> <li>- Flying partner is hanging upright with one hand on the hoop and one foot in the hands of catching partner. Flying partner is showing a horizontal split holding the front leg.</li> <li>- Angle of split is a minimum of 160° for both partners</li> <li>- Both partners have contact with the hoop</li> </ul>
FLY16	Front Amazon Support Split		0.6	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is in a Front Amazon (element number) and holds feet of the flying partner between their ankles/shin/calves.</li> <li>- Flying partner is hanging in a split position of choice with one hand on the hoop and one foot in contact with the feet/legs of the catching partner. Body position is horizontal. Angle of split is a minimum of 180°.</li> <li>- Both partners have contact with the hoop</li> </ul>
FLY17	Inverted Walk		0.6	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is sitting on the high bar of the hoop and holding with one hand from the slings</li> <li>- Flying partner is in inverted position, one leg between the thighs of the partner and other leg pushing the hoop away. The hands don't have contact with the hoop</li> <li>- Both partners have contact with the hoop</li> </ul>
FLY18	Back Arch Split		0.7	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is sitting on the hoop and leaning backwards in a back arch. Both legs are in contact with the hoop. Both hands are holding the flying partner's back leg at the ankle.</li> <li>- Flying partner is in upright front split position hanging from the high bar with both hands. The foot of the front leg is in contact with the hoop. The angle of split is a minimum of 180°.</li> <li>- Both partners have contact with the hoop.</li> </ul>
FLY19	Back Bend Supported Split		0.7	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is in a back balance position, with one foot on the high/side bar of the hoop. The other foot is balancing the flying partner. Both legs are fully extended.</li> <li>- Flying partner is in a front split position holding the hoop with one hand and the front leg with the other hand. The back leg is resting on the foot of the partner. Angle of split is a minimum of 180°.</li> <li>- Both partners have contact with the hoop</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
FLY20	Man in the Moon Inverted Hold		0.7	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is in the Man in the moon position (see the criteria of B2) with one hand on the hoop (optional), other hand is holding a hand of the flying partner</li> <li>- Flying partner is hanging with only one hand on the hoop and other hand in the hand of catching partner. Body position is inverted in a fixed position of choice</li> <li>- Both partners have contact with the hoop</li> </ul>
FLY21	Split Hang Back Arch 1		0.7	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is hanging off the high bar and is in a split position. The catching partner only has contact with the hoop with the hands. The front leg is in contact with the flying partner, the back leg is extended backwards. Minimum angle of split is 160°.</li> <li>- Flying partner is in a back arch position with both hands holding the catching partner's front leg. Feet and ankles have contact with the hoop (Feet can be flexed). Legs and arms are fully extended.</li> <li>- Both partners have contact with the hoop.</li> </ul>
FLY22	Underarm Fly		0.7	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is sitting on the high bar of the hoop and leaning backwards to a back arch. The hands are not in contact with the hoop or the slings</li> <li>- Flying partner is in upright position hanging from the partner's feet with underarms. One leg is touching the hoop, the other leg is extended backwards to a front split position. Only one foot is in contact with the hoop</li> <li>- Both partners have contact with the hoop</li> </ul>
FLY23	Double Gazelle 2		0.8	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is Gazelle position with a split angle of minimum of 180° and holding with hand the front leg. The other hand is holding the foot or ankle of the flying partner</li> <li>- Flying partner is hanging upright with one hand on the hoop and one foot in the hands of catching partner. Flying partner is showing a horizontal split holding the front leg.</li> <li>- Angle of split is a minimum of 180° for both partners</li> <li>- Both partners have contact with the hoop</li> </ul>
FLY24	Back Bend Split Fly 1		0.8	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is in Back Balance one leg position (see the criteria of B3) with arms and legs extended. Both hands are holding one leg of the flying partner at the ankle/shin.</li> <li>- Flying partner is in upright front split position, holding the hoop with one hand. The flying partner's one leg is balancing on the foot of the catching partner, while the other leg is held by the catching partner. The minimum angle of split is a minimum of 180°.</li> <li>- Both partners have contact with the hoop.</li> </ul>

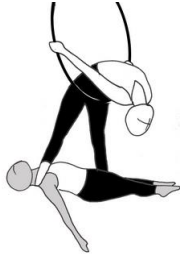

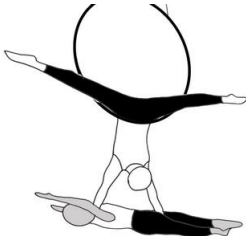



Code No.	Name	Element	Tech. Value	Criteria
FLY25	Split Hang Back Arch 2		0.8	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is hanging from the high bar, facing downwards and is in a split position. The front leg is in contact with the flying partner, the back leg is extended backwards and is in contact with the hoop. Minimum angle of split is 180°.</li> <li>- Flying partner is in a back arch position with both arms fully extended, holding the catching partners' front leg at the foot or ankle, facing away from the top partner. Feet have contact with the hoop and can be flexed (optional). Legs are fully extended.</li> <li>- Both partners have contact with the hoop.</li> </ul>
FLY26	Split Hang Back Arch 3		0.8	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is hanging off the high bar and is in a split position. The catching partner only has contact with the hoop with the hands. The front leg is in contact with the flying partner, the back leg is extended backwards. Minimum angle of split is 180°.</li> <li>- Flying partner is in a back arch position with both hands holding the catching partners' front leg. Feet have contact with the hoop (feet cannot be flexed). Legs and arms are fully extended.</li> <li>- Both partners have contact with the hoop.</li> </ul>
FLY27	Trapped Split Half Split 2		0.8	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is in a Trapped Half Split 2 position (see the criteria of F29) on the low bar of the hoop</li> <li>- Flying partner is in an upright horizontal front split position holding the hoop with one hand and the front leg with the other hand. The back leg is resting in the ring formed by the partner. Angle of split is a minimum of 180°</li> <li>- Both partners have contact with the hoop</li> </ul>
FLY28	Back Bend Support Split		0.9	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is in a Back balance ring 2 (see the criteria of B12) position holding the foot only one hand. The other hand is holding one foot or ankle of the flying partner</li> <li>- Flying partner is hanging with one hand on the low bar of the hoop and one foot is in the hand of catching partner. Flying partner is in a horizontal split position of choice. The angle of split is a minimum of 160°</li> </ul>
FLY29	Split Hang Back Arch 4		1.0	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is hanging off the high bar and is in a split position. The catching partner only has contact with the hoop with the hands. The front leg is in contact with the flying partner, the back leg is extended backwards. Minimum angle of split is 180°.</li> <li>- Flying partner is in a back arch position with both hands holding the catching partners' front leg. Foot/ankle of one leg has contact with the hoop. Other leg is between the arms and in contact with the head. Legs and arms are fully extended.</li> <li>- Both partners have contact with the hoop.</li> </ul>

## FLYING PARTNER ELEMENTS – ONLY ONE PARTNER HAS CONTACT WITH THE HOOP






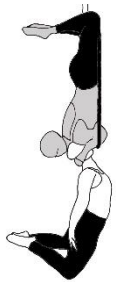
Code No.	Name	Element	Tech. Value	Criteria
FLY31	Sitting Invert		0.2	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is in sitting position on the hoop, holding with hands on the high bar and with the crooks of the knee on the low bar of the hoop.</li> <li>- Flying partner is holding the catching partner in inverted fixed position of choice</li> <li>- Only one partner is in contact with the hoop</li> </ul>
FLY32	Mermaid Knee Hold		0.2	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is lying on the hoop downwards. The legs are on the same side of the hoop, one leg is bent, and the other leg is extended. The torso is on the other side of the hoop. Horizontal position holding the hoop with one hand.</li> <li>- Flying partner is hanging on the knee of the catching partner in upright position of choice.</li> <li>- Only one partner is in contact with the hoop</li> </ul>
FLY33	Climber Horizontal		0.3	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is hanging with one hand on the high bar of the hoop, the opposite underarm on the side, and with one crook of the knee on the low bar of the hoop</li> <li>- Flying partner is hanging with one hand on the foot of catching partner, and with thighs on the other foot of catching partner. Body position: horizontal</li> <li>- Only one partner is in contact with the hoop</li> </ul>
FLY34	Aeroplane Cocoon 1		0.3	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is in an aeroplane position with hands in contact with the side bars of the hoop, one leg is fully extended and higher than the low bar, the other leg is bent and in contact with the flying partner</li> <li>- Flying partner is hanging on the crook of the knee on catching partner's bent leg in a cocoon position (see minimum criteria of B8).</li> <li>- Only one partner is in contact with the hoop</li> </ul>
FLY35	Aeroplane Supported Straddle		0.3	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is in an aeroplane position, where both hands have contact with the hoop, and one leg is bent. The extended leg and torso would be higher than the low bar.</li> <li>- Flying partner has no contact with the hoop and is hanging on the catching partners' bent leg. Both hands are holding the partner's calf. Body position inverted. Legs in position of choice.</li> <li>- Only one partner is in contact with the hoop.</li> </ul>






Code No.	Name	Element	Tech. Value	Criteria
FLY36	Underarm Balance		0.3	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supporting partner is hanging with the crooks of the knees in inverted position</li> <li>- Balancing partner is hanging in the upright position with underarms on the feet of the supporting partner</li> <li>- Hands of both partners are connected</li> <li>- Only one partner has contact with the hoop</li> </ul>
FLY37	Back Arch Invert		0.4	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is sitting on the hoop and arching back, both hands holding the hoop</li> <li>- Flying partner is hanging in the inverted position of choice on the flexed feet of the catching partner.</li> <li>- Only one partner is in contact with the hoop</li> </ul>
FLY38	Hanging Seat Straddle		0.4	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is holding with hands on the high bar and pushing the hoop away with feet on the low bar.</li> <li>- Flying partner is in a straddle position with hands holding the ankles/calves and underarms hanging on the partner's shins/knees.</li> <li>- Only one partner is in contact with the hoop.</li> </ul>
FLY39	Star on the Bar Invert		0.4	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is in the Star on the bar 1 position (see the criteria of F28) and holds the partner by the hands. The angle of split is a minimum of 160°</li> <li>- Flying partner is hanging in an inverted box split position and holding the hands of the supporting partner</li> <li>- Only one partner is in contact with the hoop</li> </ul>
FLY40	Underarm Inverted Fly		0.4	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is in inverted position hanging with the crook of the knees on the slings. Arms are fully extended pushing the hoop away from the body.</li> <li>- Flying partner is hanging from the underarms of the catching partner in an inverted position of choice. Arms are in a position of choice. Flying partner has no contact with the hoop.</li> <li>- Only one partner is in contact with the hoop.</li> </ul>
FLY41	Aeroplane Cocoon 2		0.5	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is in an aeroplane position with hands in contact with the side bars of the hoop, one leg is fully extended and higher than the low bar, the other leg is bent and in contact with the flying partner</li> <li>- Flying partner is hanging on the crook of the knee on catching partner's bent leg in a cocoon 1 position (see minimum criteria of F33).</li> <li>- Only one partner is in contact with the hoop</li> </ul>









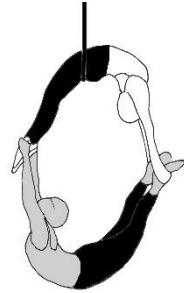
Code No.	Name	Element	Tech. Value	Criteria
FLY42	Back Arch Horizontal		0.5	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is sitting on the hoop with back arched backwards, both hands holding the hoop on the side/low bar.</li> <li>- Flying partner is in a horizontal position of choice and has contact with catching partner's legs</li> <li>- Only one partner is in contact with the hoop.</li> </ul>
FLY43	Knee Hook Fly 1		0.5	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds.</li> <li>- Catching partner is in inverted position hanging with the crooks of the knees on the slings and pushing the hoop away with both hands on the low bar.</li> <li>- Flying partner is hanging in a fixed position of choice and has contact with the catching partner with legs/feet only.</li> <li>- Only one partner is in contact with the hoop.</li> </ul>
FLY44	Star on the Bar Horizontal Support		0.5	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is in Star on the bar 1 position (see the criteria of F28). One hand supports the flying partner's neck, and one hand is between the flying partner's legs.</li> <li>- Flying Partner has no contact with the hoop. Body position is horizontal. Arms are in position of choice. Legs are fully extended.</li> <li>- Only one partner is in contact with the hoop.</li> </ul>
FLY45	Thigh Hold Inverted Split		0.5	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is in a sitting position on the hoop and holds one foot of the flying partner between the thighs.</li> <li>- Flying partner is in an inverted vertical split position of choice. The angle of split is a minimum of 160°</li> <li>- Only one partner is in contact with the hoop</li> </ul>
FLY46	Back Bend Balance Horizontal Support 1		0.6	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is in back balance one leg position (see B3 for minimum requirements). One hand supports the flying partner's neck, and one hand is between the flying partner's legs.</li> <li>- Flying Partner has no contact with the hoop. Body position is horizontal. Arms are in a position of choice. Legs are fully extended.</li> <li>- Only one partner is in contact with the hoop.</li> </ul>
FLY47	Feet Hang Pike on the Moon		0.6	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is laying on the low bar inside the hoop and holding flying partner's ankles and feet</li> <li>- Flying partner is in a feet hang pike position, hanging with their feet which are held by the catching partner. Both legs are fully extended and open. Body position is upright.</li> <li>- Only one partner has contact with the hoop</li> </ul>



Code No.	Name	Element	Tech. Value	Criteria
FLY48	Knee Hook Fly 2		0.6	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is in inverted position hanging with knees on the slings and holding the flying partner from the waist</li> <li>- Flying partner is hanging fixed position of choice</li> <li>- Only one partner is in contact with the hoop</li> </ul>
FLY49	Knee Supported Single Leg Hang		0.6	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is balancing on the low bar at the hips, in back arch position with head higher than the hips. Arms are fully extended holding the side bars of the hoop at the knees. One leg is fully extended, in contact with the high bar, lower leg is bent and in contact with the flying partner.</li> <li>- Flying partner is in a single leg hang position with no contact with the hoop, and is in contact with the catching partner with one leg only.</li> <li>- Only one partner is in contact with the hoop.</li> </ul>
FLY50	Star on the Bar Back Bend		0.6	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds.</li> <li>- Catching partner is in the Star on the bar 1 position (see the criteria of F28) and holds the partner legs. The angle of split is a minimum of 160°.</li> <li>- Flying partner is in an upright back arch position with legs fully extended to the back and chest in contact with the catching partner's chest. Arms are out to the side in a position of choice.</li> <li>- Only one partner is in contact with the hoop.</li> </ul>
FLY51	Back Bend Balance Horizontal Support 2		0.7	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is in a backbend position, legs in a split position, top foot touching the hoop and holding the flying partner by the neck.</li> <li>- Flying partner is in a plank position and horizontal, and have their inner thighs wrapped around the catching partner's foot.</li> <li>- Only one partner is in contact with the hoop</li> </ul>
FLY52	Delilah Split Fly		0.7	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is in Delilah position, free hand and free foot are holding the legs of the flying partner</li> <li>- Flying partner is in upright front split position on the foot and hand of catching partner and can hold the torso or leg of the catching partner. The angle of split a minimum of 180°</li> <li>- Only one partner is in contact with the hoop</li> </ul>
FLY53	Knee Hook Neck Hold		0.7	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is in inverted position hanging with knees on the slings and holding the flying partner from the neck/underarms</li> <li>- Flying partner is in vertical upright position, hanging with neck/underarms from the partners arms, legs and arms are in a fixed position of choice</li> <li>- Only one partner is in contact with the hoop</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
FLY54	Underarm Inverted Feet Hang		0.7	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is in inverted position hanging with the crook of the knees on the slings. Arms are fully extended pushing the hoop away from the body.</li> <li>- Flying partner is hanging from the underarms of the catching partner in a feet hang position. Body position inverted and arms are in a position of choice. Flying partner has no contact with the hoop.</li> <li>- Only one partner is in contact with the hoop</li> </ul>
FLY55	Back Arch Eagle Oversplit		0.8	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is in a layback position on the high bar and leaning backwards with a back arch holding the side bars of the hoop. Arms are extended. Feet are supporting Flying partner at the underarms.</li> <li>- Flying partner has no contact with the hoop and is in an eagle oversplit position (F81 with no hoop contact). Flying partner is supported by the catching partner's feet at the underarms.</li> <li>- Only one partner is in contact with the hoop</li> </ul>
FLY56	Hanging Eagle Oversplit		0.8	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is holding with hands on the high bar and pushing the hoop away with feet on the low bar.</li> <li>- Flying partner is in an Eagle Oversplit position (see criteria for F81), with underarms hanging on the partner's shins/knees.</li> <li>- Only one partner is in contact with the hoop.</li> </ul>
FLY57	Knee Hold Meathook		0.8	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is in inverted position hanging with knees on the slings and holding the flying partner with one hand. The other hand is pushing the hoop away at the low bar</li> <li>- Flying partner is holding the hand/wrist of the catching partner and in Meathook or Reverse Meathook position (see the criteria of S35 or S38). Arms can be bent.</li> <li>- Only one partner is in contact with the hoop</li> </ul>
FLY58	Knee Hook Supported Feet Hang		0.8	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is in inverted position hanging with the crook of the knees from the high bar of the hoop, holding the flying partner with their feet. Arms are in a fixed position of choice with no contact with hoop.</li> <li>- Flying partner is hanging from the catching partners' feet in a Feet Hang position (S43).</li> <li>- Only one partner is in contact with the hoop.</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
FLY59	Back Arch Underarm Eagle Oversplit Fly		0.9	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner has hoop contact with crooks of both knees. Body position inverted with back arch. Arms are fully extended with hands holding partner's upper thigh/hip. Feet (ankles/shins optional) are supporting Flying partner at the underarms.</li> <li>- Flying partner has no contact with the hoop and is in an eagle oversplit position (F81 with no hoop contact). Flying partner is supported by the catching partners feet (ankles/shins optional) at the underarms.</li> <li>- Only one partner is in contact with the hoop</li> </ul>
FLY60	Back Bend Split Balance Horizontal Support		0.9	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is in a backbend position, legs in a split position with a 160° split angle, top foot touching the hoop and holding the flying partner by the neck.</li> <li>- Flying partner is in a plank position and parallel to the floor, and have their inner thighs wrapped around the catching partner's foot.</li> <li>- Only one partner is in contact with the hoop.</li> </ul>
FLY61	Back Bend Split Fly 2		0.9	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is in Back Balance one leg position (see the criteria of B3) with arms and legs extended. Both hands are holding one leg of the flying partner at the ankle. The flying partner's other leg is balancing on the foot of the catching partner.</li> <li>- Flying partner is in upright front split position, balancing on the foot and hands of the catching partner. The minimum angle of split is 190°.</li> <li>- Only one partner is in contact with the hoop.</li> </ul>
FLY62	Double Back Bend Fly		0.9	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is in Back balance one leg position (see the criteria of B3). One hand is holding one ankle of the partner, and the other hand is holding one hand of the partner</li> <li>- Flying partner is in upright back arch position, holding with hands one ankle and one hand of the partner</li> <li>- Only one partner is in contact with the hoop</li> </ul>
FLY63	Knee Hold Teardrop		0.9	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is in inverted position hanging with the crook of the knees on the slings and holding the flying partner at the waist</li> <li>- Flying partner is in a Teardrop position (B28) with arms holding the ankles. Arms and legs are fully extended.</li> <li>- Only one partner is in contact with the hoop</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
FLY64	Knee Supported Cocoon		0.9	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching Partner is balancing on the low bar at the hips, in back arch position with head higher than the hips. Arms are fully extended holding the side bars of the hoop at the knees. One leg is fully extended, in contact with the high bar, lower leg is bent and in contact with the flying partner.</li> <li>- Flying Partner is in a back arch position with no contact with the hoop, and is in contact with the catching partner with one leg only. Flying partner is holding the back leg at the ankle, and the back leg is in contact with the head.</li> <li>- Only one partner is in contact with the hoop</li> </ul>
FLY65	Flying Circle		0.9	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is in back balance position on the low bar of the hoop and holding the feet or ankles of the flying partner with both hands.</li> <li>- Flying partner is holding the feet or ankles of the catching partner with both hands, facing away from the catching partner</li> <li>- Only one partner is in contact with the hoop</li> </ul>

## Compulsory Score Form

*Instructions on how to fill in the compulsory score form: a deduction of -1 is made for the form filled in incorrectly. Please note: form should be typed in Microsoft Word, using black print. Only the official IPSF compulsory form is allowed to be submitted; a deduction of -1 is made for incorrect form.*

### **Naming the form for submission:**

Country\_Discipline\_Division\_Category\_Compulsory form\_First name\_Last name

### **Athletes:**

Insert the full name (First Name and Last Name) of the athlete in case of singles or the names of the athletes (First Name and Last Name) in case of doubles. Please list first name first, and last name second.

