

AERIAL & ARTS WORLD FEDERATION



CODE OF POINTS 2023

AERIAL SPORT

Aerial silks

Aerial hoop

Approved by the POSA Executive Committee in January 2023

www.posaworld.org

For POSA Aerial competitions at

World Championships
Intercontinental Championships

In competitions for national level, as well as for Amateur Competitions,
modified competition rules may be appropriately designed by international or national technical authorities.

The Code of Points is the property of the POSA.

Translation and copying are prohibited without prior written approval by POSA.
Where there is a difference among the languages, the English text shall be considered correct.

IMPRESSUM

President	Davide Lacagnina	ITA
1st Vice President	Tamas Katus	HUN
2nd Vice President	Mariana Eichelbaum	FRA
Head of Technical Committee	Olga Maresova	CZE
Member of Technical Committee	Vanessa Costa	BRA
Member of Technical Committee	Alessandra Marchetti	ITA
Member of Technical Committee	Natalia Guseva	RUS
Member of Technical Committee	Sara Henriques	POR
Member of Technical Committee	Raquel Narciso	POR
Anti-Doping	Jyrki Rantanen/ World Heavy Events Association	FIN
Original illustrations	Manuela Badessi, Angelica Porrari & Anna Maija Nyman	ITA- SWE
Editing	Davide Lacagnina/ Cosma Rizzi	ITA
Aerial	Veronika Pavlova, Darina Lyushenko, Alexey Weber	RUS

CODE UPDATES

After new version of code is announced, a newsletter which includes:

- all new elements and variations with a number and illustration
- all relevant changes to the rules

The updated code will be sent by the POSA Secretary to all affiliated federations, including the effective date, from which time it is valid for all further POSA competitions.

This code is expanded by the **Rules & Regulations**.

ROADMAP

POSA is engaged in improving the code of points to serve the athletes and organizers in a best possible way. On upcoming updates, POSA aims to:

- Add more lower-level moves for amateur, junior, and master athletes to choose from
- Add descriptions for all difficulty elements in the elements table
- Simplify the declaring process and eliminate the need of declaring combinations
- Apply downgrade option to flexibility moves in the group A (**regarding opening of the legs degrees**) *

***In 2024 Code of Points**

ABBREVIATIONS

Committees

EC	Executive Committee
LOC	Local Organizing Committee
TC	Technical Committee
HTC	Head of Technical Committee
NTC	National Technical Committee
HNTC	Head of National Technical Committee
POSA	Aerials & Arts World Federation
WHEA	World Heavy Event Association

Documents

COP	Code of Points (Code)
TR	Technical Regulations

Judging

AJ	Artistic Judge
DJ	Difficulty Judge
EJ	Execution Judge
HJ	Head Judge
SJ	Superior Jury

Categories and Divisions

VAR	Varsity
JUA	Junior A
JUB	Junior B
SEN	Senior
MAS	Masters
IND	Individual
DOUB	Doubles
COMP	Competitive
AMAT	Amateurs

Evaluation

DS	Difficulty Sheet
DE	Difficulty Element
CB	Combination Bonus
ADB	Additional Difficulty Bonus
RFB	Risk Factor Bonus
CBRF	Could Be Risk Factor

DEFINITIONS is included at the end of the code.

1 Sommario

2	Code of Points	7
2.1	General purpose	7
2.2	Technical hierarchy.....	7
2.3	Updates to the Code of Points.....	7
2.3.1	Submitting new elements.....	7
3	aerial Sport.....	11
3.1.1	Composition of a competition routine	11
3.2	Level of regionality.....	12
3.3	Competition season	12
3.4	Categories.....	12
3.4.1	Safety in the Junior categories	13
3.5	Divisions.....	13
3.5.1	Official divisions	13
4	competitions REGULATIONS.....	15
4.1	Work Plan	15
4.1.1	Local Organizing Committee (LOC).....	15
4.2	Competition schedule	15
4.2.1	Starting order	15
4.2.2	Fail to appear on stage on time	15
4.2.3	Extraordinary circumstances	15
4.2.4	Recovery period between routines	16
4.2.5	Results	16
4.2.6	Cancellation	16
4.2.7	Final rehearsal	16
4.3	Facilities	16
4.3.1	Dressing rooms.....	16
4.3.2	Warm Up area.....	17
4.3.3	Waiting area.....	17
4.3.4	Stage and floor.....	17
4.3.5	Competition silks \ hoop.....	17
4.3.6	The preparing of equipment and means of coupling	18
5	Regulations for athletes	19
5.1	General	19
5.2	Responsibilities of the athlete	19
5.3	Anti-doping.....	19
5.4	Nationality	19
5.5	Dress code.....	20
5.5.1	National tracksuit	20
5.5.2	Competition attire.....	20
5.6	Athletes oath	21
6	Regulations for coaches	22
6.1	Responsibilities for the coaches	22
7	Regulations for national delegations	22
7.1	national delegations responsibilities	22
8	Determination of score.....	22
8.1	Judging panel	22
8.1.1	Artistic Judges (A-J).....	22
8.1.2	Execution Judges (E-J).....	22
8.1.3	Difficulty Judges (D-J).....	23
8.1.4	Head Judge.....	23
8.2	Superior jury.....	23
8.3	Final score calculation EXAMPLE	23
8.4	Tie breaking rules	23
8.5	Inquiries	24
9	Difficulty judging.....	25
9.1	Deduction for missing a group or element.....	25
9.1.1	Disqualification for missing elements	26
9.2	Deduction for incorrectly filled difficulty sheet.....	26
9.3	Scoring of elements	26
9.3.1	Benefit of Doubt	26
9.4	General requirements	26

9.4.1	A – Flexibility Elements.....	26
9.4.2	B – Strength Elements.....	26
9.4.3	C – Balance elements.....	26
9.4.4	D – Dynamic Elements.....	26
9.4.5	E – Spinning Elements.....	26
9.5	20° Tolerance (Flexibility Elements).....	27
9.6	Downgrade of value (Group A, B & E* elements Silk \ hoop only).....	27
9.7	Choosing the elements.....	28
9.7.1	Level of Difficulty.....	28
9.8	Levels of execution in elements.....	29
9.8.1	Number of difficulty elements.....	29
9.8.2	Order of the elements.....	29
9.9	Combination Bonus (CB) and Additional Difficulty Bonus (ADB) aka super bonus.....	30
9.9.1	Additional Difficulty Bonus (or Super Bonus).....	30
9.10	Risk Factor Bonus (RFB).....	30
9.11	Incorrectly filled difficulty sheet.....	31
9.12	Summary of Difficulty deductions.....	31
10	Execution judging.....	32
10.1	Technical MISTAKES.....	32
10.1.1	Poor execution.....	32
10.1.2	Poor transitions between elements.....	32
10.1.3	Lack of uniformity or synchronicity (Doubles Only).....	32
10.1.4	Bad angle of the move.....	33
10.1.5	A slip or loss of balance.....	33
10.1.6	Drying hands on costume, body, silk \ hoop, or floor and/or fidgeting with hair or costume ...	33
10.1.7	A Fall.....	33
10.2	General MISTAKES.....	33
10.2.1	The abilities of equipment are not disclosed.....	33
10.2.2	Using less than 4 m of the silk.....	33
10.2.3	Lack of uniformity or synchronicity (Doubles only).....	33
11	Artistic judging.....	34
11.1	Scale of artistic scoring.....	34
11.2	Scoring sections in artistic evaluation.....	34
11.2.1	Creativity and complexity of the choreography.....	34
11.2.2	Creativity and complexity of transitions and elements.....	35
11.2.3	Interpretation of the music, body and facial expressions.....	35
11.2.4	Stage Presence and Charisma.....	36
11.2.5	Declared Lifts (Doubles Only).....	36
11.2.6	Balance choreography.....	40
11.2.7	Balance elements (Singles Only).....	40
11.2.8	Dynamic and Flow.....	41
11.2.10	Intensity.....	41
11.2.11	Use of the space.....	41
11.2.12	Difficulty of Floor Work- Choreography Content.....	41
11.2.13	Difficulty of the acrobatic element.....	43
12	Head judge penalties.....	47
12.1	Summary of deductions, warnings and disqualifications made by Head Judge:.....	47
13	Definitions.....	48

2 CODE OF POINTS

2.1 GENERAL PURPOSE

The Code of Points provides

- the means of guaranteeing the most objective evaluation of routines in Aerial sport at all levels of regional, national, and international competitions
- standardize the judging of Aerial Sport competitions.
- guide coaches and athletes in the composition of competition routine
- provides information about the source of other technical information and regulations frequently needed at competitions by judges, coaches, and athletes

2.2 TECHNICAL HIERARCHY

The Code of Points is provided by the POSA authorities in Technical Committee. In case of disagreement, the Head of the Technical Committee will decide the correct interpretation of the rules.

In national level the National Technical Committee and the Head of the National Technical Committee are the highest authority over the Local Organizing Committee.

2.3 UPDATES TO THE CODE OF POINTS

Official documents can be downloaded from the POSA website or requested from the local organizer.

2.3.1 Submitting new elements

Classification of new difficulty elements can only be made by POSA Aerial Technical Committee. Applications must be sent to the POSA Secretary by email contact@posaworld.org.

Difficulty elements submitted for evaluation must:

- have written description
- be filmed from two camera angles from the front and the side

However, as of January 1, 2022, athletes can declare in their **Difficulty sheet**, the new element they want to submit.

They will still have to:

- 1- Send the new element to the international federation.
- 2- Submit, or have his or her coach submit, a written application, at least 24 hours prior to the start of stage rehearsals practice, to the President of the Superior Jury, or to the Head Judge, for a determination of the difficulty value of a new element.
- 3- Insert the new element in the difficulty sheet with the indicating value.

The athlete has the right to:

-Receive in writing, at a reasonable time prior to the beginning of the competition, the value assigned to a new jump or element submitted for evaluation.

In any case, the value of the new element will be validated directly by the international federation, considering the value assigned to it during the competition.

Accepted elements will be added to the next version of code of points and the videos will be uploaded to POSA Video Archive.

With the COP 2022, athletes could present directly in the competition, the new or the new element that you want to declare.

This type of possibility is a very common practice in gymnastics or figure skating, but completely new in Aerial, as it makes the task of the Head Judge and the Judges of the difficulties, much more difficult, because they must be able to evaluate the element on sight and give it a value.

Let us analyse the practice that the athletes must follow to present the new element.

First, it must be underlined that the old practice is still valid, that is, each athlete will have the possibility to send the element directly to the international federation.

The new practice is just a kind of shortcut that allows the athletes to see the element immediately recognized, without having to wait for the release of the annual Appendix or directly for the new edition of the COP.

What should the athletes do?

They will have to:

1- Send within ten days from the competition, the new movement to the international federation with the request to present the new element at the next competition (national or international), at this point POSA will forward the video to the Head Judge and the Judges of Difficulty of that competition.

2- Submit, or have your coach submit, a written request on plain paper, at least 24 hours prior to the start of the floor tests, to the Head Judge, or Head Judge, for the determination of the difficulty value of a new element, if necessary, show the new movement to the jury.

3- Enter the new element on the difficulty sheet with the indicated value.

The athlete has the right to:

-To receive in writing, in a reasonable time before the start of the competition, the value assigned to the new element submitted for evaluation.

At that point, the athlete can definitively and officially enter the new movement, in the Difficulty Sheet, and thus have the new element, in the total Difficulty count.

Duties of the Head Judge and the Difficulty Judges

In this new juncture, the role of the Head Judge, assisted by the two Difficulty Judges, is fundamental, because it is they who must analyze the new movement from many points of view, to assign a correct score.

1- Place the element in one of the four groups (remember that Group E has no elements of its own)

Surely, this is the easiest task, since the athlete, usually, has already independently assigned a placement of the movement in one of the groups provided by the code.

Sometimes, however, some athletes tend to get confused, especially between elements that could be in either group B or group C or D.

2- Analyze the movement from a biomechanical point of view to determine its difficulty.

In this case, the judges will have to understand how difficult this element is and above all, if it is a variation of an already codified movement.

If it is a variation, they will have to determine if this innovation increases or decreases the difficulty of the original movement.

Knowing, therefore, the value of the original movement is fundamental to determining the value of the new element.

If, on the other hand, the movement is completely new, they will only need to analyze it from a biomechanical standpoint.

3- Recognize the "matrix" of the new element, i.e., if it is part of a "family" of elements (of one of the COP groups) to determine its value.

It is essential to be able to recognize the "family" in which this element was born, i.e., if there are similar elements in the COP (or with the same biomechanical principle) as the new one.

For example: when the Guseva Plank was presented, we immediately checked the value of the movement most like it, i.e., the Tabletop.

Only after having ascertained the value of the latter, it was possible to assign the value of the Guseva Plank, which thus became part of the Tabletop family.

This was the case for many "Reverse Grabs" that were gradually inserted into the C group.

Therefore, knowing how to identify the "matrix" of the new element, will help you a lot in assigning the value of the same.

Special cases, i.e., value assignment with momentary reserve

It could happen that the athlete presents a movement with a very high technical content, which perhaps could get a higher score than allowed for the category of the athlete.

Example A:

- A Junior A athlete presents a move to which the Head Judge and the two Difficulty Judges cannot help but assign the maximum allowed by our Code, i.e., 1.0.
- However, this athlete, according to the rules, already has an element declared in his Difficulty Sheet, of the same value and therefore, as provided by the COP, he/she cannot declare more than one element.

What happens in this case?

What happens is that for that competition the new element will have the maximum value allowed by the Code for the athlete's category, or in this specific case, 0.7, but in the COP, it will be entered later with the exact value assigned by the jury during the evaluation.

Obviously, this example is configured to all those categories that have specific restrictions in the declaration of the elements, namely:

- Junior Varsity
- Junior A
- Junior B
- Master +40

and obviously all the Amateur categories (yes: even an amateur athlete can submit new elements).

Example B:

- Athlete submits a movement that cannot be entered into the COP (therefore cannot be recognized) due to lack of opportunity to assign minimum requirements

What this means?

It means that the athlete has submitted a movement that cannot be assigned a suitable requirement for the group in which it should be placed.

For example, if it is not possible to determine a correct opening of the legs (160° or 180°), or if it is not possible to determine a requirement of parallelism to the floor or to the silk \ hoop, in short, if the element does not have a real placement in any group of the code for lack of identifiable requirements.

It often happens, that athletes "exchange" a beautiful movement that can only have a purely artistic value, with a movement to be coded.

What happens in a case like this?

In this case, the situation is a bit more delicate, as the athlete, presumably, has already included in his/her routine, the movement in question, sure of the recognition and therefore sure of being able to obtain a good evaluation of the element for the total score of the difficulties.

The jury must then act in the following ways:

A- Communicate to the athlete that the movement cannot be inserted, asking him/her if he/she has a reserve element to insert in its place without upsetting the choreography.

B- If the answer is positive, i.e., if the athlete can insert another movement of the Code, there will be no need for a recognition (even momentary) of the movement; but if on the contrary the athlete does not have an alternative, the Jury will have to assign to the element the minimum value provided for the declaration of the elements for the athlete's category.

For example, if the athlete is a Senior Competitive, a value of 0.3 will be assigned to the element, which is the minimum allowed for that category.

Attention: the assignment of that value will only be temporary and limited to that competition, after that competition, it will have no value and will not be included in the COP.

Example C:

- The athlete performs the new movement during the competition, but contrary to the submitted video and contrary to what he did during the stage rehearsals, he/she misses the element, so the value that was previously assigned, cannot be assigned during the routine.

What happens in a case like this?

In this case, the judges will recognize that the element has been tested; therefore, it will be part of one of the groups of our COP and it will be inserted in the Code, but obviously they will not be able to give the element as correctly performed in that competition (so in the Difficulty Sheet it will be zero), but obviously they will communicate to the international federation that the new movement has been shown before the competition, but that the result during the competition has not been positive.

In this case, the hypothetical value assigned to the element will be communicated to POSA with reservation.

After the competition: duties of the Head Judge and the Difficulty Judges

After the competition, the Head Judge will have to send to the international federation, a compiled document (which in turn he/she received from POSA), in which there must be written

- A- A technical description of the element(s) and the name(s) of the athlete(s) who submitted it.
- B- The minimum requirements (which could be increased or decreased by the Technical Committee)
- C- The value assigned to the new movement
- D- Specify if the value has been assigned with reservation and the reason for that reservation
- E- The outcome of the movement in the competition (if it was completed correctly)
- F- The place and date of the competition in which it was submitted

After the competition: duties of the Head Judge and the Difficulty Judges

After the competition, the Head Judge will have to send to the international federation, a compiled document (which in turn he/she received from POSA), in which there must be written

- A- A technical description of the element(s) and the name(s) of the athlete(s) who submitted it.
- B- The minimum requirements (which could be increased or decreased by the Technical Committee)
- C- The value assigned to the new movement
- D- Specify if the value has been assigned with reservation and the reason for that reservation
- E- The outcome of the movement in the competition (if it was completed correctly)
- F- The place and date of the competition in which it was submitted

3 AERIAL SPORT

Aerial sports routine, performed on a music with choreographic and artistic components, demanding physical strength, flexibility, dexterity, and coordination on the aerial silks \ aerial hoop.

Aerial athlete – a spotsman, performing aerial routine.

- **SILKS**

Routines on silk mean the ability to perform a complex of technically high-level movements on silk (dynamic and balance elements, movements showing strength and flexibility). Routines are performed to a piece of music with choreographic and artistic components.

- **HOOP**

Routines on hoop mean the ability to perform a complex of technically high-level movements on hoop (dynamic and balance elements, movements showing strength and flexibility). Routines are performed to a piece of music with choreographic and artistic components.

3.1.1 Composition of a competition routine

3.1.1.1 LENGTH OF ROUTINE

In all amateur and parapol divisions routine is 3:20 to 3:30 minutes. In competitive division the length is 3:20 to 3:30 for junior athletes and 3:50 to 4:00 for seniors and masters. Music length violating the requirements will be deducted by Head Judge.

First tone of the music identifies start of the routine; last tone of the music identifies end of the routine.

Category	Amateur	Competitive	Parasilk \ hoop athletes
Varsity, Junior A, Junior B	3:20 – 3:30	3:20 – 3:30*	3:20 – 3:30
Seniors, Masters	3:20 – 3:30	3:50 – 4:00	3:20 – 3:30

*An exception for competitive category in aerial silks:

Music length for junior A, junior B, juniors mix competitive is 03:20-03:45

3.1.1.2 CHOICE OF MUSIC

Music can be selected from any style and can contain lyrics. One or more pieces may be mixed. Original music and sound effects are allowed. The recording must meet professional standards regarding sound reproduction.

It is not allowed to use lyrics containing sexual, violent, politic or any other offensive content. Music violating the requirements will cause the athlete to receive a deduction by the Head Judge.

Music should be sent to the appropriate email as defined by the deadline date in the official work plan. Files must be sent in MP3 format. The title, artist and composer should also be sent with your music file to the competition organizer.

3.2 LEVEL OF REGIONALITY

POSA recognizes different levels of regionality:

- World Championships
- Intercontinental Championships
- Continental Championships
- National Championships
- Regional Competitions (such as qualifiers for National championship)
- Local Competitions

In competitions for national level, as well as for amateur competitions, modified competition rules may be appropriately designed by national technical authorities and these modified rules will take precedence over Code of Points.

NOTICE: The Aerial World Championship is reserved exclusively to the Competitive categories. Except for different communications from the International Federation. Any variation for the Aerial Sport World Championship will be communicated directly by the POSA.

3.3 COMPETITION SEASON

POSA competition season starts at 1st of January and ends with Aerial & Aerial World Championships in late November or December. Any kind of changes will be communicated by POSA.

3.4 CATEGORIES

In all POSA competitions, athletes are divided in categories based on their age and gender. Age is determined based on the year of birth.

Athlete enrolled in the wrong category will be disqualified by Head Judge.

In doubles, both athletes must be from same category, and they may be same-sex, or mixed gender. Only in Doubles Juniors Mix athletes must be from different categories: one of them Junior A (10-14) and the other one Junior B (15-17). Athlete can participate as individual and as double in same competition.

Categories by ages opened for the competitive year 2023:

Category	Year of birth	Age
Varsity (mixed)	2014-2017	6-9 years
Junior A (men / women)	2009-2013	10-14 years
Junior B (men / women / doubles)	2006-2008	15-17 years
Senior (women/ doubles)	2005 or before	over 18 years
Senior men*	2007 onwards	Over 18 years
Masters 40+ (men / women)	1983 or before	over 40 years
Masters 50+ (men / women)	1973 or before	over 50 years

Note: Athletes over 40 years can participate in the Senior Category provided that their technical level is enough.

**This category is experimental and gives the male athlete, who has already reached the age of 16, the opportunity to compete in the Senior Men category. A male athlete who has already turned 16 and wants to compete in his category (i.e., Junior B Men) may do so. In fact, entry in the Senior Men category is not compulsory until the age of 18. This category is Competitive only, in Amateur division males 16 years old athletes, must compete in Junior B Men Amateurs.*

*Note: An individual mixed Varsity Category may only be arranged in **national level competitions**, except for different provisions issued directly by the International Federation.*

3.4.1 Safety in the Junior categories

3.4.1.1 LEGAL GUARDIAN

All athletes under 18 must have a parent/legal guardian present at the competitions. If the parent/legal guardian is unable to attend, he/she need to provide notarized document of temporary guardianship in free form in English to the responsible person (friend, family member, coach, or other member of the national delegation).

3.4.1.2 USE OF SPOTTER



- a) Spotters are required on the stage for every performance in Varsity category. In Junior categories (A and B) spotters are mandatory.
- b) Spotters have to stand at the back of the stage during the performance and move closer to the athlete in high risk moves.
- c) No contact or verbal instructions are allowed during the performance unless in the event of an accident. All contact is deducted by the Head judge.
- d) In case of an accident where spotter is required to intervene, the Head Judge may either stop and disqualify the performance or give a deduction of 5 points.
- e) In case of disqualification a clear mark is given to the athlete and the music will be stopped. Spotter may also stop the performance if they see it necessary.
- f) Senior athletes also can have the spotter in case of difficult and risky elements

The presence of protective mats 2 x 2 with a height of at least 20 cm is a prerequisite for all athletes.

