

# International Pole Sports Federation

## Aerial Sports Championships *Aerial hoop Code of Points 2019-2020*



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

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.

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. 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. 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 +1.0)**

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 +2.0 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. A repetition of a dynamic combination will be awarded a maximum of two times. **+0.5**

#### **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: R (Max +0.4)**

Rolls refer to a combination of two rolls performed on the low bar where the body is in a powerful control of momentum. Rolls should be executed in quick succession with no pause between the two rolls to be awarded this bonus. Each roll must fully rotate a full 360 with head over heels and without contact with the floor. A repetition of rolls will be awarded a maximum of two times. Rolls must be executed forwards, backwards or sideways. **+0.2**

### ***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 12.0.

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

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

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

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**

**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**

**Rolls in synchronicity: R/SYN (Max +0.4 pts)**

These must be performed fully synchronised. **+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 / throw from hoop to partner or partner to hoop - Hoop based: HPCT (Max +0.6)**

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. A partner throw refers to both partners starting in a position on the hoop and one partner throwing the other into a different position on the hoop, no floor contact is allowed. (See definition of throw) **+0.6**

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

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 combination 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 (hanging underneath), middle space of the hoop (no contact with the high bar) 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.

***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**

## 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. **-0.2**
- *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. **-0.2**
- *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. **-0.2**
- *Posture* – Correct body alignment should be used on and off the hoop. All body movements must be controlled. **-0.2**

#### **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. **-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. Choreography presentation is defined by all movements performed around the hoop, stage area, or stage surface, but not in contact with the hoop. The judges will assess the athlete's ability to perform dance and acrobatic choreography that is performed with imagination, flow, and flair.

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, using also 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 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 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 mounts/dismounts/elements 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 originality 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 BONUSSES:*****Originality of Choreography and Composition of whole routine (Max +2.0)**

The level of originality 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 originality 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 is 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. 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.

### *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 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 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 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

#### An athlete may incur the following deductions:

- Failing to perform one of their chosen compulsory elements or if the element is not recognisable as the compulsory element. This is 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 point requirements. **-3.0**
- If an element with a value outside of the permitted range is indicated, it will be considered 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
- Filling in the compulsory form incorrectly prior to competition (see example forms at the end of the Code of Points – this includes filling in the top part of the form incorrectly, and not using the correct name of the element) **-1.0** once off
- The compulsory form not being signed by the athlete, and/or being signed by anyone other than an IPSF recognised coach (or guardian in the case of Youth, Junior and Novice athletes) **-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 has to 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.


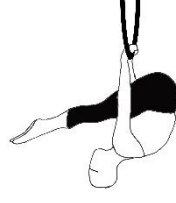


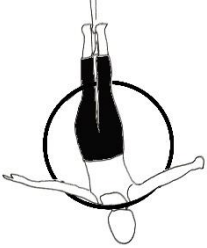
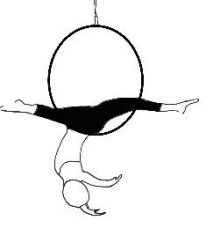
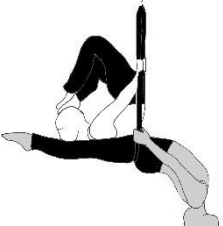
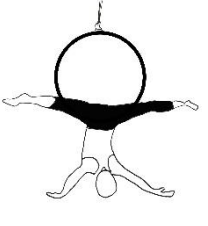
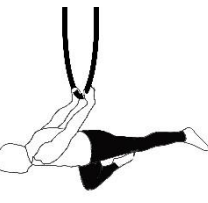
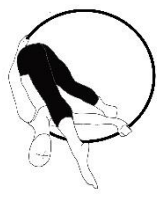
## Compulsory Minimum Requirement Definitions

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:

	<p><b>Stag</b> Both legs are bent at 90° at the knees and open in split position (minimum 90°)</p>		<p><b>Pike</b> Both legs are extended and closed and next to each other in front of the body, hips at an angle</p>
	<p><b>Tuck</b> Knees are tucked in to the chest and closed</p>		<p><b>Ring</b> One leg is bent backward towards the head, either touching the head, or over the head</p>
	<p><b>Pencil</b> Legs are extended and closed, body and legs are in a straight line (with no bending at the hips)</p>		<p><b>Split – Frontal Split / Side split</b> The legs are extended and open. Front leg is positioned in front of the upper body (torso/hips) and back legs is behind the upper body (torso/hips), legs are in a split position of the given degree</p>
	<p><b>Fang</b> Both legs are bent backwards, feet are to back of head</p>		<p><b>Split – Middle Split / Box split</b> The legs are extended and open. Legs are positioned to the sides away from the upper body (torso/hips), legs are in a split position of the given degree</p>
	<p><b>Passé</b> One leg is bent at 90° at the hip while the other leg is straight.</p>		<p><b>Straddle</b> Both legs are extended and open</p>

## Compulsory Code Key

**F** = Flexibility element

**S** = Strength element

**B** = Balance Element

**SYN** = Synchronised partner element

**BLN** = Balance partner element

**FLY** = Flying partner element

## **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 are prohibited, both on and off the hoop.
- 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	All music submitted late up to 48 hours before competition date	-1 per day
	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 caught being cued from off-stage during their performance	-1
	Athletes and/or their coaches/representatives approaching the Judges' table and/or room or obstructing judges' view at any point during the competition	-3
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 to Rules and Regulations	Presence of jewellery/piercings (excluding stud earrings/plain coloured plugs)	-3
	Use of a prop or item which assists in the performance	-5



Inappropriate choreography, costume, hair and makeup in accordance with Rules and Regulations	- Hair covering the face - Costume not in accordance with the rules	-1
	- 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
	- 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
	- Use of body paint on all of body - Aggressively provocative choreography and lewd behaviour	Disqualification
Tracksuits	- Tracksuits not in accordance with the rules	-1
	- Not having a tracksuit - Not wearing tracksuits while awaiting results at the designated area or during the medals ceremony.	-5
Overall rule infringements	- 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

### **Injury during a routine**



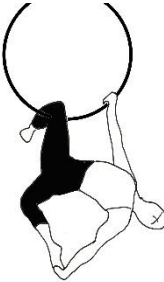
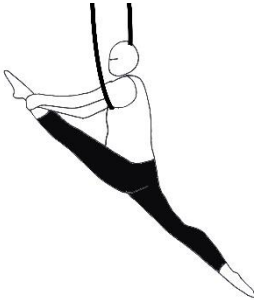
If in the opinion of the head judge, medical attention is required, the head judge must stop the programme if the athlete has not done so already. If the athlete is able to continue within one minute they must continue immediately from the point of interruption or, if that is not possible, allow a period 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.


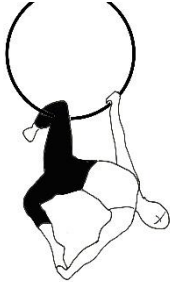
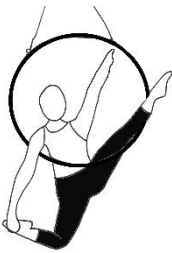
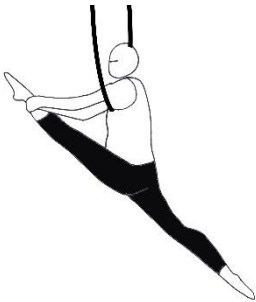
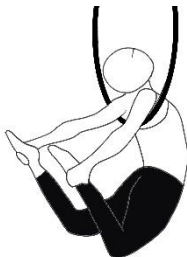
*No restarts of the whole programme are allowed, except for deficient music. Please refer to Rules & Regulations.*

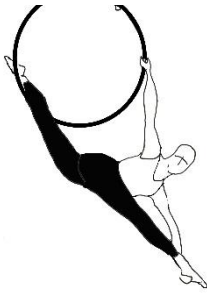

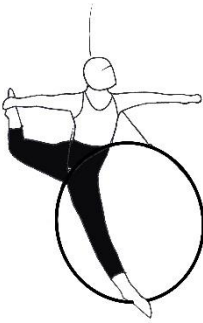
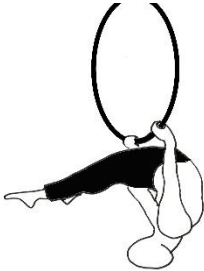
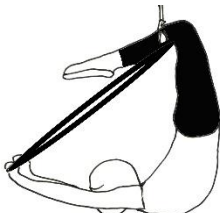



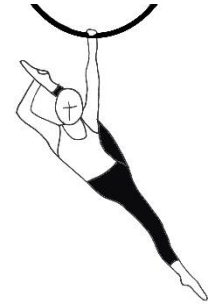
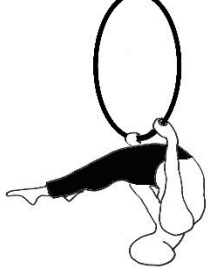
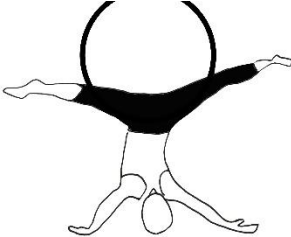
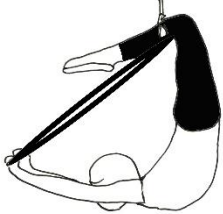
## COMPULSORY SINGLES

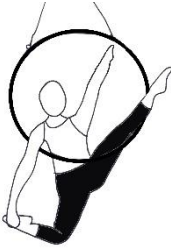
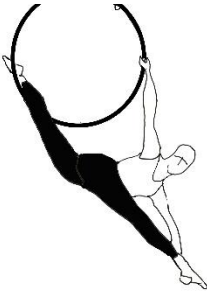

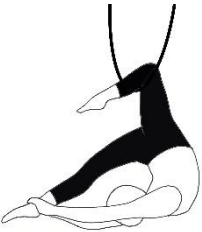
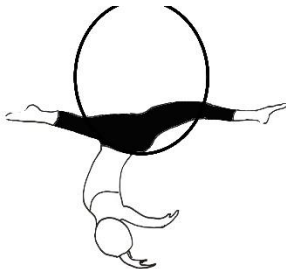
Please note that the drawings are to be used only as a guide.  
It is important to follow the minimum requirements under criteria.

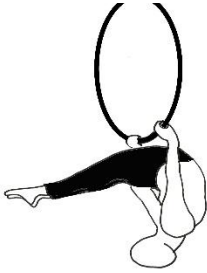
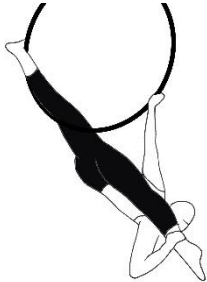
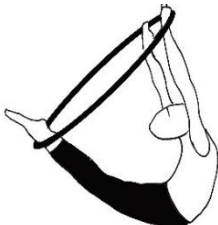
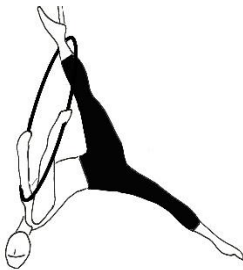
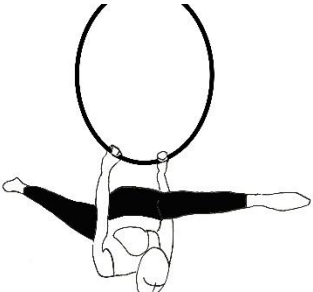
<b>FLEXIBILITY ELEMENTS</b>				
<b>Code No.</b>	<b>Name</b>	<b>Element</b>	<b>Tech. Value</b>	<b>Criteria</b>
F1	Angel bent leg		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact are:</b> one shin, foot and ankle, opposite hand</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> 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 are:</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 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 are:</b> crook of one knee, opposite hand</li> <li>- <b>Arm position is:</b> both arms are extended, one hand holding the hoop, other hand holding opposite foot or ankle</li> <li>- <b>Leg position is:</b> both legs are bent</li> <li>- <b>Body position is:</b> inverted and back arch</li> <li>- <b>Angle of split is:</b> 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 are:</b> both underarms, chest</li> <li>- <b>Arm position is:</b> hands are holding the ankle of front leg</li> <li>- <b>Leg position is:</b> legs are extended in front split position without contact with the hoop</li> <li>- <b>Body position is:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
F5	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 are:</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 (feet optional)</li> <li>- <b>Body position:</b> hanging from the low bar and facing downwards, back arch</li> </ul>
F6	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 are:</b> crook of one knee, opposite hand</li> <li>- <b>Arm position is:</b> both arms are extended, one hand holding the hoop, other hand holding opposite foot or ankle</li> <li>- <b>Leg position is:</b> both legs are bent</li> <li>- <b>Body position is:</b> inverted and back arch</li> <li>- <b>Angle of split is:</b> minimum of 180°</li> </ul>
F7	Trapped split passe 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 are:</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 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> minimum of 160°</li> </ul>
F8	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 are:</b> both underarms, chest</li> <li>- <b>Arm position is:</b> hands are holding the ankle of front leg</li> <li>- <b>Leg position is:</b> legs are extended in front split position without contact with the hoop</li> <li>- <b>Body position is:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F9	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 are:</b> biceps, underarms, shoulderblades</li> <li>- <b>Arm position is:</b> extended and holding the legs at ankle/shin</li> <li>- <b>Leg position is:</b> legs are bent backwards, ankles are pushed away from the glutes</li> <li>- <b>Body position is:</b> upright, in a back arch</li> </ul>