### **Country/Region:**

Insert the country and region of the athlete's or athletes' origin. The athlete must indicate their country only for all International competitions. For National and Open competitions, the athlete must also indicate their region / province / county.

Please refer to the following link for the list of regions in your country:

<http://www.polesports.org/federation-members/ipsf-regions/>

### **Division:**

Insert division the athlete is competing in from the following options: Amateur, Professional and Elite.

Please refer to the Rules & Regulations for the full division breakdown.

### **Category:**

Insert category the athlete is competing in from the following options: Novice (Mixed), Junior (Mixed), Senior Women, Senior Men, Masters 40+ Women, Masters 40+ Men, Doubles Youth (Mixed), Doubles Senior (Mixed)

### **Date:**

Insert the date of submission of the form. If a new form is submitted, the new submission date must be inserted.

### **Federation:**

Insert the IPSF-endorsed National Federation the athlete is representing. In the event that an IPSF-endorsed National Federation has yet to be established, leave this field blank.

### **Element No:**

This refers to the compulsory elements an athlete(s) must perform in their routine.

Element No. 1 = first compulsory element performed in routine.

Element No. 2 = second compulsory element performed in routine, etc.

### **Element Code No:**

It is important to list the element codes as in the Code of Points in the correct order of sequence as executed in their routine (See example score forms).

Doubles: Code No. SYN1 is to be written together with the Code No. of the chosen singles compulsory element e.g., SYN1/F123

Judges will always look for the element by the element code. This also applies if the wrong element name is written.

### **Element Name:**

It is important to fill in the Element Name as it appears in the Code of Points. This must correspond exactly to the Code No. If the element name does not correctly correspond to the element number written on the form, the element number indicated is the element that will be judged, and the athlete will receive a penalty for not filling out the form correctly.

### **Technical Value:**

The athlete(s) must fill in the technical value of the compulsory element found in the Code of Points. It is important for the athlete to fill in the correct technical value corresponding to the element they have chosen.

\*Doubles: The Technical Value of Code No. SYN1, is to be taken from the chosen singles compulsory element e.g., SYN1/F123 = Technical Value of +1.0

**Athlete(s) Signature:** The form must be signed/typed by the athlete.

**Coaches Signature:** Should athlete(s) have an IPSF-endorsed coach, his or her signature may be added. In the case of a Novice or Junior athlete, if the athlete does not have an IPSF-endorsed coach, the parents' or legal guardians' signature is required.

Please refer to the coaches register to confirm whether your coach is registered as an IPSF-recognized coach:

<http://www.polesports.org/courses/register/certified-coaches/>

EXAMPLE ON HOW TO FILL IN THE COMPULSORY SINGLES SCORE SHEET



## COMPULSORY FORM

Please complete form in order of sequence as in routine. Please use black print.

Athlete(s): First Name and Last Name				Date: 32 December 2032	
Country: Australia		Region: New South Wales		Federation: APSF	
Division: Elite		Category: Senior Women		Judge Name:	
Element No	Element Code No	Element Name	Technical Value	Score (Judge only)	Notes (Judge only)
1	S55	Front Horizontal plank	1.0		
2	S36	Mexican stand	0.5		
3	F95	Vertical split	0.8		
4	S40	Shoulder stand stag	0.6		
5	F83	Flying Russian back 2	0.8		
6	F87	Hanging elbow half split 3	0.8		
7	S42	Icarus straddle	0.7		
8	F91	Swallow split 2	0.8		
9	S44	Foot hang	1.0		
10	B27	Hip split balance 3	1.0		
11	B23	Aeroplane no hands	0.8		
Compulsory form not filled in correctly					
Wrong order of sequence					
TOTAL SCORE					
Athletes' signature: First Name and Last Name			Coaches signature: IPSF Coach or Parent/Legal Guardian (for athletes under 18 years of age) only		



EXAMPLE ON HOW TO FILL IN THE COMPULSORY DOUBLES SCORE SHEET



## COMPULSORY FORM

Please complete form in order of sequence as in routine. Please use black print.

Athlete 1: First Name and Last Name Athlete 2: First Name and Last Name				Date: 32 December 2032	
Country: Australia		Region: New South Wales		Federation: APSF	
Division: Elite		Category: Doubles senior (Mixed)		Judge Name:	
Element No	Element Code No	Element Name	Technical Value	Score (Judge only)	Notes (Judge only)
1	FLY23	Double Gazelle 2	0.8		
2	FLY48	Knee hook fly 2	0.6		
3	SYN1/ B27	Hip split balance 3	1.0		
4	BLN52	Pencil balance	0.8		
5	BLN46	Icarus straddle support	0.8		
6	FLY65	Flying circle	0.9		
7	SYN17	Knee crook horizontal	0.9		
8	SYN1/ F47	Extreme Gazelle	0.6		
9	SYN16	V- triangle vertical	0.8		
10					
11					
Compulsory form not filled in correctly					
Wrong order of sequence					
TOTAL SCORE					
Athletes' signature: First Name and Last Name First Name and Last Name			Coaches signature: IPSF Coach or Parents/Legal Guardians (for athletes under 18 years of age) only		

## Technical Bonus Form

*Instructions on how to fill in the compulsory score form: a deduction of -1 is made for the form filled in incorrectly. Please note: form should be typed in Microsoft Word, using black print. Only the official IPSF compulsory form is allowed to be submitted; a deduction of -1 is made for incorrect form.*

### Naming the form for submission:

Country\_Discipline\_Division\_Category\_Technical Bonus Form\_First name\_Last name

### Athletes:

Insert the full name of the athlete (First Name and Last Name) in case of singles or the names of the athletes (First Name and Last Name) in case of doubles. Please list first name first, and last name second.

### Country/Region:

Insert the country and region of the athlete's or athletes' origin. The athlete must indicate their country only for all International competitions. For National and Open competitions, the athlete must also indicate their region / province / county.

Please refer to the following link for the list of regions in your country:

<http://www.polesports.org/federation-members/ipsf-regions/>

### Division:

Insert division the athlete is competing in from the following options: Amateur, Professional and Elite. Please refer to the Rules & Regulations for the full division breakdown.

### Category:

Insert category the athlete is competing in from the following options: Novice (Mixed), Junior (Mixed), Senior Women, Senior Men, Masters 40+ Women, Masters 40+ Men, Doubles Youth (Mixed), Doubles Senior (Mixed)

### Date:

Insert the date of submission of the form. If a new form is submitted, the new submission date must be inserted.

### Federation:

Insert the IPSF-endorsed National Federation the athlete is representing. In the event that an IPSF-endorsed National Federation has yet to be established, leave this field blank.

### Order:

This refers to the technical bonuses the athlete chooses to perform in their routine. Order No. 1 = first technical bonus performed in routine. Order No. 2 = second technical bonus performed in routine, etc.

### Bonus Code:

The athlete(s) must fill in the Bonus Code that correlates with the bonuses they want to perform, as specified in the Code of Points. It is important to list the Bonuses in the correct order of sequence, as they will be executed in their routine. If an athlete chooses to combine two or more technical bonuses, they should write these in the same box. Combinations of 2 or 3 technical bonuses can be written on the same row; long sequences of technical bonuses can be written over several rows. The technical bonus performed first in the combination should be listed first. (See the example score forms). \* The bonuses and their codes are to be found in the technical bonus section under singular bonuses.

### Technical Value:

The athlete(s) must fill in the technical value of the technical bonus as specified in the Code of Points. It is important for the athlete to fill in the correct technical value corresponding to the technical bonus they have chosen. If an athlete chooses to combine two or more technical bonuses, they should write the technical values in the same box. The technical bonus performed first in the combination, should be listed first. \* The bonuses and their technical values are to be found in the technical bonus section under singular bonuses.

**Athlete(s) Signature:** The form must be signed/typed by the athlete.

**Coaches Signature:** Should athlete(s) have an IPSF-endorsed coach, his or her signature may be added. In the case of a Novice or Junior athlete, if the athlete does not have an IPSF-endorsed coach, the parent(s)' or legal guardian(s)' signature is required.

Please refer to the coaches register to confirm whether your coach is registered as an IPSF-recognized coach:

<http://www.polesports.org/courses/register/certified-coaches/>

EXAMPLE ON HOW TO FILL IN THE SINGLES TECHNICAL BONUS SCORE SHEET



## SINGLES TECHNICAL BONUS FORM

Please complete form in order of sequence as in routine. Use additional sheets if necessary. Please use black print.

Athlete: First Name and Last Name				Date: 32 December 2032
Country: Australia		Region: New South Wales		Federation: APSF
Division: Elite		Category: Senior Women		Judge:
Order	Bonus code	Bonus TV	Score (judge only)	Notes (judge only)
1	AC + AC	0.5 + 0.5		
2	DC	0.5		
3	DR + DR	0.2 + 0.2		
4	JO + JO	0.2 + 0.2		
5	JO	0.2		
6	JO	0.2		
7	SP	0.5		
8				
9				
10				
11				
12				
13				
14				
15				
Singles bonus total (Maximum +14)			+	
Overall Bonus Points (judges only)				
0 = simple, 0.5 = moderate, 1.0 = difficult, 1.5 = very difficult, 2.0 = extremely difficult				
		Score (judge only)	Notes (judge only)	
Flexibility elements	Max +2			
Strength elements	Max +2			
Balance elements	Max +2			
Hoop transitions	Max +2			
Dynamic movements/combinations	Max +2			
Overall bonus total (Maximum +10)		+		
Using all 3 levels of the hoop	+1	+		
Form filled in incorrectly	-1	-		
TOTAL	Max 25			
Athletes' signature: First Name and Last Name		Coaches signature: IPSF Coach or Parent/Legal Guardian (for athletes under 18 years of age) only		

EXAMPLE ON HOW TO FILL IN THE DOUBLES TECHNICAL BONUS SCORE SHEET



## DOUBLES TECHNICAL BONUS FORM

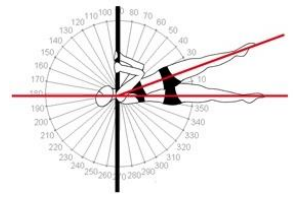
Please complete form in order of sequence as in routine. Use additional sheets if necessary. Please use black print.

Athlete 1: First Name and Last Name Athlete 2: First Name and Last Name				Date: 32 December 2032
Country: Australia		Region: New South Wales		Federation: APSF
Division: Elite		Category: Doubles Senior (Mixed)		Judge:
Order	Bonus code	Bonus TV	Score (judge only)	Notes (judge only)
1	AC/SYN	0.5		
2	JO/SYN + JO/SYN	0.2 + 0.2		
3	DR/SYN	0.2		
4	HPC	0.6		
5	PCT	0.4		
6	SP/SYN	0.5		
7				
8				
9				
10				
11				
12				
13				
14				
15				
Singles bonus total (Maximum +10)			+	
Overall Bonus Points (judges only)				
0 = simple, 0.5 = moderate, 1.0 = difficult, 1.5 = very difficult, 2.0 = extremely difficult				
		Score (judge only)	Notes (judge only)	
Flexibility elements		Max +2		
Strength elements		Max +2		
Flying partner elements		Max +2		
Synchronised elements		Max +2		
Balance-based partner elements		Max +2		
Hoop transitions		Max +2		
Dynamic movements/combinations		Max +2		
Overall bonus total (Maximum +14)			+	
Both partners catch and fly equally in the routine		+1	-	
Form filled in incorrectly		-1	-	
TOTAL		Max 25		
Athletes' signature: First Name and Last Name First Name and Last Name			Coaches signature: IPSF Coach or Parents/Legal Guardians (for athletes under 18 years of age) only	

## Glossary:

### 20° (degree) tolerance

The 20° tolerance is only applicable where stated in the minimum requirements. The elements will still be valid if the executed angle/degree of the body varies no more than maximum 20° to the required angle/degree. E.g., If an element with a requirement of a 90° body angle to the floor is executed at a 70° angle, this will still be valid provided all other minimum requirements have been met.



### Aerial position

Aerial position refers to the position where the athlete has contact with the hoop only and no contact with the floor. In case of a doubles element, the partners can have contact with each other and the hoop as well, but no contact with the floor.

### Angled away

The body is angled/rotated away from the hoop, but is not quite facing away from the hoop (i.e., 180° rotated).

### Balance based partner elements (Doubles BLN 1 – 59)

Balance based partner elements refer to elements that cannot be performed without both partners and where the partners are in different positions except where specified otherwise in the individual elements.

### Balance elements (singles only)

Balance elements refer to elements where the athlete has no hand contact with the hoop, and they balance with the body on the hoop.

### Beginning of the music

The beginning of the music is defined as the first note of the music being used. Athletes are allowed to use a tone/beep that is not part of their actual music to indicate the start of the routine. This tone/beep may be up to 3 seconds before the start of the routine.

### Changing positions

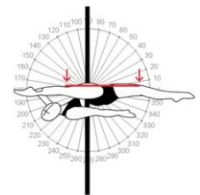
Changing positions refers to changing the whole position of the body on the hoop e.g., from an upright to an inverted position, changing sides of the hoop, changing directions facing the hoop, changing directions vertically and horizontally. A change in points of contact is also required.

### Categories

These are the age categories as defined in the Rules & Regulations.

### Closed legs

Closed legs: refers to a leg position where the knees and the feet are together.

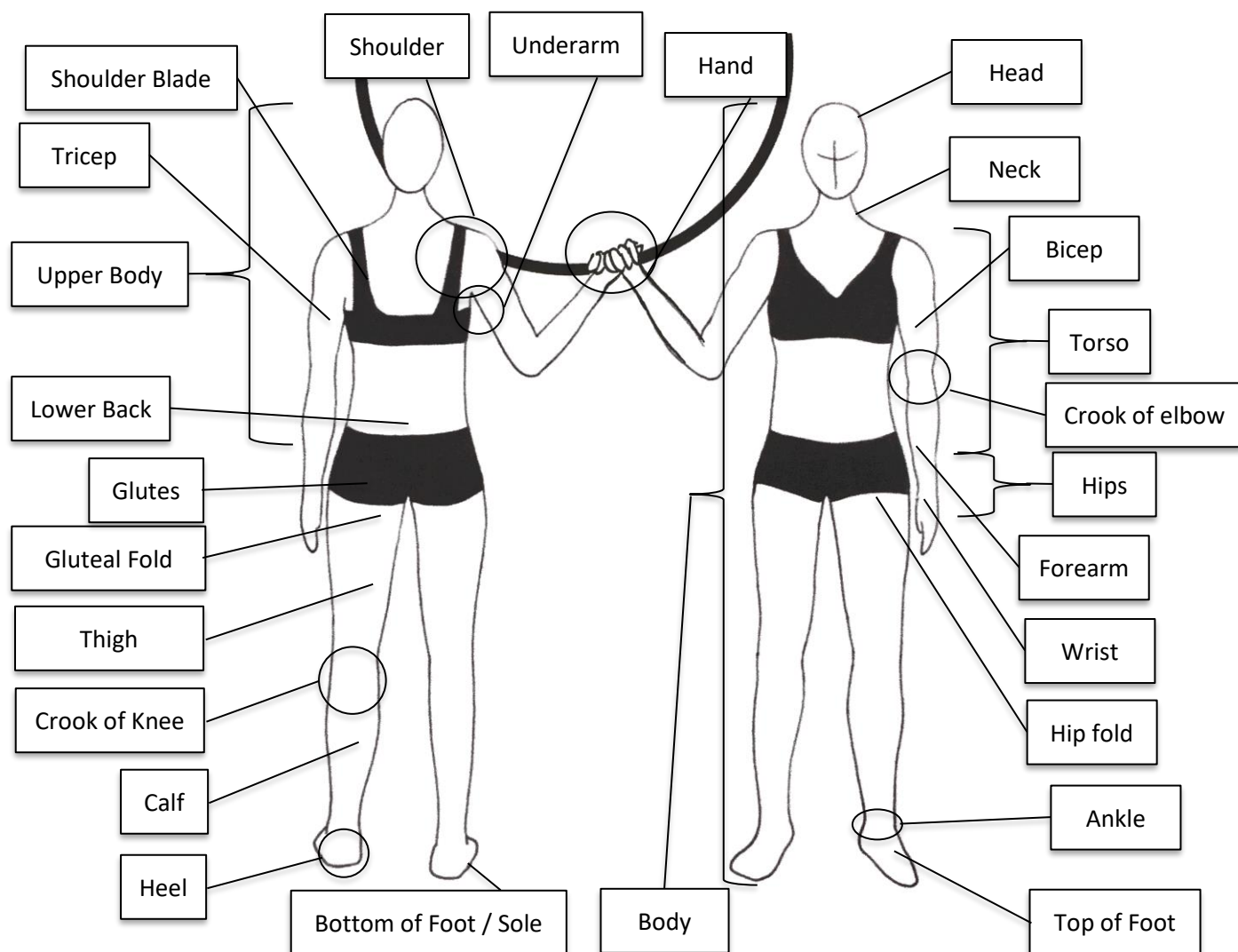


### Correct angle in splits







The angle/degree of a split is measured by the lines formed by the inner thighs in alignment with the hips to the knees.

### Description of body

Below, please find a diagram and descriptions indicating the regions of the body referred to in the minimum requirements. Please note that the below serves as a reference guide only and is not intended to be 100% anatomically correct.



<b>Hand:</b> from fingertips to wrist <b>Lower arm:</b> from wrist to elbow <b>Upper arm:</b> from elbow to shoulder <b>Arm:</b> from wrist to shoulder	<b>Foot:</b> from toes to ankle <b>Lower leg:</b> from ankle to knee <b>Shin:</b> from ankle to knee, front of Lower leg <b>Calf:</b> from ankle to knee, back of Lower leg <b>Upper leg/Thigh:</b> from knee to hip bone <b>Leg:</b> from ankle to hip bone
<b>Body:</b> from head to toes <b>Upper body:</b> from head to hips (including head) <b>Torso:</b> from shoulders to hips	

	<b>Fully extended arm</b>		<b>Fully extended leg</b>
	<b>Extended arm (Micro bent arm)</b>		<b>Extended leg (Micro bent leg)</b>
	<b>Bent arm</b>		<b>Bent leg</b>

### Direct transition

A direct transition is one in which the athlete moves from one element to another with minimal time in between the movements, as well as minimal contact to the hoop (or partner in the case of doubles). The athlete should not hold any additional elements during the transition, and the transition should be continuous with no breaks or pauses. The movement must be continuous.

### Division

These are the divisions under which athletes can compete at IPSF endorsed National Aerial Sports Championships. These are dependent on skill level and experience.

**Dynamic Movement**

A dynamic movement (hoop or floor-based) is a fast movement that has force, and the athlete cannot stop halfway where the body is in a powerful control of momentum. The athlete must demonstrate a high level of control of centripetal force where at least one part of the body releases from the hoop. Once the athlete is able to stop, the movement is over.

**Facing away position**

Facing away position refers to a position where the upper body of the athlete is rotated away from the hoop or the partner at a 180° angle and the back is facing to the hoop or the partner.

**Fixed Position**

A fixed position is when an element is held without movement, wobbling, or slipping of any body parts (for example wrist rotations whilst in an element). The element must be fixed completely, with no movement of the body at all, to be judged.

**Floor work**

Floor work is defined as all movement performed on the floor with no contact with the hoop. Floor work is meant only to be used for presentation and expression of the music and for recovery from performances. Time on the floor may be used for dance elements and basic gymnastics elements only and should not be a gymnastics performance.

**Flying partner elements (Doubles FLY 1 – 65)**

This includes partner lifts when one partner is holding the other who is either touching or not touching the hoop. In order to display the highest Level of Difficulty (LOD) to the judges, the athletes must perform lifts that consist of difficult strength or flexibility elements.

**Full length of the body**

The full length of the body encompasses the head, torso, legs, and feet.