Deliberate use of pendulum movements in the ring and canvases (deliberate swinging) is prohibited, as the athlete may fall outside the mats. In case of non-compliance with this rule, the athlete receives a penalty of - 5 points from the chief judge.

Athletes of the age group 6-9 years are prohibited from performing exercises at a height of more than 6 meters, regardless of the skill level. In case of non-compliance with this rule, the athlete receives a penalty of -5 points from the chief judge.

3.5 DIVISIONS

Division defines the level of difficulty of the performance. Divisions may be divided based on experience, ranking, previous competition results or other suitable methods.

Divisions may not be restricted by athletes age, occupation or previous sports background or any other non-Aerial sport related achievement. Invitationals are allowed, but they are to be held purely on showcase manner and the results are not accepted in official ranking or as results.

3.5.1 Official divisions

- Amateurs
- Competitive
- Paraaerial

A competition can contain one or multiple divisions.

In national level competitions custom divisions (such as semi-professional) are allowed but any new divisions and their rules should be informed to POSA for inspection.

3.5.1.1 PARAAERIAL ATHLETES

Athletes with physical or visual impairments can compete in paraerial division.

In parasilk \ hoop division no difficulty elements are declared, but the first five elements in order of execution from the highest value that the athlete presents in the routine will be judged on sight.

The athlete is not required to present one element per group, the elements performed may also be from the same group.

Athletes must prove their disability by medical certificate or invalidity card.

Minimum impairment criteria & Paraaerial categories:

- **Vision impairment**
Vision is impacted by either an impairment of the eye structure, optical nerves or optical pathways, or visual cortex of the central brain.
- **Impaired muscle power**
Impairments in this category have in common that there is reduced force generated by the contraction of a muscle or muscle groups, such as muscles of one limb, one side of the body or the lower half of the body. Examples of conditions included in this category are paraplegia and quadriplegia, muscular dystrophy, post poliomyelitis and spina bifida.
- **Impaired passive range of movement**
The range of movement in one or more joint is reduced in systematically way, for example due to arthrogryposis. However, hypermobility of joints, joint instability, and acute conditions causing reduced range of movement, such as arthritis, are not considered eligible impairments.
- **Limb deficiency**
There is a total or partial absence of bones or joints as a consequence of trauma (e.g. traumatic amputation), illness (e.g. bone cancer) or congenital limb deficiency (e.g. dysmelia)
- **Leg length difference**
Due to congenital deficiency or trauma, bone shortening occurs in one leg.
- **Short stature**
The standing height is reduced due to aberrant dimensions of bones of upper and lower limbs or trunk, for example due to Achondroplasia or growth hormone dysfunction.
- **Hypertonia**
Hypertonia is a condition marked by an abnormal increase in muscle tension and a reduced ability of a muscle to stretch. Hypertonia may result from injury, illness, or conditions that involve damage to the central nervous system. When the condition occurs in children under the age of two (2), the term cerebral palsy is often used, but it also can be due to brain injury (e.g. stroke, trauma) or multiple sclerosis.
- **Ataxia**
Ataxia is a neurological sign and symptom that consists of a lack of co-ordination of muscle movements. When the condition occurs in children under the age of two (2), the term cerebral palsy is often used, but it also can be due to brain injury (e.g. stroke, trauma) or multiple sclerosis.
- **Athetosis**
can vary from mild to severe motor dysfunction. It is generally characterised by unbalanced, involuntary movements and a difficulty in maintaining a symmetrical posture. When the condition occurs in children under the age of two (2), the term cerebral palsy is often used, but it also can be due to brain injury (e.g., stroke, trauma).

4 COMPETITIONS REGULATIONS

Any official POSA competition must follow requirements set on the Code of Points and the Rules & Regulations. In competitions for national level, as well as for Amateur Competitions, modified competition rules may be appropriately designed by international or national technical authorities.

4.1 WORK PLAN

All details about the competition schedule, used equipment, qualification procedures and other aspects that affect the athletes must be included in the Competition Work Plan. Work Plan should not be published later than four months before the competition.

4.1.1 Local Organizing Committee (LOC)

Local organizing committee consists of the people responsible for hosting the competition. The organizing committee is responsible for all communications to the athletes and must keep Work Plan up to date.

Note: A person, who is part of the organizing committee cannot participate in the competition as athlete, judge, or coach. There cannot be a conflict of interest when competing or judging.

4.2 COMPETITION SCHEDULE

The competitions must not start earlier than 8.30 AM or finish later than 11.00 PM (23.00) and the schedule must be published in the Work Plan.

4.2.1 Starting order

- a) Starting order is decided by draw.
- b) The Drawing by lot will take place within two weeks after the deadline of the definitive entry.
- c) The lots shall be drawn by a "neutral" person or by computer.
- d) Head of technical committee or nominated committee member must be present during the draw.

Note: At international competitions, the national federations will be informed by the General Secretary at least one month beforehand of the time and place of the drawing of lots and they will be entitled to be present at the draw.

The media will be informed and allowed to send representatives and the local authority, in whose area the draw will be held, will be invited to send representatives.

4.2.2 Fail to appear on stage on time

Should a competitor **fail to appear on stage within 20 seconds** after being called, a deduction of 1.0 point shall be made by the Head Judge.

Should a competitor **fail to appear on stage within 60 seconds** after being called, the start will be deemed as a Walk Over. Upon announcement of such a Walk Over the competitor loses his/her right to participate in the category in question (he/she will be disqualified).

In case of EXTRAORDINARY CIRCUMSTANCES, refer to next chapter.

4.2.3 Extraordinary circumstances

Extraordinary circumstances include, but are not limited to, the following situations:

- a) Incorrect music is cued.
- b) Music problems due to the malfunction of the equipment.
- c) Disturbances caused by general equipment failure - lighting, stage, venue.
- d) The introduction of any foreign object into the performance area by an individual or means other than by the competitor.
- e) Extraordinary circumstances causing a walk-over out of the competitor's control.

It is the responsibility of the competitor to stop the routine immediately if an extraordinary circumstance as mentioned above arises. A protest after the completion of a routine will not be accepted.

Upon the decision of the Head Judge, the competitor may restart the routine after the problem has been corrected. Any scores previously given will be disregarded. Where situations not stated above may arise, they will be resolved by a review of the circumstances by the Superior Jury. The decision of the Superior Jury is final.

4.2.4 Recovery period between routines

For the health and safety of athletes, POSA has accepted that athletes competing in multiple finals require minimum 10 minutes to recover before competing again. This recovery period has been translated to equal to minimum 2 competition performances.

The draw will be adjusted according to this principle. If an athlete or doubles compete 7th in one rotation and are drawn in positions 1-3 in the next rotation the new starting position will become 4th. If an athlete or doubles compete last in a rotation and are drawn in positions 1-4 in the next rotation the new starting position will be 5th.

This adjustment, if necessary, will be made by the Superior Jury President and once the qualifying athletes are determined an adjusted draw and start list will be produced by Timer Judge. This principle applies for all following rotations and final competitions.

4.2.5 Results

- a) After each routine, total scores (A, E and D scores), penalties, final score and the rank must be displayed to the public. After competition, athletes are also given the evaluated difficulty sheets with judge's notes.
- b) After the Qualification round, each participating member federation must receive a complete copy of the results, they will be published on the website of the international federation.
- c) At the end of the competition, athletes may request feedback from the Head Judges, and they may view the Difficulty Sheets. **At the discretion of the Head Judge, they may view the Art and Execution sheets, but may not photograph the sheets. Any intemperance to this rule will be punished by the POSA Ethics Committee, configuring it as "Disrespectful behaviour towards the Jury and the Head Judge".**
- d) Feedback should be requested immediately after the competition, directly in the Sport Hall, however, the athlete may also request feedback via email to the head judge no later than one week after the end of the competition. After this period, no more feedback can be requested.

4.2.6 Cancellation

- a) Athletes may only cancel participation a maximum of **15** working days prior to the competition. Exceptions include medical reasons and emergencies in which medical documentation or something similar and proof of travel ticket must be provided to the organizing committee and POSA for confirmation a minimum of one day prior to the competition.
- b) Athletes not showing 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.
- c) In the case of an athlete not presenting themselves to registration without a legitimate reason, the athlete will be banned from all POSA recognized competitions for a period of one year. Names of banned athletes will be published on <http://www.posaworld.org> .

4.2.7 Final rehearsal

All athletes must have the opportunity to have a final rehearsal at the competition venue with the full sizes competition floor and sports equipments. Access to the floor is given by a rotation schedule set up by the organizing committee and approved by the POSA Technical Committee.

4.3 FACILITIES

4.3.1 Dressing rooms

Men and women must have separated dressing rooms with toilet facilities which are separate from those being used by judges and spectators.

Barrier-free rooms and toilet facilities should be provided for Parasilk \ hoop.

4.3.2 Warm Up area

A designated warm up area should be connected to the dressing rooms and It is only to be used by the athletes and their coaches.

4.3.3 Waiting area

A designated area connected to the podium is referred to as the Waiting Area. It is only to be used by the athletes and their coaches of the next two starts. The area is not allowed to be used by any other person.

4.3.4 Stage and floor

The podium (stage) should be at least 8 m x 8 m in size and no more than 10 m x 10 m. The competition floor must be in wood or linoleum.

- a) If the competition is in a sports arena, the podium on which the competition takes place, can be 80 to 100 cm high and closed off at the rear with a background.
- b) If the competition is in an auditorium, theatre, or other suitable structure for the smooth running of the competition, the stage must have the same minimum measurements required for an organized competition in a sports arena.

The lights must be fixed, clear, white, and/or blue, to allow the best view of the Judges. Strobe lights are not permitted in any POSA competition.

The competition area must have a soft area with mats in the center under the sling. The size of mats - 2 * 2 meters and at least 20 cm thick. The distance from the mats to the edge of the competition area on all sides should be at least 3 meters.

4.3.5 Competition silks \ hoop

The recommended sling height is 8 meters. The sling consists of a winch (automatic or mechanical) with the possibility of periodic change of the equipment. Metal \ rope rope. It is forbidden for cometitors to use their carabines, swivels.

- The minimum height of the sling for national and international competitions is 6 meters.
- The minimum height of the sling for regional competitions is 4 meters.

A mobile suspension structure – a pyramid - is allowed.

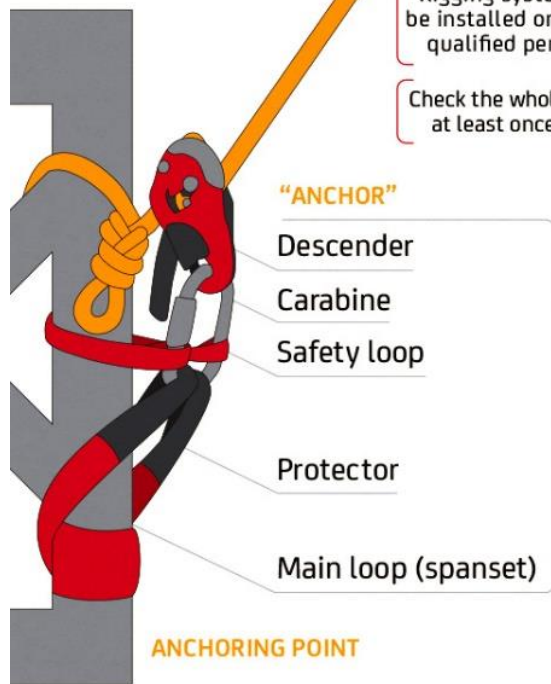
Equipment can be provided by the organizers, and participants also have the right to perform on their personal silks \ hoop if they meet certain requirements listed below.

- Aerial silks: consist of a durable fabric of medium extensibility with a width of 1.5 to 2.8 meters and a length of 6 to 10 meters, the longitudinal edges of the fabric should not be cut and should only have factory edge processing.
- Aerial hoop: consists of stainless steel, the diameter of the hoop is from 80 to 110 cm, the diameter of the tube of the hoop is from 23 to 30 mm. Hoop winding is mandatory. The sling of the hoop is carried out exclusively for one attachment point. The presence of a spanset is mandatory. The length of the spanset is optional. The presence of additional devices on the hoop (for example, a pole, a loop) is prohibited.

ANCHORING POINT
Use only certified fasteners — tear load no less than 1,5 tonns

RIGGING SYSTEM

FOR AERIAL ARTS AND SPORTS



ROPE TRACE SUSPENSION

Rigging system must be installed only by the qualified personnel

Check the whole system at least once a year

"ANCHOR"

Descender

Carabine

Safety loop

Protector

Main loop (spanset)

ANCHORING POINT

Carabine

Pulley block with bearing

Rope
10-11 mm

Figure-eight knot

MAIN SUSPENSION

Carabine

Swivel

Carabine

Descenders Eight

Silks

Technical guidance: @piramida_circus, @pole4you

Picture by: @julchitays

4.3.6 The preparing of equipment and means of coupling

The suspension of equipment is carried out by a specialist who has the appropriate license. Before the performance, the coach and the athlete go to the stage to prepare the equipment at the required height. After the equipment is prepared, the athlete and the coach must leave the competition stage until the presenter calls the athlete to perform.

Any means of coupling are prohibited.

5 REGULATIONS FOR ATHLETES

5.1 GENERAL

The athlete has the right to:

- a) Have their performance judged correctly, fairly, and in accordance with the stipulations of the Code of Points.
- b) Have their score publicly displayed immediately following their performance or in accordance with the specific regulations governing that competition.
- c) Repeat their entire routine (without deduction) with the approval of the Head Judge if the exercise has been interrupted for reasons beyond their control or responsibility.

Note: An athlete may repeat the entire exercise at the end of the rotation, or if she is the last athlete in the rotation, at a time at the discretion of the Head Judge.

- d) Receive through their delegation leader the correct result output, showing all their scores received in the competition.
- e) Receive relevant information about aerial hoop & silks and stage used in the competition at least two months before the competition.
- f) Try out the competition silk \ hoop and stage at the venue prior to the competition.

5.2 RESPONSIBILITIES OF THE ATHLETE

- a) To know the Code of Points and conduct themselves accordingly.
- b) Athletes under the age of 18 must have an approved guardian (parent/authorized legal representative/coach) with signatory authority.
- c) Provide information about their legal gender and age. A copy of their birth certificate must be submitted upon request.
- d) To carry health insurance and identification documents to the competition.
- e) To be 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.
- f) To 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.
- g) Sign the POSA antidoping program with WHEA at least three months before the competition (It is advisable to sign it every year in January, to be "covered" by the program for the whole year).
- h) To wear the official national tracksuit during the competition.
- i) Appear to the stage in time when announced.

5.3 ANTI-DOPING

POSA antidoping rules follow the World Heavy Events Association (WHEA) antidoping program.

The athlete must sign antidoping contract with WHEA within a minimum of 3 months prior to the first international competition. From 2019 onward, this rule will also be enforced for all national and regional competitions.

With the contract athlete commits to the antidoping program and the rules it includes (for example WADA CODE and National anti-doping regulations). The contract puts the athlete under doping monitoring, and he/she can be tested in competitions and training season without pre-notice by WADA officials in each country. All federations, athletes, coaches, and organizers can consult the POSA Anti Doping Rules.

More information on WADA and WHEA can be found on <https://www.posaworld.org/anti-doping/> and <https://www.wada-ama.org> .

5.4 NATIONALITY

Athletes may only represent a country they have citizenship and/or permanent residency (minimum of 90 days of residency). In the case of dual citizenship, athlete may represent either one of them, as he/she may

elect. However, after having represented one country in the international, intercontinental, or national championships recognised by POSA, he/she may not represent another country.

Athletes wishing to change their country of representation must allow for one competitive year before the changeover. Changes of nationality are dealt with by the POSA Executive Committee.

5.5 DRESS CODE

A neat and proper athletic appearance is always mandatory. Attire violating the dress code will be deducted by Head Judge.

5.5.1 National tracksuit

National delegations must ensure that all their athletes have **matching official national tracksuit** according to the following requirements:

- a) Tracksuits must include trousers (leggings are allowed on stage), t-shirt or tank top and a jacket in color and design of choice.
- b) Tracksuits must have the name and/or logo flag of nation represented by the delegation. The name of the country must be written on the tracksuit and t-shirt/tank top.
- c) One individual sponsor's logo may be worn on the jacket and up to ten (10) sponsor logos may be worn on the t-shirt/tank top. The size of the logos cannot be more than 10x10cm.
- d) National federation logos can be worn. The size of the logo cannot be more than 10x10cm.

For more information, please refer to the Official POSA Rules & Regulations.

During internationals POSA Aerial competitions the athlete must wear their official national tracksuit at the Opening and Closing ceremony and competition attire for Medal award ceremonies.

5.5.1.1 ATHLETES WITHOUT NATIONAL DELEGATION

If athlete is not part any official national delegation the athlete can to wear black trousers, white t-shirt or tank top and black jacket.

5.5.2 Competition attire

5.5.2.1 WOMEN'S ATTIRE

- 1- Women(Seniors) and girls (Juniors) must wear unitary costume. Sparkles are allowed. Net fabric is allowed only at the top part of the sternum or on sleeves
- 2-The neck line of the front must be no further than half of the sternum
- 3-The cut at the top of the legs must not go higher than the waist and the outside seam must pass through the crest of ilium
- 4-The costume can't be made of leather or any other fabric which can improve or worsen coupling with hoop or silk
- 5-The costume can't be modified during the routine
- 6-Short parts of a costume can be done (for example skirt, ruche) if they are not longer than 30 sm
- 7-The costume must fit athletes' body to give judges an opportunity to correctly evaluate the right position of different parts of body



5.5.2.2 MEN'S ATTIRE

- 1-Men may wear leotard, jumpsuit or trousers
- 2-Sparkles are allowed
- 3-3/4 leggings are allowed

- 4-The costume can't be made of leather or any other fabric which can improve or worsen coupling with hoop or silk
- 5-The costume can't be modified during the routine
- 6-The costume must fit athletes' body to give judges an opportunity to correctly evaluate the right position of different parts of body



5.5.2.3 NATIONAL EMBLEM AND ADVERTISING

During competitions, the athlete must wear a national emblem on the costume.

- a) Emblem must be between 2 cm x 4 cm and 4 cm x 8 cm in diameter.
- b) Emblem must **only** be sewn on
 - front side of the costume,
 - at the hip or on the top of the costume (chest or shoulder). **Any place other than the eligible spaces of the costume will be penalized by the Head Judge with 3 points (Incorrect attire).**
- c) Emblem must be clearly visible and easily separated from the fabric and embellishments.
- d) No logos advertising or sponsorships identifiers are permitted in the competition attire.
- e) Advertising logos or sponsorships identifiers are allowed on the national tracksuit only.

5.5.2.4 HAIR, MAKE-UP, AND OTHER RESTRICTIONS

- f) Hair must be secured close to the head, pigtail or ponytail is allowed, but its length must not exceed the shoulders. Face must be clearly visible without any disturbing element.
- g) The competitors cannot wear any kind of shoes; only bare feet are permitted.
- h) Make-up can be for both men and women but used sparingly, the face must be visible, the makeup cannot completely cover the face, but it must be limited to the area of the eyes and the upper part of the cheeks.
- i) Loose and additional items to the attire are not allowed. Strass, sequins, and other types of sewn or glued embellishments may be attached to the attire.
- j) Jewellery or piercings must not be worn.
- k) Torn or ripped costume and/or undergarments must not be shown during a performance.
- l) National emblem must be worn in all international competitions.
- m) Leather, latex, PVC, or rubber are not suitable materials for the attire. Attire must be in non-transparent material in intimate parts (chest, groin, and buttocks).
- n) Swimwear or bikinis are not allowed.
- o) Attire depicting war, violence or religious themes is forbidden.
- p) Body painting is not allowed.

5.6 ATHLETES OATH

"In the name of all competitors, I promise we shall take part in these World Championships (or any other official POSA event), respecting and abiding by the rules which govern them, committing ourselves to a sport without doping and without drugs, in the spirit of true sportsmanship, for the glory of sport and the honour of our teams."

6 REGULATIONS FOR COACHES

In the case that an athlete has no coach or other representative such as parent or guardian, the duties and responsibilities of the coach fall to the athlete herself/himself.

The coach has the right to:

- a) Assist athlete during the competition and access to dressing rooms, warm up and waiting area.
- b) Act as spotter for junior athletes during their performance.
- c) Receive athletes scores after the performance.

6.1 RESPONSIBILITIES FOR THE COACHES

- a) To know the Code of Points and the Rules & Regulations and conduct themselves accordingly.
- b) To wear the official national tracksuit during the competition.

Note: A person who has operating ban from WADA or WHEA may not act as a coach.

7 REGULATIONS FOR NATIONAL DELEGATIONS

In the case an athlete is not part of the national delegation the duties and responsibilities of the delegation fall to the athlete herself/himself or to their representative such as coach, parent, or guardian.

National delegations have rights to

- a) Have athletes represent their country in international competitions.
- b) Make inquiries about the difficulty scores of an athlete when Superior Jury is present at the competition.

7.1 NATIONAL DELEGATIONS RESPONSABILITIES

- a) All members of the delegation must act in professional manner during the event. All complaints against POSA or the competition organizer must be made with email.
- b) Ensure all delegation wears matching national tracksuit (including coaches and guardians)

8 DETERMINATION OF SCORE

Routines are scored based on artistry, execution, and difficulty.

8.1 JUDGING PANEL

The POSA believes the duty of judges is to act impartially in Aerial sport competitions. This duty carries with it an obligation to perform with accuracy, fairness, and objectivity through an overriding sense of integrity.

Depending on the level of the competition, the judging panel may consist of five to thirteen judges. There should always be, if possible, at least five artistic and five execution judges, so the scores can be calculated as average where highest and lowest value are ignored.

8.1.1 Artistic Judges (A-J)

- a) They will be awarding points on dynamic movements, combinations, artistry, and level of difficulties of all moves performed in the routine.
- b) Can award up to 70 points.