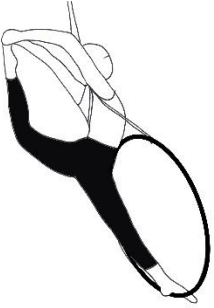
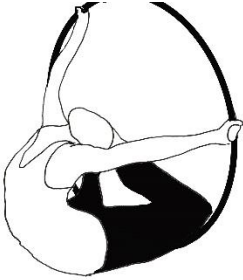
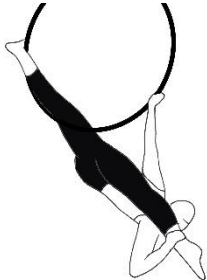
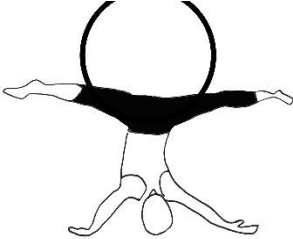
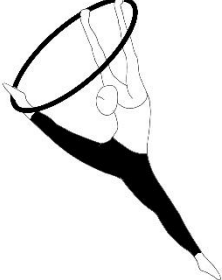
Code No.	Name	Element	Tech. Value	Criteria
F10	Angel 1		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact are:</b> one shin, foot and ankle, opposite hand</li> <li>- <b>Arm Position:</b> both arms are fully extended. One arm is holding the hoop, the other arm 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> minimum of 160°</li> </ul>
F11	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 are:</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 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>
F12	Ballerina		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 are:</b> sole of front leg 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>Split angle:</b> minimum 160°</li> </ul>
F13	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 are:</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>
F14	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 are:</b> both hands, crooks of both knees</li> <li>- <b>Arm Position:</b> arms can be bent and holding the low bar 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</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
F15	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 are:</b> one ankle/heel on the high bar, upper back on the low bar, underarms (optional)</li> <li>- <b>Arm position is:</b> fixed position of choice, no hand contact with the hoop</li> <li>- <b>Leg position is:</b> both legs are fully extended in front split position</li> <li>- <b>Body position is:</b> facing upwards, in a back arch, balancing on the back</li> <li>- <b>Angle of split:</b> minimum 160°</li> </ul>
F16	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 are:</b> one hand</li> <li>- <b>Arm position is:</b> one arm is fully extended and holding the hoop, back of the shoulder has contact with the opposite leg. Other arm is bent and holding the ankle of the opposite leg over the head</li> <li>- <b>Leg position is:</b> both legs are fully extended in a diagonal split position</li> <li>- <b>Body position is:</b> upright</li> <li>- <b>Angle of split:</b> minimum of 160°</li> </ul>
F17	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 are:</b> both hands</li> <li>- <b>Arm Position:</b> both arms are fully extended, one 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>
F18	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 are:</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> minimum of 160°</li> </ul>
F19	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 are:</b> both hands, crooks of both knees</li> <li>- <b>Arm Position:</b> arms are fully extended and holding the low bar 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</li> </ul>

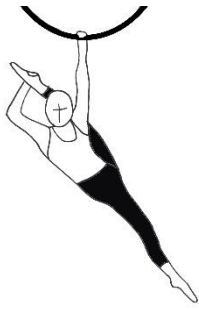
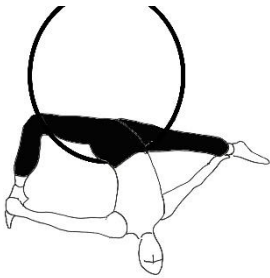
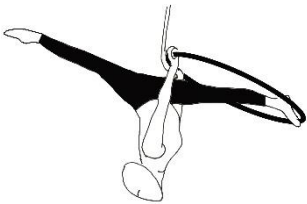
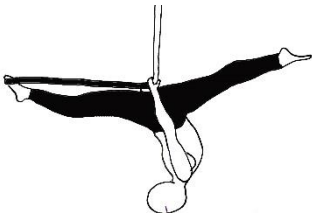
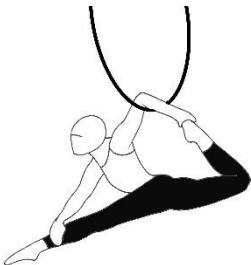
Code No.	Name	Element	Tech. Value	Criteria
F20	Trapped split passe 2		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact</b> are: one leg, back, one underarm</li> <li>- <b>Arm Position:</b> no hands have contact with the hoop, the same hand holds the ankle/shin of back leg and 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> minimum of 180°</li> </ul>
F21	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> are: one shin, foot and ankle, opposite hand</li> <li>- <b>Arm Position:</b> both arms are fully extended. One arm is holding the hoop, the other arm 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> minimum of 180°</li> </ul>
F22	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> are: one ankle/heel on the high bar, upper back on the low bar, underarms (optional)</li> <li>- <b>Arm position is:</b> fixed position of choice, no hand contact with the hoop</li> <li>- <b>Leg position is:</b> both legs are fully extended in front split position</li> <li>- <b>Body position is:</b> facing upwards, in a back arch, balancing on the back</li> <li>- <b>Angle of split:</b> minimum 180°</li> </ul>
F23	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> are: crook of knee of front leg</li> <li>- <b>Arm position is:</b> both arms are over the head and fully extended, holding foot/ankle of back leg</li> <li>- <b>Leg position is:</b> back leg is fully extended and over the head</li> <li>- <b>Body position is:</b> inverted and back arch</li> </ul>
F24	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> are: 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>

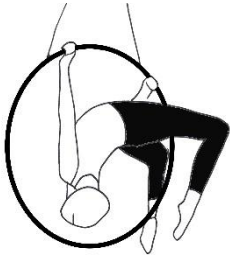
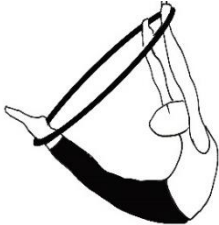

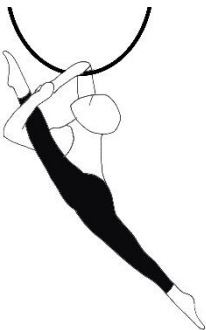
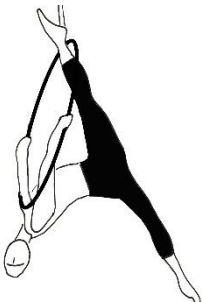
Code No.	Name	Element	Tech. Value	Criteria
F25	Mexican legs closed		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact are:</b> both hands</li> <li>- <b>Arm Position:</b> arms are fully extended, one arm is between the legs</li> <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>
F26	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 are:</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> minimum of 160°</li> </ul>
F27	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 are:</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>
F28	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 are:</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> minimum of 160°</li> </ul>
F29	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 are:</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> minimum of 160°</li> </ul>

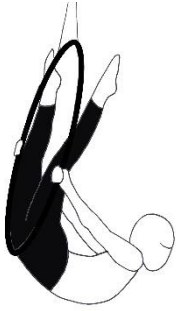
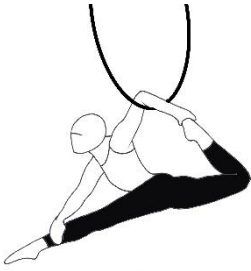
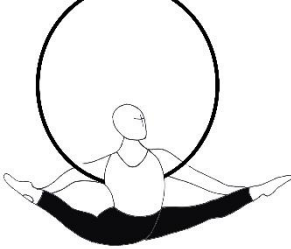




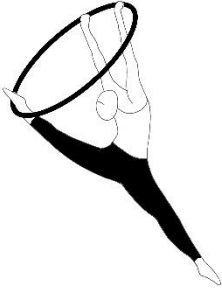
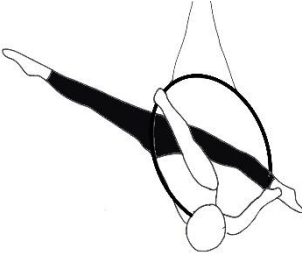
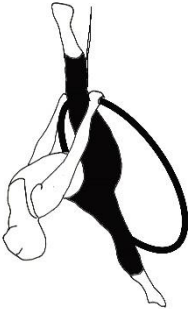
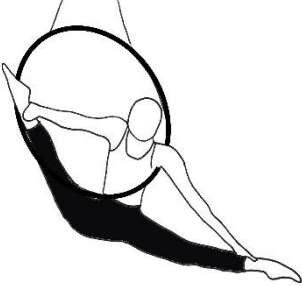
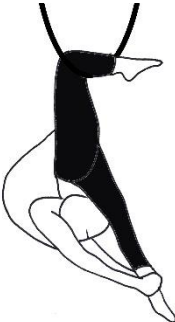
Code No.	Name	Element	Tech. Value	Criteria
F30	Needle		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact are:</b> sole of the foot of the front leg, back</li> <li>- <b>Arm Position:</b> arms are over the head and can be bent, 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>
F31	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 are:</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>
F32	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 are:</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> minimum of 180°</li> </ul>
F33	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 are:</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> minimum of 180°</li> </ul>
F34	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 are:</b> both hands and shin of back leg</li> <li>- <b>Arm Position:</b> arms are fully extended and holding the highbar 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> minimum of 160°</li> </ul>

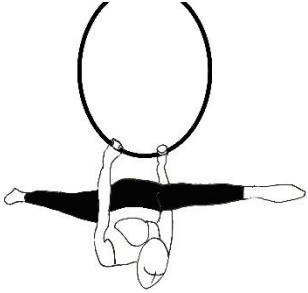
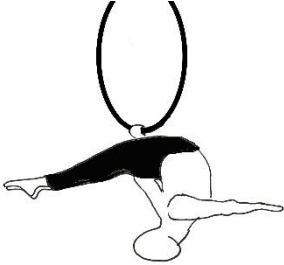

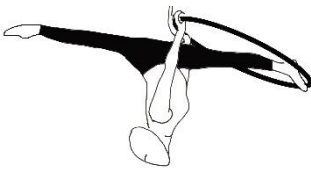
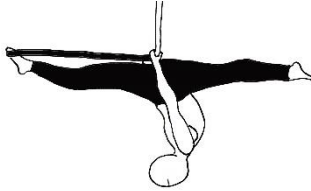


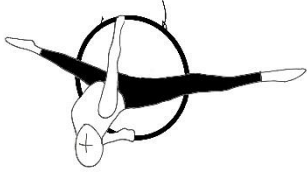

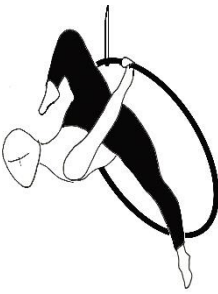
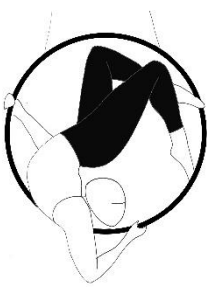

Code No.	Name	Element	Tech. Value	Criteria
F35	Diagonal split 2		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact are:</b> one hand</li> <li>- <b>Arm position is:</b> one arm is fully extended and holding the hoop, back of the shoulder has contact with the opposite leg. Other arm is bent and holding the ankle of the opposite leg over the head</li> <li>- <b>Leg position is:</b> both legs are fully extended in a diagonal split position</li> <li>- <b>Body position is:</b> upright</li> <li>- <b>Angle of split:</b> minimum of 180°</li> </ul>
F36	Extreme 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 are:</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> minimum of 180°</li> </ul>
F37	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 are:</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>
F38	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 are:</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>
F39	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 are:</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>