**Horizontal position**

The horizontal position is only applicable where stated in the minimum requirements. The elements will be valid if the executed angle/degree of the body varies no more than maximum 20° (degrees) to the parallel position.

**Holding a position for two seconds**

A compulsory element will be counted from the time the athlete is in the required position. The final position must be fixed for two seconds. The transition in and out of the compulsory element will not be counted towards the holding of a position. Please note: this is intended for fair judging, enabling athletes to show correct form, body execution and strength on compulsory elements but not to deter from flow of movement.

**Interlocking position (Doubles)**

Interlocking position refers to the position where the same limb (at least one arm or one leg) of the partners are hooked around each other. Partners must be in contact with the hoop and each other as well.

**Inverted position**

Inverted position refers to the position where the hips are higher than the shoulders, and the shoulders are higher than or level to the head.

**Layback**

The layback is when the gluteal fold is in contact with the hoop – hand contact is as per the criteria. The upper torso chest must be in a lower position than the legs and hips.

**Legal Guardian**

A legal guardian is a person who has been appointed by a court or otherwise has the legal authority (and the corresponding duty) to care for the personal and property interests of another person.



## LOC

LOC refers to the **Level of Creativity** of a routine. An athlete shows creativity by producing or using original and innovative ideas to create their routine. The higher the level of creativity, the more points are awarded for this element.

**(0 = Poor, 0.5= Slight, 1 = Good, 1.5 = Very good and 2 = Extreme)**

This refers to the extent or amount the particular criteria is found throughout an athlete's routine.

- 0 = Poor, refers to an almost non-existing amount
- 0.5 = Slight, refers to a small amount, less than half of the routine
- 1.0 = Good, refers to a fair amount, approximately half of the routine
- 1.5 = Very good, refers to a good amount, more than half of the routine
- 2.0 = Refers to almost the entire routine

## LOD

LOD refers to the **Level of Difficulty** of an element. The higher the level of difficulty, the more points are awarded for this element.

### LOD under Overall Bonuses (Technical Bonus)

**(0 = Simple, 0.5= Moderate, 1.0 = Difficult, 1.5= Very difficult and 2.0 = Extremely Difficult):**

This refers to the overall level of a particular type of element throughout an athlete's routine.

- 0 = Simple, refers to elements with a technical value of 0.1 - 0.2
- 0.5 = Moderate, refers to elements with a technical value of 0.3 - 0.4
- 1.0 = Difficult, refers to elements with a technical value of 0.5 - 0.6
- 1.5 = Very difficult, refers to elements with a technical value of 0.7- 0.8
- 2.0 = Extremely difficult, refers to elements with a technical value of 0.9 - 1.0

## Majority

This refers to the main percentage of a certain aspect in an athlete's routine e.g., 70% or more.

## Meathook

Meathook (other than Reverse Meathook, see below its definition) refers to a position where the body is in inverted position (hips above the shoulders), at least one arm is fully extended and holding the hoop in front or on the side of the torso (other arm is according to the criteria of the element), the legs are fully extended either in straddle or pencil position (according to the criteria of the element) on the opposite side as the upper body, the arm holding the hoop has contact with the front of torso and the hips.

## Mirror Image

This refers to partners in doubles performing an identical move, as a reflection of each other in a mirror where the partners have the same points of contact and the extended body parts are parallel to each other with not more than 20° tolerance. This includes a mirror on a plane (where, for example, the same legs connect around the pole), a mirror on a point (where, for example, the opposite legs connect around the pole), or mirror in parallel (where both partners perform the same element in the same direction) – please see examples below.

Example of different mirror image positions:



Mirror image on a plane



Mirror image on a point



Mirror image in parallel

## Using the hoop on spinning with momentum

Momentum refers to the speed acquired when performing a spin. Good momentum in a spin means the rotation is at a high velocity and intentional. Lack of momentum in a spin means the rotation is at a low velocity. Momentum refers to there being a constant rotation without the spin slowing down for a minimum of 720° for it to be considered as momentum in a spin (see definition of spin).

## Parallel body position

Parallel body position refers to the imaginary line throughout the middle of the whole body. This line must be at a 90° angle to the hoop or to the floor, dependent on the individual element requirements.

### Poor presentation of the element

This refers to elements executed with poor positioning or a poor angle to the judges so the element cannot be seen fully. This also refers to elements presented showing an unfavourable part of the body.

### Reverse Meathook

Reverse Meathook (other than Meathook, see above its definition) refers to a position where the torso is in horizontal position, at least one arm is holding the hoop behind the body (other arm is according to the criteria of the element), the legs are fully extended either in straddle or pencil position (according to the criteria of the element) on the opposite side as the upper body, the arm holding the hoop has contact with the back.

### Spin

The final position of the spin on the hoop must be fixed for a full 720° rotation. The transition in and out of the spin will not count towards the required minimum rotation. Spins may be performed in clockwise or anti-clockwise directions and in upright, inverted, or horizontal positions. It is also important to note that for spin combinations in the technical bonus section, each spin must be completed correctly to be awarded a bonus.

### Synchronisation / synchronicity (Doubles)

Synchronisation / synchronicity refers to the synchronisation of the overall performance. This includes on and off the hoop, around the hoop and the stage area as well as how well the partners work together throughout the whole performance. Synchronisation also refers to the execution level of the partner tricks or combinations. In order to display the highest LOD to the judges, the athletes must be in unison in timing, execution, and range of movement.

### Synchronised interlocking and balance elements (SYN 2 – 18)

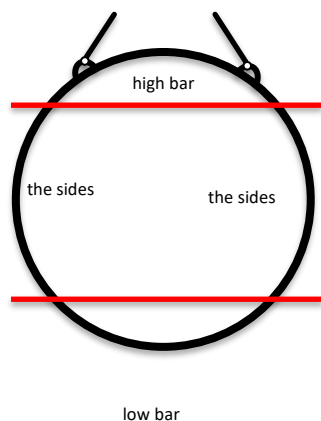
Synchronised interlocking and balance elements refer to both partners connecting together through contact by hooking/joining to form a synchronised position on the hoop. Athletes must perform mirror image in the elements. See definition under synchronisation.

### Synchronised parallel elements (Doubles SYN 1)

This element must be chosen from the flexibility, strength, or balance elements in the singles section. A synchronised parallel element refers to both partners performing in either the same direction, the opposite direction or as a mirror image on the hoop. Both options must be performed at the same angle to the hoop. See definition under synchronisation.

### Three levels of the hoop

An element must be fixed for a minimum of 2 seconds on the section of the hoop being used for it to be considered as valid in terms of using the low bar/ high bar/inside of the hoop. When using the high bar, the athlete should have their primary balance point on the high bar. When using the low bar, the athlete should not be inside the hoop, but hanging underneath the hoop.



Hanging below the <b>low bar</b>	Inside the hoop on top of the <b>low bar</b>	Using the <b>high bar</b>

### Throw on to the hoop (Doubles)

Both partners must begin on the floor. The catcher must throw the flyer onto the hoop with force. There must be a moment when the flying partner is not in contact with the floor, partner, or hoop before landing on the hoop. A throw should have momentum from the throwing partner as well as the partner being thrown – it should not be a partner assisted jump.

### Transition

A transition is a linking movement between elements, floor work, stage work, inverts, and lifts. A direct transition is one that incorporates the least amount of movement and time from one element to another. It requires a smooth transition with no unnecessary movements.

**Upright position**

Upright position refers to the position where the hips are lower than the shoulders, and the upper body is not horizontal.

For further details or clarification of any points in this document, please contact [aerialsports@polesports.org](mailto:aerialsports@polesports.org).

# National / Regional Championships

## Aerial Hoop

### Rules and Regulations



[www.polesports.org](http://www.polesports.org)



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This is an open working document and subject to change at the discretion of the IPSF.

## Definitions

**Athlete** shall refer to the person invited to participate in the competition.

**Category** shall refer to the age groups and gender in each division.

**Competition** shall refer to all IPSF endorsed competitions.

**Discipline** refers to the specific competition in which the athlete is competing. For example, Aerial Pole Sports, Pole Sports, Artistic Pole, Ultra Pole, Artistic Aerial Hoop and Aerial Hoop Sports are each a separate discipline.

**Division** shall refer to the levels of difficulty within the competition.

**Document** shall refer to this entire document.

**IPSF** shall refer to the International Pole Sports Federation.

**Organiser** shall refer to the organiser of an IPSF endorsed competition.

**Routine** shall refer to the athlete's programme from the start to the finish and is to include spins, transitions, inverts, holds, poses, tricks, lifts, acrobatics, gymnastics, slides, climbs, catches, drops, splits, and floor work.

**WASC** shall refer to the World Aerial Sports Championships

**WPAC** refers to the World Pole and Aerial Championships, which covers all disciplines

## Eligibility

### 1. DIVISION

- Elite
- Professional
- Amateur

#### 1.1 Amateur

Athletes who have basic experience in this discipline and who are able to choose elements only with lowest technical values, may apply to participate in the Amateur division. No applicant is allowed to enter the Amateur division if they have:

- Competed in a Professional or Elite division in any past years of any national IPSF Aerial Hoop Sports competition and/or
- Placed twice in the top 3 places in an Amateur division in the past years of a national IPSF Aerial Hoop Sports competition and/or
- Is or has been an instructor / teacher / trainer in aerial sport / aerial dance / aerial acrobatics and/or
- Has received financial compensation for aerial performances or promotions.

#### 1.2 Professional

Athletes who have a good amount of experience in this discipline and who are able to choose elements with higher technical value may apply to compete in the Professional division if they are:

- Students of intermediate/advanced classes and/or
- Are, or have been instructors / teachers / trainers and/or
- Athletes who have competed in a Professional division in any of past years of a national IPSF Aerial Hoop Sports competition and/or
- Athletes who have placed twice in any of the top 3 places in an Amateur division in the past years of a national IPSF competition and/or
- Athletes who have received financial compensation for aerial performances or promotions.

No applicants are allowed to enter the Professional division who have:

- Competed in Elite division in any of past years of a national IPSF Aerial Hoop Sports competition and/or
- Placed twice in the top 3 places in a Professional division in previous national IPSF competitions

\*Please note: Professional athletes, who place in the top 3, may compete in the same division for a second year.

The Elite division is for top athletes who are able to choose elements with the highest technical value, and who strive to compete with other top athletes and become a part of their national team to represent their country in this discipline. Elite athletes are typically:

- Students of advanced classes and/or
- Instructors / teachers / trainers, both past and present and/or
- Athletes who have competed in an Elite division in any previous national IPSF Aerial Hoop Sports competitions and/or
- Athletes who have placed twice in the top 3 places in a Professional division in the past years of a national IPSF Aerial Hoop Sports competition.

All open competitions will offer the elite division across all categories. Professional and amateur categories may be available to athletes competing in open competitions at the discretion of the competition organiser.

## 2. CATEGORIES

Each of the following Elite categories must be opened at national level for WASC qualification.

- Senior Women
- Senior Men
- Junior Mixed
- Novice Mixed
- Masters 40+ Women
- Masters 40+ Men
- Doubles Youth Mixed
- Doubles Senior Mixed

*\* Doubles Youth is a mixed age category for athletes aged 10 – 17 – i.e., one junior and one novice athlete, or two novice athletes or two junior athletes.*

*\*\* Senior Doubles are for athletes aged 18+ on the first day of the WASC.*

## 3. AGE

Age eligibility for each category is determined by the athlete's age at the end of the competitive year, on the first day of the World Aerial Sports Championship.

- Novice - Ages 10-14 on the first day of the WASC
- Junior - Ages 15-17 on the first day of the WASC
- Senior - Ages 18+ on the first day of the WASC
- Masters – Ages 40+ on the first day of the WASC
- Doubles – Novice, Junior and Senior rules apply. For mixed aged groups, the minimum age for Elite athletes applies.

*\*Example: A junior athlete will be 17 years old for the regional and national competitions in his/her country but will be 18 years old by the first day of the WASC; the athlete must compete in the senior men/women category for both the regional and national competitions. A junior athlete who competes as an Elite may compete at a Professional level when they turn 18, should they choose to do so, for 1 year.*

*\*\*Please note: athletes competing under the wrong age category will face disqualification.*

## 4. ATHLETE SELECTION PROCESS

- 4.1. All applicants of national competitions must have citizenship or residency of the country they are competing in except when competing in Open Championships.
- 4.2. Deadlines must be strictly adhered to. If an athlete is late in submitting their application to compete, they will not be allowed to compete. All athletes will be given deductions for late form and late music.
- 4.3. Athlete participation is by qualification, i.e., preliminaries or regional heats. The selection process can be specified by the Organiser of the national competition.
- 4.4. Athletes must be in the correct age category.

- 4.5. The athlete's running order will be determined by a random draw. This will be recorded by the competition organiser.
- 4.6. An athlete may only restart their performance in the following cases:
  - A technical fault with music.
  - A health and safety fault e.g., a problem with unsafe equipment such as a hoop falling or cleaning fluid on the floor. This does not include slippery hoop as this is subjective to each athlete.
  - At the discretion of the head judge.

*\*Please note: If an athlete chooses to continue their performance regardless of the technical fault (for example music), they will not be allowed to restart their performance.*
- 4.7. Winners are the athletes with the highest scores in their competitive category. Should two athletes have the same final score the athlete with the highest technical deduction points shall be declared the winner. Should two athletes have the same final total technical deduction score, the athlete with the highest score in technical bonus shall be declared the winner.
- 4.8. The title of National Aerial Hoop Champion 20XX or Open Aerial Hoop Champion 20XX (if applicable) in all categories will be a lifetime title unless a sanction has been placed on the athlete.
- 4.9. Athletes who place 1st in the Elite category in an IPSF endorsed national competition will automatically qualify to compete at the WASC. The 2nd placed athlete in the Elite category will qualify, provided that they meet the minimum score requirement as determined by the IPSF every year. The minimum point requirement as awarded at the qualifying National/Open competition for the current competition season is 25 points for all categories except for Senior Men and Senior Women; for these three categories, the minimum point requirement is 30 points. The 3rd and 4th placed athlete can be accepted to WASC as reserve athletes in the event that the 1st and/or 2nd placed athlete is unable to compete at the WASC. The minimum point requirements may be adjusted by the IPSF at any time at their discretion. Athletes will be informed in a timely manner by the competition organiser if this is the case.
- 4.10. Athletes from countries that do not have a national competition are permitted to compete at an open competition to qualify for the WASC. The two athletes with the highest scores for their country will qualify to the WASC, in case the 2nd place meets the minimum score requirements as determined by the IPSF every year.

## Application Process

### 5. INITIAL APPLICATION

Failure to comply with the following may result in disqualification from the competition. (See also Head Judges penalties in the Code of Points.)

- 5.1. All qualified athletes must:
  - Download an application form from the organisers' website, fill it in, complete, sign and return the application form to the organisers' email address by the deadline. If this is not available on the website, please contact the organiser for an application form. This also applies to athletes entering an open competition.
  - Pay the application fee, which is non-refundable. Application fees and payment details can be found on the application form.
  - Send their music in mp3 format to the email address advised in the application pack by the given deadline (See Head Judges Penalties in the Code of points).
  - Send their compulsory form and technical bonus form by the deadline given by the organiser. (See Head Judges Penalties in the Code of points). Athletes may change their compulsory forms between the preliminaries and the finals. The new forms must be submitted within one hour of the conclusion of the preliminaries or by a time stated by the competition organiser

*\*Please note: Handwritten forms will not be accepted unless specified by the organiser in the event of form changes between preliminaries and finals. Signatures may be typed.*

  - Should athletes wish for their forms to be checked by the Head Judge for accuracy, there will be an additional cost attached to this. The date for submission of forms for checking will always be two (2) weeks before the final submission of forms for competition. Please use the official channels as communicated.
  - Provide information about their legal gender. A copy of their birth certificate must be submitted upon request.



- 5.2. All applications must be completed in the national language of the host country (or the language determined by the competition organiser to be most relevant). All applications for open competitions should be completed in English.
- 5.3. All athletes should be fit, healthy and not knowingly pregnant. Upon request the athlete may be required to produce documentation from a doctor as confirmation of good health and fitness level. All information will be held confidentially.
- 5.4. All athletes wishing to use grip gloves are required to produce a letter from their doctor written within the competition season year confirming that the athlete suffers from hyperhidrosis (sweaty hands) or similar.
- 5.5. All athletes must disclose if they have been previously disqualified from any IPSF competition.
- 5.6. Athletes may only compete in a National competition if they have citizenship and / or permanent residency in that country. In the case of dual citizenship, athletes may only represent one country in the WASC. Athletes wishing to change their country of representation must allow for one competitive year to pass before the changeover. Doubles athletes may only represent one country, and both athletes would be required to provide this proof and adhere to these conditions. It is also important to note that, should one of the Doubles athletes have competed for a specific country in the particular year of competition (or the year before that), both athletes must compete under this country. Athletes may only compete in one National competition in a competition year.
- 5.7. Applicants under the age of 18 may only apply for the competition by way of written permission signed by a parent(s) or by a legal guardian(s). Documentation must be provided upon request.
- 5.8. Applications will not be fully processed without meeting all of the above requirements by the given deadlines.
- 5.9. Please note that all IPSF competition venues are non-smoking venues. As such, no smoking will be permitted within a 100m radius of the venue.

## **6. MUSIC CHOICE**

- 6.1. Athletes have a personal choice of music; this can be a mix of various music and artists.
- 6.2. The music must be instrumental only. Lyrics/words in any language or dialect are not permitted, and no religious connotation is permitted. Vocals may only be permitted if used as an instrumental accompaniment and no words are being sung.
- 6.3. The same music can be used for both the preliminaries and finals.
- 6.4. Music must be submitted by given deadlines or a penalty will apply. If music has not been received 48 hours before the start of the competition, the athlete will be disqualified.
- 6.5. Music must be submitted in MP3 format or the format specified by the competition organiser by the given deadline to the competition organiser, and must be named using the name and category of the athlete.
- 6.6. A copy in CD or USB stick format must be clearly labelled with the athlete's name and category, and submitted at time of registration. Failure to do so may result in the athlete not competing.

## **7. SCORE SHEETS**

- 7.1. Athletes must adhere to the following rules:
  - Athletes must complete compulsory form and technical bonus by the given deadlines.
  - Forms must be completed in black print and typed; handwritten copies will not be accepted unless specified otherwise by the competition organiser.
  - Athletes must sign each form; endorsed coaches may also add their signature.
  - A penalty of -1 will be given for each day and each form is late up to a maximum of -5 points; after which the athlete will be disqualified.
  - Forms must be completed in black ink and be typed into the Microsoft Word documents as provided only – any other format will receive a deduction. Signatures must be typed in.
  - Forms must be submitted to the competition organiser by the given deadlines.

## Registration Process

### 8. ATHLETE REGISTRATION

In the case of an athlete not showing up to registration without a legitimate reason, the athlete will be banned from all IPSF endorsed competitions all over the world for a period of one year. Names of banned athletes will be published on [www.polesports.org](http://www.polesports.org). Athletes may only cancel participation without being penalised a minimum of 21 working days prior to the competition. Exceptions are made for medical reasons and emergencies in which medical documentation and proof of travel ticket must be provided to the Organiser for confirmation a minimum of one day prior to the competition. Athletes not presenting themselves on the day of registration due to an emergency will have a maximum of seven days after the competition has ended to provide necessary proof of documentation. No exceptions will be made. *See also: IPSF No Show Policy (attached below).*

- 8.1. All athletes must arrive and register at the time designated by the Organiser unless written permission is received.
- 8.2. If in the country of athlete's origin both a passport and an identity card are used, both should be brought with them.
- 8.3. All athletes, including doubles, must provide proof of citizenship, residency or working visa of the country they are competing in (or representing in the case of an Open Championships). Proof must be in the accepted form of the country, e.g., green card, passport, ID card, residency papers, etc.
- 8.4. All athletes must sign a confirmation of the following at the time of registration:
  - Rules and Regulations were read and accepted.
  - The IPSF Code of Ethics was read, accepted and the athlete agrees to behave in a manner befitting a professional sports person.
  - All expenses incurred by the athlete are the responsibility of the athlete and not the Organiser.
  - Waive all image rights and agreement that the images can be used for promotion of aerial sports around the world by the IPSF and/or National Federations belonging to the IPSF. Athletes will not receive any compensation for photos and videos taken during the event.
  - To be interviewed, filmed and or photographed by the media approved by the Organiser.
  - To take part in anti-doping testing in accordance with the WADA Code.
  - To enter the National or Open Championships at their own risk. Any injuries or accidents that may occur are the responsibility of the athlete and not the Organiser or the IPSF.
  - To respect and follow rehearsal and performance times.
  - To wear their club/regional tracksuit at all times except for during their performance.
  - To be present at the medal ceremony unless a medical emergency has occurred.
- 8.5. In the case of causing disruptions to the competition, athletes may incur penalties or be disqualified in accordance with the published IPSF Rules and Regulations.
- 8.6. Athletes who do not arrive on the registration day without a written permission from the organizer, will receive a -1 Head Judge deduction.
- 8.7. Please note that all IPSF competition venues are non-smoking venues –smoking will not be permitted in a 100m radius of the venue.