8.1.2 Execution Judges (E-J)

- a) They will be deducting points on the technical aspects of all movements performed including correct lines, falls and much more.
- b) They may deduct up to 75 points.

8.1.3 Difficulty Judges (D-J)

- a) They will confirm difficulty moves and bonuses have been performed to the minimum requirements.
- b) They will deduct if a difficulty move has not been attempted.
- c) They will deduct if the difficulty moves have been performed in the incorrect sequence.

8.1.4 Head Judge

The head judge is responsible for overseeing all the judging.

Head Judge will,

- a) work with the judges to make sure their judging experience is as smooth and as impartial as possible
- b) with the judging systems coordinator to make sure scores are correctly input

The Head Judge is responsible for answering all questions raised by judges, coaches and members of the public should they arise.

8.2 SUPERIOR JURY

The Superior Jury is responsible for controlling the work of all judges and the Head Judge according to the rules and to guarantee a correct publication of the final scores. It registers the deviations of the judges' scores. If there are repeated deviations, the Superior Jury has the right to warn and replace a judge. Violations of instructions from the Superior Jury or the Head Judge may result in sanctions, as declared by the President of the POSA and the International Judges Coordinator.

Superior Jury is mandatory **only** at international competitions.

8.3 FINAL SCORE CALCULATION EXAMPLE

Artistic Score	39 points
Execution Score	75-30 points = 45 points
Difficulty Score (for individuals)	0.5 + 0.5 + 0.5 + 0.5 + 0.5 + 0.5 + 0.5 + 0.5 + 0.5 + 0.5 = 5 points
Difficulty Score (for doubles)	0.5 + 0.5 + 0.5 + 0.5 + 0.5 = 2.5 x 2 = 5 points
Difficulty Deductions	-4 points (two missing element categories)
Difficulty Bonuses	+2 points (two combination bonuses)
Head Judge Deductions	-3 points (extra acrobatic element)
Final Score	39+45+5-4-3 = 84 points

Note: For doubles the Difficulty Score is multiplied by two (total score only without bonuses) to make individuals and doubles scores are comparable.

8.4 TIE BREAKING RULES

In case of a tie, the tie will be broken based on the following criteria in this order:

1. the highest total score in **Execution**

2. the highest total score in **Artistic**
3. the highest total score in **Difficulty**

8.5 INQUIRIES

An inquiry is a verbal challenge of the score of an athlete's routine, valid only between the time the athlete's final score is posted and before the end of the next athlete's routine.

Inquiries must be made to the head of the Superior Jury and confirmed in writing within four minutes of the verbal inquiry. Inquiry is made by the head of the national delegation.

Inquiries are only allowed for difficulty scores in competitions where Superior Jury controls the judging. If Superior Jury has not been placed for competition, all results are final.

Everything is specified in the **Work Plan**.

9 DIFFICULTY JUDGING

The difficulty of the routine is determined by Difficulty Elements evaluated by the Difficulty Judge. Elements are valued from 0.1 to 1 and divided to five groups:

Aerial:

Group A – Flexibility elements

Group B – Strength elements

Group C – Balance elements

Group D – Dynamic elements

Group E – Spining elements

Routine must include at least **one** difficulty element from each group. **For doubles the Difficulty Score is multiplied by two (total score only, without bonuses) to make individuals and doubles scores are comparable.**

For doubles: it is recommended to perform all difficulty elements synchronously. **At least one element must be executed synchronously in any case.**

- Due to the peculiarity of the aerial silks \ hoop, athletes are allowed to touch each other during the execution of the element, but athletes should not make any effort to help a partner. If athletes help each other, the element is not counted
- If it is not possible to perform the mandatory element synchronously, then the element can only be performed by one athlete. In this case, the second athlete must be on the projectile. If the second athlete is on the floor, the element cannot be counted
- All elements must be executed sequentially. It is forbidden to perform two different difficulty elements at the same time.

The doubles receive a -2 penalty from the difficulty judge in terms of difficulty if at least 1 difficulty element is missing from the competition program, performed synchronously

Note: athletes competing in doubles category must perform 4 lifts on the aerial silks \ hoop and 1 lift on the floor. Otherwise, a penalty of -1 will be charged for each missing lift.

In addition, the doubles must necessarily perform a dance sequence on the floor synchronously at least 10 seconds.

The Difficulty Judge evaluates **only the minimum requirements** of the elements. These requirements and the technical values could be found from the elements table. Element groups have general requirements that affect all the elements in that group. Some elements also have specific requirements.

9.1 DEDUCTION FOR MISSING A GROUP OR ELEMENT

- a) If athlete fails to perform any element in a group to an acceptable degree and therefore, does not get any points from that category, athlete is penalized 2 points (individuals) / 1 point (doubles) for missing.
- b) If declared element is not performed at all, athlete is penalized 3 points for missing element.

Note: Element is interpreted as missing if the judge cannot see the athlete perform or even attempt to perform the element. Element is not missing if it is performed but does not meet the minimum requirements and is therefore not scored.

Element is also interpreted as missing if it has not been declared at all. For example, athlete has only declared 9 moves. 10th move will be missing since it has not been declared.

9.1.1 Disqualification for missing elements

If athlete does not perform **any** of their declared elements, their performance is disqualified and will not be evaluated.

Note: In case athlete returns a difficulty sheet without any elements, the Head Judge must give the athlete a warning, deduction of 3.0 points and a possibility to select elements before the competition starts. At least one element must be chosen to be allowed to compete.

9.2 DEDUCTION FOR INCORRECTLY FILLED DIFFICULTY SHEET

If the sheet is filled incorrectly, the Head Judge will ask the athlete to modify their sheet and the athlete is deducted 3 points. This type of deduction is assigned in case the athlete has delivered the hand-written Difficulty Sheet, or if the athlete has declared one or more elements not provided for in his/her own range of choice, or in case of incorrect declaration of Combinations Bonuses (for example if the athlete declares 5 combinations, etc.)

9.3 SCORING OF ELEMENTS

- a) When athlete performs a difficulty element and all the requirements are fulfilled, the element is valued, and the value of the element is added to her difficulty score.
- b) In some elements, value of the move may be **downgraded** by 0.2 or 0.4 points, if the move is executed correctly, but is slightly above or under the correct line.
- c) If minimum requirements are not fulfilled, element is valued 0.

9.3.1 Benefit of Doubt

Judges must ensure that all the minimum requirements are fulfilled. In cases of doubt, the benefit of that doubt must be given to the athlete and the element must be valued.

Note: In case the element is performed in such angle that the judges cannot see it clearly, no benefit of the doubt is given, and the element is valued 0.

9.4 GENERAL REQUIREMENTS

AERIALSPORT

9.4.1 A – Flexibility Elements

- a) Elements must be held in fixed position for at least 2 seconds.

9.4.2 B – Strength Elements

- a) Elements must be held in fixed position for at least 2 seconds.

9.4.3 C – Balance elements

- a) Elements must be held in fixed position for at least 3 seconds.

9.4.4 D – Dynamic Elements

- a) Element must have an aerial phase and dynamism.

9.4.5 E – Spinning Elements

- a) Element must meet all original minimum requirements and have a minimum 720° rotation in fixed position.

9.5 20° TOLERANCE (FLEXIBILITY ELEMENTS)

For **athletes in masters 50+ category** a tolerance of 20° is given to flexibility elements having a requirement of 180° opening of the legs,

- a) if the move does not have option for 160° opening.
- b) Moves that do have different levels of execution (such as jade or chopstick) are evaluated without tolerance

9.6 DOWNGRADE OF VALUE (GROUP A, B & E* ELEMENTS SILK \ HOOP ONLY)

Elements from the A, B & C groups have option for downgrade. Downgrade refers to the slight deviation in the execution of parallel line to the floor **only**. Deviation must be within allowed tolerance 20° or 30°. Need for downgrade is evaluated by the Difficulty Judge during the performance and is not declared in advance.

For example, if element in group A or B has a minimum requirement of horizontal line to the floor and the athlete performs the element in otherwise correct way, but unfortunately slightly above or below the horizontal line, the value of the element will be added to the difficulty score but with downgrade of 0.2 or 0.4 points depending on the level of the deviation.

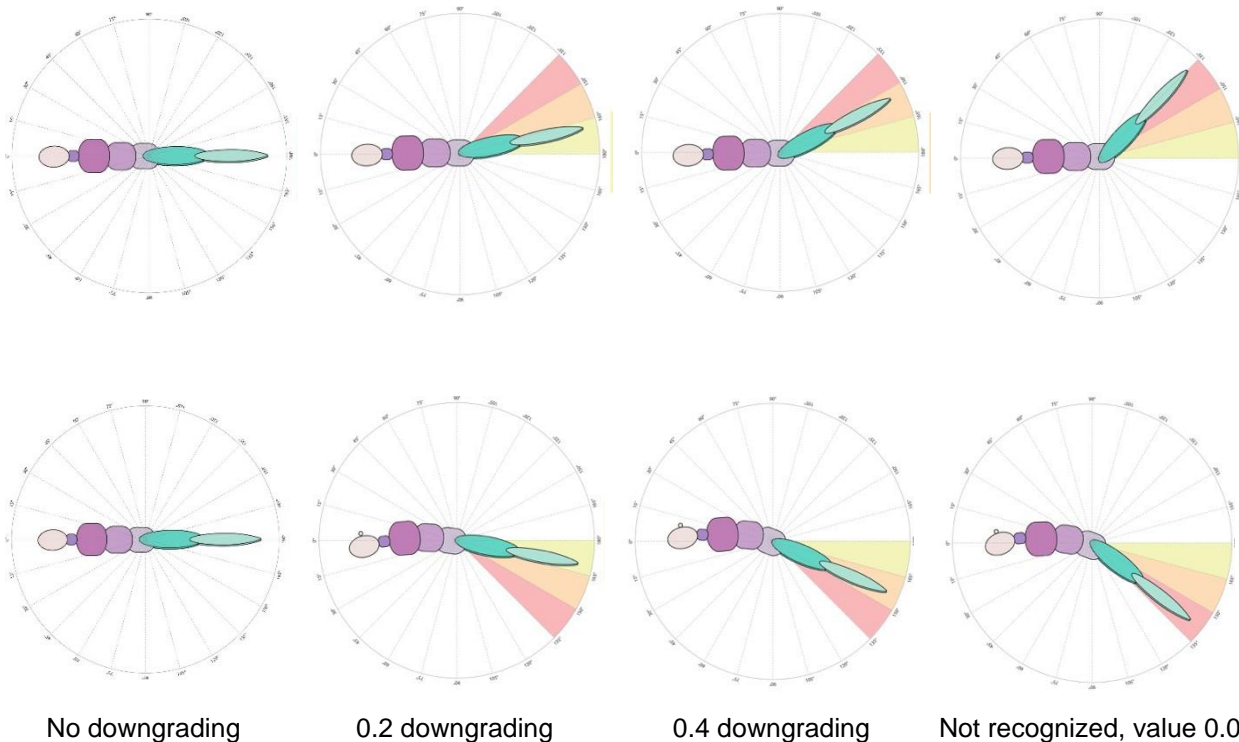
- a) If the line is within 20° tolerance, element will undergo a downgrade of 0.2 (1.0 becomes 0.8)
- b) If the line is between 20° and 30°, it will be downgraded to 0.4 (1.0 becomes 0.6)

*Group E: in case the athlete declares and performs an element of Group A, B or C as Group E, the downgrading will be possible with the same terms as the downgrading.

In this case, the Group E element can be downgraded.

Obviously, if the conditions are met (the same as for downgrading).

Note: The downgrade option refers only to the horizontal line specified in the elements table. Any other fault in the minimum requirements and the element will be valued 0 points.



9.7 CHOOSING THE ELEMENTS

9.7.1 Level of Difficulty

Athletes must choose their difficulty elements from the allowed range. Range is restricted based on category and division. Elements that are not from the allowed range are not evaluated and will be given value 0.

Amateurs' categories: Please note: the sixth element is **NOT** mandatory.

The athlete may not declare the sixth element.

However, if declared, the sixth element **must** be higher than the maximum allowed for the category.

Each element may only be chosen once. Flexibility elements with different levels on execution are considered as a same element. See more at section 8.7.

Category	Amateurs	Competitive
Varsity	0.1 – 0.3 + 6h element 0.4 or higher	0.1 – 0.6
Junior A Ind. & Doubles	0.1 – 0.4 + 6h element 0.5 or higher	0.1 – 0.7 + Athlete may declare an element with a value higher than 0.7
Junior B Ind. & Doubles	0.1 – 0.5 + 6h element 0.6 or higher	0.2 – 0.9 + Athlete may declare an element with a value higher than 0.9
Junior Doubles Mix	0.1 – 0.5 + 6h element 0.6 or higher	0.2 – 0.9 + Athlete may declare an element with a value higher than 0.9
Senior	0.1 – 0.5 + 6h element 0.6 or higher	0.3 – 1.0

Masters 40+	0.1 – 0.5 + 6h element 0.6 or higher	0.2 – 0.7
Masters 50+	0.1 – 0.4 + 6h element 0.5 or higher	0.2 – 1.0

Note: These restrictions effect only to the difficulty elements. Athletes can perform lower or higher scored elements, but these cannot be declared as difficulty elements.

9.7.1.1 EXCEPTIONS FOR AMATEUR DIVISION

In Amateur division athletes may declare one extra element (6th element). **6th element is not mandatory**, but it must be valued higher than the normal maximum value of the category. For example:

- a) In Amateur Junior A category athlete may have one additional element from range 0.5 to 1.0
- b) In Amateur Junior B category athlete may have one additional element from range 0.6 to 1.0

Warning: The Difficulty penalty of -2 for lack of a Group, does not apply to the Amateur categories.

9.7.1.2 EXCEPTIONS FOR COMPETITIVE JUNIOR CATEGORIES

In Competitive Junior A and B categories **ONE** of the elements can have higher value.

- c) In Competitive Junior A category athlete may have one element from range 0.7 to 1.0
- d) In Competitive Junior B category athlete may have one element from range 0.9 to 1.0

9.8 LEVELS OF EXECUTION IN ELEMENTS

Elements with multiple levels of execution (such as Jade 160 and Jade 180) are considered as same element and **cannot be declared in same routine**. If same element or different level of element is declared more than ones, only the first will be evaluated and the rest will receive 0 points.

Elements with different levels of execution are marked on the elements table.

9.8.1 Number of difficulty elements

Athlete must choose five or ten difficulty elements, depending on the division. All element groups must be selected at least once. A deduction will be given for every missing element (-3 points) and element group (-2 points).

Category	Amateurs	Competitive	Paraathletes
Individual	5-6 elements	10 elements	No elements
Doubles	5-6 elements	5 elements	No elements

9.8.2 Order of the elements

Athlete must declare the elements in the order she or he is going to perform them in the routine. A deduction will be given if athlete fails to follow the declared order (-1 point each time).

For example: If athlete declares moves A, B, C and performs them in order B, C, A. There will be a deduction -1 each time for the incorrect order of the moves (in this case -3).

9.9 COMBINATION BONUS (CB) AND ADDITIONAL DIFFICULTY BONUS (ADB) AKA SUPER BONUS

Maximum 5.0 points can be achieved with combinations.

A bonus of 1 point is given, when.

- a) athlete combines two difficulty elements from different element groups and
- b) both of elements meets the minimum requirements (fully or downgraded) and
- c) direct transition between the two elements is executed without stop or hesitation.

If combination is not recognized (it does not meet the requirements listed above), both elements could still receive their value, but no additional deduction is given. Athlete must declare all bonuses in the difficulty sheet. There is no deduction for unaccepted combinations.

Combination bonus may be received maximum three times.

9.9.1 Additional Difficulty Bonus (or Super Bonus)

Athlete may also declare one extra combination between **two elements valued 1.0**. Combination is evaluated based on same minimum requirements as regular combination bonus.

Combining two high level moves is rewarded with 1.0 points for the combination plus 1.0 for the additional difficulty (2.0 points in total). This additional bonus can only be received once. **This type of Bonus applies only to the following competitive categories: Senior Women, Senior Men, Senior Doubles, Master +50.**

Combinations & Downgrading

Two elements combined and declared, can be downgraded (**only if the conditions for downgrading are met**). In that case, the bonus of 1 point will be awarded, but with the different value of the elements.

Downgrading and Super Bonus

If one or both elements of a Super Bonus are downgraded, **no bonus** can be awarded.

Only the values of the downgraded elements will be awarded as if they were not declared in combination.

9.10 RISK FACTOR BONUS (RFB)

A bonus of 1.0 point is given, when:

- a) athlete performs difficulty element in a way that includes a higher risk, such as high at the silk, iat the hoop - with high level of dynamism

An example of a high degree of risk on aerial silks:

- any dynamic element with a complete separation from the silks
- elements marked RFB at a height of 4 meters and above

An example of a high degree of risk on the aerial hoop:

- a complex dynamic element with complete separation from the ring
- elements marked RFB at high rotation speed

- b) the element meets all the minimum requirements

Risk Factor Bonus may be received for maximum **two times**. Risk Factor Bonus is assigned by the Difficulty Judges and is **not** declared by the athlete.

Any element that could give the Risk Factor Bonus depending on how it is presented, is marked in the box with the acronym "CBRF" (Could Be Risk Factor). This acronym has been added to help athletes understand how to get this bonus from the Difficulty Judges.

9.11 INCORRECTLY FILLED DIFFICULTY SHEET

If athlete fails to follow the instructions given by the code of points, local organizer or the Head Judge and it requires corrections, a deduction of 3 points is given by the Head Judge.

Such errors include, but are not limited to:

- a) Missing element in any group
- b) Forbidden combination
- c) Incorrect amount of difficulty elements
- d) Elements selected are not from the allowed range
- e) Declare the Risk Factor Bonus
- f) Fill out the Difficulty Sheet by handwriting
- g) Deliver a photograph of the Difficulty Sheet

The Difficulty Sheet, therefore, cannot be handwritten and a photograph of it cannot be sent.

We accept only computer-compiled Difficulty Sheets sent in Word and/or PDF formats.

Athletes may be allowed to make changes to their sheet when errors are pointed out or they might choose to continue without any changes and accept the deductions this will cause to their difficulty score. **In case of change of one or more elements in the Difficulty Sheets, the athlete must bring it directly to the jury on the day of the competition in 8 copies.**

Note: Deductions should not be given, if the athlete provides new correctly filled sheet before the competition starts.

9.12 SUMMARY OF DIFFICULTY DEDUCTIONS

- a) Element performed not in order of appearance: -1 each time.
- b) Missing Group of the Element Pool: -2 each time (-1 for Doubles).
- c) Missing an element declared: -3 each time
- d) Incorrectly filled difficulty sheet: -3 one time
- e) At least 1 difficulty element, performed synchronously, is missing: -2 one time (for Doubles).
- f) For each missing lift. -1 each time (for Doubles).

10 EXECUTION JUDGING

The Execution Judges evaluate the technical execution of all movements including moves and transitions on the aerial silks \ hoop and floor work. For Doubles judges will also evaluate the timing and uniformity of all movements, as well as the ability to execute the routine as a single unit in synchronization.

Note: Uniformity means, that the doubles should strive to perform the elements identically, with same level of flexibility, strength and technical skill and therefore appear as equals.

The athletes are expected to include in the routine, only elements that they can perform with complete safety and with a high degree of aesthetic and technical skill and with perfect execution.

Each athlete has the possibility to get 75 points from execution. Each error is deducted from the starting amount. At the end, whatever is left of the 75 points is the athletes total execution score.

Maximum number of deductions is 75 points. If athlete receives more deductions the total amount of execution score is still 0. The total execution score cannot be a negative value.

10.1 TECHNICAL MISTAKES

Any deviation from perfect execution is deducted by the Difficulty Judges. The number of points deducted is dependent on the level of infringement.

	Small	Medium	Large	Very Large
	0.5	1.0	2.0	5.0
<p>10.1.1 Poor execution</p> <p>Any inability to perform movements with perfect technique in maximum precision, correct posture, body alignment or inadequate physical capacities (such as active and passive flexibility, strength, amplitude, power, or endurance).</p> <p><u>Examples of poor execution:</u></p> <ul style="list-style-type: none"> – Knee and toe alignment: The knee and toe should be aligned. There should be 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 silk \ hoop. – 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. – 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. – Posture: Correct body alignment should be used on and off the silk \ hoop. No uncontrolled movements. 	0.5			
<p>10.1.2 Poor transitions between elements</p> <p>The transitions from element to another must be executed with ease and grace without hesitation, re-grips or rebalancing. Transitions should appear effortless.</p>		1.0		
<p>10.1.3 Lack of uniformity or synchronicity (Doubles Only)</p>		1.0		

Inability to execute all movements as a unit, with identical range of motion, start and finish at the same time and be of the same quality. This also includes choreographic movements; each movement should be precise and identical.				
10.1.4 Bad angle of the move Performing any element in the routine at an unfavourable angle. When using dynamic silk \ hoop, the athlete must demonstrate absolute control to avoid the stop of silk \ hoop in the element with unfavourable angle.		1.0		
10.1.5 A slip or loss of balance A <u>temporary loss of control</u> on the silk \ hoop or a clear loss of balance during a choreographic element. <i>A minor slip or loss of balance is considered as poor execution. In minor case the slip is not affecting the flow of the performance and athletes is able to continue as planned.</i>		1.0		
10.1.6 Drying hands on costume, body, silk \ hoop, or floor and/or fidgeting with hair or costume			2.0	
10.1.7 A Fall Sudden rapid uncontrolled and catastrophic drop onto the floor. This can be from any position on or off the silks \ hoop. <i>If athlete can regain her/his control before landing, the error is considered as a slip.</i>				5.0

10.2 GENERAL MISTAKES

General mistakes are deducted at the end of the performance. These deductions are made only once. Depending on the level of error a deduction of 3.0 or 5.0 is given.