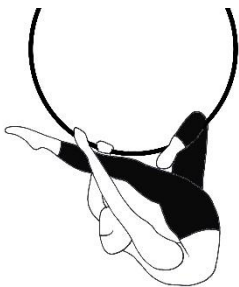
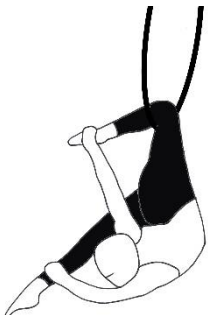
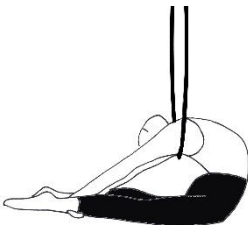
Code No.	Name	Element	Tech. Value	Criteria
F40	Mexican Fang		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact are:</b> both hands</li> <li>- <b>Arm Position:</b> arms are fully extended, one arm is between the legs</li> <li>- <b>Leg position:</b> fang position with both legs bent backwards, feet must be at shoulder level or lower, and thighs are lower than hoop</li> <li>- <b>Body position:</b> inverted, back arch</li> </ul>
F41	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 are:</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>
F42	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 are:</b> lower back on the low bar and one foot/ankle/heel on the high bar</li> <li>- <b>Arm position is:</b> arms can be bent and holding the foot of back leg over the head</li> <li>- <b>Leg position is:</b> one leg extended and touching the high bar. Other leg is bent backwards</li> <li>- <b>Body position is:</b> inverted, balancing on the back</li> <li>- <b>Angle of split is:</b> a minimum of a 160°</li> </ul>
F43	Bird of Paradise upright 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 are:</b> crook of one elbow</li> <li>- <b>Arm position is:</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 is:</b> both legs are fully extended in a diagonal split position</li> <li>- <b>Body position is:</b> upright</li> <li>- <b>Angle of split is:</b> a minimum of 180°</li> </ul>
F44	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 are:</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> minimum of 180°</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
F45	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 are:</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>
F46	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 are:</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>
F47	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 are:</b> underarms, biceps, shoulderblades</li> <li>- <b>Arm position is:</b> extended and holding the legs at the shin/calf/ankle</li> <li>- <b>Leg position is:</b> legs are fully extended in a front split position</li> <li>- <b>Body position is:</b> upright</li> <li>- <b>Angle of split:</b> minimum 190°</li> </ul>
F48	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 are:</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 is:</b> both arms are bent, hands are clasped over the head</li> <li>- <b>Leg position is:</b> both legs are fully extended in a diagonal split position</li> <li>- <b>Body position is:</b> upright</li> <li>- <b>Angle of split is:</b> a minimum of 180°</li> </ul>
F49	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 are:</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
F50	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 are:</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 highbar 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> minimum of 160°</li> </ul>
F51	Shoulder balance 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 are:</b> both hands, one arm, back, glutes and one shoulder, neck (optional)</li> <li>- <b>Arm position is:</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 is:</b> both legs are fully extended in front split position</li> <li>- <b>Body position is:</b> inverted</li> <li>- <b>Angle of split:</b> minimum of 180°</li> </ul>
F52	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 are:</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>
F53	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 are:</b> underarm of inside arm, back, back leg, hand of outside arm (optional)</li> <li>- <b>Arm position/grip is:</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 is:</b> both legs are fully extended in split position</li> <li>- <b>Body position is:</b> upright</li> <li>- <b>Angle of split is:</b> a minimum of 180°</li> </ul>
F54	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 are:</b> crook of knee of front leg</li> <li>- <b>Arm position is:</b> both arms are over the head and fully extended, holding foot/ankle of back leg</li> <li>- <b>Leg position is:</b> in split position, back leg is fully extended</li> <li>- <b>Body position is:</b> inverted and back arch</li> <li>- <b>Angle of split is:</b> minimum of 160°</li> </ul>

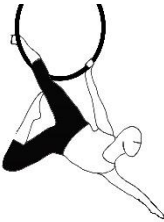

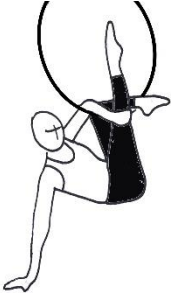
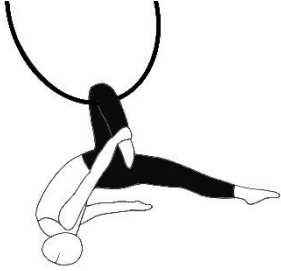
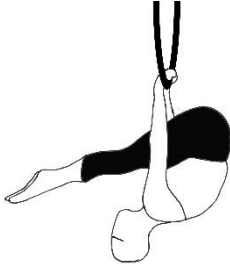
Code No.	Name	Element	Tech. Value	Criteria
F55	Jigsaw 2		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact are:</b> both hands</li> <li>- <b>Arm Position:</b> arms are extended, arm with leg leaning on it can be bowed, but not 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> minimum of 180°</li> </ul>
F56	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 are:</b> one hands</li> <li>- <b>Arm Position:</b> one arm is fully 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>
F57	Horizontal front 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 are:</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 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>
F58	Flying Russian back 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 are:</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>
F59	Flying Russian front 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 are:</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>

Code No.	Name	Element	Tech. Value	Criteria
F60	Horizontal box 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 are:</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>
F61	Back balance split		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 are:</b> lower back on the low bar and one foot/ankle/heel on the high bar</li> <li>- <b>Arm position is:</b> both arms fully extended and holding the shin/ankle of back leg over the head</li> <li>- <b>Leg position is:</b> both legs are fully extended in front split position.</li> <li>- <b>Body position is:</b> inverted, balancing on the back</li> <li>- <b>Angle of split:</b> a minimum 180°</li> </ul>
F62	Scorpio Split		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 are:</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>
F63	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 are:</b> both hands, feet, chest, neck (optional), side of the jaw (optional)</li> <li>- <b>Arm position is:</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 is:</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 is:</b> inverted, inside the hoop except one arm and in a back arch</li> </ul>
F64	Foot hang split		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 are:</b> one foot and ankle (optional)</li> <li>- <b>Arm position is:</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 is:</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 is:</b> inverted</li> <li>- <b>Angle of split:</b> minimum 180°</li> </ul>



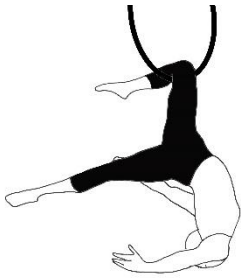
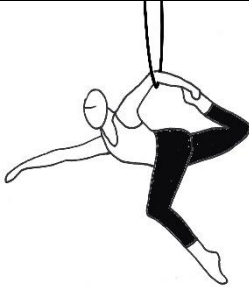


Code No.	Name	Element	Tech. Value	Criteria
F65	Knee hook rainbow marchenko		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact are:</b> crook of one knee, shin of other leg, knee of other leg (optional), both hands</li> <li>- <b>Arm position is:</b> arms can be bent, and hands are holding the hoop over the head and above the leg</li> <li>- <b>Leg position is:</b> one leg is bent, other leg is over the head</li> <li>- <b>Body position is:</b> facing downwards, back arch</li> </ul>
F66	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 are:</b> crook of one knee</li> <li>- <b>Arm position is:</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 is:</b> one leg is bent, the other is fully extended</li> <li>- <b>Body position is:</b> inverted, twisted and in back arch</li> </ul>
F67	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 are:</b> underarms (optional), shoulderblades</li> <li>- <b>Arm position is:</b> extended over the head, and holding the legs at ankle/shin</li> <li>- <b>Leg position is:</b> legs are fully extended, to the back, and horizontal</li> <li>- <b>Body position is:</b> upright, in a back arch</li> </ul>

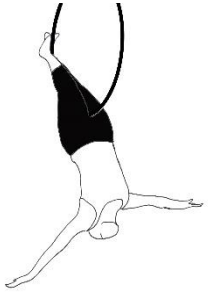


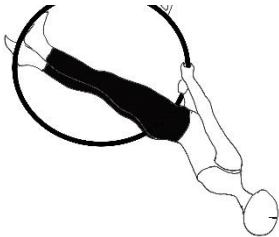
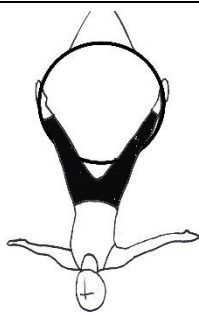



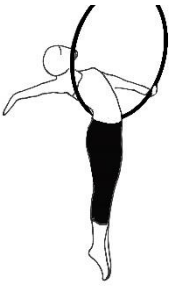
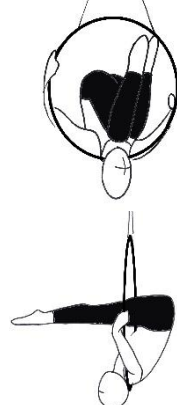

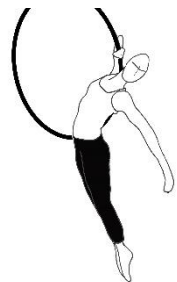
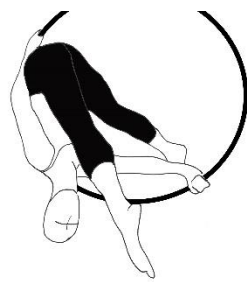
## STRENGTH ELEMENTS

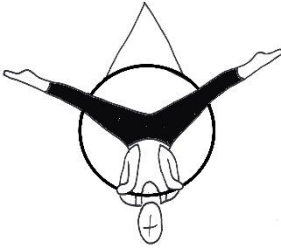
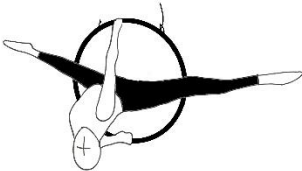
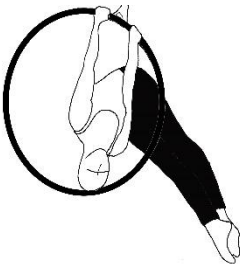
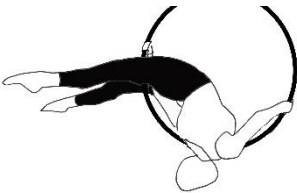
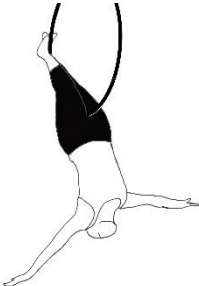
Code No.	Name	Element	Tech. Value	Criteria
S1	Arabesque		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact are:</b> one hand and the same side leg</li> <li>- <b>Arm position is:</b> one arm is fully extended and holding the hoop. Other arm is in a fixed position of choice without contact with the hoop</li> <li>- <b>Leg position is:</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 is:</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 are:</b> both hands, both thighs</li> <li>- <b>Arm position is:</b> both arms are fully extended</li> <li>- <b>Leg position is:</b> both legs are fully extended</li> <li>- <b>Body position is:</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 are:</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	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 are:</b> crook of one knee</li> <li>- <b>Arm position is:</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 is:</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 is:</b> inverted</li> </ul>
S5	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 are:</b> both hands</li> <li>- <b>Arm position is:</b> both arms are fully extended and holding the low bar of the hoop</li> <li>- <b>Leg position is:</b> both legs are fully extended and closed in a pike position, between the arms</li> <li>- <b>Body position is:</b> inverted</li> </ul>

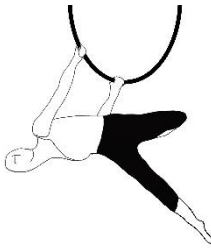
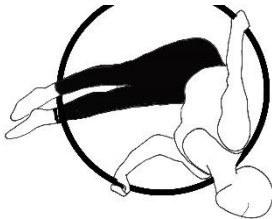


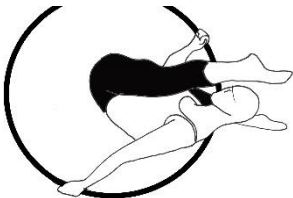
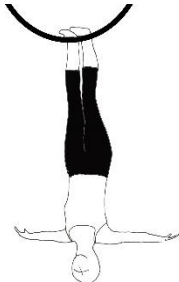