## Competing

These rules apply to all IPSF competitions.

### 9. PERFORMANCE TIME

Athletes must adhere to the following rules:

- 9.1. In Senior/Doubles/Master/Junior categories, routines are to last a minimum of three minutes and fifty seconds (3.50) and a maximum of four (4) minutes.
- 9.2. In the Novice and Doubles Youth category routines are to last a minimum of three minutes, twenty seconds (3.20) and a maximum of three minutes, thirty seconds (3.30).
- 9.3. The first note of music indicates the start.
- 9.4. The last note of music indicates the end. The last note should not exceed the allotted time in the given category.
- 9.5. Failure to meet the minimum or exceed the maximum time requirements will be penalised by a -3/-5 deduction, dependent on the severity.

## 10.COSTUME

Costumes must be appropriate for competitive athletic sports. They must fully cover the pelvis and gluteal area for all athletes and the breast area for female athletes. Athletes will be penalised by a deduction should they not adhere to the following costume requirements:

- 10.1. Costume must be of a sporting nature.
- 10.2. Costume must be skin-tight in order for body alignment to be seen and judged correctly.
- 10.3. A two-piece or a cut away leotard is allowed for all athletes; a one-piece bottom is allowed for men only.
- 10.4. The top must fully cover the breast area for women and show no added or unnecessary cleavage. It should be no less than a crop top with a strap size (defined as the part of the costume that attaches the front of the costume to the back of the costume, typically over the shoulder) of no less than ten (10) millimetres in width. Halter style tops are also permitted. A neckline of no lower than eighty (80) millimetres from the lowest part of the collarbone is permitted. Please note that lace-up tops (similar to corset styles) are not permitted.
- 10.5. Men can wear a vest, crop top, cut away leotard or be bare-chested.
- 10.6. The cut of the bottoms must be no higher than the fold of the hip in front (where the thigh and the hip meet) and must cover the pelvic bones fully. They must fully cover the gluteal area. There must be no cut-outs – i.e., sections of fabric missing on the bottoms.
- 10.7. Shorts should be no less than sports shorts, leotards or sports knickers that are appropriate attire for competitive sports. Shorts must cover the gluteal crease all the way across the body (i.e., the fold formed where the gluteal area and the thigh meet must be covered).



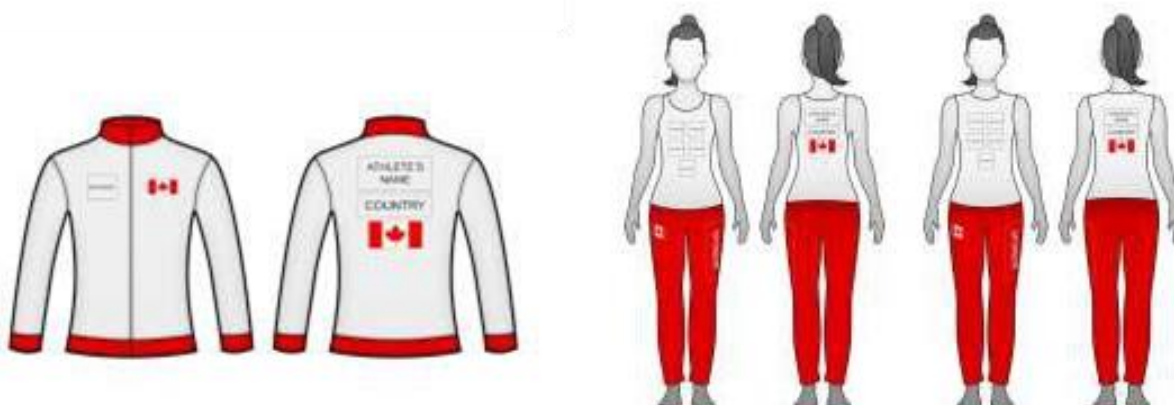
Minimum coverage for Male bottom part



Minimum coverage for Female bottom part

- 10.8. All the measurements above are the minimum requirements that must be covered by the costume. In Aerial Sports, long trousers, leggings, sleeves and full catsuits are allowed and recommended, provided they are skin-tight.
- 10.9. Skirts of any kind are not allowed. Ballet tutus and tutu like skirts with netting are not permitted.
- 10.10. All decorations must be fixed on the costume (non-detachable) and no added accessories and/or props are permitted. Any and all accessories that may jeopardise the safety and/or distract from the performance of the athlete are not permitted. This includes piercings, loose hair- pieces, earrings, bracelets, necklaces, and any other jewellery. No neck accessories or wristbands are allowed. Any pieces of fabric attached to the costume may not fall lower than 3cm below the pelvic area.
- 10.11. Medical taping may not be used except for medical tapes in a skin colour. Any joint support must be pre-approved, with medical documentation.
- 10.12. Shoes: the athlete may perform either bare foot or with gymnastic/dance/aerial acrobatics sole and feet protectors. Heels, ballet shoes/slippers and/or slipper-like footwear are not permitted.
- 10.13. Costumes should not include:
  - Underwear.
  - Items of clothing that give the illusion of underwear are prohibited.
  - Nude / skin colour fabric cannot be the same colour as the athletes' actual skin tone.
  - Implied nudity is prohibited (this includes nude mesh fabrics).
  - Lace and mesh fabrics are permitted as long as they do not imply nudity or give the illusion of underwear.
  - Swimwear or bikinis.
  - Transparent clothing that does not cover the breast, pelvis, and gluteal area.
  - Jewellery and piercings of any kind; small stud earrings and small earplugs are permitted.
  - Anything that interferes with the performance or can be considered a health and safety issue.
  - Face paint on the entire face.
  - Body paint or oil on any part of the body. (Make up and embellishment may be worn on the face only.)

- Props such as hats and canes and anything that is not considered attached to the costume.
  - Hoods cannot be attached to costumes.
- 10.14. Additional requirements:
- Costumes for all may include sequins and diamantes; tassels or tassel-like attachments or fringing must be kept to a minimum, must not be longer than 3cm and is only allowed to cover material.
  - Decorations for Youth category (Novice and Junior) should be age and costume appropriate.
- 10.15. It is expressly forbidden to perform in anything other than sporting attire and costumes, or any part thereof, must not be intentionally removed. Failure to adhere to these rules may result in disqualification.
- 10.16. Costumes must be free from sponsor logos or lettering / text.
- 10.17. All athletes should have tracksuits according to the requirements set out by their National Federations:
- Tracksuits must be sports tracksuits and must include matching trousers (leggings are not allowed), t-shirt/tank top and a jacket. Hoodies/hood-style tops are not allowed.
  - Under hot weather conditions it is acceptable to wear the t-shirt or tank top instead of the jacket except during the medal ceremony.
  - National Tracksuits for use during WASC must follow the rules set out in the Rules & Regulations for the WASC as stated in Addendum 2.
  - Trainers must be worn with tracksuits. Bare feet are also permissible. No other shoes are permitted.
  - Members representing the same team must all wear the same tracksuit. Should the athlete not be representing a specific team/club/school/studio/region, the athlete will be required to purchase a Federation tracksuit (this is not the same as a National Tracksuit).
  - Team/ club/school/studio/region logos must be worn on the tracksuit, either on the front or the back. The size of the logo cannot be more than 10x10cm.
  - One individual sponsor's logo might be worn on the jacket and up to five (5) sponsor logos may be worn on the t-shirt/tank top. The size of the logos cannot be larger than 10x10cm, and must be smaller than the team/club/school/studio/region logo.
  - When the brand of the tracksuit is visible, the same rules apply as to the sponsor logos - that is that the size of the logos cannot be larger than 10x10cm, and must be smaller than the team/club/school/studio/region logo. Additionally, when the brand logo is visible, the tracksuit may then only contain an additional four (4) Sponsors' logos on the t-shirt/tank top. The brand logo can be additional to the one (1) sponsor logo allowed on the jacket.
  - Sponsor logos may not take a place of prominence over the studio logo.
  - The athlete name is permitted on the tracksuit and on the t-shirt/tank top; the letter height must not be taller than 10cm.
  - Other logos, imagery and writing cannot be displayed on the tracksuit. Athletes name and country can be displayed on the tracksuit.
  - Athletes competing in the Open competitions will be required to wear their national tracksuits. All Open athletes representing the same country must coordinate and wear the same tracksuit. Please contact the IPSF if you need assistance with coordinating this.
  - Only athletes and IPSF recognised coaches are permitted to wear the official tracksuit.
  - No handbags / bags of any kind are allowed on the kiss and cry or on stage during the medal ceremony.



## **11. HAIR AND MAKEUP**

*\*Please note: Failure to adhere to the following restrictions will result in a deduction.*

- 11.1. Hair should be pulled back and up away from the face and neck so that full facial features, facial expression, and neck alignment are clearly visible to the judges. There should be no distraction by the need to wipe hair away from the face or neck.
- 11.2. Makeup for the Youth category is only to be used to highlight natural features and therefore should only be applied lightly. The one exception to this rule is if the routine is theme orientated.
- 11.3. Make up for adults may be worn to reflect their performance. This may include but is not limited to eyelashes, embellishments, and rhinestones. Face paint is allowed on not more than half of the face. It is also forbidden to wear a mask, wear face paint on the entire face, or body paint of any kind.
- 11.4. Wigs are prohibited.

## **12. GRIPS**

- 12.1. Any grip product that is difficult to remove/ clean off the hoop is prohibited. Please be advised that NO products are to be applied to the hoop. Grip aids may only be applied to the athlete's body.
- 12.2. Grip gloves may only be used with medical documentation (as stated above under section 10: Costumes).

## **13. STAGE**

- 13.1 The stage has a minimum of three (3) metres clearance in front, side and behind the hoop. If the competition is a combined pole sports and aerial sports championships, the poles may remain on the stage during the aerial competition, if the minimum distance required from the hoop to the poles is fulfilled.
- 13.2 Safety mat: There will be a 2 meter by 2 meter area covered below the hoop with gymnastic mat. The mat is approximately 4 centimetres thick and protects the athlete in case of a fall, but is hard enough not to disturb any floor work.

## **14. AERIAL HOOP**

- 14.1. Competition aerial hoops are made of metal tube with diameter of 25mm.
- 14.2. There are 3 diameters for the hoop provided by the organiser that the athlete can choose from for their performance: 90cm, 95cm and 100cm.
- 14.3. Please refer to the Apparatus Norms for the most up-to-date rules regarding the rigging and requirements of the Aerial Hoop.
- 14.4. The surface of the hoop must be powder coated. Grip tape will not be used on the surface of the hoop. The hoop will be cleaned before every athlete.
- 14.5. There will be several height options provided by the organiser. In the organised rehearsal, the athlete will choose a preferred height for the performance. The hoop must be at a minimum height of chin level of the athlete. For doubles, the hoop must be at a minimum height of chin level of the tallest athlete.
- 14.6. All hoop related information will be communicated by the competition organiser.
- 14.7. Cleaning of the hoop:
  - The hoop will be cleaned before each athlete competes. The hoop will be cleaned entirely; first with a grease remover, then with a dry towel/cloth.
  - Athletes are allowed to check the hoop and its' height before they compete, and may ask for a second cleaning or correction the height.
  - Athletes may clean the hoop themselves if they prefer, but must use the cleaning products provided by the organiser.
  - Athletes are prohibited from cleaning the hoop with their own cleaning products. The only exception to the rule is severe allergies, in which medical documentation must be provided.

## 15. FILMING

- 15.1. All athletes confirm by taking part in the National or Open Championships that they waive all rights of filming and photography and will not receive any compensation for photos and videos taken during the event. All athletes must agree that their images can be used for advertising, training, promotional and commercial purposes by the IPSF and / or National Federations belonging to the IPSF.
- 15.2. All athletes agree to be interviewed, filmed and or photographed by IPSF approved media.
- 15.3. All athletes must agree to filming/photography at any event in which they appear before, during or after the competition, which is related to the competition (such as workshops, interviews, performances, etc.)
- 15.4. Filming and photography are not permitted in the changing areas unless with express permission of the Organiser.
- 15.5. All photography and footage remain the property of the Organiser.

## Judging

### 16. JUDGES AND JUDGING SYSTEM

- 16.1. Once judging has finished and all immediate appeals and complaints have been processed, no further adjustments will be made to the results.  
*\*See: system of complaints and appeals.*
- 16.2. Scores from preliminaries and finals are not added together.
- 16.3. Judges must be separated from the athletes and spectators at all times.
- 16.4. Judges and athletes will be disqualified if they are found discussing any matters together at any time during the competition.
- 16.5. Judges may not compete in the same year in which they are judging. Similarly, judges may not be IPSF recognised coaches at competitions in the same year in which they are judging. Competition organisers / federation committee members may not compete, judge or be an IPSF recognised coach at the competition they are hosting (unless extenuating circumstances are presented to the IPSF executive in writing).

	Athlete	Coach	Chaperone	Judge	Head Judge	Competition Organiser	Federation President
Athlete	X	X	X				
Coach	X	X	X				
Chaperone	X	X	X				
Judge				X	X		
Head Judge				X	X		
Competition Organiser						X	X
Federation President						X	X

The schedule above will give you an overview of what is acceptable to have cross over (in GREEN), not acceptable to cross over at all (BLACK), subject to discussion by the IPSF executive and the below caveats (RED).

- 16.6 The Federation president may compete IF the IPSF Executive is informed no later than 3 months before the competition, and the following caveats are met:
  - The Federation president must have no interaction with judges or athletes
  - The Federation president must have no interaction with athlete forms / music / costumes or have any confidential information related to this
  - The Federation president must not announce / visually represent the federation at your competition
  - The Federation president must compete first in order to assist for the rest of the weekend
  - The Federation president must provide proof of the existence of an organizing committee who has all interaction with judges and athletes
  - The Federation president must provide proof that the actual competition organizer is completely in charge of everything related to the competition

**If these rules are broken, the Federation president will face a penalty and possible suspension.**



## **17.PENALTIES**

An athlete can be penalised by the Head Judge during the competition for the following infringements:

*\*See also: Head Judge Penalties*

- 17.1. Breaking the rules, regulations, and code of ethics. Penalties are dependent on the infringement.
- 17.2. Providing false or inaccurate information on the application form. Penalties are dependent on the infringement.
- 17.3. Unsporting or anti-social behaviour.
- 17.4. Failure to meet the minimum or exceed the maximum requirements of the routine time.
- 17.5. Touching the truss system whilst competing. This includes touching the backdrop on the stage.
- 17.6. Directly contacting the audience from the stage (such as gestures, talking to the spectators etc.).
- 17.7. Inappropriate choreography, costume, hair, and makeup (as specified above). Penalties are dependent on the gravity of infringement.
- 17.8. Presence of jewellery and props (as specified above).
- 17.9. Not complying with the tracksuit or wearing an inappropriate tracksuit (as specified above).
- 17.10. Arriving late to registration and rehearsals without prior agreement.
- 17.11. Arriving late backstage before competing.
- 17.12. Arriving late to the stage when announced.
- 17.13. Athletes caught being cued from off-stage during their performance (this includes being cued from the audience).
- 17.14. Athletes and/or their coaches/representatives approaching the Judges' table and/or room or obstructing Judges' view at any point during the competition.
- 17.15. Head Judges reserve the right to apply penalties at any point during the competition, or afterwards if they deem so necessary. Should this result in a change in podium position, the organiser will amend and award the medals correctly as necessary.
- 17.16. Not arriving to register on the registration day without prior written permission.

## **18.RESULTS**

- 18.1. All results are collated via computer.
- 18.2. Results will be collated and provided in accordance with the National Scoring Information.
- 18.3. Preliminary results will be given to athletes when their scores are announced.
- 18.4. Athletes must wait for their scores in the designated area. Only IPSF-registered coaches are permitted to accompany the athletes. Athletes and coaches must be dressed in their tracksuits while awaiting results.
- 18.5. Athletes and coaches should not bring bags onto the kiss and cry area or onto the stage with them. A safe place will be provided by the competition organiser for athletes' belongings.
- 18.6. All results will be listed on the organisers' website within twenty-four (24) hours of the medal awards being given.
- 18.7. All athletes who qualify for WASC will be listed on the IPSF website within twenty-four (24) hours.

## **19.AWARDS**

- 19.1. At the National Championships, each athlete competes for the title of National Aerial Hoop Champion 20XX. At the Open Championships, each athlete competes for the title of Open Aerial Hoop Champion 20XX.
- 19.2. Only sporting training shoes or bare feet are permitted on stage at the medal ceremony.
- 19.3. The winner from each category in each division will receive a gold medal.
- 19.4. The second and third placed athlete will receive a silver and bronze medal respectively.
- 19.5. All other athletes will receive a certificate of participation.
- 19.6. Cash or other gifts must not be given other than by way of endorsements or sponsorships. All sponsorship agreements offered in relation to athletes will be announced by the Organiser before the competition, as soon as possible after the agreement has been made and before the finals of the competition begin.



## **20.COACHES**

- 20.1. In order to be an IPSF recognised coach, the coach must have completed at least a Code of Points course as well as an Anatomy qualification (which includes warm up and cool down, and has an exam incorporated in the course - this can be either a university course or the IPSF Anatomy, Physiology and Biomechanics course). A coaching course is also highly recommended. The coach should then submit these qualifications to the IPSF and will be required to pay a registration fee. This fee is applicable per year.
- 20.2. All coaches that sign the athletes' compulsory and technical bonus forms must be IPSF recognised coaches. Only the IPSF-recognised coach who signs the forms will be considered the athlete's coach, and thus only this coach will be afforded the privileges that accompany the title.
- 20.3. All coaches must complete their certification a minimum of 2 weeks before the competition at which they wish to represent their athlete. Coaches must submit this proof 2 weeks before the competition (in other words, should the coach be doing a course which requires exams to be marked, the timelines of this course must be respected; for all IPSF courses where video exams are undertaken, 2 weeks must be given to mark the video exam).
- 20.4. The coach must be dressed in the matching tracksuit of their club/school (Nationals) or country (at International competitions).
- 20.5. Only an IPSF registered coach may accompany the athlete on the Kiss and Cry couch, and they, like the athlete, must be dressed in their tracksuit and trainers/bare feet only.
- 20.6. Youth athletes (any athlete under the age of 18) may have an IPSF-registered coach with them on the Kiss and Cry couch, even if this coach is not their registered coach for the competition.
- 20.7. Coaches may face sanctions should they contravene any of the rules and regulations for or on behalf their athlete.

## **21.DISQUALIFICATION**

An athlete can be disqualified before, during or after the competition. The IPSF also reserves the right to revoke the title of an athlete for the following infringements:

- 21.1. Breaking the rules and regulations or code of ethics. Disqualification is dependent on the infringement.
- 21.2. Providing false or inaccurate information on the application form. Disqualification is dependent on the infringement.
- 21.3. Unsporting behaviour or bringing the competition, Organiser, or the IPSF into disrepute.
- 21.4. Threatening the life or health of an athlete, organiser, judge, or spectator.
- 21.5. Failing to come to the stage.
- 21.6. Using prohibited grips.
- 21.7. Inappropriate choreography, costume, hair, and makeup (as specified above). Disqualification is dependent on the infringement.
- 21.8. Intentionally removing items of clothing during their performance.
- 21.9. Intentionally using the truss system as part of their performance.
- 21.10. Any unauthorised person accompanying the athlete on stage.
- 21.11. Directly contacting the judging panel to discuss the competition, or directly or indirectly influencing the judging decision prior to or during the competition.
- 21.12. Using vulgar language or gestures towards any IPSF official.
- 21.13. Testing positive for controlled substances (see Medical and Doping Regulations).
- 21.14. Refusing to undergo an anti-doping test when requested.
- 21.15. Athletes may face a ban should there be any severe contravention of rules.