	Large	Very Large
	3.0	5.0
10.2.1 The abilities of equipment are not disclosed Athlete must work both on joint and separate silks and show different elements (knots, different grips etc), while performing on the aerial silks. For aerial hoop – athlete must use the spanset.	3.0	
10.2.2 Using less than 4 m of the silk The athlete will incur deduction points if they fail to use 4 m of the height of aerial silks during their performance. For doubles, at least one of the athletes must use the full height of the silk. Full height is used when athlete's hands or feet's reach above the 4m of the silks.	3.0	
10.2.3 Lack of uniformity or synchronicity (Doubles only) If majority of the performance is not in synchronicity, doubles will incur an additional deduction. This deduction is given, when three single deductions have been given for synchronicity in technical errors.		5.0

11 ARTISTIC JUDGING

This section is to judge the athlete's artistic presentation, interpretation, and stage routine.

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 routine on and off the silk \ hoop. The athlete should create an original routine and display a unique style. The overall routine should flow seamlessly and effortlessly ensuring that highs and lows (shades) are demonstrated.

Choreography presentation is defined by all moves undertaken around the silk \ hoop, stage area, or stage surface, but not in contact with the silk \ hoop. The judges will assess the athlete's ability to undertake dance and acrobatic choreography that is executed with imagination, flow, and flair.

11.1 SCALE OF ARTISTIC SCORING

Athletes will be awarded points based on **overall level** of each section in the routine.

0-0.5 = Unacceptable

1-1.5 = Poor

2-2.5 = Satisfactory

3-3.5 = Good

4-4.5 = Very good

5 = Excellent

Bonus points: 0.5= satisfactory, 1=good, 1.5= very good, 2= excellent

General Content scale: 1.0-1.1 = unacceptable, 1.2-1.3= poor, 1.4-1.5= satisfactory, 1.6-1.7= good, 1.8-1.9= very good, 2.0= excellent

Maximum total score in artistic is 70 points.

11.2 SCORING SECTIONS IN ARTISTIC EVALUATION

A maximum of **70** points can be given in the artistic and choreographic presentation. This section is to judge the artistic presentation, the interpretation, and the routine of the athlete. The artistic presentation is the way in which the athlete expresses himself and presents himself to the judges. The judges will evaluate the athlete's ability to convey emotions and expressions through movement. Athletes should be engaging, entertaining, expressive and show a high level of stage presence in every element of their silk \ hoop and ground routine. The athlete should create an original routine and show a unique style. The general routine should flow seamlessly and effortlessly ensuring that highs and lows (nuances) are demonstrated. The presentation of the choreography is defined by all the moves taken around the silk \ hoop, on the surface of the stage, but not in contact with the stake. The judges will evaluate the athlete's ability to undertake dance choreography performed with imagination, fluency, and talent.

Athletes must demonstrate 30 seconds of choreography on the floor as minimum.

11.2.1 Creativity and complexity of the choreography

This refers to the originality of the overall presentation including the theme, music choice, costume, and the originality of choreography throughout the entire routine.

Athlete should create surprising and emotional choreography, that is original and memorable. Routine should create a character or persona and a story.

Examples of poor creativity and complexity in overall presentation

- There is no artistry, routine is purely an athletic sequence of elements.
- Choreography does not tell a clear story.
- Athletes' movements do not reflect the story or the music.
- Selected music is worn out or unimaginative.
- Choreography is repetitive, flat and does not develop during the performance.
- There are no especially impressive moments or surprising twists to the performance, routine is predictable.

- Choreography requires truly little technical skill or is executed in very poor manner.
- Different sections of the choreography appear unconnected.

Originality of the overall presentation

This refers to the originality of the overall presentation of moves and combinations, original movement on and off the silk \ hoop and the originality of choreography throughout the entire routine. The athlete should create original combinations of moves and create new themes in choreography. Judges are not just looking for just one or two unique moves but for overall originality in all components of the routine. **Max 5**

Originality of transitions in and out of moves & confidence

This refers to the originality of all transitions, entrances, and exits of moves and combinations in the entire routine. The athlete should create new and original movements for their transitions in and out of moves and on and off the pole. Confidence refers to the athlete's level of confidence in his or her routine. The athlete should not show nerves, but rather carry him or herself with confidence and be engaging, command the stage and the audience's attention, making their routine look believable throughout. **Max 5**

11.2.2 Creativity and complexity of transitions and elements

Level of creativity, originality and complexity in all elements, transitions, and combinations in the entire routine. The athlete should create new and original movements for their transitions in and out of elements and on and off the silk \ hoop.

Examples of poor creativity and complexity in transitions and elements

- Athlete shows no creativity or originality, variations are simple and well-known.
- The routine repeats itself, elements, climbs, inverts and/or lifts are or look similar.
- Athlete shows no technical skill. Chosen elements do not require coordination or physical capabilities.
- Athlete clearly does not have enough technical skill or physical capabilities for the chosen elements. Execution is messy and insecure.
- Athlete only performs difficulty elements on the silk \ hoop (lack of transitions).

11.2.3 Interpretation of the music, body and facial expressions

Interpretation refers to the athlete's ability to interpret the music, their facial expressions, their emotions, choreography and the creation of a character or persona and story. The athlete should create choreography that shows the light, shade, feeling and emotion of the music and their movements. They should connect with the music and show expression through their costume, body, and facial movements. They need to show they can work their choreography to the beat and phrase of the music and melody. **Max 5**

Examples of poor creativity interpretation

- Athlete does not perform to the right rhythm or misses the beats when they were clearly trying to perform to them.
- Music acts only as a background and is not part of the routine.
- Athlete forgets to perform, when executing parts of the choreography (usually on silk \ hoop).
- Stress and the challenges of the choreography are shown in their facial expressions.
- Emotions do not match the theme or the story, or there is none.
- Athlete only uses her face or part of their body to express and not their entire body.

Music & Musicality (Usage, selection & composition)

The routine must be performed, in its entirety, with music. Any style of music adapted for Aerials can be used.

Selection: a good musical selection will help establish the structure and pace, as well as the theme of the exercise. It will support and highlight the performance. It must also be used to inspire the overall choreography and contribute to the style and quality of the choreography, as well as to the expression of athletes.

Since an Aerial routine is an artistic routine, the 'structures' which are built before the start of a routine, may be accompanied by a tone (It could be an athlete's choice), sound environment or distinctive music in order to set the stage for the performance.

Every routine should have a story and the selected music must represent the story the athlete and the choreographer want to transmit.

The chosen music must give an advantage to the individual competitor's characteristics and style. The music must be suitable for the category and enhance the routine.

Some music themes can be used by man, woman, doubles. The way they use and interpret the music will determine and show if the selection was appropriate and helped to highlight the performance.

Composition & structure: The music used by the performers, should not be foregone, but original and not too heard during aerials competitions. Music may be dynamic, varied (not monotonous), rhythmical, original (creative), etc.

Technically the music must be perfect, without any abrupt cuts, giving a sense of one music piece. It should flow, with a clear start and clear ending, with well-integrated sound effects (if they are included), respecting the musical phrases.

The recording and mixing of music must be of professional quality and well-integrated

It is expected that the performers select music with a correct structure and with different parts (varied music), to avoid monotony of the music used.

The music used can be original or can be a version arranged with a base.

Usage: Musicality is the ability of the performer(s) to interpret music and to demonstrate not only its difficulty elements or technique, but its flow, shape, intensity, and passion within the physical performance. There must be strong cohesion between the overall performance (movements) and the choice of music.

Routine must be performed entirely to music. Choreography utilizes the idea given by the music.

All movements must fit perfectly with the chosen music.

In the creative process, the choreographer creates the movements to that specific music and for specific competitor(s).

Routine style must harmonize with the idea of the music. Music style should fit with the characteristics and style of the movements presented by the performers. The competitor should be able to express with his/her movements and his/her body language the music. **Max.5**

11.2.4 Stage Presence and Charisma

The athlete should command the stage. He or she should be in total control of their performance and carry him or herself with an impressive style or manner, which is both engaging and charismatic. **Max.5**

Correspondence of leotard to the theme

The costume or leotard should correspond to the theme of the routine, although the theme could be abstract. The costume should be in line with what the athlete is representing. **Max 2**

11.2.5 Declared Lifts (Doubles Only)

Doubles, in addition to the five difficulty elements to declare, must also perform the level of their lifts. Lifts are interconnected partner moves executed on the silk \ hoop or floor where both partners are in substantial role. Usually, one of the partners acts as flyer and other as base. Partners can lift, hang, or balance on each other.

Lifts are not predetermined, instead the doubles will have to use their creativity to invent their own lifts. **Max. 5**

Doubles must perform four (4) silk \ hoop lifts and one floor (1) lift.

11.2.5.1 LIFT TYPES

Strength/Strength: When both athletes perform a strength move together, both are in a position that requires force, strength of the arms, core, or legs, holding and controlling their position.

Flex/Flex: When both athletes perform a flexibility move together, both are performing a move that requires flexibility of the legs, back, or shoulders, performing it with full motion and extension.

Strength/Flex: When one athlete is in a position of flexibility and the other is in a position of strength, holding and controlling both positions together, in contact with each other

Interlocking: When both athletes perform a move that requires them to be interlocked by hooking or joining arms, elbows, legs, knees, backs, etc. Both athletes are executing the same position in either the same direction, in mirror horizontally (left and right) or in mirror vertically (upside-down, upside-down).

Balance: When both athletes are in a position together that requires them to combine balance, strength, and flexibility to maintain the position. This position is impossible to do without one of the athletes, it is only possible when both are in the right position because they require the weight, counterbalance, and the help of the other partner to stay in position. It is a balance, counterpoise and combined forces move that involves both athletes as one.

Base supported: When one athlete is totally supporting the other by holding on the silk \ hoop. Both can have contact with the silk \ hoop, but only one is supporting the other, and the other is suspended, hanging. It is not mandatory that the supported athlete is in a lower position.

Floor: Concerns all the lifts performed on the floor, without touching the silk \ hoop.

11.2.5.2 VALUE AND ASSESSMENT:

Lifts are valued on three levels: 0.5, 0.8 and 1.0. The individual elements at the code of points serves as a guide to assess this level.

Lower level (0.5): athletes can follow the examples given (see below) or can perform movements that have maximum value of 0.6 in the code of points (at least one partner must be in a position that has those points);




Medium level (0.8): athletes can perform movements that have value between 0.7 and 0.8 points in the code of points (at least one partner must be in a position that has those points).






Higher level (1.0): athletes can perform movements that have value between 0.9 and 1.0 points in the code of points (at least one partner must be in a position that has those points).







11.2.5.3 LIFTS












The Doubles will have just to execute the lifts in their routines. **Artistic Judge** will evaluate during the performance (in order of appearance) if the lift fulfils level.

11.2.5.4 EXAMPLES OF LIFTS

<p>Strength/ Strength</p>	<p>0.5</p>	
	<p>0.8</p>	
	<p>1.0</p>	

<p>Flex/Flex</p>	<p>0.5</p>	
	<p>0.8</p>	
	<p>1.0</p>	
<p>Strength/Flex</p>	<p>0.5</p>	
	<p>0.8</p>	

	1.0	
Interlocking	0.5	
Base supported	0.5	
	0.8	
	1.0	
Balance	0.5	

	0.8	
	1.0	
Floor	0.5	  
	0.8	  
	1.0	  

11.2.6 Balance choreography

The athlete should create a balanced routine of different types of moves e.g., floor-work, transitions, in and out of aerial silks \ hoop integrating these into a choreography with stage presence and artistic content. Elements and choreography should be performed at all levels: floor level, medium level, and aerial (higher than 70% of the silk \ hoop). **Max. 5**

Examples of poor balance of choreography

- Athlete does not use silks \ hoop and mainly uses them at single level.
- There is visibly difference between skill level in different sections of the choreography. For example, floor work is much more advanced than silk \ hoop work.
- Athlete does not control the spinning silk \ hoop, or the spinning motion is powerless.
- Not performing any physical interactions (Doubles).

11.2.7 Balance elements (Singles Only)

Balance refers to the athlete's ability to create a well-balanced routine that has an equal number of various elements. The athlete should create a balanced routine of different types of elements as flexibility, strength, spins, and dynamic movements. Athlete should appear evenly skilled in these capabilities. **Max.5**

Examples of poor balance of elements

- Athlete does not perform movements from a single element group or is clearly less capable in one.

11.2.8 Dynamic and Flow

11.2.9 Flow refers to the athlete's ability to create a seamless and effortless routine. The athlete should show a flow off the aerial silks \ hoop, and from floor to standing or from standing to floor. The sequences, moves, transitions, choreography and/or acrobatic movements should flow in a seamless, smooth, natural, flawless, and graceful way. Movement in and out of moves should continue to the next move faultlessly. The routine should not look disjointed in anyway. An athlete should be marked down if they perform moves and wait for applause. **Max 5**

11.2.10 Intensity

Intensity refers to the level of coronary intensity of the routine, the level of body use (body segments), the intensity level of transitions, and the choreographic dynamism of the athlete. **Max 5**

11.2.11 Use of the space

Use of stage refers to the athlete's use of all the stage. The athlete should use the whole stage - front, on the both sides of mats, except on the back of mats. Athlete must use us minimum 4m of aerial silks. There should be a balanced use of the 3 level of use of the space: floor level, medium level, and aerial (Floor, Upright and Aerial higher than 70% of the silk \ hoop). **Max 5**

11.2.12 Difficulty of Floor Work- Choreography Content

The difficulty of the floor work refers to a choreographic combination of dance steps and movements performed on the floor without any contact with the silk \ hoop. The difficulty of the floor work is judged in its entirety, in a continuous sequence without interruptions. The athlete should create dance movements appropriate to the rhythm of the music and that they reflect the character of the routine.

Choreography Content: In the Choreographic Content, we evaluate the level of Choreographic Movement throughout the routine. The quality (perfect technique) of the Choreographic Movement is especially important to be recognizable as a complex dance sequence or simply a good choreography. Choreography, must include variations of steps with arm movements, utilizing movements to produce complex combinations with a high level of body coordination and must be recognizable as "big" continuous movement. **Max 5**

Use of body segments bonus:

Choreography is the base of Aerial and main (principal) characteristic. Therefore, the complexity and variety of the choreography, are the most important criteria under the Choreographic Content. The athlete should show good use of the body segments during the choreography, using both the upper part (torso and arms) and the lower part (pelvis and legs). Every use of body segment sequence will be written with symbol A.

Max 2

SHORTHAND FOR CHOREOGRAPHYC CONTENT (Body Segments)

Every use of body segment sequence will be written with symbol **A**

A+	If the body segments sequence meets the criteria mentioned above
A	If the body segments are not + or -

A-	If the body segments sequence does NOT meet the criteria mentioned above
-----------	--

SCALE FOR USE OF BODY SEGMENTS

Excellent 2.0 pt	+ + + + A A A A (4 A+)
Very Good 1.5 pt	+ + + A A A A (3 A+)
Good 1.0 pt	+ + A A A A (2 A+)
Satisfactory 0.5 pt	+ A A A A (1 A+)
Poor 0.0 pt	A A A A (0 A+)

Style of dance movements bonus:

If the athlete clearly shows a good dance style, the athlete can be rewarded with this additional bonus. Every 8-count of music sequence will be written with symbol D. **Max 2**

Shorthand for STYLE OF DANCE MOVEMENTS

Every 8-count of music sequence will be written with symbol **D**

D+	If the movement sequence is performed in a CORRECT DANCE STYLE and meets the criteria mentioned
D	If the movement sequence is performed without DANCE STYLE and/or does NOT meet the criteria mentioned
Till 2.0	Mixing Style of dance sequence

SCALE FOR DANCE STYLE

Excellent 2.0 pt	D+ D+ D+ D+ (4 D+)
Very Good 1.5 pt	D+ D+ D+D (3 D+)
Good 1.0 pt	D+ D+D D (2 D+)
Satisfactory 0.5 pt	D+D D D (1 D+)

Poor 0.0 pt	D D D D (0 D ⁺)
----------------	-----------------------------

Mixing different Style of dance bonus:

If the athlete clearly shows a mix of dance styles (clearly distinguishable), maybe even using two (or more) different types of music, the athlete can be rewarded with this additional bonus. **Max 2**

General content:

General content of the routines is: Transitions/linking, Balanced Elements (Singles), Lifts (Doubles), Physical Interactions (Doubles). Will take in consideration the movements, as a unit (performed in the same period), G per movement or a block a minimum of 4 movements (or set of movements) from the General Content. **Max 2**

SHORTHAND FOR GENERAL CONTENT

Will take in consideration the movements, as a unit (performed in the same period of time), **G** per movement or a block.

G+	Complex movements for General Content
G	No complex (but regular) movements for General Content

SCALE FOR GENERAL CONTENT

Excellent 2.0 pt	⁺ G ⁺ G ⁺ G ⁺ G (4 G ⁺)
Very Good 1.8 -1.9 pt	⁺ G ⁺ G ⁺ G G (3 G ⁺)
Good 1.6 – 1.7 pt	⁺ G ⁺ G G G (2 G ⁺)
Satisfactory 1.4 - 1.5 pt	⁺ G G G G (1 G ⁺)
Poor 1.2 - 1.3 pt	⁺ G G G G (1 G ⁺) showing repetitions
Unacceptable 1.0 – 1.1 pt	G G G G (0 G ⁺)

11.2.13 Difficulty of the acrobatic element

The difficulty of the acrobatic movement refers to a single acrobatic movement performed on the floor without any contact with the silk \ hoop. The acrobatic elements on the floor are listed in the COP. **Acrobatic movement is not mandatory.** It is not considered acrobatic elements to the floor, all those acrobatic elements that end up or start on the silk \ hoop or that are executed with a support to the silk \ hoop. **Max 5**

Note: **Only one acrobatic element is allowed during the routine! Additional acrobatic elements will receive 3.0 points deduction (each time) from the Head Judge.**

Definition of Acrobatic Move on the floor:

It defines "Acrobatic Moves", all those elements on the floor (without touching the Silk \ hoop), with:

1 - An aerial phase in which the whole body is completely detached from the floor with a complete rotation (360 °), of the body forward, backward or to the side.

2- A floor-based phase, in which the whole body makes a complete rotation (360°) with a passage of the pelvis above the head, forward, backward or to the side (are included all those elements typical of rhythmic gymnastics that include a complete rotation also on the elbows or chest, as for example, the "fish"). Simple rolls forward / backward on the back of the neck, with or without the aid of the hands are not considered an acrobatic element.

3 - All those static movements on the floor without an aerial phase (for example, a handstand, a cartwheel, etc.)

Note: In static elements on the floor, such as handstand and forearm stand, additional 0.5 points can be given for variations requiring exceptional flexibility and balance (for example Mexian handstand).


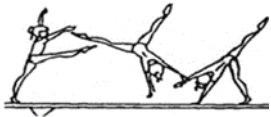
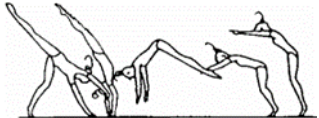
Note: All the elements, if performed incorrectly from the point of view of execution (legs bent, incorrect lines, unbalanced hold.) should be downgraded by 0.5 points. Example: if an athlete performs a backward walkover with bent legs 3.0 must be downgraded to 2.5.

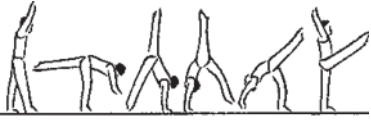


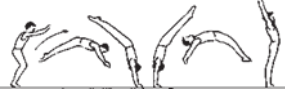
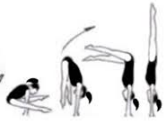

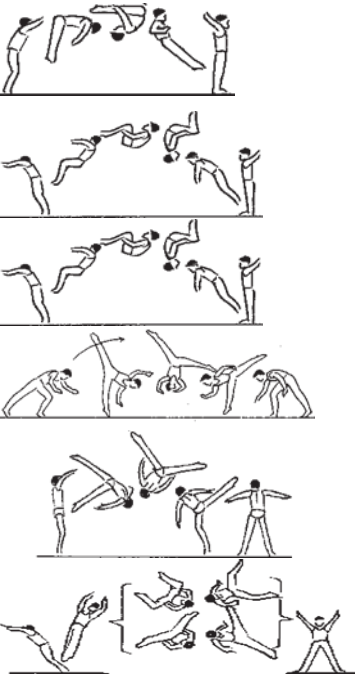

Note: If an athlete falls during the aerial phase or otherwise fails the landing, the acrobatic element will receive maximum 2.5 points.







11.2.13.1 SCORING FOR ACROBATIC MOVES

All images and descriptions of the elements are based on the definitions from Fédération Internationale de Gymnastique and are used here with permission from FIG. Pictures, videos and descriptions of the elements and variations can be found on www.fig-aerobic.com.

All acrobatic elements that are not in this list, will be considered as choreograph.

<u>Dynamic acrobatic elements</u>		
	Handstand	1.0 (if it is passing). 1.5 (if exit to forward roll). 2.0 (if minimum 2s hold);
	Forearm stand The body is supported by both arms with only the hands in contact with the floor.	0.5 (if it is passing); 1.0 (if minimum 2s hold); 2.0 (if press up)
	Cartwheel	1.0 0.5 (elbow); 1.5 (on one arm);
	Round off	2.0 2.5 (if it is split landing);

	Walkover (forward)	2.5;
	Walkover (backward)	3.0 3.5 (if it is split landing or Wenson landing);
	Headspring	4.0 4.5 (if it is split landing)
	Handspring (forward)	4.0 4.5 (if it is split landing)
	Press up handstand	5.0 (with the handstand hold for 2 seconds)
	Flic Flac	4.5 5.0 (if it is split landing)
	Salto 360° (forward, backward, or sideways) Saltos with more than 360° or with twists are not allowed.	5.0
	Flair From a straddle support on both hands, legs circle straddle around the body. Legs must not touch the floor during the circle.	3.5 4.0 (if performed sequentially)
<u>Static acrobatic elements</u>		

	<p>L-support</p> <p>Both hands are placed at the side of the body close to the hips. Legs closed. The body is supported by both arms with only the hands in contact with the floor.</p>	2.0
	<p>Straddle Support</p> <p>The body is supported by both arms with only the hands in contact with the floor. Both hands are placed in front of the body.</p>	3.0
	<p>Straddle V-Support</p> <p>The body is supported by both arms with only the hands in contact with the floor. Both hands are placed behind the body.</p>	3.0
	<p>Full Support Lever</p> <p>A support where the body is supported over the elbows and Triceps with only the hands in contact with the floor. Legs may be closed, straddle or any other position.</p>	3.0 3.5 (on one hand)
	<p>Planche</p> <p>A support in which the body is supported on both hands with straight arms. Legs may be closed, straddle or in other position.</p>	4.5
	<p>Wenson</p> <p>One leg is supported on the upper part of the Triceps of the same side. The rear leg is lifted off the floor.</p>	2.5

11.2.13.2 PROHIBITED ACROBATIC ELEMENTS

Following acrobatic elements and combinations are not allowed in POSA competitions:

- Salto more than 360° with or without twist
- Salto 360° with twist
- **Combination of two or more dynamic acrobatic elements** (for example flick flack to back walkover), a single static acrobatic element may be combined to a dynamic acrobatic element (such as handstand) as start or end position

All prohibited moves and combinations will receive 5.0 points deduction from the Head Judge.