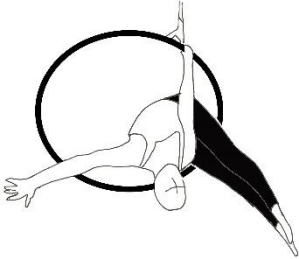

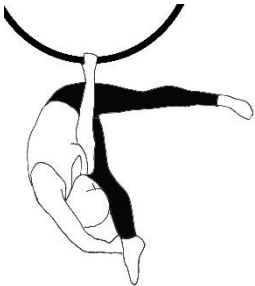
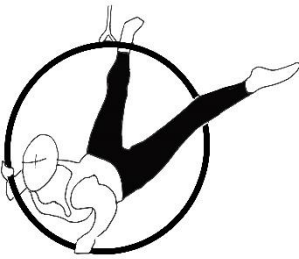
Code No.	Name	Element	Tech. Value	Criteria
S6	Single point flag		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact are:</b> both hands, shoulder blades and upper back.</li> <li>- <b>Arm position is:</b> both arms are fully extended, 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 is:</b> legs are fully extended and closed in pencil position</li> <li>- <b>Body position is:</b> upright</li> </ul>
S7	Candelstick		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 are:</b> both hands and both legs</li> <li>- <b>Arm position is:</b> both arms are fully extended and holding the hoop</li> <li>- <b>Leg position is:</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 is:</b> Inverted</li> </ul>
S8	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 are:</b> crook of one knee</li> <li>- <b>Arm position is:</b> in fixed position of choice with no contact with the hoop or the legs</li> <li>- <b>Leg position is:</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 is:</b> Inverted</li> </ul>
S9	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 are:</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>
S10	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 are:</b> one underarm</li> <li>- <b>Arm position is:</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 is:</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 is:</b> upright</li> </ul>
S11	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 are:</b> both underarms, chest</li> <li>- <b>Arm position is:</b> hands are holding the calves or ankles</li> <li>- <b>Leg position is:</b> legs are in pike position without contact with the hoop, and level with or higher than the hips</li> <li>- <b>Body position is:</b> upright</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
S12	Candelstick 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 are:</b> both legs</li> <li>- <b>Arm position is:</b> fixed position of choice without contact with the hoop</li> <li>- <b>Leg position is:</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 is:</b> inverted</li> </ul>
S13	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 are:</b> both underarms, upper back, biceps (optional)</li> <li>- <b>Arm position is:</b> both arms are fully extended, holding the hoop with underarms, the hoop behind the back</li> <li>- <b>Leg position is:</b> legs are in fixed position or choice without contact with the hoop</li> <li>- <b>Body position is:</b> upright</li> </ul>
S14	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 are:</b> one hand</li> <li>- <b>Arm position is:</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 is:</b> legs are extended and closed in pike position</li> <li>- <b>Body position is:</b> upright</li> </ul>
S15	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 are:</b> both hands, both inner thighs, both feet</li> <li>- <b>Arm position is:</b> both arms are extended and holding the hoop from the side</li> <li>- <b>Leg position is:</b> both legs are fully extended and stepping to the side of the hoop. Feet may be flexed(optional)</li> <li>- <b>Body position is:</b> Fully extended and facing upwards</li> </ul>
S16	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 are:</b> both legs, feet</li> <li>- <b>Arm position is:</b> fixed position of choice without contact with the hoop</li> <li>- <b>Leg position is:</b> both legs are fully extended. Feet are hooked around the back of the side bars.</li> <li>- <b>Body position is:</b> inverted, torso facing in the same direction as the hoop. Body in front of the hoop.</li> </ul>
S17	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 are:</b> crook of one elbow</li> <li>- <b>Arm position is:</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 is:</b> both legs are fully extended in straddle position, at least one foot is higher than shoulders</li> <li>- <b>Body position is:</b> upright</li> </ul>

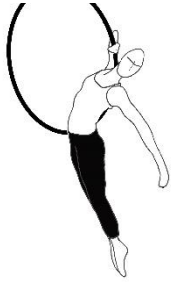
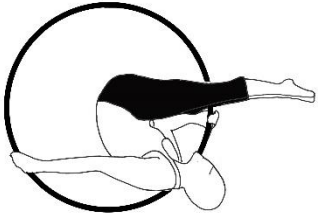
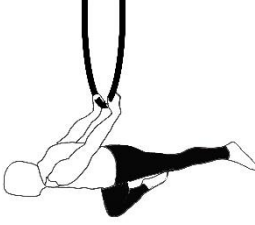

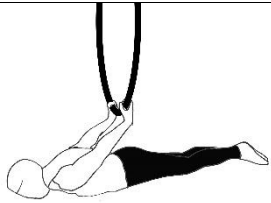
Code No.	Name	Element	Tech. Value	Criteria
S18	Front Amazon		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact are:</b> one hand, back, one underarm</li> <li>- <b>Arm position is:</b> both arms are fully extended. The inside arm is holding the hoop with underarm and the outside arm is extended in front of the body and holding the hoop with the hand.</li> <li>- <b>Leg position is:</b> legs are in fixed position of choice without contact with the hoop</li> <li>- <b>Body position is:</b> upright</li> </ul>
S19	Shoulder stand tuck / 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 are:</b> shoulders, both arms, hands and neck (optional)</li> <li>- <b>Arm position is:</b> holding the side bars</li> <li>- <b>Leg position is:</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 is:</b> inverted</li> </ul>
S20	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 are:</b> both legs</li> <li>- <b>Arm position is:</b> fixed position of choice without contact with the hoop</li> <li>- <b>Leg position is:</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 is:</b> inverted</li> </ul>
S21	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 are:</b> crook of one elbow, side of the neck (optional), side of torso (optional) and back (optional)</li> <li>- <b>Arm position is:</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 is:</b> both legs are fully extended and closed</li> <li>- <b>Body position is:</b> upright</li> </ul>
S22	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 are:</b> both hands, back and one shoulder, neck (optional)</li> <li>- <b>Arm position is:</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 is:</b> legs are fully extended in straddle position</li> <li>- <b>Body position is:</b> inverted</li> </ul>


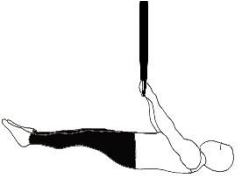

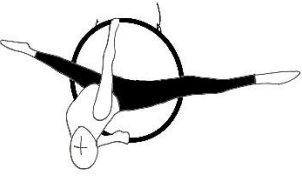

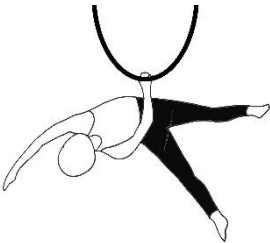
Code No.	Name	Element	Tech. Value	Criteria
S23	Handstand straddle		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact are:</b> both hands and legs, chest (optional)</li> <li>- <b>Arm position is:</b> arms are bent and in front of the chest</li> <li>- <b>Leg position is:</b> legs are fully extended in straddle position and in contact with the side bars</li> <li>- <b>Body position is:</b> Inverted</li> </ul>
S24	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 are:</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>
S25	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 are:</b> both hands</li> <li>- <b>Arm position is:</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 is:</b> both legs are fully extended in pike position on one side and leaning to one arm</li> <li>- <b>Body position is:</b> inverted</li> </ul>
S26	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 are:</b> both hands and one shoulder, neck (optional), one arm (optional)</li> <li>- <b>Arm position is:</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 is:</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 is:</b> inverted and back arch</li> </ul>
S27	Candelstick 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 are:</b> both legs</li> <li>- <b>Arm position is:</b> fixed position of choice without contact with the hoop</li> <li>- <b>Leg position is:</b> both legs are fully extended and ankles crossed holding the hoop between the legs.</li> <li>- <b>Body position is:</b> inverted</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
S28	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 are:</b> both hands</li> <li>- <b>Arm position is:</b> both hands are holding the hoop, one arm is bent and behind the back, other arm is extended</li> <li>- <b>Leg position is:</b> legs are in fixed position of choice without contact with the hoop</li> <li>- <b>Body position is:</b> back is leaning to one arm and upper body is in horizontal position.</li> </ul>
S29	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 are:</b> both hands, one shoulder, neck (optional), both ankles/legs</li> <li>- <b>Arm position is:</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 is:</b> both legs are fully extended and closed in pike position (and horizontal)</li> <li>- <b>Body position is:</b> inverted</li> </ul>
S30	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 are:</b> neck (optional), shoulders, arms, hands(optional)</li> <li>- <b>Arm position is:</b> extended on the sides or holding the hoop</li> <li>- <b>Leg position is:</b> both legs are bent in stag position without contact with the hoop</li> <li>- <b>Body position is:</b> Inverted</li> </ul>
S31	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 are:</b> both heels</li> <li>- <b>Arm position is:</b> wrapped around the legs</li> <li>- <b>Leg position is:</b> legs are bent in a tuck position</li> <li>- <b>Body position is:</b> inverted</li> </ul>
S32	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 are:</b> both hands, one shoulder</li> <li>- <b>Arm position is:</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 is:</b> both legs are fully extended in even straddle position and horizontal</li> <li>- <b>Body position is:</b> inside the hoop leaning with one shoulder to the side of the hoop, inverted so the hips are higher than head</li> </ul>
S33	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 are:</b> both feet</li> <li>- <b>Arm position is:</b> both arms are in fixed position of choice</li> <li>- <b>Leg position is:</b> both legs are fully extended and closed. Feet are flexed and holding the hoop</li> <li>- <b>Body position is:</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
S34	Feet hang pike		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 are:</b> both feet</li> <li>- <b>Arm position is:</b> the arms are in contact with the legs</li> <li>- <b>Leg position is:</b> both legs are fully extended and in pike position. The feet are holding the hoop.</li> <li>- <b>Body position is:</b> upright, pike position, holding the hoop with feet only</li> </ul>
S35	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 are:</b> one hand</li> <li>- <b>Arm position is:</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 is:</b> both legs are fully extended and closed in pike position on one side leaning to one arm</li> <li>- <b>Body position is:</b> inverted</li> </ul>
S36	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 are:</b> both hands, one shoulder, neck(optional)</li> <li>- <b>Arm position is:</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 is:</b> both legs are bent in a tuck position</li> <li>- <b>Body position is:</b> inverted</li> </ul>
S37	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 are:</b> one hand</li> <li>- <b>Arm position is:</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 is:</b> both legs are fully extended in straddle position on one side of the body</li> <li>- <b>Body position is:</b> inverted</li> </ul>
S38	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 are:</b> both hands, one leg (optional)</li> <li>- <b>Arm position is:</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 is:</b> both legs are fully extended in straddle position without contact with the hoop</li> <li>- <b>Body position is:</b> torso is horizontal, feet higher than head</li> </ul>

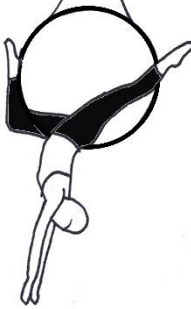
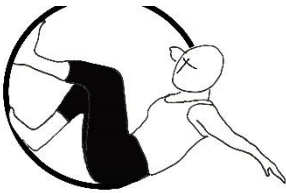

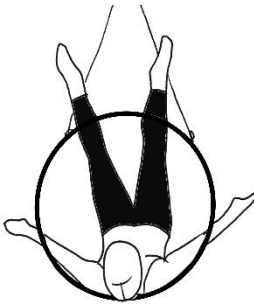




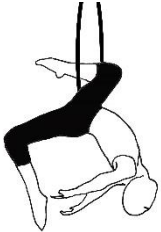


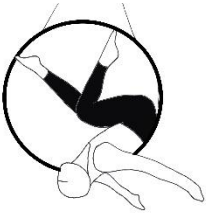

Code No.	Name	Element	Tech. Value	Criteria
S39	Elbow hang amazon 2		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact are:</b> crook of one elbow, side of the neck, side of torso and back</li> <li>- <b>Arm position is:</b> upper 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 is:</b> both legs are fully extended and closed</li> <li>- <b>Body position is:</b> upright</li> </ul>
S40	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 are:</b> both hands, one shoulder, both legs</li> <li>- <b>Arm position is:</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 is:</b> legs are fully extended, closed in pike position and parallel to the floor</li> <li>- <b>Body position is:</b> inverted and inside the hoop (except head and legs) leaning with one shoulder to the side of the hoop</li> </ul>
S41	Back horizontal plank passe		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 are:</b> both hands</li> <li>- <b>Arm position is:</b> arms are fully extended and holding the hoop</li> <li>- <b>Leg position is:</b> one leg is fully extended, other leg is in passé position</li> <li>- <b>Body position is:</b> facing downwards, straight leg and torso parallel to the floor</li> </ul>
S42	Front Horizontal plank passe		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 are:</b> both hands</li> <li>- <b>Arm position is:</b> both arms are fully extended and holding the hoop</li> <li>- <b>Leg position is:</b> one leg is fully extended, the other leg is in passé position</li> <li>- <b>Body position is:</b> facing upwards, straight leg and torso are parallel to the floor</li> </ul>
S43	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 are:</b> both hands</li> <li>- <b>Arm position is:</b> arms are fully extended holding the hoop</li> <li>- <b>Leg position is:</b> both legs are fully extended</li> <li>- <b>Body position is:</b> facing downwards, legs and torso are horizontal and in a straight line</li> </ul>