## Medical and Doping Regulations

### **22.DOPING SANCTIONS**

All Elite athletes and IPSF recognised coaches are required to complete the WADA Certification regarding anti-doping. It is strongly recommended that amateur and professional athletes also complete this training. In the case of athletes under the age of 18 must have a parent(s) or legal guardian(s) complete this training. In the case of a positive result or the refusal of doping control, the following penalties shall apply as final:

- 22.1. An athlete with a positive out of competition test is automatically suspended for the rest of the championship and no replacement for him/her is allowed.
- 22.2. The points of a team obtained with a doped athlete are not valid.
- 22.3. An athlete with a positive test shall be suspended from all IPSF endorsed competitions for a period outlined in the WADA Code.
- 22.4. A positive result for anabolic steroids will result in suspension from all IPSF endorsed competitions for a period of four years. A doped athlete shall not be awarded a medal or title.
- 22.5. In all positive doping cases, the recommendations of WADA shall have precedence over any disciplinary action by the IPSF.
- 22.6. Athletes with an anti-doping sanction may have previously won titles removed from them.

### **23.SEX REASSIGNMENT IN SPORT**

The IPSF have adopted the guidelines, recommendations, rules, and regulations of the IOC Medical Commission - Sex Reassignment in Sport. Please refer to the latest IOC regulation in this regard.

It is understood that a confidential case-by-case evaluation will occur. In case that the gender of a competing athlete is questioned, the medical delegate (or equivalent) of the relevant sporting body shall have the authority to take all appropriate measures for the determination of the gender of an athlete.

## Rights and responsibilities

### **24.RIGHTS AND RESPONSIBILITIES OF THE ATHLETES**

- 24.1. All athletes must read the rules, regulations, and any updates.
- 24.2. All athletes must conduct themselves in accordance with the IPSF rules, regulations, and Code of Ethics.
- 24.3. All athletes must sign the IPSF code of ethics and behave accordingly.
- 24.4. Athletes under the age of 18 should have an approved chaperone (parent/authorized legal representative/IPSF recognised coach) with signatory authority.
- 24.5. All athletes are obligated to carry identification documents to the competition.
- 24.6. All athletes are fully responsible for their personal health condition and ability to compete. To avoid injury, all athletes must not undertake elements they are not fully confident and secure in.
- 24.7. All athletes enter the National or Open Championships at their own risk and understand that any injuries or accidents that may occur are their responsibility.
- 24.8. All athletes must attend the opening ceremony and preliminary results ceremony (if applicable) unless a medical emergency has occurred, or unless they are one of the first 2 athletes to compete. All finalists must attend the medal ceremony unless a medical emergency has occurred.
- 24.9. Use of alcohol or banned or controlled substances before or during the competition is strictly prohibited.
- 24.10. All athletes must agree to take part in anti-doping testing in accordance with the WADA Code. For a list of prohibited substances please see <https://www.wada-ama.org>. Failure to supply a sample when requested will result in the athlete being disqualified from the competition, a revocation of any title won and the possibility of a ban from further IPSF competitions.
- 24.11. All expenses incurred by the athlete are the responsibility of the athlete and not the Organiser. Confirmation of this will require a signature at the time of registration.
- 24.12. Athletes who are entering an international open championship are required to purchase/acquire the relevant visa for entry into the country where the competition is being held. If the athlete requires assistance, please contact the competition organiser.

- 24.13. All athletes have the right to receive all available public information regarding the scoring system or to the competition in general which can be found on the IPSF website: [www.polesports.org](http://www.polesports.org).
- 24.14. During the preliminaries and finals:
- All athletes must compete with their same gender category except in the case of doubles and if a category is mixed.
  - Athletes should be backstage two athletes prior to competing.
  - Athletes must start off stage and wait to be announced before walking out on to the stage.

## **25. RIGHTS AND RESPONSIBILITIES OF THE ORGANISER**

The IPSF and/or Organiser reserve the right to the following:

- 25.1. To alter the rules and regulations of the competition or its attachments at any time. Any change will be announced immediately on [www.polesports.org](http://www.polesports.org).
- 25.2. To refer to the Head Judge any athlete in breach of the rules and regulations or code of ethics for the consideration of penalties or disqualification.
- 25.3. To refer to the Head Judge any judge in breach of the rules and regulations or code of ethics for the consideration of disqualification.
- 25.4. To decide on any decisions not already addressed in the rules and regulations and code of ethics prior to or during the competition.
- 25.5. The Organiser will provide basic first aid in the case of an incident or accident and medical assistance in the event of a more serious injury. The medical representative has the final decision on whether the athlete's injury should prevent them from entering or continuing the competition.
- 25.6. The IPSF and the Organiser cannot be held responsible for loss or damage to athletes' or officials' items.

### **The Organiser is obligated to:**

- 25.7. Publish all competition criteria as stated above.
- 25.8. Announce all changes regarding the competition on the competition organisers' website.
- 25.9. Provide rooms for athletes to change and warm up in with toilet facilities, which are separate from those being used by judges and spectators.
- 25.10. Provide a separate area for youth athletes to change in or a fixed time slot for the changing rooms to be for their sole use.
- 25.11. Check the installation of the hoop and test it.
- 25.12. Provide three sizes of hoops and several height options by the apparatus norms for the athletes.
- 25.13. Give athletes a chance to practice with the hoop before the start of the competition.
- 25.14. Arrange the cleaning of the hoop before each performance.
- 25.15. Provide the judges with all necessary information concerning the competition.
- 25.16. Provide interim first aid in the case of an incident or accident.
- 25.17. Provide anti-doping testing in accordance with the WADA Code ([www.wada-ama.org](http://www.wada-ama.org)).

## **Complaints and appeals**

### **26. SCORING SYSTEM**

- 26.1. For complaints about scores, athletes may lodge an appeal regarding their scores within 10 minutes of the athletes' personal scores being announced in accordance with the IPSF national scoring appeals procedure. After this time, scores will not be overturned. There is a cost involved, which will be returned should the complaint or appeal be upheld.
- \*See: IPSF National Scoring Information below.*
- 26.2. Further complaints about any other issue must be made in writing to the competition organiser within 7 working days.
- 26.3. For more information, please contact the competition organiser.

- 26.4. The process for contesting is as follows:
- 26.4.1. Indicate your intent to contest within 10 minutes of the announcement of your score.
  - 26.4.2. You will be allowed access to watch your video by the competition organiser to determine whether you do want to go ahead with your contesting. You will be allowed 5 minutes to watch your video. You will be allowed to watch your video alone or with your IPSF certified coach and a technical support person, if necessary (technical support person relating to equipment and not athlete/competition related). Youth athletes may have their chaperone watch with them.
  - 26.4.3. A non-refundable deposit will be required to watch the video. This price will be determined by the competition organiser in collaboration with the IPSF.
  - 26.4.4. Once you have determined that you do want to contest, you will be required to pay the contesting fee as determined by the competition organiser in conjunction with the IPSF. The competition organiser will communicate the process for this.
  - 26.4.5. Please note that this fee will be applicable per judging section – i.e., you will be required to pay for each section you wish to contest. For example – if you wish to contest both Compulsories and Technical Deductions, you will be required to pay separately for each of these.
  - 26.4.6. Once your payment has been received, the Head Judge of the respective competition will manage your contest. This will only happen once confirmation of payment has been received. The Head Judge will judge the video privately, and explain the decisions afterwards, if necessary.
  - 26.4.7. Should your contest / complaint be upheld, the competition organiser will refund your payment. Should your score / results remain the same or go down, your money will not be refunded.
  - 26.4.8. Your score will be updated at the earliest convenience of the competition organiser, but will be done before the final medal ceremony.
  - 26.4.9. The contesting judge's decision is final, and no negotiation will be entered into.

## **IPSF Scoring System (Contesting)**

This is information for athletes and coaches about the scoring system used for National Championships and will explain how the scores will be given, when final results will be announced and extra information you need to know.

### **Personal scores**

Your total scores will be announced within ten minutes of completing your routine. After you have competed, you are required to wait with your coach/chaperone in your tracksuit to hear your scores. You will be given your scores for each section.

### **Finals**

The results for all categories on finals day will be announced at the end of the competition at the award ceremony. Athletes are expected to be dressed in their tracksuits **and** ready to go to the stage when called approximately 15 minutes after the last athlete has competed. Each category will be invited to the stage and the winners will be announced with their total scores. All total scores will also be posted on the competition website and WPSC qualifying athletes on the IPSF world ranking.

### **Feedback**

No feedback will be given regarding individual routines; all the videos will be online as soon as possible after the competition for athletes and coaches to self-assess their performances.

### **Guidance on your scores**

**Compulsory** – A low score indicates the minimum requirements of the elements were not met, an element was missing, or elements were in the wrong order. Points will not be awarded for any element that is on the border. The elements need to be executed correctly in accordance with all of the minimum requirements.

**Technical Bonus** – A low score may indicate a low level of difficulty of all the moves chosen in the routine.

**Technical Deduction** – A low score mostly indicates poor execution of moves and lines plus specific requirements either not being met or occurring as stated in the Code of Points.

**Artistic and Choreography** – A low score indicates lower scores in sections such as flow, confidence, costume etc.

### **Your scores**

Should you have a complaint about your score in a specific section, you are entitled to contest the score you were awarded provided you register your complaint within 10 minutes of receiving your scores. Only complaints regarding specific sections will be permitted within 10 minutes. Please follow the correct procedure on the Scoring Complaints document if you wish to contest your scores.

### **Fees – as determined by the National Federation and the IPSF**

There is a fee for registering a complaint about scores, should any scores be amended upwards (i.e., the contest is successful), the fee will be immediately returned to the athlete. The fee must be paid before the Head Judge starts with evaluating the contested section(s). The fee is payable upon registration of the complaint by cash, PayPal, or credit/debit card only to the National Federation (for National or Open competitions) or the IPSF (For Worlds competitions) – the competition organiser will organise payment facilities. The fee is payable per section being contested.

## **IPSF COMPETITIONS NO-SHOW POLICY**

### **Purpose**

This policy outlines the International Pole Sports Federation's (IPSF) approach to athletes who apply for competitions both nationally and internationally and don't attend the events.

### **Context**

This policy has been introduced as a result of the frequency of occasions where competitors do not attend and compete at competitions, they have entered without informing the competition organisers. This policy will help to eliminate the following problems:

- Preventing other athletes from participating in competitions
- Causing delays to the organisers
- Disappointing sporting fans and spectators
- Disrupting competition schedules
- Creating difficulties with sponsors

### **Expectations for Informing Competition Organisers**

Athletes who are unable to attend competitions they have entered need to adhere to at least **one** of the following expectations according to the reason for non-attendance and how long before the competition athletes wish to cancel their attendance:

1. Athletes are expected to inform national and international competition organisers that they will not be attending. The time limit for this is **three weeks** before the date of competition. It is the athlete's responsibility to know the cut-off date
2. Athletes who have to cancel their attendance after the cut-off date **must** inform the competition organisers as soon as possible (it is acceptable for someone to do this on their behalf). A medical certificate (with a copy translated into English if the original certificate isn't in English) must be submitted to the competition organiser.
3. Athletes who do not have a medical reason for not attending at short notice will need to submit their reasons to the competition organiser to be assessed by the IPSF Executive Committee to decide if the reason is acceptable. If not, the sanctions below will be registered to the athlete.

### **IPSF Notification Procedures**

1. Athletes have up to **seven days** after the competition date to submit the appropriate as stated above.
2. If a form is not submitted after **seven days**, the IPSF will write to the athlete explaining they are now being registered as a **no-show**.
3. If there is no response the IPSF will register the athlete as a no-show with the current sanctions (detailed below).
4. To register an appeal, the athlete must do so within **seven days** from receipt of being registered as a no show. An appeal will be assessed by the IPSF Executive Committee.

### **Sanctions**

Athletes who do not satisfy the criteria for non-attendance at an IPSF national or international competition will be registered as a no-show athlete and will be banned from all regional, national, and international competitions for a period of one year from the date of the competition. All details (names and competition) will be published on IPSF national and international websites.

## **ADDENDUM 1**

### **PROHIBITED ELEMENTS/MOVEMENTS**

These elements and movements are completely prohibited and are additional to prohibited movements and elements listed in the Code of Points. This prohibition is subject to an agreement with FIG regarding coexistence of the two bodies, and is directly from the FIG Aerobic Gymnastics Code of Points (along with stipulations regarding other gymnastics codes already listed in this document). Please note the penalties that will apply per infringement.

If in doubt, please visit the IPSF website for links to the videos of these elements (or use the links below)

<b>PROHIBITED ELEMENTS/MOVEMENTS</b>		
<b>CODE NR.</b>	<b>NAME</b>	<b>LINK</b>
A 184	EXPLOSIVE A-FRAME	<a href="https://www.fig-aerobic.com/A-184-EXPLOSIVE-A-FRAME_a600.html">https://www.fig-aerobic.com/A-184-EXPLOSIVE-A-FRAME_a600.html</a>
A 186	EXPLOSIVE A-FRAME ½ TURN	<a href="https://www.fig-aerobic.com/A-186-EXPLOSIVE-A-FRAME-TURN_a602.html">https://www.fig-aerobic.com/A-186-EXPLOSIVE-A-FRAME-TURN_a602.html</a>
A 194	EXPLOSIVE A-FRAME TO SPLIT	<a href="https://www.fig-aerobic.com/A-194-EXPLOSIVE-A-FRAME-TO-SPLIT_a1144.html">https://www.fig-aerobic.com/A-194-EXPLOSIVE-A-FRAME-TO-SPLIT_a1144.html</a>
A 196	EXPLOSIVE A-FRAME ½ TURN TO SPLIT	<a href="https://www.fig-aerobic.com/A-196-EXPLOSIVE-A-FRAME-TURN-TO-SPLIT_a1042.html">https://www.fig-aerobic.com/A-196-EXPLOSIVE-A-FRAME-TURN-TO-SPLIT_a1042.html</a>
A 198	EXPLOSIVE A-FRAME ½ TURN ½ TWIST TO BACK SUPPORT	<a href="https://www.fig-aerobic.com/A-198-EXPLOSIVE-A-FRAME-TURN-TWIST-TO-BACK-SUPPORT_a1145.html">https://www.fig-aerobic.com/A-198-EXPLOSIVE-A-FRAME-TURN-TWIST-TO-BACK-SUPPORT_a1145.html</a>
A 205	EXPLOSIVE A-FRAME TO WENSON	<a href="https://www.fig-aerobic.com/A-205-EXPLOSIVE-A-FRAME-TO-WENSON_a601.html">https://www.fig-aerobic.com/A-205-EXPLOSIVE-A-FRAME-TO-WENSON_a601.html</a>
A 206	EXPLOSIVE A-FRAME TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-206-EXPLOSIVE-A-FRAME-TO-LIFTED-WENSON_a1146.html">https://www.fig-aerobic.com/A-206-EXPLOSIVE-A-FRAME-TO-LIFTED-WENSON_a1146.html</a>
A 207	EXPLOSIVE A-FRAME ½ TURN TO WENSON	<a href="https://www.fig-aerobic.com/A-207-EXPLOSIVE-A-FRAME-TURN-TO-WENSON_a603.html">https://www.fig-aerobic.com/A-207-EXPLOSIVE-A-FRAME-TURN-TO-WENSON_a603.html</a>
A 208	EXPLOSIVE A-FRAME ½ TURN TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-208-EXPLOSIVE-A-FRAME-TURN-TO-LIFTED-WENSON_a604.html">https://www.fig-aerobic.com/A-208-EXPLOSIVE-A-FRAME-TURN-TO-LIFTED-WENSON_a604.html</a>
A 215	STRADDLE CUT	<a href="https://www.fig-aerobic.com/A-215-STRADDLE-CUT_a607.html">https://www.fig-aerobic.com/A-215-STRADDLE-CUT_a607.html</a>
A 216	STRADDLE CUT TO L-SUPPORT	<a href="https://www.fig-aerobic.com/A-216-STRADDLE-CUT-TO-L-SUPPORT_a608.html">https://www.fig-aerobic.com/A-216-STRADDLE-CUT-TO-L-SUPPORT_a608.html</a>
A 217	STRADDLE CUT TO STRADDLE V-SUPPORT	<a href="https://www.fig-aerobic.com/A-217-STRADDLE-CUT-TO-STRADDLE-V-SUPPORT_a1147.html">https://www.fig-aerobic.com/A-217-STRADDLE-CUT-TO-STRADDLE-V-SUPPORT_a1147.html</a>
A 218	STRADDLE CUT TO V-SUPPORT	<a href="https://www.fig-aerobic.com/A-218-STRADDLE-CUT-TO-V-SUPPORT_a609.html">https://www.fig-aerobic.com/A-218-STRADDLE-CUT-TO-V-SUPPORT_a609.html</a>
A 219	STRADDLE CUT ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/A-219-STRADDLE-CUT-TWIST-TO-PUSH-UP_a610.html">https://www.fig-aerobic.com/A-219-STRADDLE-CUT-TWIST-TO-PUSH-UP_a610.html</a>
A 220	STRADDLE CUT ½ TWIST TO WENSON OR LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-220-STRADDLE-CUT-TWIST-TO-WENSON-OR-LIFTED-WENSON_a611.html">https://www.fig-aerobic.com/A-220-STRADDLE-CUT-TWIST-TO-WENSON-OR-LIFTED-WENSON_a611.html</a>
A 225	HIGH V-SUPPORT TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/A-225-HIGH-V-SUPPORT-TO-FRONTAL-SPLIT_a1149.html">https://www.fig-aerobic.com/A-225-HIGH-V-SUPPORT-TO-FRONTAL-SPLIT_a1149.html</a>
A 226	HIGH V-SUPPORT REVERSE CUT TO SPLIT	<a href="https://www.fig-aerobic.com/A-226-HIGH-V-SUPPORT-REVERSE-CUT-TO-SPLIT_a614.html">https://www.fig-aerobic.com/A-226-HIGH-V-SUPPORT-REVERSE-CUT-TO-SPLIT_a614.html</a>
A 227	HIGH V SUPPORT ½ TURN TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/A-227-HIGH-V-SUPPORT-TURN-TO-FRONTAL-SPLIT_a615.html">https://www.fig-aerobic.com/A-227-HIGH-V-SUPPORT-TURN-TO-FRONTAL-SPLIT_a615.html</a>
A 228	HIGH V-SUPPORT REVERSE CUT ½ TURN TO SPLIT	<a href="https://www.fig-aerobic.com/A-228-HIGH-V-SUPPORT-REVERSE-CUT-TURN-TO-SPLIT_a1150.html">https://www.fig-aerobic.com/A-228-HIGH-V-SUPPORT-REVERSE-CUT-TURN-TO-SPLIT_a1150.html</a>