12 HEAD JUDGE PENALTIES

When Superior Jury is not present, Head Judge is also responsible for the following acts:

- Extraordinary circumstances

12.1 SUMMARY OF DEDUCTIONS, WARNINGS AND DISQUALIFICATIONS MADE BY HEAD JUDGE:

- a) Presentation fault: -1 one time
- b) Incorrect attire (jewellery, ornaments, body glitter/painting, national identity, etc.): -3 one time
- c) Improper behaviour on stage: -3 each time
- d) Failure to appear on the competition area within 20 seconds: -1 one time
- e) Prohibited moves: -5 each time
- f) Prohibited height on silks (more than 6m for JV 6-9) -5 one time
- g) Intentional swinging of hoop/silk - 5 one time
- h) 2nd or more of acrobatic elements: -3 each time
- i) Interruption of performance for 2-10 seconds: -2 each time
- j) Stop of performance more than 10 seconds: -3 one time
- k) Wrong length of music:
 - music is more/less than 3 seconds: -1 one time
 - music is more/less than 5 seconds: -3 one time
 - music is more/less than 10 seconds: -5 one time
- l) Incorrectly filled difficulty sheets: -3 one time
- m) No logical beginning or end of the performance: -1 one time
- n) Causing distraction by uttering vocals: -1 one time
- o) Verbal queues from the coach: -5 each time
- p) Contact or verbal instructions between spotter and athlete: -5 each time
- q) Non-compliance of interim rules in choreography on the floor (less than 30 sec)- 3 one time
- r) Themes in contravention of the Olympic Charter and the Code of Ethics: -10 one time
- s) Presence in prohibited area: warning
- t) Improper behaviour / manners: warning / disqualification
- u) National tracksuit or emblem not being worn warning
- v) Competition attire not being worn at medal award ceremony: warning
- w) Missing all difficulty elements: disqualification
- x) Drop out: disqualification
- y) Walk-over: disqualification
- z) Serious breach of the POSA Statutes, Rules & Regulations or Code of Points: disqualification
- aa) Unsportsmanlike conduct against athletes: disqualification
- bb) Disrespectful behaviour towards the Head Judge and Jury: disqualification

13 DEFINITIONS

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.

20° (degree) tolerance

The compulsory move will still be valid if the executed angle/degree of the body varies

no more than maximum 20° to the required angle/degree. If allowed, this will be indicated in the minimum requirements. E.g., a strength moves with a requirement of a 90° body angle to the silk \ hoop and parallel to the floor is executed at a 70° angle, body not fully parallel to the

floor will still be valid and awarded points. However, points will be deducted by the deduction for poor execution.

*Please note: Masters 50+ are allowed a 20° tolerance on all angles and splits for Group A and B (flexibility and strength move).

Holding a position for two seconds

A compulsory move will be counted from the time the athlete is in the required position. The position must be fixed for two seconds (for balance elements – 3 seconds). The transition in and out of the compulsory move 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 moves but not to deter from flow of movement.

Correct angle of an element

Moves not performed at angles clearly visible for the judges to see full execution, will be deducted points.

Transitions

A transition is a linking move between spins, floor work, inverts and lifts.

Floor work

Floor work is defined as a part of a performance where the athlete has no contact to the silk \ hoop. Floor work is every movement performed on the floor in a lying, crawling, kneeling or acrobatic manner.

Use of Space

Stage work is every movement performed around the stage in an upright position without touching the silk \ hoop.

Synchronization (Doubles)

Synchronization refers to the synchronization of the overall performance. This includes on and off the silk \ hoop \ silks \ hoop, around the silk \ hoop and the stage area as well as how well the partners work together throughout the whole performance. Synchronization also refers to the execution level of the partner tricks or combinations.

Lifts (Doubles)

Lifts are interconnected partner moves executed on the silk \ hoop or floor where both partners are in substantial role.

AERIAL & ARTS WORLD FEDERATION



CODE OF POINTS

Elements Table

Aerial sport

14. Elements table

Note: Pictures at the elements table are only instructional and should not be interpret as the only correct execution. The drawings are only indicative, they are examples, the important thing is to read the minimum requirements carefully.

If you have any questions, please contact the international federation at contact@posaworld.org

Abbreviations and definitions:

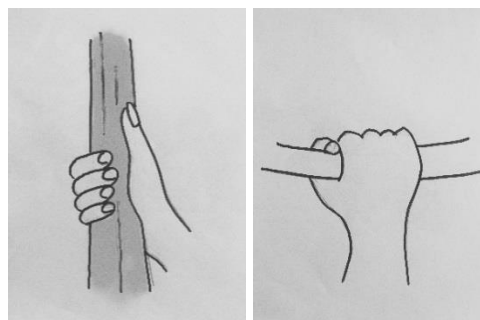
Legs and body positions

Ext. / Extended	Legs extended straight in knees
Pike	Legs together, body bend in half from hips
Straddle	Legs spread wide to each side in V-shape
Tuck	Legs bend to the chest
Pencil	Legs together, body and legs make one line, no bend on the hips
Flag	Body in horizontal level, side towards floor.
Plank	Body on horizontal level, back towards floor or ceiling.

Grips and knots

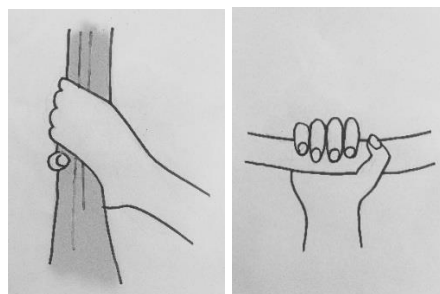
Basic Grip

Arms span – thumb up without twist.

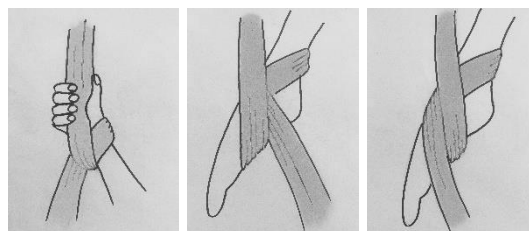


Twisted Grip

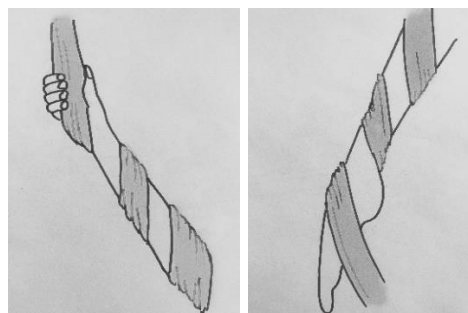
Arms span – twisted wrist, palm toward you.



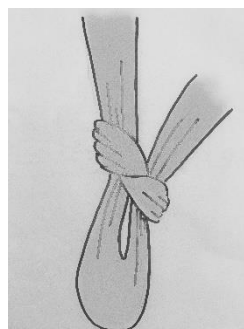
Knot



Spiral wrapping



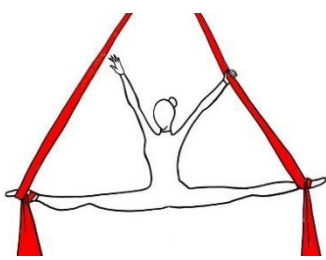
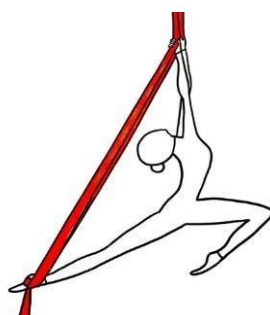
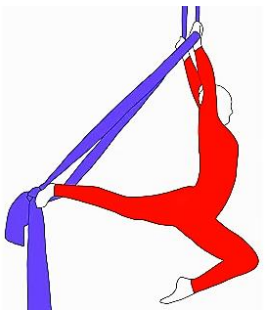
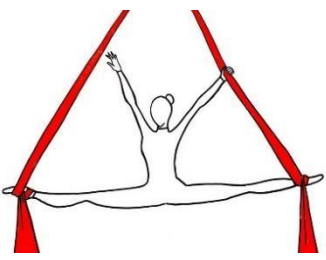
Loop knot


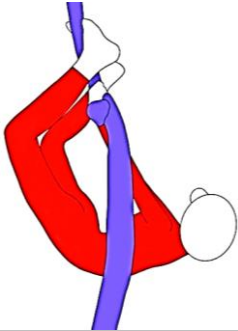
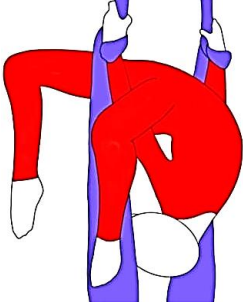

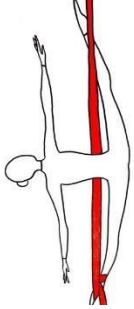


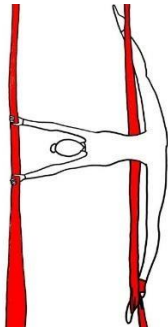

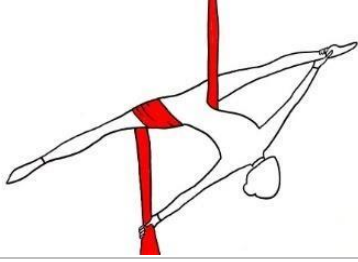
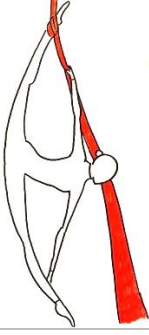
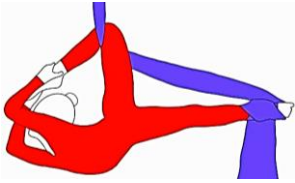
14.1 GROUP A - FLEXIBILITY ELEMENTS


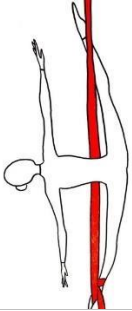
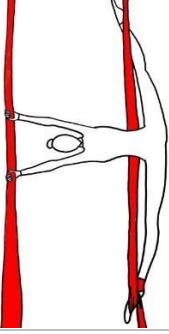
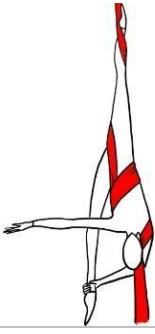
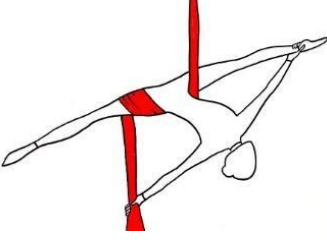
Note: All flexibility elements must be held in fixed position for 2 seconds.

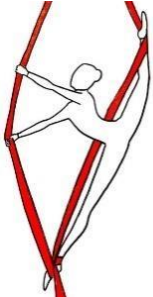

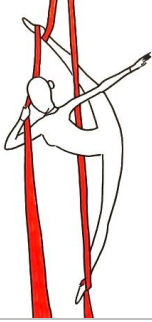
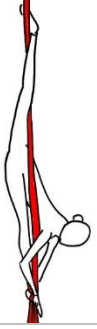

Note: In masters +50 category a tolerance of 20° is given for the requirement to open the legs to 180° if there is no 160° variation for the move. Moves, that do have different levels of execution are without tolerance.



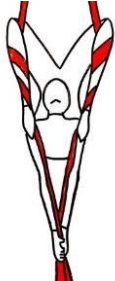
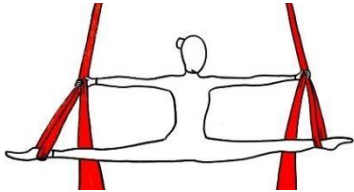
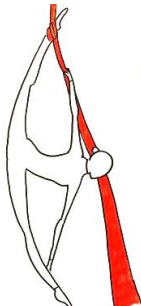
Value	Element	Code	Requirements
0.1		SA001	<p>Split in knots 160°</p> <ul style="list-style-type: none"> • Opening of the legs 160° • Legs in knots <p><i>Levels of execution:</i> SA001 Split in knots 160° SA002 Split in knots 180°</p>
0.1		SA003	<p>Upright backbent</p> <ul style="list-style-type: none"> • One leg in knot • Arms are fully extended • Only one foot and hands in contact with the silks
0.1		SA014	<p>Backbent on the loop knot</p> <ul style="list-style-type: none"> • Arms are fully extended • Only one foot and hands in contact with the silks
0.2		SA002	<p>Split in knots 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Legs in knots <p><i>Levels of execution:</i> SA001 Split in knots 160° SA002 Split in knots 180°</p>

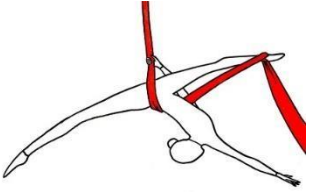
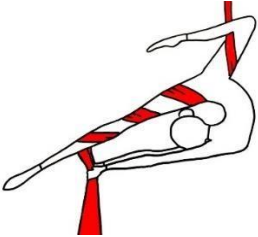
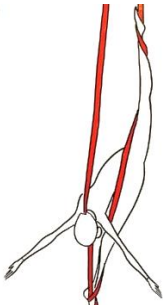
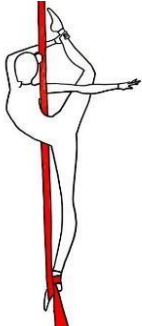
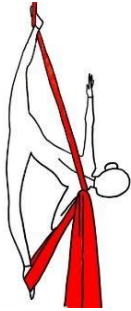
0.2		<p>SA004 Split with wrapping 160°</p> <ul style="list-style-type: none"> • Opening of the legs 160° • Lower foot in knot <p>Levels of execution: SA004 Split with wrapping 160° SA005 Split with wrapping 180°</p>
0.2		<p>SA015 Box</p> <ul style="list-style-type: none"> • Back in bend
0.2		<p>SA022 Lantern</p> <ul style="list-style-type: none"> • Back in bend
0.3		<p>SA005 Split with wrapping 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Lower foot in knot <p>Levels of execution: SA004 Split with wrapping 160° SA005 Split with wrapping 180°</p>
0.3		<p>SA006 «T» Split 160°</p> <ul style="list-style-type: none"> • Opening of the legs 160° • Lower foot in knot • Middle split • Hands are not in contact with the silks and legs <p>Levels of execution: SA006 «T» Split 160° SA007 «T» Split 180°</p>

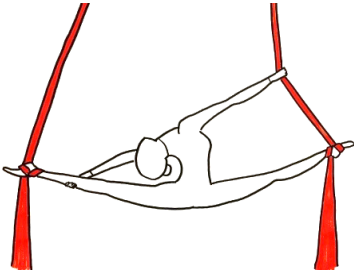
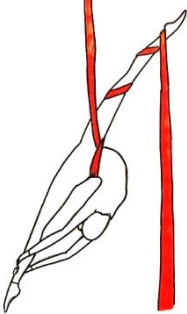
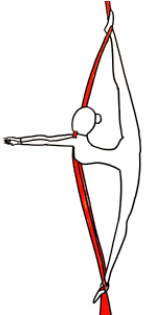

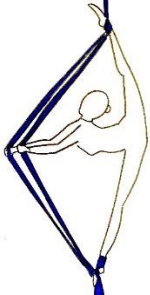
0.3		<p>SA008 «T» split on separate silks 160°</p> <ul style="list-style-type: none"> • Opening of the legs 160° • Lower foot in knot • Middle split <p>Levels of execution: SA008 «T» split on separate silks 160° SA009 «T» split on separate silks 180°</p>
0.3		<p>SA010 Inverted candle 160°</p> <ul style="list-style-type: none"> • Opening of the legs 160° • Spiral wrapping • The opposite hand in contact with the leg <p>Levels of execution: SA010 Inverted candle 160° SA011 Inverted candle 180°</p>
0.3		<p>SA012 Pin 160°</p> <ul style="list-style-type: none"> • Opening of the legs 160° • Leg in spiral wrapping above knee • Free hand in contact with leg <p>Levels of execution: SA012 Pin 160° SA013 Pin 180°</p>
0.3		<p>SA043 Bow and arrows 160°</p> <ul style="list-style-type: none"> • Opening of the legs 160° • Upper leg in spiral wrapping <p>Levels of execution: SA043 Bow and arrows 160° SA030 Bow and arrows 180°</p>
0.3		<p>SA047 Peter pen in backbent</p> <ul style="list-style-type: none"> • Only legs in contact with the silks • Hands in contact with leg behind the head


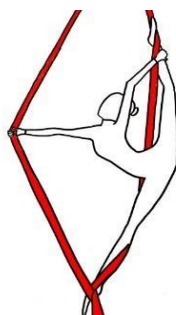


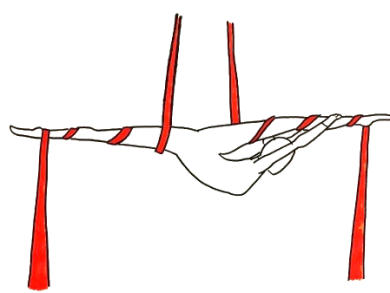
0.3		SA048	<p>Split hang 160°</p> <ul style="list-style-type: none"> • Opening of the legs 160° • Hand in contact with the opposite leg <p><i>Levels of execution:</i> SA048 Split hang 160° SA049 Split hang 180°</p>
0.4		SA007	<p>«T» Split 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Lower foot in knot • Middle split • Hands are not in contact with the silks and legs <p><i>Levels of execution:</i> SA006 «T» Split 160° SA007 «T» Split 180°</p>
0.4		SA009	<p>«T» split on separate silks 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Body is parallel to the floor • Lower foot in knot • Middle split <p><i>Levels of execution:</i> SA008 «T» split on separate silks 160° SA009 «T» split on separate silks 180°</p>
0.4		SA011	<p>Inverted candle 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Spiral wrapping • The opposite hand in contact with the leg <p><i>Levels of execution:</i> SA010 Inverted candle 160° SA011 Inverted candle 180°</p>
0.4		SA013	<p>Pin 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Leg in spiral wrapping above knee • Free hand in contact with leg <p><i>Levels of execution:</i> SA012 Pin 160° SA013 Pin 180°</p>

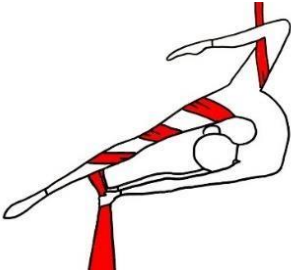
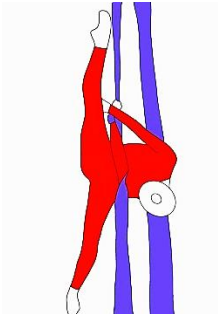
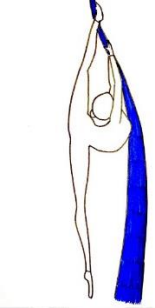


0.4		SA016	Cupid 180° <ul style="list-style-type: none"> • Opening of the legs 180° • Shoulders are above the level of pelvis • Lower foot in knot • Arms are fully extended • Basic grip
0.4		SA017	Cupid on separate silks 180° <ul style="list-style-type: none"> • Opening of the legs 180° • Shoulders are above the level of pelvis • Legs in spiral wrapping • Arms are fully extended • Hands in basic grip
0.4		SA029	Slingshot 180° <ul style="list-style-type: none"> • Opening of the legs 180° • Lower leg in knot • Upper leg in single spiral wrapping on foot or on ankle • Legs are fully extended
0.4		SA040	Split «Needle» 180° <ul style="list-style-type: none"> • Opening of the legs 180° • Lower leg in knot • Hands in contact with leg
0.4		SA044	Ring – legs in contact with the head <ul style="list-style-type: none"> • Legs in spiral wrapping • Feet in contact with the head • Arms are fully extended <p><i>Levels of execution:</i> SA044 Ring – legs in contact with the head SA019 Ring – legs in contact with shoulders</p>

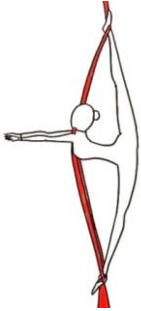


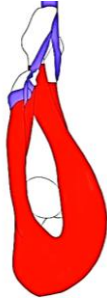
0.4		SA049	<p>Split hang 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Hand in contact with the opposite leg <p><i>Levels of execution:</i> SA048 Split hang 160° SA049 Split hang 180°</p>
0.5		SA018	<p>Candle in middle split 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Middle split • The opposite hand in contact with upper leg behind the head • Hands are not in contact with the silks • Lower leg in knot
0.5		SA019	<p>Ring – legs in contact with shoulders</p> <ul style="list-style-type: none"> • Legs in spiral wrapping • Feet in contact with shoulders • Arms are fully extended <p><i>Levels of execution:</i> SA044 Ring – legs in contact with the head SA019 Ring – legs in contact with shoulders</p>
0.5		SA021	<p>Weighing-machine 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Arms are fully extended • Hands in basic grip
0.5		SA030	<p>Bow and arrows 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Upper leg in spiral wrapping • Hand in contact with similar leg <p><i>Levels of execution:</i> SA043 Bow and arrows 160° SA030 Bow and arrows 180°</p>