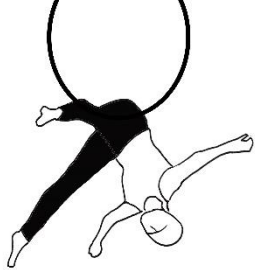
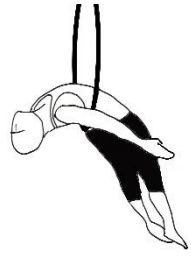
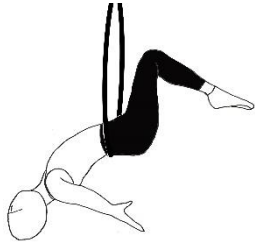
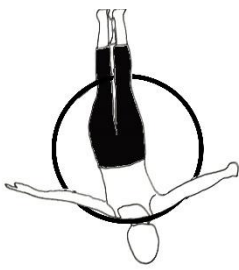
Code No.	Name	Element	Tech. Value	Criteria
S44	Foot hang		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact are:</b> one foot and ankle (optional)</li> <li>- <b>Arm position is:</b> both arms are extended in a fixed position of choice</li> <li>- <b>Leg position is:</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 is:</b> inverted, head should be directly beneath the hips, back may be arched</li> </ul>
S45	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 are:</b> both hands</li> <li>- <b>Arm position is:</b> both arms are fully extended and holding the hoop</li> <li>- <b>Leg position is:</b> both legs are fully extended and closed</li> <li>- <b>Body position is:</b> facing upwards, legs and torso are horizontal and in a straight line</li> </ul>
S46	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 are:</b> both heels/ankles</li> <li>- <b>Arm position is:</b> in a fixed position of choice, without contact with the hoop or the legs</li> <li>- <b>Leg position is:</b> legs are bent</li> <li>- <b>Body position is:</b> inverted, head should be directly beneath the hips, back may be arched</li> </ul>
S47	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 are:</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>
S48	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 are:</b> neck, nape</li> <li>- <b>Arm position is:</b> fixed position of choice without contact with the hoop</li> <li>- <b>Leg position is:</b> legs are fully extended and closed</li> <li>- <b>Body position is:</b> upright</li> </ul>
S49	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 are:</b> one hand</li> <li>- <b>Arm position is:</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 is:</b> legs are in fixed position of choice without contact with the hoop</li> <li>- <b>Body position is:</b> back is leaning on the arm that is behind the body</li> </ul>

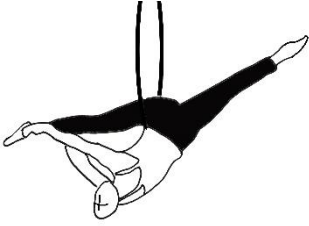
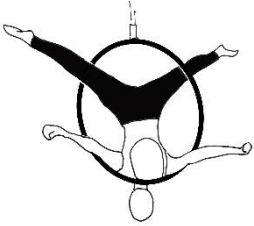
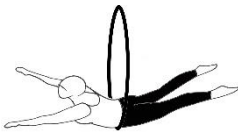
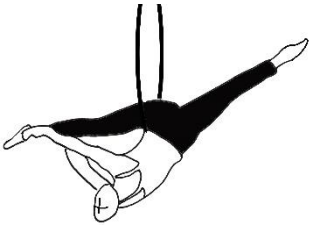



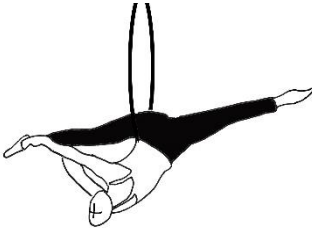
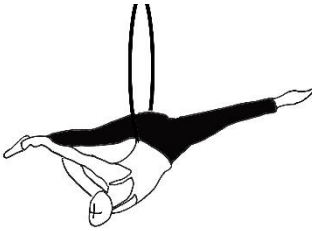
## BALANCE BASED ELEMENTS

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 are:</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 are:</b> back, both feet, one shoulder, side of the neck</li> <li>- <b>Arm position is:</b> arms in fixed position of choice with no contact with the hoop</li> <li>- <b>Leg position is:</b> both legs are bent and feet are touching the inside of the hoop</li> <li>- <b>Body position is:</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 are:</b> lower back on the low bar and one foot or ankle on the high bar</li> <li>- <b>Arm position is:</b> fixed position of choice without contact with the hoop</li> <li>- <b>Leg position is:</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 is:</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 are:</b> chest, upper arms, back of legs, shoulders (optional)</li> <li>- <b>Arm position is:</b> arms are fully extended and in contact with the low bar, no hands contact with the hoop</li> <li>- <b>Leg position is:</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 is:</b> inverted, back arch</li> </ul>
B5	Iron Fanny		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 are:</b> both inner thighs</li> <li>- <b>Arm position is:</b> fixed position of choice without contact with the hoop</li> <li>- <b>Leg position is:</b> fully extended and closed, pencil position</li> <li>- <b>Body position is:</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 are:</b> back, both ankles, one shoulder, side of the neck</li> <li>- <b>Arm position is:</b> arms in fixed position of choice with no contact with the hoop</li> <li>- <b>Leg position is:</b> both legs are extended and crossed, the ankles are touching the hoop</li> <li>- <b>Body position is:</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 are:</b> lower back on the low bar</li> <li>- <b>Arm position is:</b> fixed position of choice without contact with the hoop</li> <li>- <b>Leg position is:</b> both legs are bent in stag position</li> <li>- <b>Body position is:</b> inverted, balancing on the lower back</li> </ul>
B8	Cocoon		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 are:</b> crook of knee of front leg</li> <li>- <b>Arm position is:</b> both arms are over the head and can be bent, holding foot of back leg</li> <li>- <b>Leg position is:</b> both legs are bent, back leg is in ring position</li> <li>- <b>Body position is:</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 are:</b> one hip</li> <li>- <b>Arm position is:</b> fixed position of choice without contact with the hoop</li> <li>- <b>Leg position is:</b> tuck position</li> <li>- <b>Body position is:</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 are:</b> back, both feet, one shoulder, side of the neck, glutes (optional)</li> <li>- <b>Arm position is:</b> arms in fixed position of choice with no contact with the hoop</li> <li>- <b>Leg position is:</b> both legs are bent and feet are touching the inside of the hoop</li> <li>- <b>Body position is:</b> inverted, the whole body (except arms and head) is inside the hoop</li> </ul>
B11	Seated 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 are:</b> the back side of the upper thighs</li> <li>- <b>Arm position is:</b> In a fixed position of choice without contact with the hoop</li> <li>- <b>Leg position is:</b> legs are bent and closed</li> <li>- <b>Body position is:</b> Upright, holding a balance sitting on the low bar of the hoop</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
B12	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 are:</b> lower back on the low bar and one foot/ankle/heel on the high bar</li> <li>- <b>Arm position is:</b> arms can be bent and holding the foot of back leg over the head</li> <li>- <b>Leg position is:</b> one leg extended and touching the high bar. Other leg is bent backwards</li> <li>- <b>Body position is:</b> inverted, balancing on the back</li> </ul>
B13	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 are:</b> one hip</li> <li>- <b>Arm position is:</b> fixed position of choice without contact with the hoop</li> <li>- <b>Leg position is:</b> straddle position</li> <li>- <b>Body position is:</b> Inverted, balancing with one hip on the low bar of the hoop.</li> </ul>
B14	Back balance extended		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 are:</b> lower back on the low bar</li> <li>- <b>Arm position is:</b> fixed position of choice without contact with the hoop</li> <li>- <b>Leg position is:</b> both legs are fully extended and closed, with legs below the low bar</li> <li>- <b>Body position is:</b> upper body is in a back arch position, balancing on the lower back</li> </ul>
B15	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 are:</b> lower back on the low bar</li> <li>- <b>Arm position is:</b> fixed position of choice without contact with the hoop</li> <li>- <b>Leg position is:</b> both knees are bent and closed. Feet higher than the low bar of the hoop</li> <li>- <b>Body position is:</b> inverted, balancing on the back</li> </ul>
B16	Shoulder stand pencil		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 are:</b> neck (optional), shoulders, legs, arms (optional), no hand contact is allowed</li> <li>- <b>Arm position is:</b> extended on the sides</li> <li>- <b>Leg position is:</b> legs are fully extended and closed in pencil position, the high bar of the hoop is between the legs</li> <li>- <b>Body position is:</b> Inverted and fully extended</li> </ul>

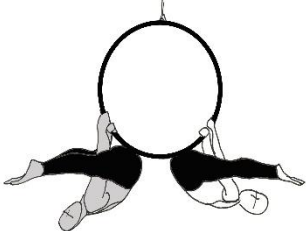
Code No.	Name	Element	Tech. Value	Criteria
B17	Hip split balance 1		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact are:</b> one hip</li> <li>- <b>Arm position is:</b> minimum one hand is holding the front leg at the foot or ankle</li> <li>- <b>Leg position is:</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 is:</b> torso is horizontal with 20° tolerance, balancing on one hip.</li> <li>- <b>Angle of split:</b> Minimum of 160°</li> </ul>
B18	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 are:</b> neck (optional), shoulders, arms (optional), no hand contact is allowed</li> <li>- <b>Arm position is:</b> extended on the sides</li> <li>- <b>Leg position is:</b> both legs are fully extended in straddle position without contact with the the hoop</li> <li>- <b>Body position is:</b> Inverted</li> </ul>
B19	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 are:</b> hips</li> <li>- <b>Arm position is:</b> In a fixed position of choice without contact with the hoop</li> <li>- <b>Leg position is:</b> legs are fully extended, higher than the low bar of the hoop</li> <li>- <b>Body position is:</b> Horizontal, balancing on the hoop with hips</li> </ul>
B20	Hip split balance 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 are:</b> one hip</li> <li>- <b>Arm position is:</b> minimum one hand is holding the front leg at the foot or ankle</li> <li>- <b>Leg position is:</b> both legs are fully extended in front split position and front leg is parallel to the floor</li> <li>- <b>Body position is:</b> torso is horizontal, balancing on one hip.</li> <li>- <b>Angle of split:</b> Minimum of 160°</li> </ul>
B21	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 are:</b> both feet, both knees (knee of top leg is optional), one shoulder, chest</li> <li>- <b>Arm position is:</b> Arms are fully extended on the sides</li> <li>- <b>Leg position is:</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 is:</b> inverted and inside the hoop except the arms, head and knee of top leg (optional)</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
B22	Hip split balance 3 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 are:</b> one hip</li> <li>- <b>Arm position is:</b> minimum one hand is holding the front leg at the foot or ankle</li> <li>- <b>Leg position is:</b> both legs are fully extended in front split position and parallel to the floor</li> <li>- <b>Body position is:</b> torso is horizontal with 20° tolerance, balancing on one hip</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
B23	Hip split balance 4		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 are:</b> one hip</li> <li>- <b>Arm position is:</b> minimum one hand is holding the front leg at the foot or ankle</li> <li>- <b>Leg position is:</b> both legs are fully extended in front split position and parallel to the floor</li> <li>- <b>Body position is:</b> torso is horizontal, balancing on one hip</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>