A 237	HIGH V-SUPPORT ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/A-237-HIGH-V-SUPPORT-TWIST-TO-PUSH-UP_a620.html">https://www.fig-aerobic.com/A-237-HIGH-V-SUPPORT-TWIST-TO-PUSH-UP_a620.html</a>
A 239	HIGH V- SUPPORT ½ TWIST TO WENSON	<a href="https://www.fig-aerobic.com/A-239-HIGH-V-SUPPORT-TWIST-TO-WENSON_a618.html">https://www.fig-aerobic.com/A-239-HIGH-V-SUPPORT-TWIST-TO-WENSON_a618.html</a>
A 240	HIGH V- SUPPORT ½ TWIST TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-240-HIGH-V-SUPPORT-TWIST-TO-LIFTED-WENSON_a619.html">https://www.fig-aerobic.com/A-240-HIGH-V-SUPPORT-TWIST-TO-LIFTED-WENSON_a619.html</a>
A 309	FLAIR 1/1 TWIST AIRBORNE TO PU	<a href="https://www.fig-aerobic.com/A-309-FLAIR-1-1-TWIST-AIRBORNE-TO-PU_a1160.html">https://www.fig-aerobic.com/A-309-FLAIR-1-1-TWIST-AIRBORNE-TO-PU_a1160.html</a>
A 310	FLAIR ½ TURN, 1/1 TWIST AIRBORNE TO PU (PIMPA) OR TO WENSON (KIM)	<a href="https://www.fig-aerobic.com/A-310-FLAIR-TURN-1-1-TWIST-AIRBORNE-TO-PU-PIMPA-OR-TO-WENSON-KIM_a1161.html">https://www.fig-aerobic.com/A-310-FLAIR-TURN-1-1-TWIST-AIRBORNE-TO-PU-PIMPA-OR-TO-WENSON-KIM_a1161.html</a>
A 326	FLAIR TO WENSON	<a href="https://www.fig-aerobic.com/A-326-FLAIR-TO-WENSON_a625.html">https://www.fig-aerobic.com/A-326-FLAIR-TO-WENSON_a625.html</a>
A 327	FLAIR ½ TURN TO WENSON	<a href="https://www.fig-aerobic.com/A-327-FLAIR-TURN-TO-WENSON_a626.html">https://www.fig-aerobic.com/A-327-FLAIR-TURN-TO-WENSON_a626.html</a>
A 328	FLAIR 1/1 TURN TO WENSON	<a href="https://www.fig-aerobic.com/A-328-FLAIR-1-1-TURN-TO-WENSON_a627.html">https://www.fig-aerobic.com/A-328-FLAIR-1-1-TURN-TO-WENSON_a627.html</a>
A 329	FLAIR 1/1 SPINDLE TO WENSON	<a href="https://www.fig-aerobic.com/A-329-FLAIR-1-1-SPINDLE-TO-WENSON_a1044.html">https://www.fig-aerobic.com/A-329-FLAIR-1-1-SPINDLE-TO-WENSON_a1044.html</a>
A 337	FLAIR TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-337-FLAIR-TO-LIFTED-WENSON_a629.html">https://www.fig-aerobic.com/A-337-FLAIR-TO-LIFTED-WENSON_a629.html</a>
A 338	FLAIR ½ TURN TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-338-FLAIR-TURN-TO-LIFTED-WENSON_a630.html">https://www.fig-aerobic.com/A-338-FLAIR-TURN-TO-LIFTED-WENSON_a630.html</a>
A 339	FLAIR 1/1 TURN TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-339-FLAIR-1-1-TURN-TO-LIFTED-WENSON_a631.html">https://www.fig-aerobic.com/A-339-FLAIR-1-1-TURN-TO-LIFTED-WENSON_a631.html</a>
A 364	HELICOPTER	<a href="https://www.fig-aerobic.com/A-364-HELICOPTER_a637.html">https://www.fig-aerobic.com/A-364-HELICOPTER_a637.html</a>
A 365	HELICOPTER TO WENSON	<a href="https://www.fig-aerobic.com/A-365-HELICOPTER-TO-WENSON_a641.html">https://www.fig-aerobic.com/A-365-HELICOPTER-TO-WENSON_a641.html</a>
A 366	HELICOPTER TO LIFTED WENSON BOTH SIDE	<a href="https://www.fig-aerobic.com/A-366-HELICOPTER-TO-LIFTED-WENSON-BOTH-SIDE_a1282.html">https://www.fig-aerobic.com/A-366-HELICOPTER-TO-LIFTED-WENSON-BOTH-SIDE_a1282.html</a>
A 368	HELICOPTER 1/1 TWIST AIRBORNE TO PU	<a href="https://www.fig-aerobic.com/A-368-HELICOPTER-1-1-TWIST-AIRBORNE-TO-PU_a1163.html">https://www.fig-aerobic.com/A-368-HELICOPTER-1-1-TWIST-AIRBORNE-TO-PU_a1163.html</a>
A 374	HELICOPTER TO SPLIT	<a href="https://www.fig-aerobic.com/A-374-HELICOPTER-TO-SPLIT_a640.html">https://www.fig-aerobic.com/A-374-HELICOPTER-TO-SPLIT_a640.html</a>
A 375	HELICOPTER 1/2 TURN TO SPLIT	<a href="https://www.fig-aerobic.com/A-375-HELICOPTER-1-2-TURN-TO-SPLIT_a1162.html">https://www.fig-aerobic.com/A-375-HELICOPTER-1-2-TURN-TO-SPLIT_a1162.html</a>
B 104	STRADDLE SUPPORT 1/1 TURN	<a href="https://www.fig-aerobic.com/B-104-STRADDLE-SUPPORT-1-1-TURN_a650.html">https://www.fig-aerobic.com/B-104-STRADDLE-SUPPORT-1-1-TURN_a650.html</a>
B 106	STRADDLE SUPPORT 2/1 TURN OR MORE	<a href="https://www.fig-aerobic.com/B-106-STRADDLE-SUPPORT-2-1-TURN-OR-MORE_a652.html">https://www.fig-aerobic.com/B-106-STRADDLE-SUPPORT-2-1-TURN-OR-MORE_a652.html</a>
B 114	1 ARM STRADDLE SUPPORT	<a href="https://www.fig-aerobic.com/B-114-1-ARM-STRADDLE-SUPPORT_a653.html">https://www.fig-aerobic.com/B-114-1-ARM-STRADDLE-SUPPORT_a653.html</a>
B 115	1 ARM ½ TURN STRADDLE SUPPORT	<a href="https://www.fig-aerobic.com/B-115-1-ARM-TURN-STRADDLE-SUPPORT_a654.html">https://www.fig-aerobic.com/B-115-1-ARM-TURN-STRADDLE-SUPPORT_a654.html</a>
B 116	1 ARM 1/1 TURN STRADDLE SUPPORT (LACATUS)	<a href="https://www.fig-aerobic.com/B-116-1-ARM-1-1-TURN-STRADDLE-SUPPORT-LACATUS_a655.html">https://www.fig-aerobic.com/B-116-1-ARM-1-1-TURN-STRADDLE-SUPPORT-LACATUS_a655.html</a>
B 117	1 ARM 1 1/2 TURN STRADDLE SUPPORT	<a href="https://www.fig-aerobic.com/B-117-1-ARM-1-1-2-TURN-STRADDLE-SUPPORT_a656.html">https://www.fig-aerobic.com/B-117-1-ARM-1-1-2-TURN-STRADDLE-SUPPORT_a656.html</a>
B 124	STRADDLE / L SUPPORT 1/1 TURN	<a href="https://www.fig-aerobic.com/B-124-STRADDLE-L-SUPPORT-1-1-TURN_a1180.html">https://www.fig-aerobic.com/B-124-STRADDLE-L-SUPPORT-1-1-TURN_a1180.html</a>

B 126	STRADDLE / L SUPPORT 2/1 TURN (MOLDOVAN)	<a href="https://www.fig-aerobic.com/B-126-STRADDLE-L-SUPPORT-2-1-TURN-MOLDOVAN_a1181.html">https://www.fig-aerobic.com/B-126-STRADDLE-L-SUPPORT-2-1-TURN-MOLDOVAN_a1181.html</a>
B 134	L-SUPPORT 1/1 TURN	<a href="https://www.fig-aerobic.com/B-134-L-SUPPORT-1-1-TURN_a664.html">https://www.fig-aerobic.com/B-134-L-SUPPORT-1-1-TURN_a664.html</a>
B 136	L-SUPPORT 2/1 TURN OR MORE	<a href="https://www.fig-aerobic.com/B-136-L-SUPPORT-2-1-TURN-OR-MORE_a666.html">https://www.fig-aerobic.com/B-136-L-SUPPORT-2-1-TURN-OR-MORE_a666.html</a>
B 145	STRADDLE V-SUPPORT 1/1 TURN	<a href="https://www.fig-aerobic.com/B-145-STRADDLE-V-SUPPORT-1-1-TURN_a672.html">https://www.fig-aerobic.com/B-145-STRADDLE-V-SUPPORT-1-1-TURN_a672.html</a>
B 147	STRADDLE V-SUPPORT 2/1 TURN	<a href="https://www.fig-aerobic.com/B-147-STRADDLE-V-SUPPORT-2-1-TURN_a674.html">https://www.fig-aerobic.com/B-147-STRADDLE-V-SUPPORT-2-1-TURN_a674.html</a>
B 157	V-SUPPORT 1/1 TURN	<a href="https://www.fig-aerobic.com/B-157-V-SUPPORT-1-1-TURN_a677.html">https://www.fig-aerobic.com/B-157-V-SUPPORT-1-1-TURN_a677.html</a>
B 159	V-SUPPORT 2/1 TURN	<a href="https://www.fig-aerobic.com/B-159-V-SUPPORT-2-1-TURN_a679.html">https://www.fig-aerobic.com/B-159-V-SUPPORT-2-1-TURN_a679.html</a>
B 170	HIGH V-SUPPORT 1/1 TURN	<a href="https://www.fig-aerobic.com/B-170-HIGH-V-SUPPORT-1-1-TURN_a1187.html">https://www.fig-aerobic.com/B-170-HIGH-V-SUPPORT-1-1-TURN_a1187.html</a>
B 186	STRADDLE PLANCHE	<a href="https://www.fig-aerobic.com/B-186-STRADDLE-PLANCHE_a695.html">https://www.fig-aerobic.com/B-186-STRADDLE-PLANCHE_a695.html</a>
B 187	STRADDLE PLANCHE TO PUSH UP	<a href="https://www.fig-aerobic.com/B-187-STRADDLE-PLANCHE-TO-PUSH-UP_a696.html">https://www.fig-aerobic.com/B-187-STRADDLE-PLANCHE-TO-PUSH-UP_a696.html</a>
B 200	PLANCHE TO LIFTED WENSON BACK TO STRADDLE PLANCHE	<a href="https://www.fig-aerobic.com/B-200-PLANCHE-TO-LIFTED-WENSON-BACK-TO-STRADDLE-PLANCHE_a1262.html">https://www.fig-aerobic.com/B-200-PLANCHE-TO-LIFTED-WENSON-BACK-TO-STRADDLE-PLANCHE_a1262.html</a>
B 208	STRADDLE PLANCHE TO LIFTED WENSON BOTH SIDES	<a href="https://www.fig-aerobic.com/B-208-STRADDLE-PLANCHE-TO-LIFTED-WENSON-BOTH-SIDES_a1190.html">https://www.fig-aerobic.com/B-208-STRADDLE-PLANCHE-TO-LIFTED-WENSON-BOTH-SIDES_a1190.html</a>
B 210	STRADDLE PLANCHE TO LIFTED WENSON BOTH SIDES BACK TO STRADDLE PLANCHE	<a href="https://www.fig-aerobic.com/B-210-STRADDLE-PLANCHE-TO-LIFTED-WENSON-BOTH-SIDES-BACK-TO-STRADDLE-PLANCHE_a1191.html">https://www.fig-aerobic.com/B-210-STRADDLE-PLANCHE-TO-LIFTED-WENSON-BOTH-SIDES-BACK-TO-STRADDLE-PLANCHE_a1191.html</a>
B 218	PLANCHE	<a href="https://www.fig-aerobic.com/B-218-PLANCHE_a699.html">https://www.fig-aerobic.com/B-218-PLANCHE_a699.html</a>
B 219	PLANCHE TO PUSH-UP	<a href="https://www.fig-aerobic.com/B-219-PLANCHE-TO-PUSH-UP_a700.html">https://www.fig-aerobic.com/B-219-PLANCHE-TO-PUSH-UP_a700.html</a>
B 220	PLANCHE TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/B-220-PLANCHE-TO-LIFTED-WENSON_a701.html">https://www.fig-aerobic.com/B-220-PLANCHE-TO-LIFTED-WENSON_a701.html</a>
C 108	3/1 AIR TURNS	<a href="https://www.fig-aerobic.com/C-108-3-1-AIR-TURNS_a769.html">https://www.fig-aerobic.com/C-108-3-1-AIR-TURNS_a769.html</a>
C 118	2 ½ AIR TURNS TO SPLIT	<a href="https://www.fig-aerobic.com/C-118-2-AIR-TURNS-TO-SPLIT_a774.html">https://www.fig-aerobic.com/C-118-2-AIR-TURNS-TO-SPLIT_a774.html</a>
C 119	3/1 AIR TURN TO SPLIT	<a href="https://www.fig-aerobic.com/C-119-3-1-AIR-TURN-TO-SPLIT_a775.html">https://www.fig-aerobic.com/C-119-3-1-AIR-TURN-TO-SPLIT_a775.html</a>
C 153	GAINER ½ TWIST TO SPLIT	<a href="https://www.fig-aerobic.com/C-153-GAINER-TWIST-TO-SPLIT_a792.html">https://www.fig-aerobic.com/C-153-GAINER-TWIST-TO-SPLIT_a792.html</a>
C 156	GAINER 1 ½ TWIST TO SPLIT	<a href="https://www.fig-aerobic.com/C-156-GAINER-1-TWIST-TO-SPLIT_a793.html">https://www.fig-aerobic.com/C-156-GAINER-1-TWIST-TO-SPLIT_a793.html</a>
C 159	GAINER 2 ½ TWIST TO SPLIT	<a href="https://www.fig-aerobic.com/C-159-GAINER-2-TWIST-TO-SPLIT_a1210.html">https://www.fig-aerobic.com/C-159-GAINER-2-TWIST-TO-SPLIT_a1210.html</a>
C 144	GAINER ½ TWIST	<a href="https://www.fig-aerobic.com/C-144-GAINER-TWIST_a789.html">https://www.fig-aerobic.com/C-144-GAINER-TWIST_a789.html</a>
C 147	GAINER 1 ½ TWIST	<a href="https://www.fig-aerobic.com/C-147-GAINER-1-TWIST_a790.html">https://www.fig-aerobic.com/C-147-GAINER-1-TWIST_a790.html</a>
C 150	GAINER 2 ½ TWIST	<a href="https://www.fig-aerobic.com/C-150-GAINER-2-TWIST_a1209.html">https://www.fig-aerobic.com/C-150-GAINER-2-TWIST_a1209.html</a>
C 193	TUCK JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-193-TUCK-JUMP-TO-SPLIT_a807.html">https://www.fig-aerobic.com/C-193-TUCK-JUMP-TO-SPLIT_a807.html</a>
C 194	½ TURN TUCK JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-194-TURN-TUCK-JUMP-TO-SPLIT_a808.html">https://www.fig-aerobic.com/C-194-TURN-TUCK-JUMP-TO-SPLIT_a808.html</a>

C 325	STRADDLE JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-325-STRADDLE-JUMP-TO-SPLIT_a863.html">https://www.fig-aerobic.com/C-325-STRADDLE-JUMP-TO-SPLIT_a863.html</a>
C 326	½ TURN STRADDLE JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-326-TURN-STRADDLE-JUMP-TO-SPLIT_a864.html">https://www.fig-aerobic.com/C-326-TURN-STRADDLE-JUMP-TO-SPLIT_a864.html</a>
C 327	1/1 TURN STRADDLE JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-327-1-1-TURN-STRADDLE-JUMP-TO-SPLIT_a865.html">https://www.fig-aerobic.com/C-327-1-1-TURN-STRADDLE-JUMP-TO-SPLIT_a865.html</a>
C 328	1 ½ TURN STRADDLE JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-328-1-TURN-STRADDLE-JUMP-TO-SPLIT_a1224.html">https://www.fig-aerobic.com/C-328-1-TURN-STRADDLE-JUMP-TO-SPLIT_a1224.html</a>
C 336	STRADDLE JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-336-STRADDLE-JUMP-TO-PUSH-UP_a866.html">https://www.fig-aerobic.com/C-336-STRADDLE-JUMP-TO-PUSH-UP_a866.html</a>
C 337	½ TURN STRADDLE JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-337-TURN-STRADDLE-JUMP-TO-PUSH-UP_a867.html">https://www.fig-aerobic.com/C-337-TURN-STRADDLE-JUMP-TO-PUSH-UP_a867.html</a>
C 338	1/1 TURN STRADDLE JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-338-1-1-TURN-STRADDLE-JUMP-TO-PUSH-UP_a868.html">https://www.fig-aerobic.com/C-338-1-1-TURN-STRADDLE-JUMP-TO-PUSH-UP_a868.html</a>
C 339	1 ½ TURN STRADDLE JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-339-1-TURN-STRADDLE-JUMP-TO-PUSH-UP_a1225.html">https://www.fig-aerobic.com/C-339-1-TURN-STRADDLE-JUMP-TO-PUSH-UP_a1225.html</a>
C 347	STRADDLE JUMP ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/C-347-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a869.html">https://www.fig-aerobic.com/C-347-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a869.html</a>
C 348	½ TURN STRADDLE JUMP ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/C-348-TURN-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a870.html">https://www.fig-aerobic.com/C-348-TURN-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a870.html</a>
C 349	1/1 TURN STRADDLE JUMP ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/C-349-1-1-TURN-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a1226.html">https://www.fig-aerobic.com/C-349-1-1-TURN-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a1226.html</a>
C 350	1 ½ TURN STRADDLE JUMP ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/C-350-1-TURN-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a1227.html">https://www.fig-aerobic.com/C-350-1-TURN-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a1227.html</a>
C 365	FRONTAL SPLIT JUMP TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/C-365-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a877.html">https://www.fig-aerobic.com/C-365-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a877.html</a>
C 366	½ TURN FRONTAL SPLIT JUMP TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/C-366-TURN-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a878.html">https://www.fig-aerobic.com/C-366-TURN-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a878.html</a>
C 367	1/1 TURN FRONTAL SPLIT JUMP TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/C-367-1-1-TURN-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a879.html">https://www.fig-aerobic.com/C-367-1-1-TURN-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a879.html</a>
C 368	1 1/2 TURN FRONTAL SPLIT JUMP TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/C-368-1-1-2-TURN-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a1234.html">https://www.fig-aerobic.com/C-368-1-1-2-TURN-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a1234.html</a>
D 250	BALANCE 3/1 TURNS TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-250-BALANCE-3-1-TURNS-TO-FREE-VERTICAL-SPLIT_a1202.html">https://www.fig-aerobic.com/D-250-BALANCE-3-1-TURNS-TO-FREE-VERTICAL-SPLIT_a1202.html</a>
C 376	FRONTAL SPLIT JUMP TO PUSH UP (SHUSHUNOVA)	<a href="https://www.fig-aerobic.com/C-376-FRONTAL-SPLIT-JUMP-TO-PUSH-UP-SHUSHUNOVA_a880.html">https://www.fig-aerobic.com/C-376-FRONTAL-SPLIT-JUMP-TO-PUSH-UP-SHUSHUNOVA_a880.html</a>
C 377	FRONTAL SPLIT JUMP ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/C-377-FRONTAL-SPLIT-JUMP-TWIST-TO-PUSH-UP_a881.html">https://www.fig-aerobic.com/C-377-FRONTAL-SPLIT-JUMP-TWIST-TO-PUSH-UP_a881.html</a>
C 378	½ TURN FRONTAL SPLIT JUMP 1/2 TWIST TO PU	<a href="https://www.fig-aerobic.com/C-378-TURN-FRONTAL-SPLIT-JUMP-1-2-TWIST-TO-PU_a882.html">https://www.fig-aerobic.com/C-378-TURN-FRONTAL-SPLIT-JUMP-1-2-TWIST-TO-PU_a882.html</a>
C 379	1/1 TURN FRONTAL SPLIT JUMP ½ TWIST TO PU	<a href="https://www.fig-aerobic.com/C-379-1-1-TURN-FRONTAL-SPLIT-JUMP-TWIST-TO-PU_a1235.html">https://www.fig-aerobic.com/C-379-1-1-TURN-FRONTAL-SPLIT-JUMP-TWIST-TO-PU_a1235.html</a>
C 395	SPLIT JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-395-SPLIT-JUMP-TO-SPLIT_a896.html">https://www.fig-aerobic.com/C-395-SPLIT-JUMP-TO-SPLIT_a896.html</a>
C 396	½ TURN SPLIT JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-396-TURN-SPLIT-JUMP-TO-SPLIT_a897.html">https://www.fig-aerobic.com/C-396-TURN-SPLIT-JUMP-TO-SPLIT_a897.html</a>
C 397	1/1 TURN SPLIT JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-397-1-1-TURN-SPLIT-JUMP-TO-SPLIT_a898.html">https://www.fig-aerobic.com/C-397-1-1-TURN-SPLIT-JUMP-TO-SPLIT_a898.html</a>
C 398	1 ½ TURN SPLIT JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-398-1-TURN-SPLIT-JUMP-TO-SPLIT_a1020.html">https://www.fig-aerobic.com/C-398-1-TURN-SPLIT-JUMP-TO-SPLIT_a1020.html</a>