0.6		SA020	Hang «Lever arm» 180° <ul style="list-style-type: none"> • Opening of the legs 180° • Upper leg in knot • Hand grab silks behind the similar straight leg
0.6		SA026	Cocoon 160° <ul style="list-style-type: none"> • Opening of the legs 160° • Lower leg in spiral wrapping • Hands in contact with leg behind the head <p><i>Levels of execution:</i> SA026 Cocoon 160° SA038 Cocoon 180° (extended)</p>
0.6		SA031	Swan 180° <ul style="list-style-type: none"> • Opening of the legs 180° • Front split • Legs are fully extended • Lower leg in knot • Hands are not in contact with the silks
0.6		SA023	Bilman 160° <ul style="list-style-type: none"> • Opening of the legs 160° • Lower leg in knot • The opposite hand in contact with leg behind the head and behind the silks • Hands are not in contact with the silks
0.6		SA024	Crossbow 180° <ul style="list-style-type: none"> • Opening of the legs 180° • Front split • Only feet, shoulder and one hand in contact with the silks

0.7		SA032	Backbent split in knots 180° <ul style="list-style-type: none"> • Opening of the legs 180° • The opposite hand in contact with leg behind the head • Legs are fully extended • Head in contact with leg
0.7		SA034	Unicorn 180° <ul style="list-style-type: none"> • Opening of the legs 180° • Legs are fully extended • Hands behind the head in contact with leg • Head in contact with hip • Upper leg in spiral wrapping
0.7		SA035	Peacock 180° <ul style="list-style-type: none"> • Opening of the legs 180° • Front split • Lower leg in knot • Legs are fully extended • Hands are not in contact with the silks <p><i>Levels of execution:</i> SA035 Peacock 180° SA036 Extreme peacock 180°</p>
0.7		SA041	Tulip 180° <ul style="list-style-type: none"> • Opening of the legs 180° • Hands in contact with leg behind the head • Leg in single spiral wrapping <p><i>Levels of execution:</i> SA041 Tulip 180° SA042 Tulip extended 180°</p>
0.7		SA050	Moth 180° <ul style="list-style-type: none"> • Opening of the legs 180° • Arms are fully extended


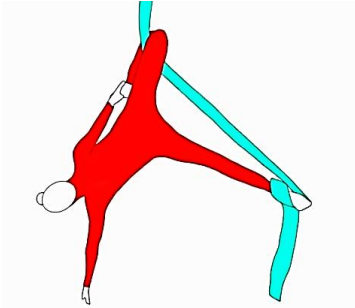
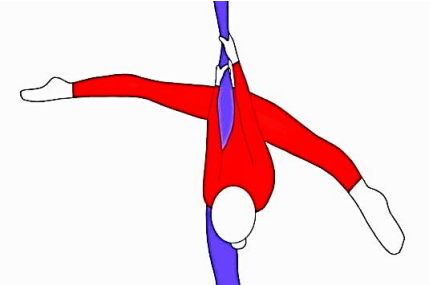
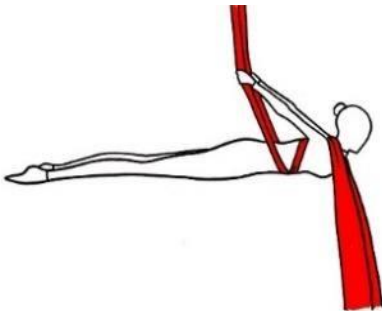
0.7		SA051	<p>Chinese chopsticks 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Supporting arm in contact with the opposite leg • Free hand in contact with the opposite leg
0.8		SA025	<p>Cupid with grab of leg 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Front split • Hand are fully extended • Hand in contact with similar leg • Head in contact with legs or silks
0.8		SA027	<p>Super bilman 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Hands in contact with leg behind the head • Head in contact with leg <p><i>Levels of execution:</i> SA027 Super bilman 180° SA039 Super bilman - extended 180°</p>
0.8		SA028	<p>Andreeva split 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Lower leg in knot • Hand in contact with leg behind the head • Legs are fully extended
0.8		SA033	<p>Snake 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Hands in contact with leg behind the head • Legs in spiral wrapping • Head in contact with legs • Legs are fully extended

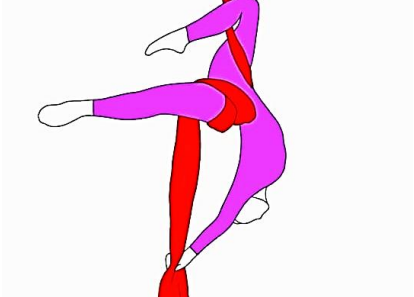
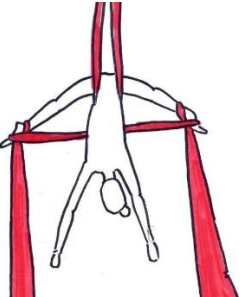
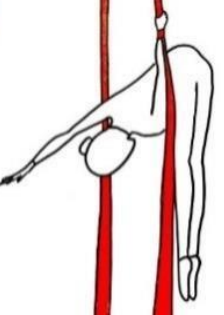


0.8		<p>SA038 Cocoon 180° (extended)</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Lower leg in spiral wrapping • Hands in contact with leg behind the head • Lower leg and arms are fully extended • Head in contact with hip <p><i>Levels of execution:</i> SA026 Cocoon 160° SA038 Cocoon 180° (extended)</p>
0.8		<p>SA045 Back flag split 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Hand in contact with the similar leg • Legs are fully extended
0.8		<p>SA052 Goddess 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Hands without windings • Head in contact with hip
0.8		<p>SA053 Heron</p> <ul style="list-style-type: none"> • Legs are fully extended • Hand without windings
0.9 CBRF		<p>SA042 Tulip extended 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Hands in contact with leg behind the head • Leg in single spiral wrapping • Back leg is extended • Head in contact with hip <p><i>Levels of execution:</i> SA041 Tulip 180° SA042 Tulip extended 180°</p>



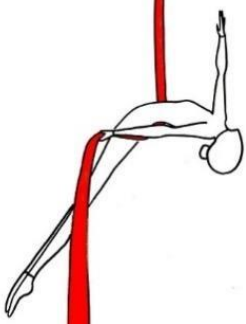
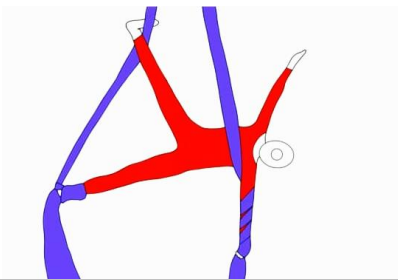
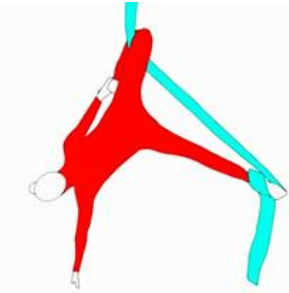
1.0 CBRF		SA036	<p>Extreme peacock 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Lower leg in knot • Legs are fully extended • Hands in contact with leg behind the head • Head in contact with the hip <p><i>Levels of execution:</i> SA035 Peacock 180° SA036 Extreme peacock 180°</p>
1.0		SA037	<p>Droplet</p> <ul style="list-style-type: none"> • Legs in eight winding • Legs are fully extended • Hands in contact with legs behind the head • Head in contact with hips
1.0		SA039	<p>Super bilman - extended 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Lower leg in knot • Hands in contact with leg behind the head • Legs are fully extended • Head in contact with hip <p><i>Levels of execution:</i> SA027 Super bilman 180° SA039 Super bilman - extended 180°</p>
1.0		SA046	<p>Masalova eyelet</p> <ul style="list-style-type: none"> • Legs are fully extended • Head in contact with hips


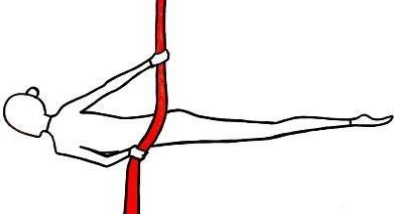
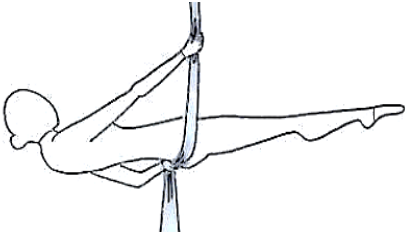

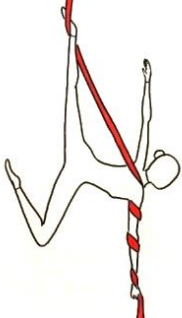
14.2 GROUP B - STRENGTH ELEMENTS

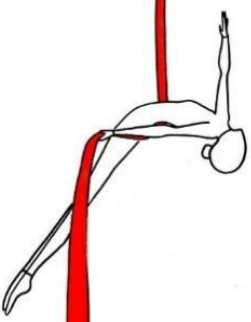
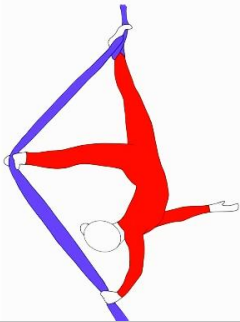
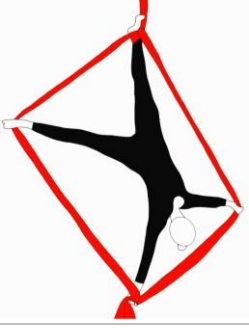
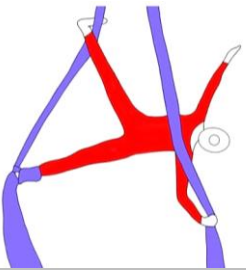
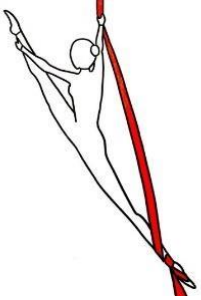
Note: All Strength elements must be held in fixed position for 2 seconds

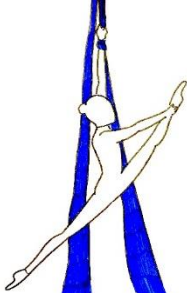
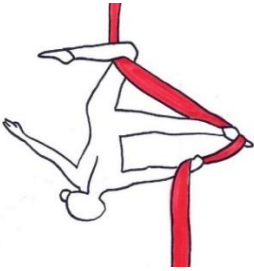
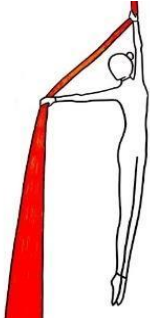
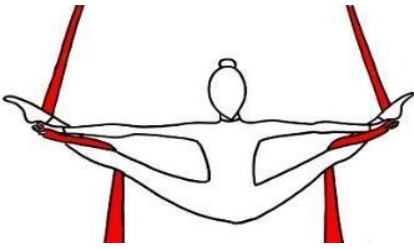
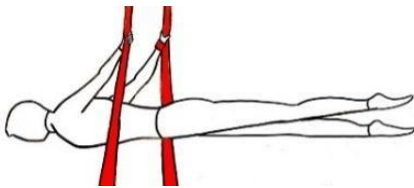
Value	Element	Code	Requirements
0.1		SB001	<p>Hang «Cross» diagonal</p> <ul style="list-style-type: none"> • The angle between arms and body 45° • Arms are fully extended • Hands in single spiral wrapping <p><i>Levels of execution:</i> SB001 Hang «Cross» diagonal SB002 Hang «Cross»</p>
0.1		SB049	<p>Peter pen supported</p> <ul style="list-style-type: none"> • Supporting leg extended • Only legs and one hand could be in contact with the silks <p><i>Levels of execution:</i> SB049 Peter pen supported SB050 Peter pen SB061 Peter pen without windings</p>
0.1		SB052	<p>Inverted straddle</p> <ul style="list-style-type: none"> • Legs in V-position • Pelvis is higher than the level of shoulders
0.2		SB003	<p>Baby plank</p> <ul style="list-style-type: none"> • Body and legs are parallel to the floor • Legs are fully extended • Silks are crossed at the level of stomach

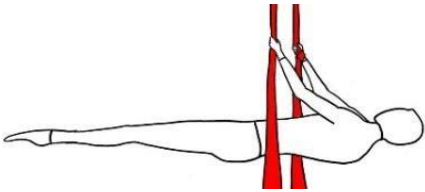
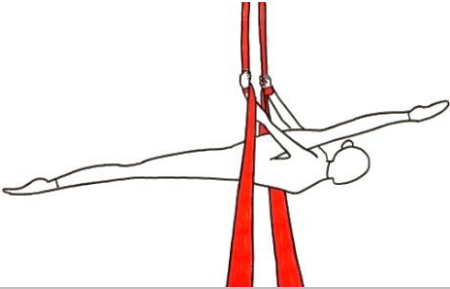

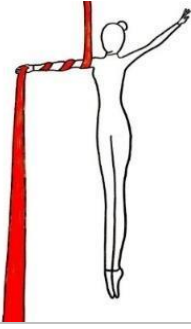
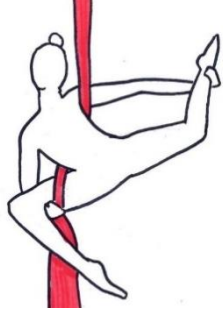
0.2		SB051 Inside leg hang <ul style="list-style-type: none"> • Straight leg is parallel to the floor or below the parallel • One hand in contact with the silks under body, another hand is not contact with the silks
0.2		SB062 Hang «Moth» 160° <ul style="list-style-type: none"> • Opening of the legs 160° • Legs in knots • Hands are not in contact with the silks
0.2		SB004 Frontal flag <ul style="list-style-type: none"> • Legs and body are in pike position • Legs are closed and fully extended • One hand in contact with silks, another hand is not in contact with silks
0.2		SB053 Handrail tuck <ul style="list-style-type: none"> • Supporting arm is straight • Tuck position • Only one hand, stomach and hip are in contact with the silks <p><i>Levels of execution:</i> SB053 Handrail tuck SB011 Handrail pike</p>
0.2		SB063 Hang «Four» <ul style="list-style-type: none"> • One leg in knot • Hands are not in contact with the silks


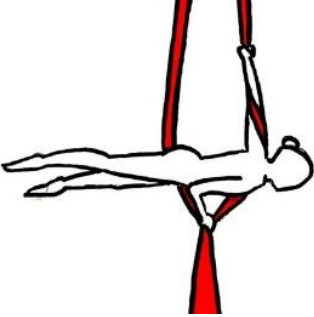
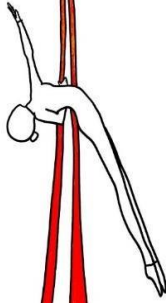
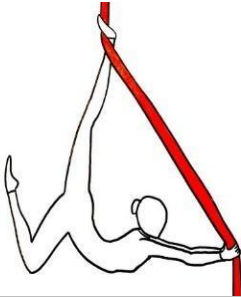
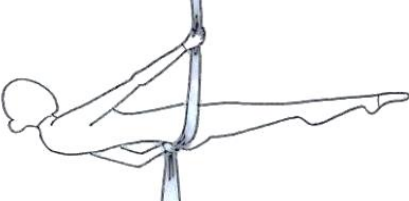
0.3		<p>SB002 Hang «Cross»</p> <ul style="list-style-type: none"> • Arms are parallel to the floor • Arms are fully extended • Hands in single spiral wrapping <p><i>Levels of execution:</i> SB001 Hang «Cross» diagonal SB002 Hang «Cross»</p>
0.3		<p>SB005 Open hang split leg grabbed</p> <ul style="list-style-type: none"> • Legs in front split • Hands in basic grip • Hand in contact with leg
0.3		<p>SB006 Supporting arm flag</p> <ul style="list-style-type: none"> • Arms are fully extended <p><i>Levels of execution:</i> SB006 Supporting arm flag SB039 Supporting arm flag – one handed</p>
0.3		<p>SB046 Rodionova Starfish - spiral wrapping</p> <ul style="list-style-type: none"> • One hand is not in contact with the silks <p><i>Levels of execution:</i> SB046 Rodionova Starfish - spiral wrapping SB047 Rodionova Starfish</p>
0.3		<p>SB050 Peter pen</p> <ul style="list-style-type: none"> • Supporting leg is extended • Only legs in contact with the silks • Hands are not in contact with legs <p><i>Levels of execution:</i> SB049 Peter pen supported SB050 Peter pen SB061 Peter pen without windings</p>

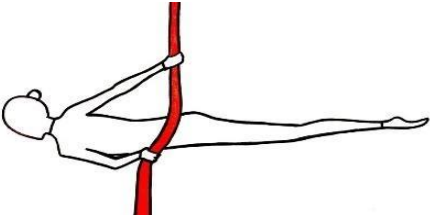
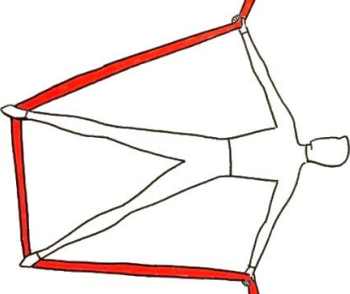
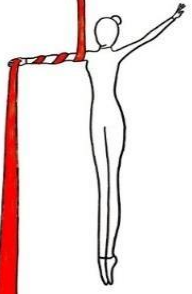
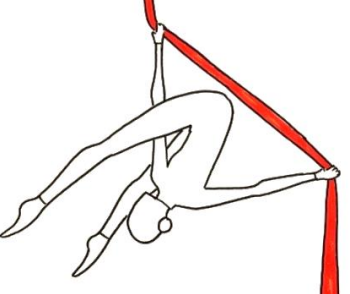

0.3		<p>SB011 Handrail pike</p> <ul style="list-style-type: none"> • Supporting arm is straight • Legs are closed and fully extended • Pike position • Only one hand, stomach and hip are in contact with the silks <p><i>Levels of execution:</i> SB053 Handrail tuck SB011 Handrail pike</p>
0.4		<p>SB009 Stomach plank tuck</p> <ul style="list-style-type: none"> • Body is parallel to the floor • Tuck position • Stomach is facing to the floor
0.4		<p>SB010 Back plank tuck</p> <ul style="list-style-type: none"> • Body is parallel to the floor • Tuck position • Back is facing to the floor
0.4		<p>SB015 Rocket with separate silks</p> <ul style="list-style-type: none"> • Silks in contact with the neck • Body and legs are in pencil position
0.4		<p>SB031 Butterfly</p> <ul style="list-style-type: none"> • Supporting arm in spiral wrapping • Only hands, shoulder, neck and foot in contact with the silks <p><i>Levels of execution:</i> SB031 Butterfly SB040 Butterfly – one handed</p>

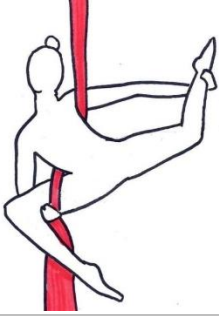
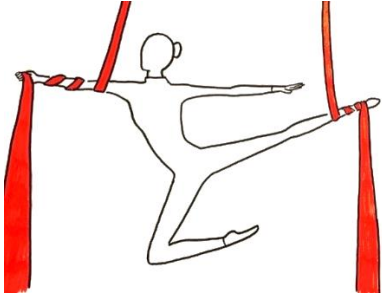
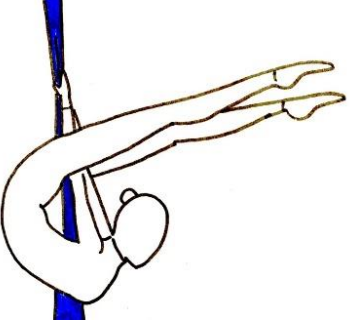
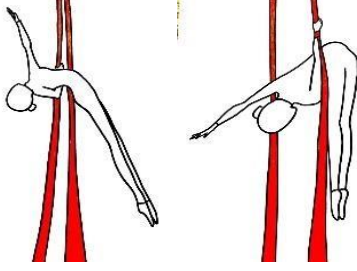
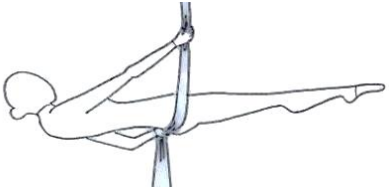
0.4		<p>SB039 Supporting arm flag – one handed</p> <ul style="list-style-type: none"> • Supporting arm is extended • Only one hand and back in contact with the silks <p><i>Levels of execution:</i> SB006 Supporting arm flag SB039 Supporting arm flag – one handed</p>
0.4		<p>SB044 Spy</p> <ul style="list-style-type: none"> • Only one hand and feet in contact with the silks • Legs and supporting arm are fully extended
0.4		<p>SB045 Kite</p> <ul style="list-style-type: none"> • Body, legs and hands are in one plane • Legs and arms are fully extended
0.4		<p>SB047 Rodionova Starfish</p> <ul style="list-style-type: none"> • Body is parallel to the floor • One hand is not in contact with the silks • Lower hand in basic grip <p><i>Levels of execution:</i> SB046 Rodionova Starfish - spiral wrapping SB047 Rodionova Starfish</p>
0.4		<p>SB048 Split «Arrow»</p> <ul style="list-style-type: none"> • Legs in front split • One arm in basic grip • Only one hand and leg in contact with the silks • Free hand in contact with the leg