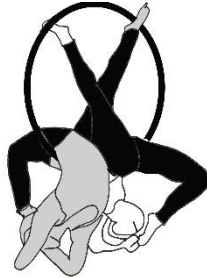
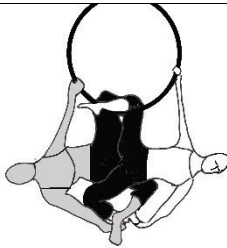
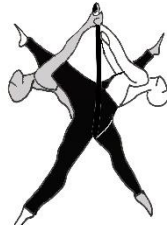
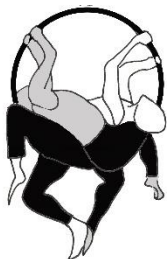
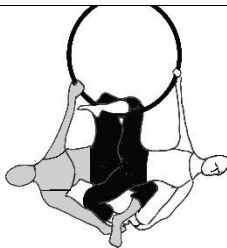


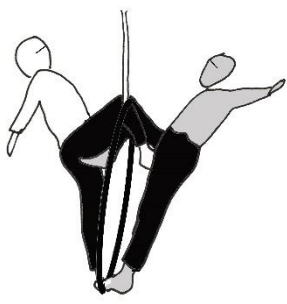

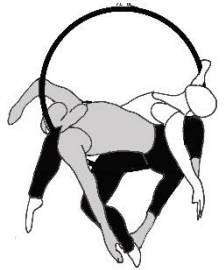
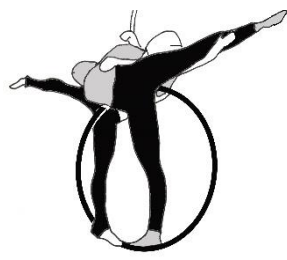
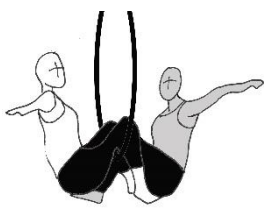
## COMPULSORY DOUBLES

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

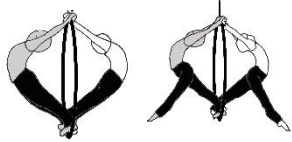
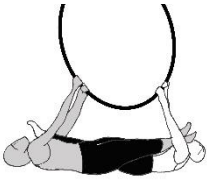
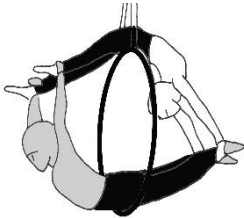
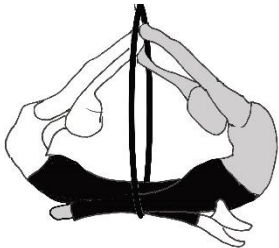
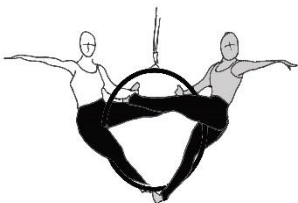
<b><i>SYNCHRONISED PARALLEL ELEMENTS</i></b>				
<b>Code No.</b>	<b>Name</b>	<b>Element</b>	<b>Tech. Value</b>	<b>Criteria</b>
<b>SYN1</b>	Different direction to the hoop OR Horizontal position OR Vertical to the hoop OR Mirror image		<b>0.1/ 1.0</b>	<ul style="list-style-type: none"> <li>- Hold the 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/F8 or SYN1/S30, etc.). Please indicate only the name(s) of the individual element to be performed.</li> </ul>

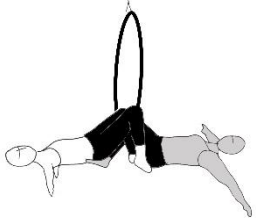
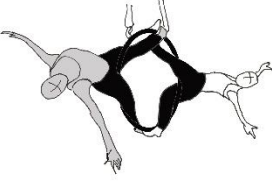
## SYNCHRONISED INTERLOCKING ELEMENTS

Code No.	Name	Element	Tech. Value	Criteria
<b>SYN2</b>	Interlocked strenght/ 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/F8 or SYN2/S30, etc.). Please indicate only the name(s) of the individual element to be performed.</li> </ul>
<b>SYN3</b>	Delilah Interlocked 1		<b>0.1</b>	<ul style="list-style-type: none"> <li>- Hold the position: a minimum of 2 seconds</li> <li>- Both partner execute Delilah 1 (see the criteria of F3) and are interlocked with each other</li> <li>- Partners must be in a mirror image of each other</li> </ul>
<b>SYN4</b>	Double X- position		<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 others 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>
<b>SYN6</b>	Delilah Interlocked 2		<b>0.2</b>	<ul style="list-style-type: none"> <li>- Hold the position: a minimum of 2 seconds</li> <li>- Both partner execute Delilah 2 (see the criteria of F6) and are interlocked with each other</li> <li>- Partners must be in a mirror image of each other</li> </ul>


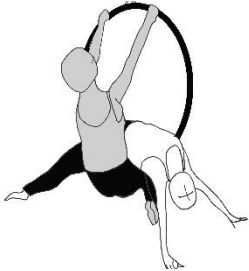
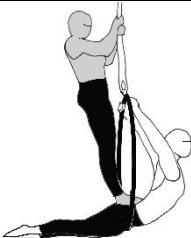



Code No.	Name	Element	Tech. Value	Criteria
<b>SYN7</b>	Interlocked upright balance		<b>0.3</b>	<ul style="list-style-type: none"> <li>- Hold the position: for a minimum of 2 seconds</li> <li>- Partners are facing each other and standing on one leg on the low bar</li> <li>- The other leg is hooked around 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>
<b>SYN8</b>	Tuck balance		<b>0.3</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 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>
<b>SYN9</b>	Leaning on each other position 2		<b>0.3</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 others 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>
<b>SYN10</b>	Standing facing away		<b>0.4</b>	<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>
<b>SYN11</b>	Knee crook balance		<b>0.4</b>	<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>

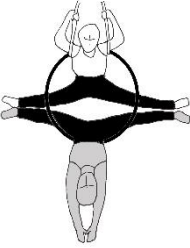


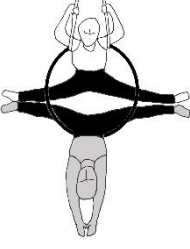



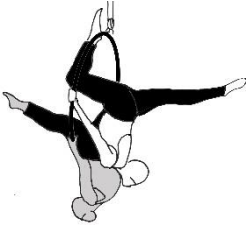

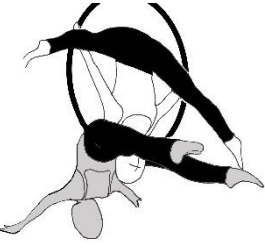
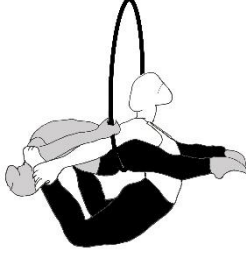
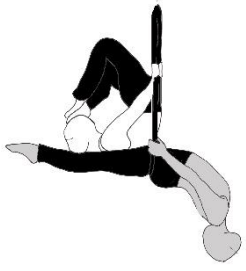
Code No.	Name	Element	Tech. Value	Criteria
SYN12	OM- circle		0.6	<ul style="list-style-type: none"> <li>- Hold the position: a minimum of 2 second</li> <li>- Partners are standing in the hoop with one or two legs, facing away from each other</li> <li>- Body position: back arch with extended arms and 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 lowbar 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 others 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>

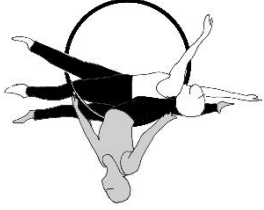


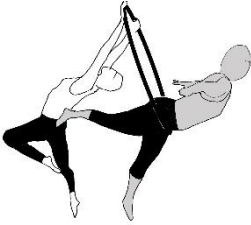

Code No.	Name	Element	Tech. Value	Criteria
SYN17	Knee crook horizontal		0.9	<ul style="list-style-type: none"> <li>- Hold the position: a minimum of 2 seconds</li> <li>- Partners are hanging on the hoop with their crooks of their knees and both facing upwards</li> <li>- Feet are hooked under each partner</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>
SYN18	V- triangle horizontal		1.0	<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>


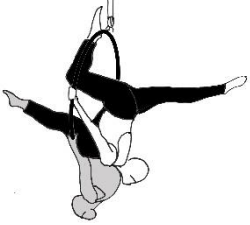
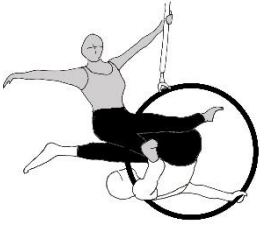
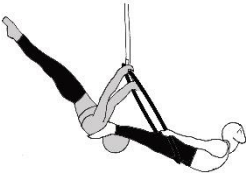
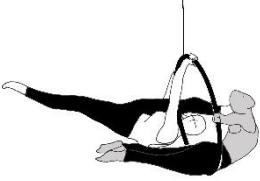
## BALANCE BASED PARTNER ELEMENTS

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		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	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>
BLN5	Underarm scarab 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 the both partners are connected</li> <li>- Only one partner has contact with the hoop</li> </ul>
BLN6	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>

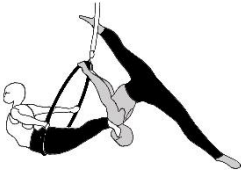
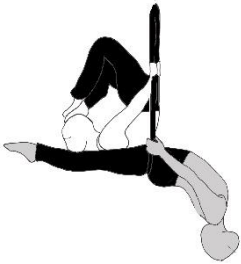


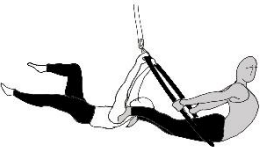
Code No.	Name	Element	Tech. Value	Criteria
BLN7	Double box split 1		0.4	<ul style="list-style-type: none"> <li>- Hold the position: a minimum of 2 second</li> <li>- Supporting partner is in the Star on the bar 1 position (see the criteria of F18)</li> <li>- Balancing partner is in upright middle split 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 minimum 160°</li> <li>- Both partners have contact with the hoop</li> </ul>
BLN8	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 minimum 160°</li> <li>- Both partners have contact with the hoop</li> </ul>
BLN9	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 S16), 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>
BLN10	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 F33)</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 minimum 180°</li> <li>- Both partners have contact with the hoop</li> </ul>
BLN11	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>


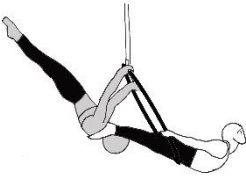

Code No.	Name	Element	Tech. Value	Criteria
BLN12	Star on the bar choke hold 1		0.5	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds.</li> <li>- Supported partner is in inverted Choke hold 1 (see the criteria of F28) on top of the supporting partner. Legs are in front 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 F18). The minimum angle of the split is 160°</li> <li>- Both partners are in contact with the hoop</li> </ul>
BLN13	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 S20) 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>
BLN14	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>
BLN15	Back balance 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 the back balance, the whole body is in horizontal 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>
BLN16	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 back balance 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
BLN17	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>
BLN18	Supported Russian split		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>
BLN19	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>
BLN20	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 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>
BLN21	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>




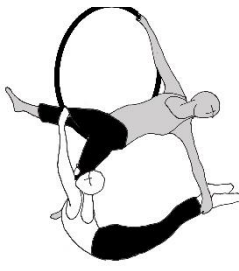

Code No.	Name	Element	Tech. Value	Criteria
BLN22	Scarab split		0.7	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Supporting partner is in Scarab backwards position holding the foot of the balancing partner. The arms are extended</li> <li>- Balancing partner is hanging facing upwards on the high bar of the hoop with both hands and one heel, 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	Star on the bar choke hold 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 inverted Choke hold 2 (see the criteria of F44) 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 F33). The minimum angle of the split is 180°</li> <li>- Both partners are in contact with the hoop</li> </ul>
BLN24	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 S32)</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>
BLN25	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 S45). 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>
BLN26	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>