C 406	SPLIT JUMP SWITCH TO SPLIT	<a href="https://www.fig-aerobic.com/C-406-SPLIT-JUMP-SWITCH-TO-SPLIT_a899.html">https://www.fig-aerobic.com/C-406-SPLIT-JUMP-SWITCH-TO-SPLIT_a899.html</a>
C 407	½ TURN SPLIT JUMP SWITCH TO SPLIT	<a href="https://www.fig-aerobic.com/C-407-TURN-SPLIT-JUMP-SWITCH-TO-SPLIT_a1237.html">https://www.fig-aerobic.com/C-407-TURN-SPLIT-JUMP-SWITCH-TO-SPLIT_a1237.html</a>
C 408	1/1 TURN SPLIT JUMP SWITCH TO SPLIT	<a href="https://www.fig-aerobic.com/C-408-1-1-TURN-SPLIT-JUMP-SWITCH-TO-SPLIT_a900.html">https://www.fig-aerobic.com/C-408-1-1-TURN-SPLIT-JUMP-SWITCH-TO-SPLIT_a900.html</a>
C 409	1 ½ TURN SPLIT JUMP SWITCH TO SPLIT (ENGEL)	<a href="https://www.fig-aerobic.com/C-409-1-TURN-SPLIT-JUMP-SWITCH-TO-SPLIT-ENGEL_a1238.html">https://www.fig-aerobic.com/C-409-1-TURN-SPLIT-JUMP-SWITCH-TO-SPLIT-ENGEL_a1238.html</a>
C 416	SPLIT JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-416-SPLIT-JUMP-TO-PUSH-UP_a903.html">https://www.fig-aerobic.com/C-416-SPLIT-JUMP-TO-PUSH-UP_a903.html</a>
C 417	½ TURN SPLIT JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-417-TURN-SPLIT-JUMP-TO-PUSH-UP_a904.html">https://www.fig-aerobic.com/C-417-TURN-SPLIT-JUMP-TO-PUSH-UP_a904.html</a>
C 418	1/1 TURN SPLIT JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-418-1-1-TURN-SPLIT-JUMP-TO-PUSH-UP_a905.html">https://www.fig-aerobic.com/C-418-1-1-TURN-SPLIT-JUMP-TO-PUSH-UP_a905.html</a>
C 419	1 ½ TURN SPLIT JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-419-1-TURN-SPLIT-JUMP-TO-PUSH-UP_a1239.html">https://www.fig-aerobic.com/C-419-1-TURN-SPLIT-JUMP-TO-PUSH-UP_a1239.html</a>
C 435	SWITCH SPLIT LEAP TO SPLIT	<a href="https://www.fig-aerobic.com/C-435-SWITCH-SPLIT-LEAP-TO-SPLIT_a908.html">https://www.fig-aerobic.com/C-435-SWITCH-SPLIT-LEAP-TO-SPLIT_a908.html</a>
C 436	SWITCH SPLIT LEAP ½ TURN TO SPLIT	<a href="https://www.fig-aerobic.com/C-436-SWITCH-SPLIT-LEAP-TURN-TO-SPLIT_a909.html">https://www.fig-aerobic.com/C-436-SWITCH-SPLIT-LEAP-TURN-TO-SPLIT_a909.html</a>
C 446	SWITCH SPLIT LEAP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-446-SWITCH-SPLIT-LEAP-TO-PUSH-UP_a910.html">https://www.fig-aerobic.com/C-446-SWITCH-SPLIT-LEAP-TO-PUSH-UP_a910.html</a>
C 476	SCISSORS LEAP TO SPLIT	<a href="https://www.fig-aerobic.com/C-476-SCISSORS-LEAP-TO-SPLIT_a947.html">https://www.fig-aerobic.com/C-476-SCISSORS-LEAP-TO-SPLIT_a947.html</a>
C 477	SCISSORS LEAP ½ TURN TO SPLIT	<a href="https://www.fig-aerobic.com/C-477-SCISSORS-LEAP-TURN-TO-SPLIT_a916.html">https://www.fig-aerobic.com/C-477-SCISSORS-LEAP-TURN-TO-SPLIT_a916.html</a>
C 478	SCISSORS LEAP 1/1 TURN TO SPLIT	<a href="https://www.fig-aerobic.com/C-478-SCISSORS-LEAP-1-1-TURN-TO-SPLIT_a917.html">https://www.fig-aerobic.com/C-478-SCISSORS-LEAP-1-1-TURN-TO-SPLIT_a917.html</a>
C 487	SCISSORS LEAP ½ TURN SWITCH TO SPLIT (MARCHENKOV)	<a href="https://www.fig-aerobic.com/C-487-SCISSORS-LEAP-TURN-SWITCH-TO-SPLIT-MARCHENKOV_a918.html">https://www.fig-aerobic.com/C-487-SCISSORS-LEAP-TURN-SWITCH-TO-SPLIT-MARCHENKOV_a918.html</a>
C 488	SCISSORS LEAP 1/1 TURN SWITCH TO SPLIT	<a href="https://www.fig-aerobic.com/C-488-SCISSORS-LEAP-1-1-TURN-SWITCH-TO-SPLIT_a1241.html">https://www.fig-aerobic.com/C-488-SCISSORS-LEAP-1-1-TURN-SWITCH-TO-SPLIT_a1241.html</a>
C 497	SCISSORS LEAP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-497-SCISSORS-LEAP-TO-PUSH-UP_a919.html">https://www.fig-aerobic.com/C-497-SCISSORS-LEAP-TO-PUSH-UP_a919.html</a>
C 498	SCISSORS LEAP ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/C-498-SCISSORS-LEAP-TWIST-TO-PUSH-UP_a920.html">https://www.fig-aerobic.com/C-498-SCISSORS-LEAP-TWIST-TO-PUSH-UP_a920.html</a>
C 500	SCISSORS LEAP 1/1 TWIST TO PUSH UP (NEZEZON)	<a href="https://www.fig-aerobic.com/C-500-SCISSORS-LEAP-1-1-TWIST-TO-PUSH-UP-NEZEZON_a921.html">https://www.fig-aerobic.com/C-500-SCISSORS-LEAP-1-1-TWIST-TO-PUSH-UP-NEZEZON_a921.html</a>
C 505	SCISSORS KICK ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/C-505-SCISSORS-KICK-TWIST-TO-PUSH-UP_a923.html">https://www.fig-aerobic.com/C-505-SCISSORS-KICK-TWIST-TO-PUSH-UP_a923.html</a>
C 506	½ TURN SCISSORS KICK ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/C-506-TURN-SCISSORS-KICK-TWIST-TO-PUSH-UP_a924.html">https://www.fig-aerobic.com/C-506-TURN-SCISSORS-KICK-TWIST-TO-PUSH-UP_a924.html</a>
C 555	½ TWIST OFF AXIS JUMP TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/C-555-TWIST-OFF-AXIS-JUMP-TO-FRONTAL-SPLIT_a1246.html">https://www.fig-aerobic.com/C-555-TWIST-OFF-AXIS-JUMP-TO-FRONTAL-SPLIT_a1246.html</a>
C 556	1/1 TWIST OFF AXIS JUMP TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/C-556-1-1-TWIST-OFF-AXIS-JUMP-TO-FRONTAL-SPLIT_a1247.html">https://www.fig-aerobic.com/C-556-1-1-TWIST-OFF-AXIS-JUMP-TO-FRONTAL-SPLIT_a1247.html</a>
C 558	1 ½ TWIST OFF AXIS JUMP TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/C-558-1-TWIST-OFF-AXIS-JUMP-TO-FRONTAL-SPLIT_a1248.html">https://www.fig-aerobic.com/C-558-1-TWIST-OFF-AXIS-JUMP-TO-FRONTAL-SPLIT_a1248.html</a>
C 566	½ TWIST OFF AXIS JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-566-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a1249.html">https://www.fig-aerobic.com/C-566-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a1249.html</a>

C 567	1/1 TWIST OFF AXIS JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-567-1-1-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a1250.html">https://www.fig-aerobic.com/C-567-1-1-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a1250.html</a>
C 569	1 ½ TWIST OFF AXIS JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-569-1-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a1251.html">https://www.fig-aerobic.com/C-569-1-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a1251.html</a>
C 570	2/1 TWIST OFF AXIS JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-570-2-1-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a931.html">https://www.fig-aerobic.com/C-570-2-1-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a931.html</a>
C 584	BUTTERFLY	<a href="https://www.fig-aerobic.com/C-584-BUTTERFLY_a932.html">https://www.fig-aerobic.com/C-584-BUTTERFLY_a932.html</a>
C 587	BUTTERFLY 1/1 TWIST	<a href="https://www.fig-aerobic.com/C-587-BUTTERFLY-1-1-TWIST_a933.html">https://www.fig-aerobic.com/C-587-BUTTERFLY-1-1-TWIST_a933.html</a>
C 590	BUTTERFLY 2/1 TWIST	<a href="https://www.fig-aerobic.com/C-590-BUTTERFLY-2-1-TWIST_a934.html">https://www.fig-aerobic.com/C-590-BUTTERFLY-2-1-TWIST_a934.html</a>
D 146	3/1 TURNS	<a href="https://www.fig-aerobic.com/D-146-3-1-TURNS_a715.html">https://www.fig-aerobic.com/D-146-3-1-TURNS_a715.html</a>
D 157	3/1 TURNS TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-157-3-1-TURNS-TO-VERTICAL-SPLIT_a720.html">https://www.fig-aerobic.com/D-157-3-1-TURNS-TO-VERTICAL-SPLIT_a720.html</a>
D 168	3/1 TURNS TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-168-3-1-TURNS-TO-FREE-VERTICAL-SPLIT_a725.html">https://www.fig-aerobic.com/D-168-3-1-TURNS-TO-FREE-VERTICAL-SPLIT_a725.html</a>
D 189	3/1 TURNS WITH LEG AT HORIZONTAL	<a href="https://www.fig-aerobic.com/D-189-3-1-TURNS-WITH-LEG-AT-HORIZONTAL_a1197.html">https://www.fig-aerobic.com/D-189-3-1-TURNS-WITH-LEG-AT-HORIZONTAL_a1197.html</a>
D 200	3/1 TURNS WITH LEG AT HORIZONTAL TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-200-3-1-TURNS-WITH-LEG-AT-HORIZONTAL-TO-VERTICAL-SPLIT_a1198.html">https://www.fig-aerobic.com/D-200-3-1-TURNS-WITH-LEG-AT-HORIZONTAL-TO-VERTICAL-SPLIT_a1198.html</a>
D 228	BALANCE 3/1 TURNS	<a href="https://www.fig-aerobic.com/D-228-BALANCE-3-1-TURNS_a1050.html">https://www.fig-aerobic.com/D-228-BALANCE-3-1-TURNS_a1050.html</a>
D 239	BALANCE 3/1 TURNS TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-239-BALANCE-3-1-TURNS-TO-VERTICAL-SPLIT_a1200.html">https://www.fig-aerobic.com/D-239-BALANCE-3-1-TURNS-TO-VERTICAL-SPLIT_a1200.html</a>

### **LIMITED ELEMENTS/MOVEMENTS**

The following elements and movements are limited, meaning that they may not be performed more than once per routine, and are additional to prohibited movements and elements listed in the Code of Points. This means that athletes may perform each movement no more than once per routine. This limitation is subject to an agreement with FIG regarding coexistence of the two bodies, and is directly from the FIG Aerobic Gymnastics Code of Points (along with stipulations regarding other gymnastics codes already listed in this document). Please note the penalties that will apply per infringement.

Additional to the below elements, the following is also limited to one of each kind of movement per routine only:

- Pivots (as in rhythmic gymnastics, specifically horizontal, attitude and needle pivots)
- Walkovers (forwards and backwards, including starting on the floor)
- Capoeira movements
- Cartwheels of any kind
- Round-offs

As a general rule, no elements/movements with a turn of more than 720° are allowed.

If in doubt, please visit the IPSF website for links to the videos of these elements (or use the links below)

<b>LIMITED ELEMENTS</b>		
<b>CODE NR.</b>	<b>NAME</b>	<b>LINK</b>
A 265	DOUBLE LEG 1/1 CIRCLE (1 OR 2)	<a href="https://www.fig-aerobic.com/A-265-DOUBLE-LEG-1-1-CIRCLE-1-OR-2_a622.html">https://www.fig-aerobic.com/A-265-DOUBLE-LEG-1-1-CIRCLE-1-OR-2_a622.html</a>
A 266	DOUBLE LEG 1/1 CIRCLE TO WENSON	<a href="https://www.fig-aerobic.com/A-266-DOUBLE-LEG-1-1-CIRCLE-TO-WENSON_a1152.html">https://www.fig-aerobic.com/A-266-DOUBLE-LEG-1-1-CIRCLE-TO-WENSON_a1152.html</a>
A 267	DOUBLE LEG 1/1 CIRCLE 1/2 TWIST TO WENSON	<a href="https://www.fig-aerobic.com/A-267-DOUBLE-LEG-1-1-CIRCLE-1-2-TWIST-TO-WENSON_a623.html">https://www.fig-aerobic.com/A-267-DOUBLE-LEG-1-1-CIRCLE-1-2-TWIST-TO-WENSON_a623.html</a>
A 268	DOUBLE LEG 1/1 CIRCLE 1/1 TURN TO WENSON	<a href="https://www.fig-aerobic.com/A-268-DOUBLE-LEG-1-1-CIRCLE-1-1-TURN-TO-WENSON_a1153.html">https://www.fig-aerobic.com/A-268-DOUBLE-LEG-1-1-CIRCLE-1-1-TURN-TO-WENSON_a1153.html</a>
A 277	DOUBLE LEG 1/1 CIRCLE TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-277-DOUBLE-LEG-1-1-CIRCLE-TO-LIFTED-WENSON_a1154.html">https://www.fig-aerobic.com/A-277-DOUBLE-LEG-1-1-CIRCLE-TO-LIFTED-WENSON_a1154.html</a>
A 278	DOUBLE LEG 1/1 CIRCLE 1/2 TURN TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-278-DOUBLE-LEG-1-1-CIRCLE-1-2-TURN-TO-LIFTED-WENSON_a1155.html">https://www.fig-aerobic.com/A-278-DOUBLE-LEG-1-1-CIRCLE-1-2-TURN-TO-LIFTED-WENSON_a1155.html</a>
A 279	DOUBLE LEG 1/1 CIRCLE 1/1 TURN TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-279-DOUBLE-LEG-1-1-CIRCLE-1-1-TURN-TO-LIFTED-WENSON_a1156.html">https://www.fig-aerobic.com/A-279-DOUBLE-LEG-1-1-CIRCLE-1-1-TURN-TO-LIFTED-WENSON_a1156.html</a>
A 285	DOUBLE LEG 1/1 CIRCLE TO SPLIT	<a href="https://www.fig-aerobic.com/A-285-DOUBLE-LEG-1-1-CIRCLE-TO-SPLIT_a1157.html">https://www.fig-aerobic.com/A-285-DOUBLE-LEG-1-1-CIRCLE-TO-SPLIT_a1157.html</a>
A 287	DOUBLE LEG 1/1 CIRCLE 1/1 TURN TO SPLIT	<a href="https://www.fig-aerobic.com/A-287-DOUBLE-LEG-1-1-CIRCLE-1-1-TURN-TO-SPLIT_a1158.html">https://www.fig-aerobic.com/A-287-DOUBLE-LEG-1-1-CIRCLE-1-1-TURN-TO-SPLIT_a1158.html</a>
A 305	FLAIR (1 OR 2)	<a href="https://www.fig-aerobic.com/A-305-FLAIR-1-OR-2_a624.html">https://www.fig-aerobic.com/A-305-FLAIR-1-OR-2_a624.html</a>
A 315	FLAIR TO SPLIT	<a href="https://www.fig-aerobic.com/A-315-FLAIR-TO-SPLIT_a633.html">https://www.fig-aerobic.com/A-315-FLAIR-TO-SPLIT_a633.html</a>
A 317	FLAIR 1/1 TURN TO SPLIT	<a href="https://www.fig-aerobic.com/A-317-FLAIR-1-1-TURN-TO-SPLIT_a634.html">https://www.fig-aerobic.com/A-317-FLAIR-1-1-TURN-TO-SPLIT_a634.html</a>
A 319	FLAIR + AIR FLAIR (1 OR 2)	<a href="https://www.fig-aerobic.com/A-319%EF%BC%9AFLAIR-AIR-FLAIR-1-OR-2_a635.html">https://www.fig-aerobic.com/A-319%EF%BC%9AFLAIR-AIR-FLAIR-1-OR-2_a635.html</a>
A 320	FLAIR + AIR FLAIR (1 OR 2) + FLAIR	<a href="https://www.fig-aerobic.com/A-320%EF%BC%9AFLAIR-AIR-FLAIR-1-OR-2-FLAIR_a636.html">https://www.fig-aerobic.com/A-320%EF%BC%9AFLAIR-AIR-FLAIR-1-OR-2-FLAIR_a636.html</a>