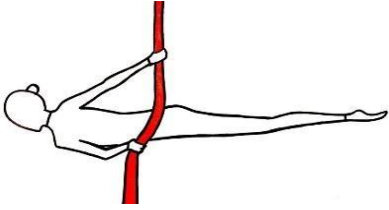
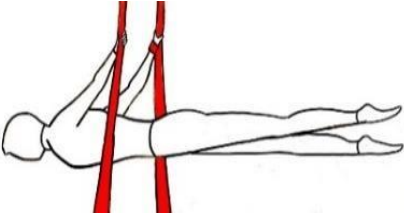
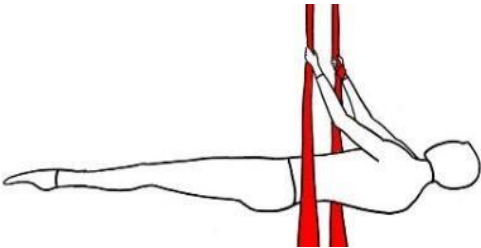
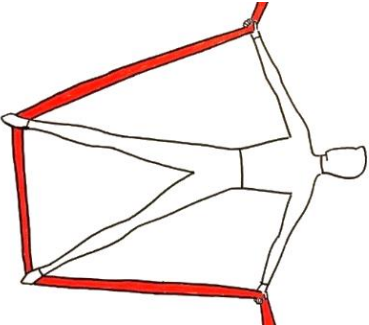
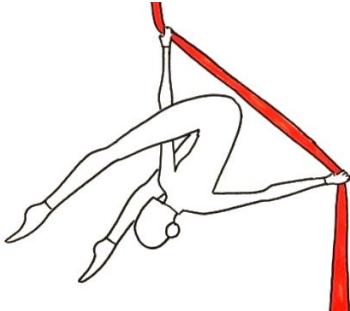
0.4		SB055 One handed hang in arrow <ul style="list-style-type: none"> • Arms are fully extended • Legs in front split
0.4		SB061 Peter pen without windings <ul style="list-style-type: none"> • Supporting leg is extended • Only legs in contact with the silks • No windings <i>Levels of execution:</i> SB049 Peter pen supported SB050 Peter pen SB061 Peter pen without windings
0.5		SB007 Pendant <ul style="list-style-type: none"> • Arms are fully extended • No windings and knots • Only hands in contact with the silks
0.5		SB008 Trigon <ul style="list-style-type: none"> • Hands in basic grip or in single spiral wrapping • Legs and arms are fully extended • Body is parallel to the floor or above then parallel
0.5		SB013 Back basic plank tuck <ul style="list-style-type: none"> • Tuck position • Body is parallel to the floor

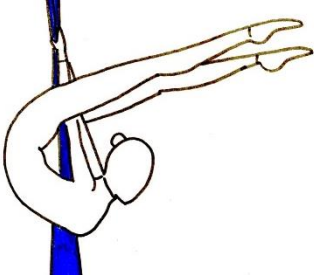
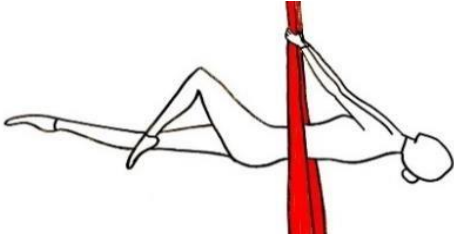
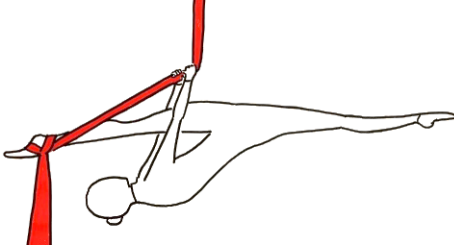
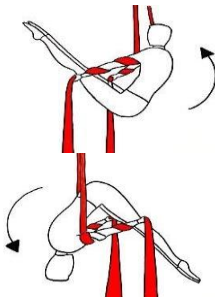
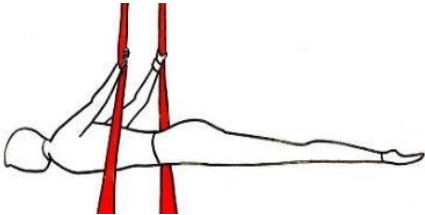
0.5		<p>SB014 Basic plank tuck</p> <ul style="list-style-type: none"> • Tuck position • Arms are fully extended • Body is parallel to the floor
0.5		<p>SB029 Split in back basic plank</p> <ul style="list-style-type: none"> • Arms and legs are fully extended • Body is parallel to the floor
0.5		<p>SB040 Butterfly – one handed</p> <ul style="list-style-type: none"> • Supporting arm in spiral wrapping • Only one hand, shoulder, neck and foot in contact with the silks <p><i>Levels of execution:</i> SB031 Butterfly SB040 Butterfly – one handed</p>
0.5		<p>SB016 Toreador (with tolerance)</p> <ul style="list-style-type: none"> • Supporting arm is extended and in spiral wrapping • Pencil position • Only one hand in contact with the silks <p><i>Levels of execution:</i> SB016 Toreador (with tolerance) SB041 Toreador (no tolerance)</p>
0.5		<p>SB064 Hang «Arabesque»</p> <ul style="list-style-type: none"> • Silks is grabbed under leg • No windings and knots <p><i>Levels of execution:</i> SB064 Hang «Arabesque» SB065 Hang «Arabesque» - extended</p>

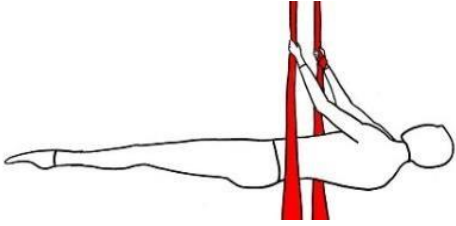
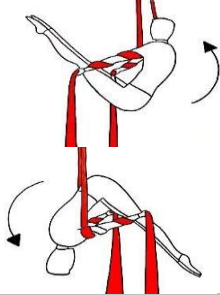
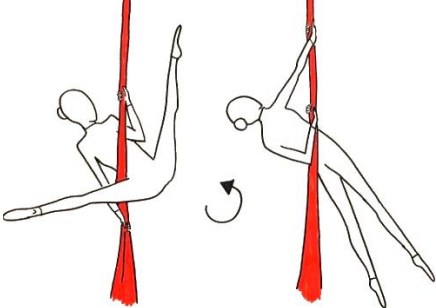
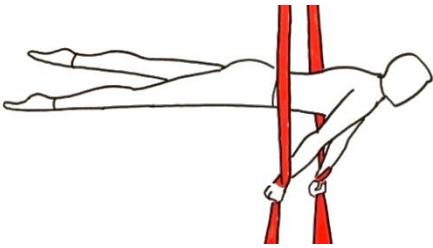
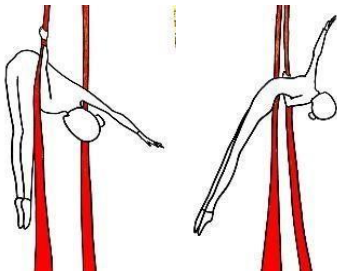
0.6		SB030 Rocket on the closed silks <ul style="list-style-type: none"> • Silks in contact with neck • Body and legs in pencil position • Silks are closed
0.6		SB067 Crocodile in shoulder mount <ul style="list-style-type: none"> • Hand in spiral winding • Body and legs are parallel to the floor
0.7		SB012 Back flag <ul style="list-style-type: none"> • Only one hand and back could be in contact with the silks • Legs are fully extended
0.7 CBRF		SB017 Dangerous bridge <ul style="list-style-type: none"> • Arms are fully extended • Only hands and one foot are in contact with the silks
0.7		SB018 Back plank V-position <ul style="list-style-type: none"> • Body and legs are parallel to the floor in V-position • Supporting arm under the lower back • Back facing to the floor

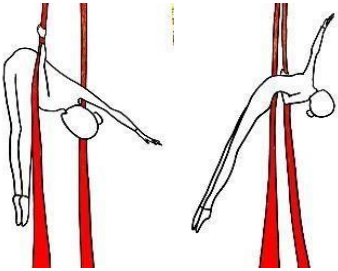
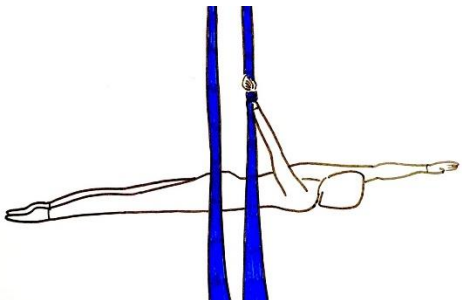
0.7		<p>SB019 Stomach plank V-position</p> <ul style="list-style-type: none"> • Body and legs are parallel to the floor in V-position • Supporting arm under stomach • Stomach facing to the floor
0.7		<p>SB033 Side plank V-position</p> <ul style="list-style-type: none"> • Body is parallel to the floor • Legs are in V-position • Legs and arms are fully extended <p><i>Levels of execution:</i> SB033 Side plank V-position SB035 Side plank pencil</p>
0.7		<p>SB041 Toreador (no tolerance)</p> <ul style="list-style-type: none"> • Supporting arm is extended in spiral wrapping and parallel to the floor • Pencil position • Only one arm in contact with the silks <p><i>Levels of execution:</i> SB016 Toreador (with tolerance) SB041 Toreador (no tolerance)</p>
0.7		<p>SB043 Basic deadlift</p> <ul style="list-style-type: none"> • Upper hand in basic grip • Deadlift without momentum • Final position: fixing of 2 sec, back is not in contact with arms and silks
0.7		<p>SB058 Rocket bin bilman</p> <ul style="list-style-type: none"> • Free hand in contact with leg behind the head

0.7		<p>SB065 Hang «Arabesque» - extended</p> <ul style="list-style-type: none"> • Silks is grab under leg • Upper leg is extended and in contact with similar arm • No windings and knots <p><i>Levels of execution:</i> SB064 Hang «Arabesque» SB065 Hang «Arabesque» - extended</p>
0.7		<p>SB032 Spiral</p> <ul style="list-style-type: none"> • Hand and the opposite leg in contact with the silks • Supporting arm and leg are fully extended • Cyclical winding to the arm and leg • 3 turns and more
0.7		<p>SB056 Iguana</p> <ul style="list-style-type: none"> • Hands in contact with the silks between legs and behind of the back without windings <p><i>Levels of execution:</i> SB056 Iguana SB057 Iguana - extended</p>
0.7		<p>SB024 Transition from back flag to frontal flag</p> <ul style="list-style-type: none"> • Starting and final position fixing of 2 sec • Free arm doesn't help supporting arm during performing • No momentum • No contact with the floor
0.8		<p>SB020 Back plank</p> <ul style="list-style-type: none"> • Body and legs parallel to the floor in pencil position • Supporting arm under lower back • Back facing to the floor

0.8		SB021 Stomach plank <ul style="list-style-type: none"> • Body and legs are parallel to the floor in pencil position • Supporting arm is under the stomach • Stomach facing to the floor
0.8		SB022 Plank V-position <ul style="list-style-type: none"> • Legs are fully extended in V-position • Legs and Body is parallel to the floor
0.8		SB023 Basic plank V-position <ul style="list-style-type: none"> • Legs are fully extended in V-position • Arms are fully extended • Legs and Body is parallel to the floor
0.8		SB035 Side plank pencil <ul style="list-style-type: none"> • Body is parallel to the floor • Legs and arms are fully extended • Legs are closed and fully extended <p><i>Levels of execution:</i> SB033 Side plank V-position SB035 Side plank pencil</p>
0.8		SB038 Basic deadlift (legs are fully extended) <ul style="list-style-type: none"> • Upper hand in basic grip • Deadlift without momentum • Legs are fully extended • Final position: fixing of 2 sec, back not in contact with arms and silks

0.8		<p>SB057 Iguana - extended</p> <ul style="list-style-type: none"> • Hands in contact with silks between legs and behind back without windings • Legs are fully extended <p><i>Levels of execution:</i> SB056 Iguana SB057 Iguana – extended</p>
0.9		<p>SB025 Basic plank (one leg bent)</p> <ul style="list-style-type: none"> • Arms are fully extended • Body and straight leg are parallel to the floor • One leg bent
0.9		<p>SB036 Rodionova split</p> <ul style="list-style-type: none"> • Split position • Leg in knot • Arms are fully extended and in contact with silks behind leg • Legs and body are parallel to the floor • Silks are closed
0.9		<p>SB028 Roll up - 2 turns</p> <ul style="list-style-type: none"> • Starting position: upright aerial hang • Arms are fully extended in spiral wrapping. • Legs and body in pike position • 2 turns and more without momentum <p><i>Levels of execution:</i> SB028 Roll up - 2 turns SB059 Roll up - 3 turns</p>
1.0		<p>SB026 Back basic plank pencil</p> <ul style="list-style-type: none"> • Legs and body are parallel to the floor in pencil position

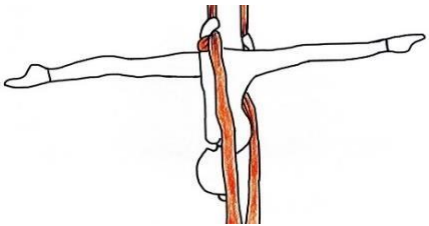
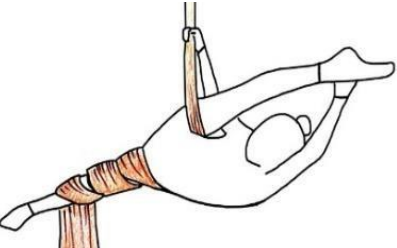
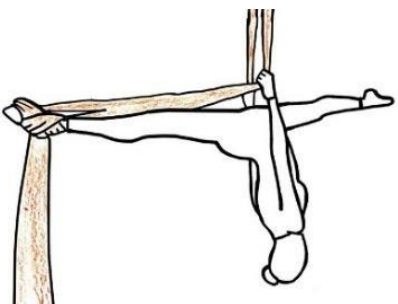
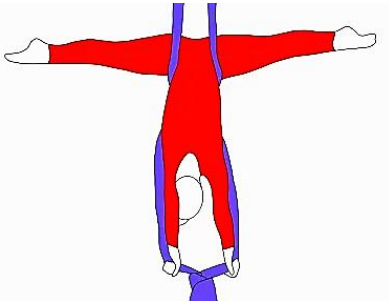
1.0		SB027 Basic plank pencil <ul style="list-style-type: none"> Arms are fully extended Legs and body are parallel to the floor in pencil position
1.0		SB059 Roll up - 3 turns <ul style="list-style-type: none"> Starting position: upright aerial hang Arms are fully extended in spiral wrapping. Legs and body in pike position 3 turns and more without momentum <p><i>Levels of execution:</i> SB028 Roll up - 2 turns SB059 Roll up - 3 turns</p>
1.0		SB034 Double deadlift to back flag <ul style="list-style-type: none"> Legs are fully extended 2 turns and more Starting position: in aerial supporting with silks (no contact with the floor) Final position: back flag No momentum
1.0		SB037 Gorizontal plank <ul style="list-style-type: none"> Arms and legs are fully extended Legs and body are parallel to
1.0		SB042 Upper transition from frontal flag to back flag <ul style="list-style-type: none"> Starting position – frontal flag Final position – back flag Upper transition through position of parallel to the silks Free arm doesn't help to supporting arm during performing No momentum No contact with the floor

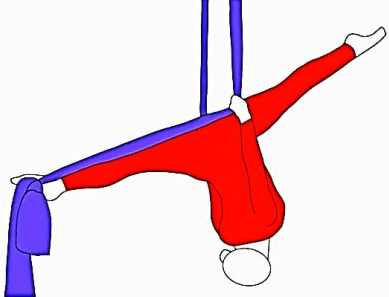
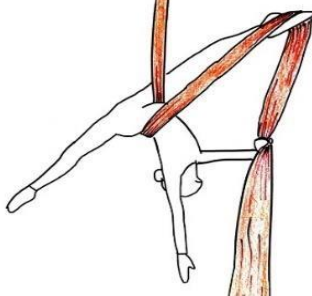
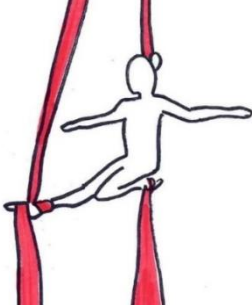
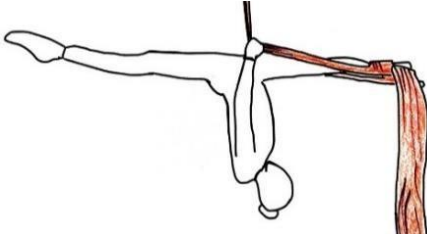
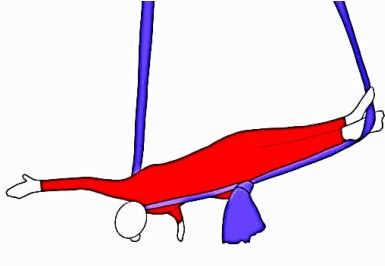
1.0		SB060 Lower transition from frontal flag to back flag <ul style="list-style-type: none"> • Starting position – frontal flag • Final position – back flag • Lower transition through position of parallel to the silks • Free arm doesn't help to supporting arm during performing • No momentum • No contact with the floor
1.0		SB054 Iron plank – one handed <ul style="list-style-type: none"> • Legs in pencil position • Body is parallel to the floor • Only one hand in contact with the silks.

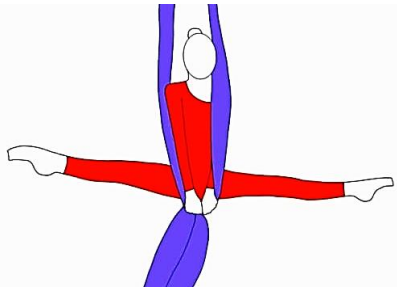
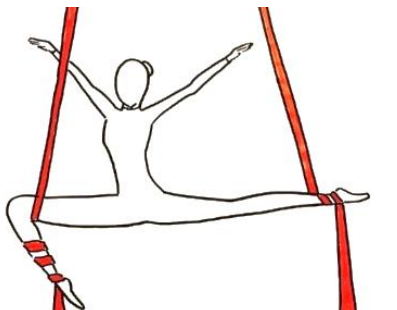
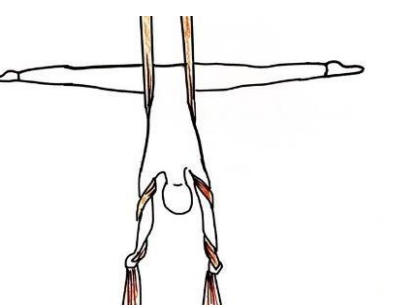
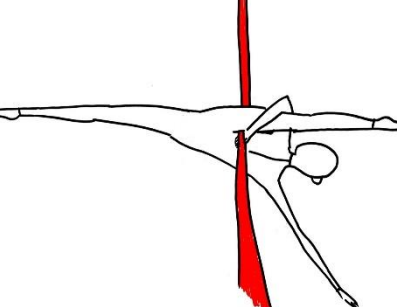
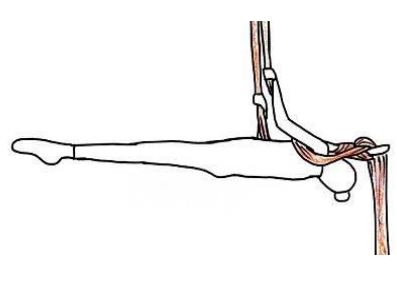
14.3 GROUP C – BALANCE ELEMENTS

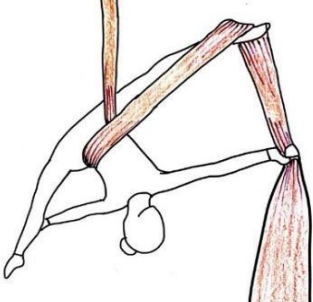
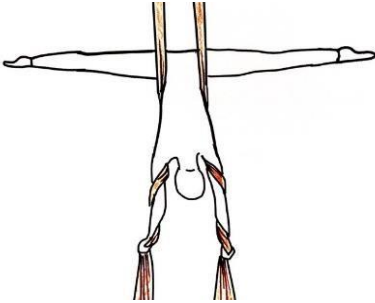
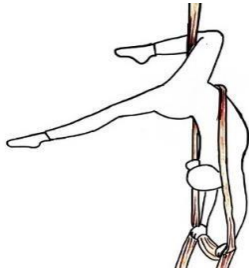
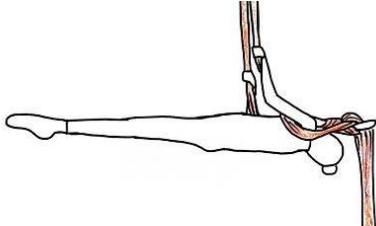
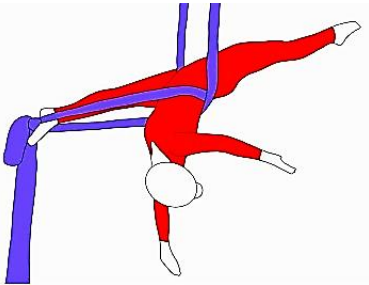
Note: All balance elements must be held in fixed position for 3 seconds.

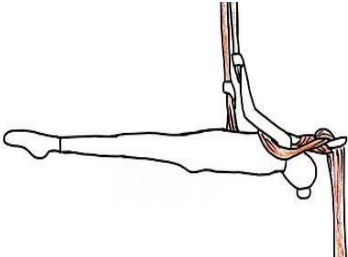
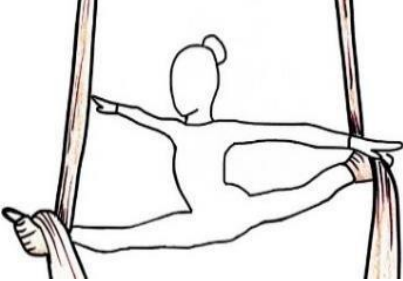
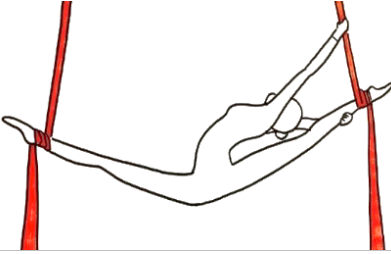
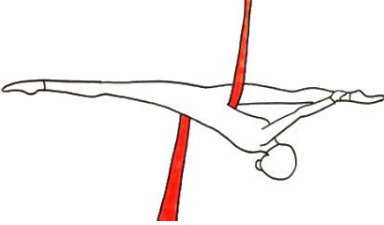
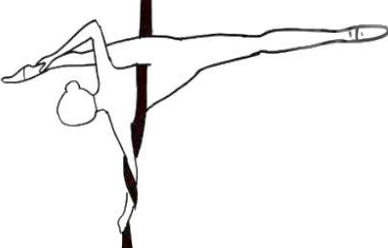
Note: In masters +50 category a tolerance of 20° is given for the requirement to open the legs to 180° if there is no 160° variation for the move. Moves, that do have different levels of execution are without tolerance.