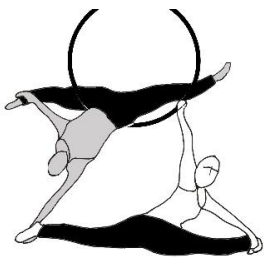

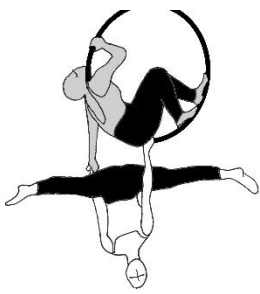




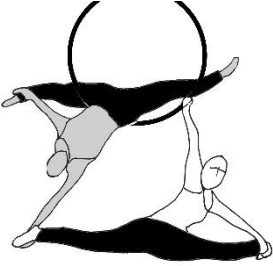
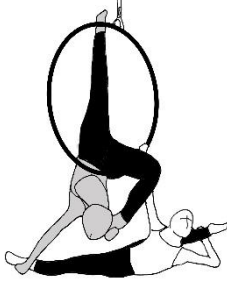
Code No.	Name	Element	Tech. Value	Criteria
BLN27	Aeroplane supported split		0.8	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- The supporting partner is in the aeroplane position with hands on the hoop</li> <li>- The balancing partner is inverted and 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>
BLN28	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 back balance 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>
BLN29	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 back balance 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 parallel to the hoop</li> <li>- Both partners are in contact with the hoop</li> </ul>
BLN30	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 F18). The minimum angle of the split is 160°</li> <li>- Both partners are in contact with the hoop</li> </ul>
BLN31	Aeroplane plank passe		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 passe position (see the criteria of S42). Body is in horizontal position</li> <li>- Both partners are in contact with the hoop</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
<b>BLN32</b>	Star on the bar fang 2		<b>1.0</b>	<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 F34). The minimum angle of the split is 180°</li> <li>- Both partners are in contact with the hoop</li> </ul>
<b>BLN33</b>	Aeroplane plank 2		<b>1.0</b>	<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 S45). Body is parallel to the floor</li> <li>- Both partners are in contact with the hoop</li> </ul>
<b>BLN34</b>	Laying on the clouds		<b>1.0</b>	<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>

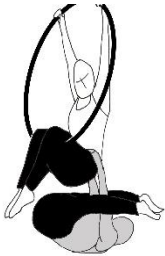
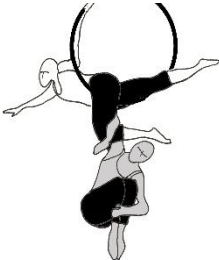




## **FLYING PARTNER ELEMENTS – BOTH PARTNERS MUST HAVE CONTACT WITH THE HOOP**



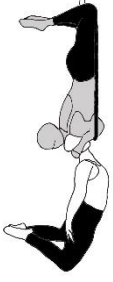
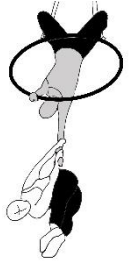
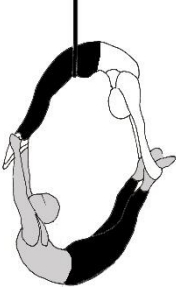

Code No.	Name	Element	Tech. Value	Criteria
FLY1	Climber with contact		0.1	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of 2 seconds</li> <li>- Catching partner is hanging with hands on the high bar of the hoop and with the crook of the knee on the low bar of the hoop</li> <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	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. Bodyposition is upright fixed position of choice</li> <li>- Both partners have contact with the hoop</li> </ul>
FLY3	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>
FLY4	Layback hold		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 low bar of the hoop and leaning back, holding the hoop with one hand and holding the flying partners 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>
FLY5	Trapped split passe 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 Split passe 1 position (see the criteria of F7) 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
FLY6	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 F24) 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>
FLY7	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>
FLY8	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>
FLY9	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 partners 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>
FLY10	Trapped split passe 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 Split passe 2 position (see the criteria of F20) 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>

Code No.	Name	Element	Tech. Value	Criteria
FLY11	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>
FLY12	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 160°</li> </ul>

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

Code No.	Name	Element	Tech. Value	Criteria
FLY13	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>
FLY14	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>
FLY15	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>
FLY16	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>
FLY17	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 F18), 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>
FLY18	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>

Code No.	Name	Element	Tech. Value	Criteria
FLY19	Knee hook fly		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>
FLY20	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 minimum 180°</li> <li>- Only one partner is in contact with the hoop</li> </ul>
FLY21	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>
FLY22	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 of the catching partner and in Meathook or Reverse Meathook position (see the criteria of S25 or S28)</li> <li>- Only one partner is in contact with the hoop</li> </ul>
FLY23	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>
FLY24	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>



## 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.*

### **Athletes:**

Insert the full name of the athlete in case of singles or the names of the athletes in case of doubles.

### **Country/Region:**

Insert the country or 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.

### **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: Senior, Masters 40+, Doubles, Junior, or Novice, and Male, Female, Men, Women or Mixed, e.g. Senior Men, Novice Mixed, Senior Doubles.

### **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/F28

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/F28 = 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 guardians' signature is required.

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): Name				Date: 32 December 2032	
Country/Region: Hungary			Federation: HPSF		
Division: Elite		Category: Senior Women		Judge Name :	
Element No	Element Code No	Element Name	Technical Value	Score (Judge only)	Notes (Judge only)
1	S45	Front Horizontal plank	1.0		
2	S26	Mexican stand	0.5		
3	F52	Vertical split	0.8		
4	S30	Shoulder stand stag	0.6		
5	F58	Flying Russian back 2	0.9		
6	F49	Hanging elbow half split 3	0.8		
7	S32	Icarus straddle	0.7		
8	F50	Swallow split 2	0.8		
9	S44	Foot hang	1.0		
10	B22	Hip split balance 3	0.9		
11	B19	Aeroplane no hands	0.8		
Compulsory form not filled in correctly					
Wrong order of sequence					
<b>TOTAL SCORE</b>					
Athletes' signature : Name			Coaches signature : IPSF Coach or Parent/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(s): Name + Name				Date: 32 December 2032	
Country/Region: Hungary			Federation: HPSF		
Division: Elite		Category: Doubles senior (Mixed)		Judge Name :	
Element No	Element Code No	Element Name	Technical Value	Score (Judge only)	Notes (Judge only)
1	FLY11	Double Gazelle 2	0.8		
2	FLY17	Knee hook fly	0.6		
3	SYN1/ B17	Hip split balance 1	0.7		
4	BLN29	Pencil balance	0.8		
5	BLN24	Icarus straddle support	0.8		
6	FLY23	Flying circle	0.9		
7	SYN17	Knee crook horizontal	0.9		
8	SYN1/ F36	Extreme Gazelle	0.7		
9	SYN16	V- triangle vertical	0.8		
10					
11					
Compulsory form not filled in correctly					
Wrong order of sequence					
<b>TOTAL SCORE</b>					
Athletes' signature : Name + Name			Coaches signature : IPSF Coach or Parent/Guardian (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.*

### **Athletes:**

Insert the full name of the athlete in case of singles or the names of the athletes in case of doubles.

### **Country/Region:**

Insert the country or 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.

### **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: Senior, Masters 40+, Doubles, Junior, or Novice, and Male, Female, Men, Women or Mixed, e.g. Senior Men, Novice Mixed, Senior Doubles.

### **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 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 parents' or guardians' signature is required.

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: Name				Date: 32 December 2032
Country/Region: Hungary				Federation: HPSF
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	R + R	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				
<b>Singles bonus total (Maximum +14)</b>			+	
<b>Overall Bonus Points (judges only)</b>				
0 = simple, 0.5 = moderate, 1.0 = difficult, 1.5 = very difficult, 2.0 = extremely difficult				
			Score (judge only)	Notes (judge only)
Flexibility elements		<b>Max +2</b>		
Strength elements		<b>Max +2</b>		
Balance elements		<b>Max +2</b>		
Hoop transitions		<b>Max +2</b>		
Dynamic movements/combinations		<b>Max +2</b>		
<b>Overall bonus total (Maximum +10)</b>			+	
Using all 3 levels of the hoop		<b>+1</b>	+	
Form filled in incorrectly		<b>-1</b>	-	
<b>TOTAL</b>		<b>Max 25</b>		
Athletes' signature : Name			Coaches signature : IPSF Coach or Parent/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

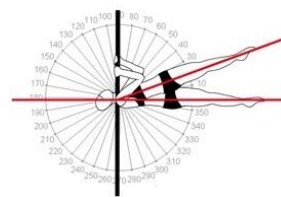
Please complete form in order of sequence as in routine. Use additional sheets if necessary. Please use black print.

Athlete: Name + Name			Date: 32 December 2032	
Country/Region: Hungary			Federation: HPSF	
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	R/SYN	0.2		
4	HPCT	0.6		
5	PCT	0.4		
6	SP/SYN	0.5		
7				
8				
9				
10				
11				
12				
13				
14				
15				
<b>Singles bonus total (Maximum +12)</b>			+	
<b>Overall Bonus Points (judges only)</b>				
0 = simple, 0.5 = moderate, 1.0 = difficult, 1.5 = very difficult, 2.0 = extremely difficult				
			Score (judge only)	Notes (judge only)
Flexibility elements		<b>Max +2</b>		
Strength elements		<b>Max +2</b>		
Flying partner elements		<b>Max +2</b>		
Synchronised elements		<b>Max +2</b>		
Hoop transitions		<b>Max +2</b>		
Dynamic movements/combinations		<b>Max +2</b>		
<b>Overall bonus total (Maximum +12)</b>			+	
Both partners catch and fly equally in the routine		<b>+1</b>	-	
Form filled in incorrectly		<b>-1</b>	-	
<b>TOTAL</b>		<b>Max 25</b>		
Athletes' signature : Name + Name			Coaches signature : IPSF Coach or Parent/Guardian (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.

### Balance based partner elements (Doubles BLN 1 – 34)

Balance based partner elements refer to elements that cannot be performed without both partners and where the partners are in different positions (Exception BLN1).

### Balance elements (singles only)

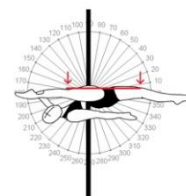
Balance elements refer to elements where the athlete has no hand or arm contact with the hoop and they balance on one body part on the hoop.

### Categories

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

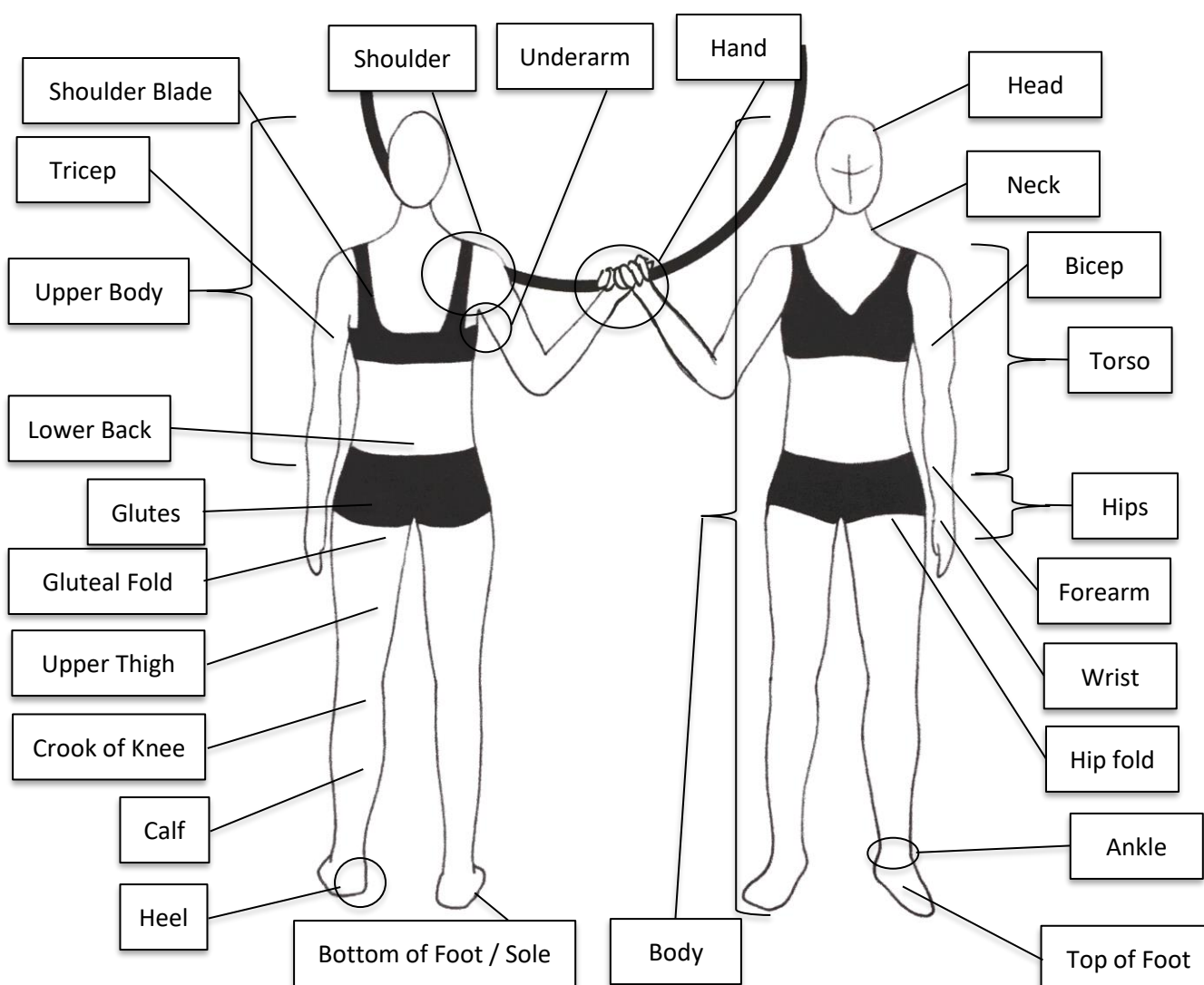
### Correct angle in splits

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 indicating the regions of the body referred to in the minimum requirements. Please note that this serves as a reference guide only and is not intended to be 100% anatomically correct.