A 330	FLAIR BOTH SIDES	<a href="https://www.fig-aerobic.com/A-330-FLAIR-BOTH-SIDES_a628.html">https://www.fig-aerobic.com/A-330-FLAIR-BOTH-SIDES_a628.html</a>
C 103	1/1 AIR TURN	<a href="https://www.fig-aerobic.com/C-103-1-1-AIR-TURN_a765.html">https://www.fig-aerobic.com/C-103-1-1-AIR-TURN_a765.html</a>
C 105	2/1 AIR TURNS	<a href="https://www.fig-aerobic.com/C-105-2-1-AIR-TURNS_a767.html">https://www.fig-aerobic.com/C-105-2-1-AIR-TURNS_a767.html</a>
C 113	1/2 AIR TURN TO SPLIT	<a href="https://www.fig-aerobic.com/C-113-1-2-AIR-TURN-TO-SPLIT_a770.html">https://www.fig-aerobic.com/C-113-1-2-AIR-TURN-TO-SPLIT_a770.html</a>
C 114	1/1 AIR TURN TO SPLIT	<a href="https://www.fig-aerobic.com/C-114-1-1-AIR-TURN-TO-SPLIT_a771.html">https://www.fig-aerobic.com/C-114-1-1-AIR-TURN-TO-SPLIT_a771.html</a>
C 115	1 ½ AIR TURN TO SPLIT	<a href="https://www.fig-aerobic.com/C-115-1-AIR-TURN-TO-SPLIT_a772.html">https://www.fig-aerobic.com/C-115-1-AIR-TURN-TO-SPLIT_a772.html</a>
C 116	2/1 AIR TURNS TO SPLIT	<a href="https://www.fig-aerobic.com/C-116-2-1-AIR-TURNS-TO-SPLIT_a773.html">https://www.fig-aerobic.com/C-116-2-1-AIR-TURNS-TO-SPLIT_a773.html</a>
C 182	TUCK JUMP	<a href="https://www.fig-aerobic.com/C-182-TUCK-JUMP_a802.html">https://www.fig-aerobic.com/C-182-TUCK-JUMP_a802.html</a>
C 184	1/1 TURN TUCK JUMP	<a href="https://www.fig-aerobic.com/C-184-1-1-TURN-TUCK-JUMP_a804.html">https://www.fig-aerobic.com/C-184-1-1-TURN-TUCK-JUMP_a804.html</a>
C 186	2/1 TURNS TUCK JUMP	<a href="https://www.fig-aerobic.com/C-186-2-1-TURNS-TUCK-JUMP_a806.html">https://www.fig-aerobic.com/C-186-2-1-TURNS-TUCK-JUMP_a806.html</a>
C 223	COSSACK JUMP	<a href="https://www.fig-aerobic.com/C-223-COSSACK-JUMP_a816.html">https://www.fig-aerobic.com/C-223-COSSACK-JUMP_a816.html</a>
C 225	1/1 TURN COSSACK JUMP	<a href="https://www.fig-aerobic.com/C-225-1-1-TURN-COSSACK-JUMP_a818.html">https://www.fig-aerobic.com/C-225-1-1-TURN-COSSACK-JUMP_a818.html</a>
C 227	2/1 TURNS COSSACK JUMP	<a href="https://www.fig-aerobic.com/C-227-2-1-TURNS-COSSACK-JUMP_a820.html">https://www.fig-aerobic.com/C-227-2-1-TURNS-COSSACK-JUMP_a820.html</a>
C 264	PIKE JUMP	<a href="https://www.fig-aerobic.com/C-264-PIKE-JUMP_a836.html">https://www.fig-aerobic.com/C-264-PIKE-JUMP_a836.html</a>
C 266	1/1 TURN PIKE JUMP	<a href="https://www.fig-aerobic.com/C-266-1-1-TURN-PIKE-JUMP_a838.html">https://www.fig-aerobic.com/C-266-1-1-TURN-PIKE-JUMP_a838.html</a>
C 268	2/1 TURNS PIKE JUMP	<a href="https://www.fig-aerobic.com/C-268-2-1-TURNS-PIKE-JUMP_a1219.html">https://www.fig-aerobic.com/C-268-2-1-TURNS-PIKE-JUMP_a1219.html</a>
C 314	STRADDLE JUMP	<a href="https://www.fig-aerobic.com/C-314-STRADDLE-JUMP_a859.html">https://www.fig-aerobic.com/C-314-STRADDLE-JUMP_a859.html</a>
C 316	1/1 TURN STRADDLE JUMP	<a href="https://www.fig-aerobic.com/C-316-1-1-TURN-STRADDLE-JUMP_a861.html">https://www.fig-aerobic.com/C-316-1-1-TURN-STRADDLE-JUMP_a861.html</a>
C 318	2/1 TURNS STRADDLE JUMP	<a href="https://www.fig-aerobic.com/C-318-2-1-TURNS-STRADDLE-JUMP_a1223.html">https://www.fig-aerobic.com/C-318-2-1-TURNS-STRADDLE-JUMP_a1223.html</a>
C 354	FRONTAL SPLIT JUMP	<a href="https://www.fig-aerobic.com/C-354-FRONTAL-SPLIT-JUMP_a875.html">https://www.fig-aerobic.com/C-354-FRONTAL-SPLIT-JUMP_a875.html</a>
C 356	1/1 TURN FRONTAL SPLIT JUMP	<a href="https://www.fig-aerobic.com/C-356-1-1-TURN-FRONTAL-SPLIT-JUMP_a1229.html">https://www.fig-aerobic.com/C-356-1-1-TURN-FRONTAL-SPLIT-JUMP_a1229.html</a>
C 358	2/1 TURNS FRONTAL SPLIT JUMP	<a href="https://www.fig-aerobic.com/C-358-2-1-TURNS-FRONTAL-SPLIT-JUMP_a1230.html">https://www.fig-aerobic.com/C-358-2-1-TURNS-FRONTAL-SPLIT-JUMP_a1230.html</a>
C 384	SPLIT JUMP	<a href="https://www.fig-aerobic.com/C-384-SPLIT-JUMP_a892.html">https://www.fig-aerobic.com/C-384-SPLIT-JUMP_a892.html</a>
C 386	1/1 TURN SPLIT JUMP	<a href="https://www.fig-aerobic.com/C-386-1-1-TURN-SPLIT-JUMP_a894.html">https://www.fig-aerobic.com/C-386-1-1-TURN-SPLIT-JUMP_a894.html</a>
C 388	2/1 TURNS SPLIT JUMP	<a href="https://www.fig-aerobic.com/C-388-2-1-TURNS-SPLIT-JUMP_a1236.html">https://www.fig-aerobic.com/C-388-2-1-TURNS-SPLIT-JUMP_a1236.html</a>



C 424	SWITCH SPLIT LEAP	<a href="https://www.fig-aerobic.com/C-424-SWITCH-SPLIT-LEAP_a906.html">https://www.fig-aerobic.com/C-424-SWITCH-SPLIT-LEAP_a906.html</a>
C 465	SCISSORS LEAP	<a href="https://www.fig-aerobic.com/C-465-SCISSORS-LEAP_a912.html">https://www.fig-aerobic.com/C-465-SCISSORS-LEAP_a912.html</a>
C 466	SCISSORS LEAP ½ TURN	<a href="https://www.fig-aerobic.com/C-466-SCISSORS-LEAP-TURN_a913.html">https://www.fig-aerobic.com/C-466-SCISSORS-LEAP-TURN_a913.html</a>
C 467	SCISSORS LEAP 1/1 TURN	<a href="https://www.fig-aerobic.com/C-467-SCISSORS-LEAP-1-1-TURN_a914.html">https://www.fig-aerobic.com/C-467-SCISSORS-LEAP-1-1-TURN_a914.html</a>
C 545	1/2 TWIST OFF AXIS JUMP	<a href="https://www.fig-aerobic.com/C-545-1-2-TWIST-OFF-AXIS-JUMP_a1244.html">https://www.fig-aerobic.com/C-545-1-2-TWIST-OFF-AXIS-JUMP_a1244.html</a>
C 546	1/1 TWIST OFF AXIS TUCK JUMP	<a href="https://www.fig-aerobic.com/C-546-1-1-TWIST-OFF-AXIS-TUCK-JUMP_a925.html">https://www.fig-aerobic.com/C-546-1-1-TWIST-OFF-AXIS-TUCK-JUMP_a925.html</a>
C 548	1 ½ TWIST OFF AXIS JUMP	<a href="https://www.fig-aerobic.com/C-548-1-TWIST-OFF-AXIS-JUMP_a1245.html">https://www.fig-aerobic.com/C-548-1-TWIST-OFF-AXIS-JUMP_a1245.html</a>
C 549	2/1 TWIST OFF AXIS JUMP	<a href="https://www.fig-aerobic.com/C-549-2-1-TWIST-OFF-AXIS-JUMP_a928.html">https://www.fig-aerobic.com/C-549-2-1-TWIST-OFF-AXIS-JUMP_a928.html</a>
D 142	1/1 TURN	<a href="https://www.fig-aerobic.com/D-142-1-1-TURN_a710.html">https://www.fig-aerobic.com/D-142-1-1-TURN_a710.html</a>
D 144	2/1 TURNS	<a href="https://www.fig-aerobic.com/D-144-2-1-TURNS_a713.html">https://www.fig-aerobic.com/D-144-2-1-TURNS_a713.html</a>
D 153	1/1 TURN TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-153-1-1-TURN-TO-VERTICAL-SPLIT_a716.html">https://www.fig-aerobic.com/D-153-1-1-TURN-TO-VERTICAL-SPLIT_a716.html</a>
D 155	2/1 TURNS TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-155-2-1-TURNS-TO-VERTICAL-SPLIT_a718.html">https://www.fig-aerobic.com/D-155-2-1-TURNS-TO-VERTICAL-SPLIT_a718.html</a>
D 164	1/1 TURN TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-164-1-1-TURN-TO-FREE-VERTICAL-SPLIT_a721.html">https://www.fig-aerobic.com/D-164-1-1-TURN-TO-FREE-VERTICAL-SPLIT_a721.html</a>
D 166	2/1 TURNS TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-166-2-1-TURNS-TO-FREE-VERTICAL-SPLIT_a723.html">https://www.fig-aerobic.com/D-166-2-1-TURNS-TO-FREE-VERTICAL-SPLIT_a723.html</a>
D 185	1/1 TURN WITH LEG AT HORIZONTAL	<a href="https://www.fig-aerobic.com/D-185-1-1-TURN-WITH-LEG-AT-HORIZONTAL_a737.html">https://www.fig-aerobic.com/D-185-1-1-TURN-WITH-LEG-AT-HORIZONTAL_a737.html</a>
D 187	2/1 TURNS WITH LEG AT HORIZONTAL	<a href="https://www.fig-aerobic.com/D-187-2-1-TURNS-WITH-LEG-AT-HORIZONTAL_a739.html">https://www.fig-aerobic.com/D-187-2-1-TURNS-WITH-LEG-AT-HORIZONTAL_a739.html</a>
D 196	1/1 TURN WITH LEG AT HORIZONTAL TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-196-1-1-TURN-WITH-LEG-AT-HORIZONTAL-TO-VERTICAL-SPLIT_a740.html">https://www.fig-aerobic.com/D-196-1-1-TURN-WITH-LEG-AT-HORIZONTAL-TO-VERTICAL-SPLIT_a740.html</a>
D 198	2/1 TURNS WITH LEG AT HORIZONTAL TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-198-2-1-TURNS-WITH-LEG-AT-HORIZONTAL-TO-VERTICAL-SPLIT_a745.html">https://www.fig-aerobic.com/D-198-2-1-TURNS-WITH-LEG-AT-HORIZONTAL-TO-VERTICAL-SPLIT_a745.html</a>
D 207	1/1 TURN WITH LEG AT HORIZONTAL TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-207-1-1-TURN-WITH-LEG-AT-HORIZONTAL-TO-FREE-VERTICAL-SPLIT_a742.html">https://www.fig-aerobic.com/D-207-1-1-TURN-WITH-LEG-AT-HORIZONTAL-TO-FREE-VERTICAL-SPLIT_a742.html</a>
D 209	2/1 TURNS WITH LEG AT HORIZONTAL TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-209-2-1-TURNS-WITH-LEG-AT-HORIZONTAL-TO-FREE-VERTICAL-SPLIT_a744.html">https://www.fig-aerobic.com/D-209-2-1-TURNS-WITH-LEG-AT-HORIZONTAL-TO-FREE-VERTICAL-SPLIT_a744.html</a>
D 224	BALANCE 1/1 TURN	<a href="https://www.fig-aerobic.com/D-224-BALANCE-1-1-TURN_a727.html">https://www.fig-aerobic.com/D-224-BALANCE-1-1-TURN_a727.html</a>
D 226	BALANCE 2/1TURNS	<a href="https://www.fig-aerobic.com/D-226-BALANCE-2-1TURNS_a729.html">https://www.fig-aerobic.com/D-226-BALANCE-2-1TURNS_a729.html</a>
D 235	BALANCE 1/1 TURN TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-235-BALANCE-1-1-TURN-TO-VERTICAL-SPLIT_a730.html">https://www.fig-aerobic.com/D-235-BALANCE-1-1-TURN-TO-VERTICAL-SPLIT_a730.html</a>

D 237	BALANCE 2/1 TURNS TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-237-BALANCE-2-1-TURNS-TO-VERTICAL-SPLIT_a732.html">https://www.fig-aerobic.com/D-237-BALANCE-2-1-TURNS-TO-VERTICAL-SPLIT_a732.html</a>
D 246	BALANCE 1/1 TURN TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-246-BALANCE-1-1-TURN-TO-FREE-VERTICAL-SPLIT_a733.html">https://www.fig-aerobic.com/D-246-BALANCE-1-1-TURN-TO-FREE-VERTICAL-SPLIT_a733.html</a>
D 248	BALANCE 2/1 TURNS TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-248-BALANCE-2-1-TURNS-TO-FREE-VERTICAL-SPLIT_a735.html">https://www.fig-aerobic.com/D-248-BALANCE-2-1-TURNS-TO-FREE-VERTICAL-SPLIT_a735.html</a>
D 264	ILLUSION	<a href="https://www.fig-aerobic.com/D-264-ILLUSION_a746.html">https://www.fig-aerobic.com/D-264-ILLUSION_a746.html</a>
D 265	ILLUSION TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-265-ILLUSION-TO-VERTICAL-SPLIT_a747.html">https://www.fig-aerobic.com/D-265-ILLUSION-TO-VERTICAL-SPLIT_a747.html</a>
D 266	ILLUSION TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-266-ILLUSION-TO-FREE-VERTICAL-SPLIT_a748.html">https://www.fig-aerobic.com/D-266-ILLUSION-TO-FREE-VERTICAL-SPLIT_a748.html</a>
D 276	DOUBLE ILLUSION	<a href="https://www.fig-aerobic.com/D-276-DOUBLE-ILLUSION_a753.html">https://www.fig-aerobic.com/D-276-DOUBLE-ILLUSION_a753.html</a>
D 277	DOUBLE ILLUSION TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-277-DOUBLE-ILLUSION-TO-VERTICAL-SPLIT_a754.html">https://www.fig-aerobic.com/D-277-DOUBLE-ILLUSION-TO-VERTICAL-SPLIT_a754.html</a>
D 278	DOUBLE ILLUSION TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-278-DOUBLE-ILLUSION-TO-FREE-VERTICAL-SPLIT_a755.html">https://www.fig-aerobic.com/D-278-DOUBLE-ILLUSION-TO-FREE-VERTICAL-SPLIT_a755.html</a>
D 285	FREE ILLUSION	<a href="https://www.fig-aerobic.com/D-285-FREE-ILLUSION_a749.html">https://www.fig-aerobic.com/D-285-FREE-ILLUSION_a749.html</a>
D 286	FREE ILLUSION TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-286-FREE-ILLUSION-TO-VERTICAL-SPLIT_a750.html">https://www.fig-aerobic.com/D-286-FREE-ILLUSION-TO-VERTICAL-SPLIT_a750.html</a>
D 287	FREE ILLUSION TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-287-FREE-ILLUSION-TO-FREE-VERTICAL-SPLIT_a751.html">https://www.fig-aerobic.com/D-287-FREE-ILLUSION-TO-FREE-VERTICAL-SPLIT_a751.html</a>
D 297	FREE DOUBLE ILLUSION	<a href="https://www.fig-aerobic.com/D-297-FREE-DOUBLE-ILLUSION_a756.html">https://www.fig-aerobic.com/D-297-FREE-DOUBLE-ILLUSION_a756.html</a>
D 298	FREE DOUBLE ILLUSION TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-298-FREE-DOUBLE-ILLUSION-TO-VERTICAL-SPLIT_a757.html">https://www.fig-aerobic.com/D-298-FREE-DOUBLE-ILLUSION-TO-VERTICAL-SPLIT_a757.html</a>
D 299	FREE DOUBLE ILLUSION TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-299-FREE-DOUBLE-ILLUSION-TO-FREE-VERTICAL-SPLIT_a758.html">https://www.fig-aerobic.com/D-299-FREE-DOUBLE-ILLUSION-TO-FREE-VERTICAL-SPLIT_a758.html</a>

## **ADDENDUM 2**

### **WORLD AERIAL HOOP SPORTS COMPETITION RULES**

The rules below are to serve as an addendum to the National Rules, and apply to the World Aerial Hoop competition. These rules are to be read alongside the National rules. Where there is a contradiction between these rules and the National rules, these rules take precedence for World Aerial Hoop Performance.

Please note that all communication with the competition organiser will be conducted via [athletes@polesports.org](mailto:athletes@polesports.org).

## **Eligibility**

### **1. DIVISION - ELITE**

- Only Elite athletes qualifying in IPSF endorsed competitions are eligible to qualify for World Aerial Sports Championships (WASC).
- Athletes placing first (1st) in an Elite category at National Championships will automatically qualify to the WASC. The athlete placing 2<sup>nd</sup> will qualify if the minimum point requirements are met. The IPSF reserves the right to implement additional qualification criteria, which will be announced ahead of the WASC.
- Reserve Elite athletes may apply to WASC in the case of a qualified athlete being unable to attend/compete.

### **2. CATEGORIES**

Each of the following Elite categories will be included at the WASC as determined by and at the discretion of the IPSF. Only two athletes may represent each country in all categories.

- Senior Women
- Senior Men
- Junior Mixed
- Novice Mixed
- Masters 40+ Women
- Masters 40+ Men
- Doubles Youth
- Doubles Senior

### **4. ATHLETE SELECTION PROCESS**

- 4.1 All applicants of WPSC must have citizenship or residency of the country they are representing.
- 4.3 Athlete participation is by qualification at a National or Open Championships.
- 4.8 The title of World Aerial Hoop Champion 20XX in all categories will be a lifetime title unless a sanction has been placed on the athlete.
- 4.9 A maximum of two athletes per category are permitted to represent each country.
- 4.10 The second or third runner up (3rd and 4th athlete) can be accepted to WASC as reserve athletes. (Reserve athletes must apply under the same conditions to the WASC)

## Application Process

### **5. INITIAL APPLICATION**

- 5.1. All qualified athletes must:
- Fill in the on-line application form. The link will be provided in the application pack sent to each qualified athlete
- 5.2 All applications must be completed in English.
- 5.6 Athletes must represent the country they qualified in at their national competition, or which was declared at an open competition. In the case of dual citizenship, athletes may only represent one country in the WAPC. Athletes wishing to change their country of representation must allow for one competitive year to pass before the changeover. Doubles athletes may only represent one country, and both athletes would be required to provide this proof and adhere to these conditions. It is also important to note that, should one of the Doubles athletes have competed for a specific country in the particular year of competition (or the year before that), both athletes must compete under this country.
- 5.10. Should one athlete in a doubles partnership be injured before the WASC, and thus not able to compete (having submitted a doctors' letter), no replacement of the doubles partner will be permitted. The doubles pair would be required to withdraw should one partner be unable to compete.

### **6. MUSIC CHOICE**

- 6.5. Music must be submitted in MP3 format by the given deadline as stated in the Welcome Pack to [athletes@polesports.org](mailto:athletes@polesports.org).
- 6.7. Should the athlete wish to have their CD or USB returned, please indicate so during the rehearsal time, and please collect this from reception within an hour of the final category on the final day of competition.

## Registration Process

### **8. ATHLETE REGISTRATION**

- 8.2. All athletes must bring their passport with one (1) photocopy of it to provide at registration. If in the country of athlete's origin both a passport and an identity card are used, both should be brought with them.
- 8.4. All athletes must sign a confirmation of the following at the time of registration:
- All expenses incurred by the athlete are the responsibility of the athlete and not the IPSF.
  - To be interviewed, filmed and or photographed by the media approved by the IPSF.
  - To enter the World Aerial Sports Championships at their own risk. Any injuries or accidents that may occur are the responsibility of the athlete and not the Organiser or the IPSF.
  - To wear their national tracksuit at all times except for during their performance.
- 8.8. All athletes must provide evidence of personal accident insurance / medical cover if applicable that covers them for the duration of the competition. This should start the day of the WASC rehearsals and be valid during whole competition. Please supply this in English, or please provide a translation with the original.

## Competing

### **10.COSTUME**

- 10.15. The flag of the country being represented may be worn on the costume but may be no bigger than 10x10cm.
- 10.17. All athletes should have tracksuits according to the requirements:
- Athletes must wear a tracksuit representing their country.
  - Tracksuits must include: matching trousers (leggings are not allowed on stage), t-shirt/tank top and a jacket. Hoodies/hood-style tops are not allowed.
  - Under hot weather conditions it is acceptable to wear the t-shirt or tank top instead of the jacket except during the medal ceremony.
  - One individual sponsor's logo may be worn on the jacket and up to five (5) sponsor logos may be worn on the t-shirt/tank top. The size of the logos cannot be more than 10x10cm.
  - National teams must ensure all athletes have the same matching tracksuits. National federation logos can be worn. The size of the logo cannot be more than 10x10cm
  - Other logos, imagery and writing cannot be displayed on the tracksuit. The athletes name and country can be displayed.
  - Athletes representing the same country must all wear the same tracksuit. Where there is no federation in the country being represented (i.e., athletes qualified through Open competitions), athletes must coordinate to wear the same tracksuit. Please contact the IPSF if you require assistance in coordinating this.
  - Only athletes and IPSF recognised coaches are permitted to wear the official tracksuit.
  - The flag of the country being represented may be worn on the tracksuit and t-shirt/tank top. The flag should not be larger than 10cm in height.
  - Sponsor logos may not be bigger than the flag of the country being represented, and should not take a place of prominence over the flag or federation logo.
  - The athlete's name and county name are permitted on the tracksuit and on the t-shirt/tank top; the letter height must not be taller than 10cm.

### **19.AWARDS**

- 19.1 At the WASC, each athlete competes for the title of World Aerial Hoop Champion 20XX.

### **20.COACHES**

- 20.8 At the World Championships, the IPSF will accept one National Coach per discipline per country, who will take responsibility for the entire team representing their country. This Coach will be required to complete the required training (which includes the Level 2 Code of Points for Coaches), and will receive all coach-related privileges at the World Championships.