## **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 half way 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)**

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 the hoop and 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.

## **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 could also refer to partners performing elements that are different, but are mirror image elements (specifically referring to SYN1).

### **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 the floor.

### **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.

### **Positioned in different directions (Doubles)**

Partners must be on opposite sides of the hoop facing in different directions

### **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.

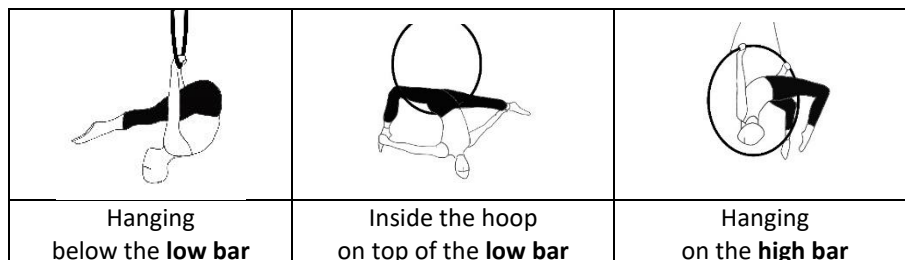
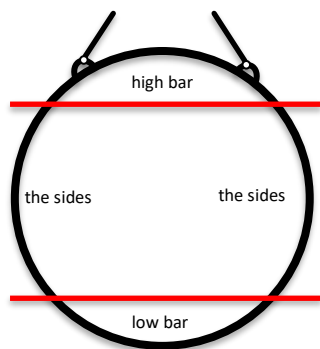
### Synchronised interlocking elements (SYN 2 – 18)

Synchronised interlocking elements refer to both partners connecting together through contact by hooking/joining to form a synchronised position on the hoop. At least one part of the body must be interlocked, and athletes must perform mirror image 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



### 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.

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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# National / Regional Championships – Aerial Hoop Rules and Regulations

## 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.

**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

## Eligibility

### 1. DIVISION

- Elite
- Professional
- Amateur

#### 1.1 Amateur

Athletes who have basic experience 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 competition and/or
- Placed twice in the top 3 places in an Amateur division in the past years of a national IPSF 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 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 an national IPSF 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 competition and/or
- Placed twice in the top 3 places in a Professional division in previous national IPSF competitions

### 1.3 Elite

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. 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 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 competition.

All open competitions will offer the elite division across all categories. Professional and amateur categories are not available to athletes competing in open competitions.

## 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
- Youth Doubles Mixed
- Senior Doubles Mixed

*\* Youth Doubles 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.*

## 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. All eligible athletes must compete in preliminaries or regionals if required to do so to qualify for a place in the finals; athletes will compete once.
- 4.7. 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.*

- 4.8. Athletes are allowed one (1) performance in the preliminaries to win a place in the finals.
- 4.9. The top athletes with the highest scores in each category will go through to the finals.
- 4.10. Number of finalists for all categories\*:
- 10 finalists for all categories.
  - A maximum of 13 athletes is allowed; on the condition this would eliminate the necessity for preliminaries for those categories.

*\*The exact number of participants will be announced after applications close. All Elite categories must be held to allow athletes in that category to compete for a place in the WASC; even if only 1 athlete applies.*

- 4.11. 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.
- 4.12. 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.
- 4.13. Athletes who have placed 1<sup>st</sup> in the Elite category in an IPSF endorsed national competition will automatically qualify to the WASC. The 2<sup>nd</sup> placed athlete in the Elite category will qualify if they meet the minimum score requirement as determined by the IPSF every year. The 3<sup>rd</sup> and 4<sup>th</sup> placed athlete can be accepted to WASC as reserve athletes. The IPSF reserves the right to implement additional qualification criteria, which will be announced ahead of the WASC.
- 4.14. 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 2<sup>nd</sup> 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.



- 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 written letter from their doctor 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.
  - 5.7. Applicants under the age of 18 may only apply for the competition by way of written permission signed by a parent or by a legal guardian. 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 to 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 regionals, preliminaries and the finals.

### 9. PERFORMANCE TIME

Athletes must adhere to the following rules:

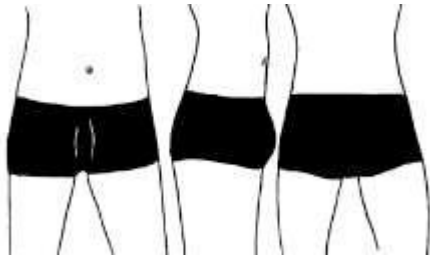
- 9.1. In Senior/Doubles//Junior categories, routines are to last a minimum of three minutes and fifty seconds (3.50) and a maximum of four (4) minutes.
- 9.2. In the Novice category routines are to last a minimum of three minutes, twenty seconds (3.20) and a maximum of three minutes, thirty seconds (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 of no less than ten (10) millimetres in width. A neckline of no lower than eighty (80) millimetres from the lowest part of the collarbone.
- 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).



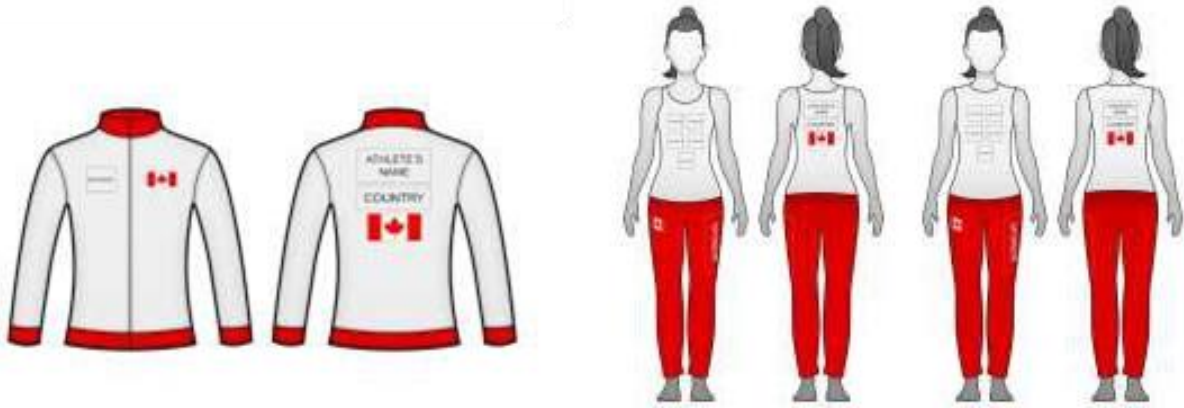
Minimum coverage for Male bottom part



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 skintight.
- 10.9. Skirts of any kind are not allowed. Ballet tutus and tutu like skirts with netting are not permitted.
- 10.10. Clothing that is used for extra grip on the body for safety and protection of the skin is allowed.
- 10.11. 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.
- 10.12. Medical taping may not be used except for medical tapes in a skin colour. Any joint support must be pre-approved, with medical documentation.
- 10.13. 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.

- 10.14. Costumes should not include:
- Underwear.
  - Items of clothing that give the illusion of underwear are prohibited.
  - Nude / skin colour cannot be the same colour as the athletes' actual skin tone.
  - Implied nudity is prohibited (this includes nude mesh fabrics).
  - 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 a 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.
- 10.15. Additional requirements:
- Costumes for all may include sequins and diamantes; tassels 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.
- 10.16. 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.
- 10.17. Costumes must be free from sponsor logos or lettering / text.
- 10.18. 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, 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 medals 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.
  - 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 hand bags / 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 meters by 2 meters 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. The minimum weight for the aerial hoop is 4,7kg.
- 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.
- 14.6. The hoop will be hung from two rigging points with slings of 60 cm in length to one rigging point.
- 14.7. All hoop related information will be communicated by the competition organiser.
- 14.8. 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 is not permitted in the changing areas unless with express permission of the Organiser.
- 15.5. All photography and footage remains 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	BLACK			RED
Coach	X	X	X	BLACK			RED
Chaperone	X	X	X	BLACK			RED
Judge	BLACK			X	X	RED	RED
Head Judge	BLACK			X	X	RED	RED
Competition Organiser	BLACK			RED	RED	X	X
Federation President	RED	RED	RED	RED	RED	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, they 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. All results will be listed on the organisers' website within twenty-four (24) hours of the medal awards being given.
- 18.6. 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.)
- 20.3 The coach must be dressed in the matching tracksuit of their club/school (Nationals) or country (at International competitions).
- 20.4 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.
- 20.5 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.

## **21.DISQUALIFICATION**

An athlete can be automatically 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.

## **Medical and Doping Regulations**

### **22.SANCTIONS WITH DOPING**

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 2003:

- 23.1. Any "individuals undergoing sex reassignment of male to female before puberty should be regarded as girls and women" (female). This applies as well for female to male reassignment, who should be regarded as boys and men (male).
- 23.2. Individuals undergoing sex reassignment from male to female after puberty (and the converse) may be eligible for participation in female or male competitions, respectively, under the following conditions:
  - Surgical anatomical changes have been completed, including external genitalia changes and gonadectomy.
  - Legal recognition of their assigned sex has been conferred by the appropriate official authorities.
  - Hormonal therapy appropriate for the assigned sex has been administered in a verifiable manner and for a sufficient length of time to minimise gender-related advantages in sport competitions.
  - In the opinion of the group, eligibility should begin no sooner than two years after gonadectomy.

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/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 to 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

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.

### **Finalists (In the case of preliminaries)**

The finalists from each category in the preliminaries will be announced at the end of the category approximately 5 - 10 minutes after the last athlete has competed. All athletes for the category are expected to be waiting in the holding area in their tracksuits to immediately go to the stage when called. All athletes will then go on to the stage and each finalist will be asked to step forward, in no particular order. Athletes will then be asked to leave the stage, finalists will be asked to wait backstage for further instructions. A copy of all athletes' scores will be posted in the changing rooms.

### **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 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, the fee will be immediately returned to the athlete. The fee is payable upon registration of the complaint by cash or credit/debit card only to the IPSF – the national 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 per movement per routine only:

- 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%E2%99%BC%9AFLAIR-AIR-FLAIR-1-OR-2_a635.html">https://www.fig-aerobic.com/A-319%E2%99%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%E2%99%BC%9AFLAIR-AIR-FLAIR-1-OR-2-FLAIR_a636.html">https://www.fig-aerobic.com/A-320%E2%99%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

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. Only two athletes may represent each country in all categories.

- Senior Women 18+
- Senior Men 18+
- 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.
- 4.6 There will be no preliminary rounds for the WASC. All qualifying athletes will compete in the finals. This applies to rules number 4.7 – 4.10.**
- 4.12 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.
- 4.13 A maximum of two athletes per category are permitted to represent each country.
- 4.14 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.
- 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.
- 8.6. 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**

10.18. 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 medals 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.

## Judging

### **16.JUDGES AND JUDGING SYSTEM**

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
- For the World Championships: If the president is the coach/chaperone at worlds for one person, then they must be for all (and must thus be the official National Coach for their National Team).

**If these rules are broken, they will face a penalty and possible suspension.**

### **19.AWARDS**

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

### **20.COACHES**

20.6 At the World Championships, the IPSF will accept one National Coach 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.