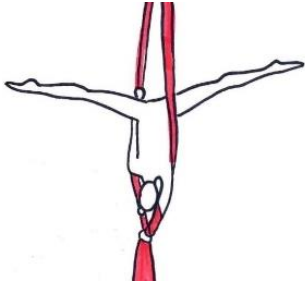
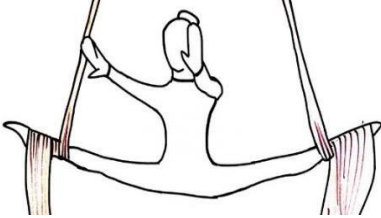

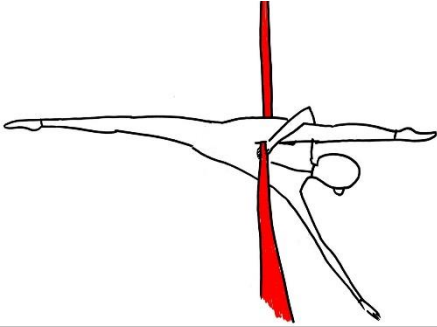
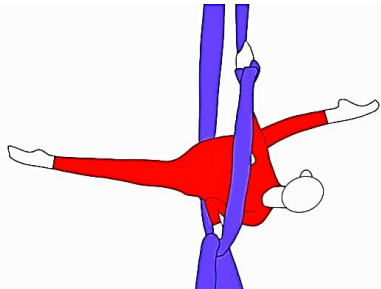
Value	Element	Code	Requirements
0.1		SC001	Reversed split – hands in knots <ul style="list-style-type: none"> • Legs in front split
0.1		SC002	Candle laying <ul style="list-style-type: none"> • Legs in front split • Hand in contact with the opposite leg
0.2		SC003	Reversed split – leg in knot 160° <ul style="list-style-type: none"> • Opening of the legs 160° • Legs are fully extended
0.2		SC015	Handstand loop knot <ul style="list-style-type: none"> • Legs and arms are fully extended

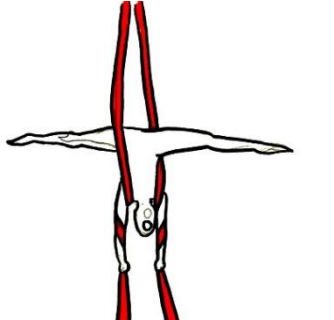
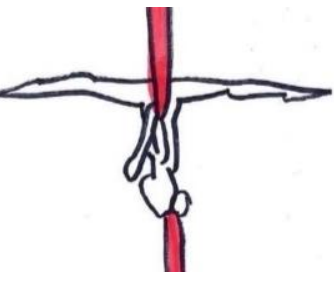
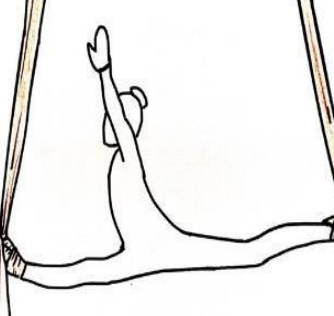
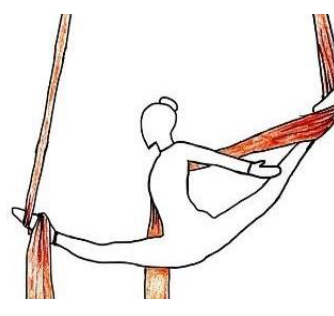
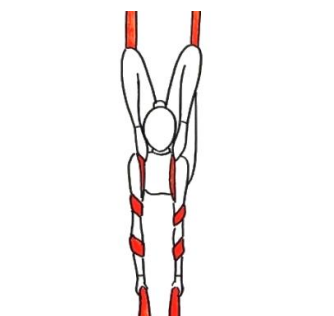
0.2		SC039	Reversed split on the loop knot 160° <ul style="list-style-type: none"> • Opening of the legs 160° • Legs are fully extended
0.3		SC004	«Reversed equilibrium» 180° <ul style="list-style-type: none"> • Opening of the legs 180° • Front split • Supporting arm is extended <i>Levels of execution:</i> SC004 «Reversed equilibrium» 180° SC005 «Reversed equilibrium» 180° - leg grabbed
0.3		SC046	Balance Pistol <ul style="list-style-type: none"> • Legs in knots • Hands are not in contact with the silks • One leg is extended
0.3		SC006	Reversed split in knot 160° <ul style="list-style-type: none"> • Opening of the legs 160° • Legs and arms are fully extended
0.3		SC012	String on the loop knot <ul style="list-style-type: none"> • Body and legs are in pencil position • Hands are not in contact with the silks

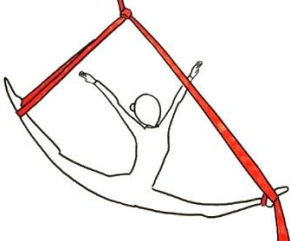
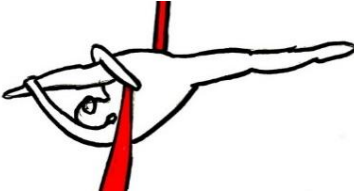
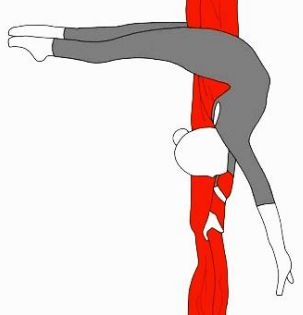

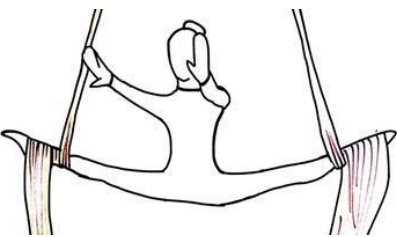
0.3		SC038	Supporting corner <ul style="list-style-type: none"> • Legs are parallel to the floor or above • Legs and arms are fully extended
0.4		SC020	Balance deer 180° <ul style="list-style-type: none"> • Opening of the legs 180° • Back leg extended • Frontal leg is bent with 90° as minimum • Only legs in contact with the silks
0.4		SC009	Handstand spiral wrapping 160° <ul style="list-style-type: none"> • Opening of the legs 160° • Arms are fully extended in spiral wrapping. Pelvis, shoulders and hands in one vertical plane <i>Levels of execution:</i> SC009 Handstand spiral wrapping 160° SC042 Handstand spiral wrapping 180° SC043 Handstand spiral wrapping in front split 180°
0.4		SC032	Pin both hands 180° <ul style="list-style-type: none"> • Opening of the legs 180° • Arm grabbing the similar leg and in contact with silks • Legs are fully extended <i>Levels of execution:</i> SC031 Pin 180° SC032 Pin both hands 180° SC041 Extreme Pin 180°
0.4		SC029	«Russian split» 160° <ul style="list-style-type: none"> • Opening of the legs 160° • Supporting leg is extended <i>Levels of execution:</i> SC029 «Russian split» 160° SC007 «Russian split» 180° (with tolerance) SC008 «Russian split» 180°

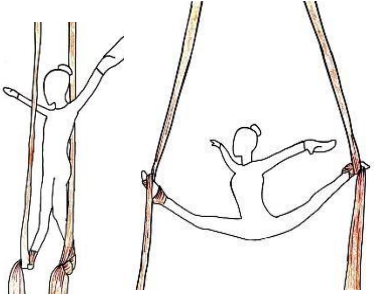
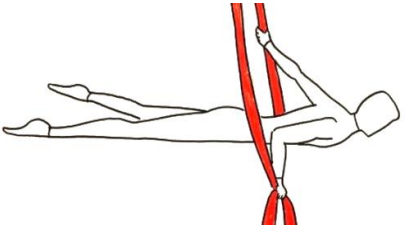
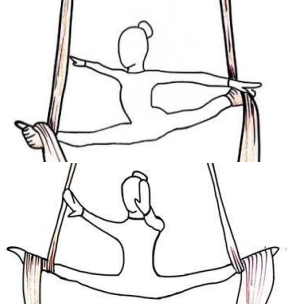
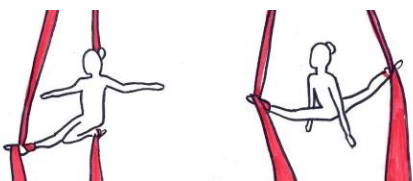
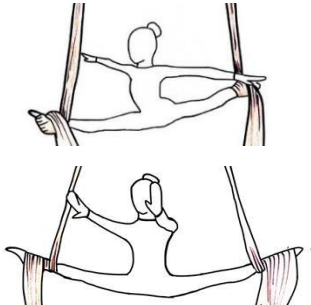
0.5		<p>SC005 «Reversed equilibrium» 180° - leg grabbed</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Supporting arm is fully extended • Another arm in contact with the leg <p><i>Levels of execution:</i> SC004 «Reversed equilibrium» 180° SC005 «Reversed equilibrium» 180° - leg grabbed</p>
0.5		<p>SC042 Handstand in spiral wrapping 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Arms are fully extended in spiral wrapping • Pelvis, shoulders and hands in one vertical plane <p><i>Levels of execution:</i> SC009 Handstand spiral wrapping 160° SC042 Handstand spiral wrapping 180° SC043 Handstand spiral wrapping in front split 180°</p>
0.5		<p>SC010 Handstand in bent</p> <ul style="list-style-type: none"> • Leg is parallel to the floor or below the • Hands in basic grip • Arms and free leg are fully extended
0.5		<p>SC007 «Russian split» 180° (with tolerance)</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Supporting leg is extended <p><i>Levels of execution:</i> SC029 «Russian split» 160° SC007 «Russian split» 180° (with tolerance) SC008 «Russian split» 180°</p>
0.5		<p>SC037 Inverted split in knot 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Hands are not in contact with the silks • Supporting leg is extended

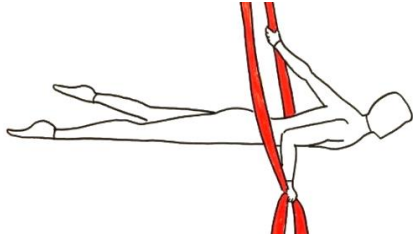
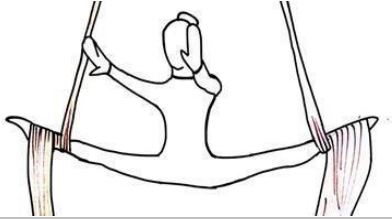
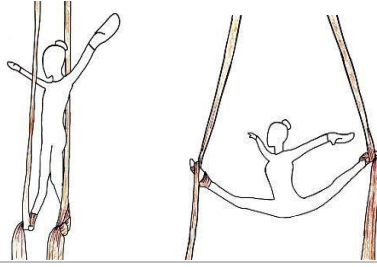
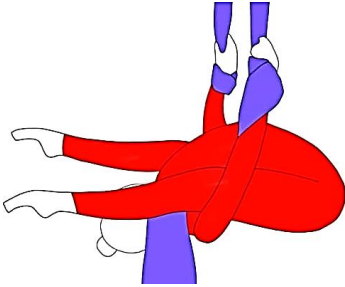
0.6		SC008	<p>«Russian split» 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Body is parallel floor • Legs are fully extended <p><i>Levels of execution:</i> SC029 «Russian split» 160° SC007 «Russian split» 180° (with tolerance) SC008 «Russian split» 180°</p>
0.6 CBRF		SC011	<p>Front split balance with spiral wrapping 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Wrapping of ankles • Only ankles in contact with the silks
0.6		SC021	<p>Upright split balance in backbent 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Spiral wrapping of ankles • Hand in contact with the opposite leg behind the head
0.6		SC023	<p>Inverted aim 180°</p> <ul style="list-style-type: none"> • Hand in contact with the opposite leg in front of the body • Opening of the legs 180° • Supporting arm is extended
0.6		SC016	<p>One arm split balance – spiral wrapping 180°</p> <ul style="list-style-type: none"> • Arm in spiral wrapping and directed to the floor down • Frontal leg is parallel to the floor • Only one hand, back and hip are in contact with the silks • Opening of the legs 180°

0.6		SC045	<p>Check mark balance 160°</p> <ul style="list-style-type: none"> • Arm in spiral wrapping and directed to the floor down • One silk is behind the back
0.7 CBRF		SC013	<p>Middle split balance in spiral wrapping 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Middle split • Wrapping of ankle • Only ankles in contact with the silks
0.7 CBRF		SC022	<p>Handstand Ring</p> <ul style="list-style-type: none"> • Arms in spiral wrapping are fully extended and facing down • Legs in contact with the head or shoulders <p><i>Levels of execution:</i> SC022 Handstand Ring SC024 Handstand Ring – arms are parallel</p>
0.7		SC031	<p>Pin 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Only one hand in contact with silks, arm grabbing similar leg • Legs are fully extended <p><i>Levels of execution:</i> SC031 Pin 180° SC032 Pin both hands 180° SC041 Extreme Pin 180°</p>
0.7		SC036	<p>Mandrikova balance</p> <ul style="list-style-type: none"> • Body is parallel to the floor • Legs are fully extended in split position

0.7		<p>SC043 Handstand in spiral wrapping in front split 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Arms are fully extended in spiral wrapping, Shoulders and hands be one vertical plane <p><i>Levels of execution:</i> SC009 Handstand spiral wrapping 160° SC042 Handstand spiral wrapping 180° SC043 Handstand spiral wrapping in front split 180°</p>
0.7		<p>SC044 Elbow standing 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° in front split • Elbows grab
0.8 CBRF		<p>SC014 Front split balance in knots 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Front split • Legs in knots • Hands are not in contact with the silks
0.8		<p>SC018 Rook 180°</p> <ul style="list-style-type: none"> • Front split • Opening of the legs 180° • Arm in spiral wrapping • Legs and supporting arm are fully extended
0.8 CBRF		<p>SC024 Handstand Ring – arms are parallel</p> <ul style="list-style-type: none"> • Arms fully extended in spiral wrapping and parallel to the floor • Legs in contact with the head or shoulders <p><i>Levels of execution:</i> SC022 Handstand Ring SC024 Handstand Ring – arms are parallel</p>

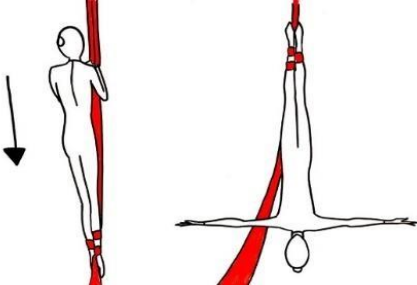
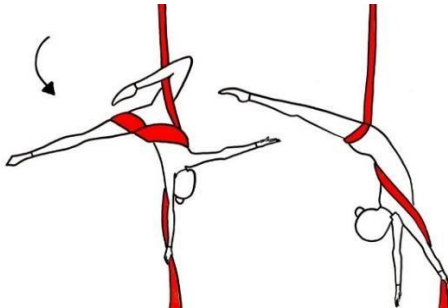
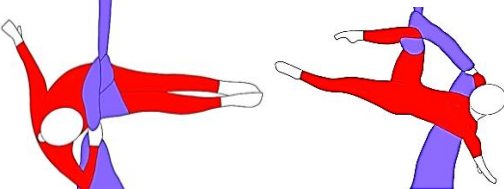
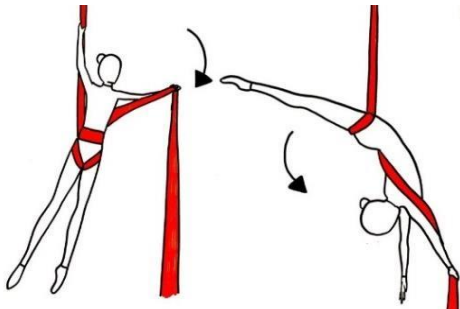
0.8 CBRF		SC025	Swing 180° <ul style="list-style-type: none"> • Frontal leg in knot • Opening of the legs 180° • Back leg in loop • Only legs in contact with the silks
0.8		SC041	Extreme Pin 180° <ul style="list-style-type: none"> • Opening of the legs 180° • Upper hand in contact with silks, arm grabbing the similar leg • Legs are fully extended • Another hand in contact with the opposite leg <i>Levels of execution:</i> SC031 Pin 180° SC032 Pin both hands 180° SC041 Extreme Pin 180°
0.8 CBRF		SC035	Dolphin <ul style="list-style-type: none"> • Back in bend • One arm in spiral wrapping, another – not in contact with the silks • Legs are fully extended and parallel to the floor or below the parallel
0.8 CBRF		SC048	Armpit handstand ring <ul style="list-style-type: none"> • Armpit hang • Legs in contact with the head
0.9 CBRF		SC017	Middle split balance in knots 180° <ul style="list-style-type: none"> • Opening of the legs 180° • Middle split • Legs in knots • Only legs in contact with the silks

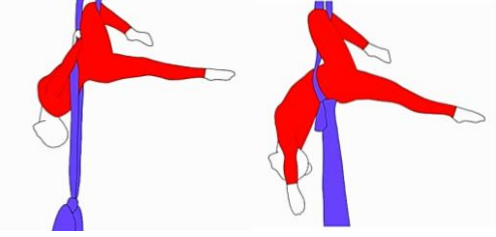
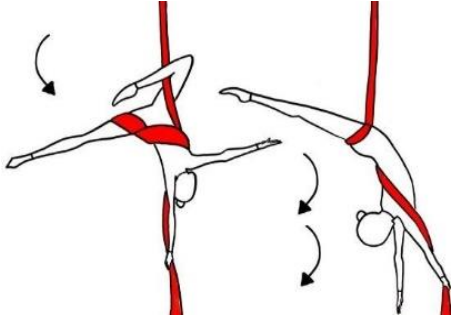
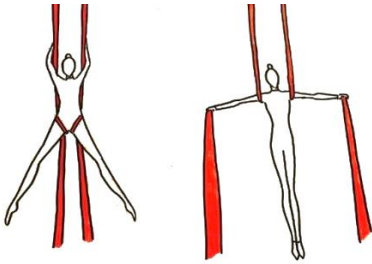
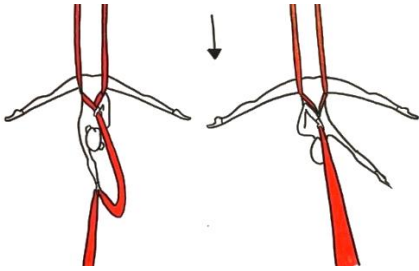
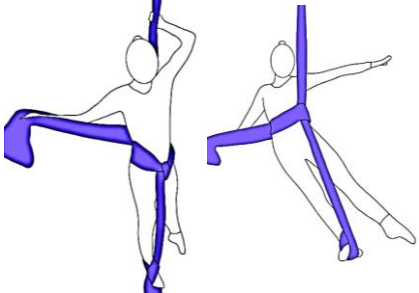
0.9 CBRF		SC019 Transition from pencil position to front split 180° <ul style="list-style-type: none"> • Starting position - pencil • Hands are not in contact with the silks • Fixed final position 3 sec • Opening of the legs 180°
0.9 CBRF		SC026 Goryacheva Crocodile V-position <ul style="list-style-type: none"> • Body is parallel to the floor • Legs are fully extended in V-position • Only hands and side part of body could be in contact with the silks <p><i>Levels of execution:</i> SC026 Goryacheva Crocodile V-position SC030 Goryacheva Crocodile pencil</p>
0.9 CBRF		SC027 Transition from front split to middle split in spiral wrapping 180° <ul style="list-style-type: none"> • Legs in spiral wrapping • Fixed final position 3 sec • Hands are not in contact with the silks • Opening of the legs 180°
0.9 CBRF		SC047 Transition from pistol to front split 180° <ul style="list-style-type: none"> • Legs in knots • Fixed final position 3 sec • Hands are not in contact with the silks • Opening of the legs 180°
1.0 CBRF		SC028 Transition from front split to middle split in knots 180° <ul style="list-style-type: none"> • Legs in knots • Hands are not in contact with the silks • Fixed final position 3 sec • Opening of the legs 180°

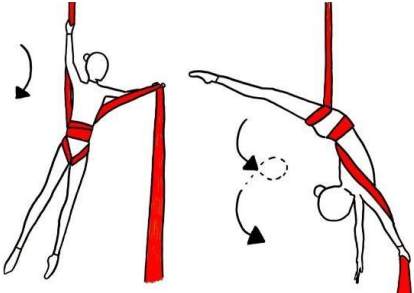
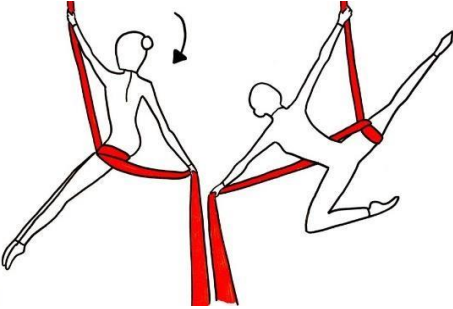
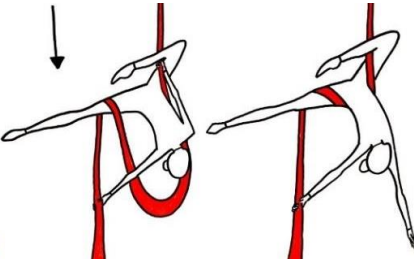
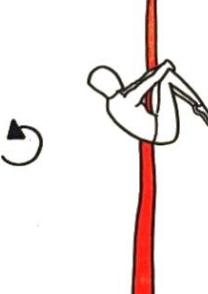
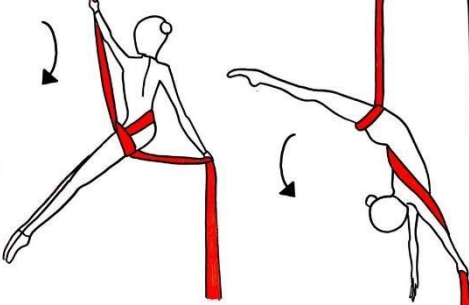
1.0 CBRF		SC030	<p>Goryacheva Crocodile pencil</p> <ul style="list-style-type: none"> • Legs and body are parallel to the floor in pencil position • Only one hand and side part of body could be in contact with the silks <p><i>Levels of execution:</i> SC026 Goryacheva Crocodile V-position SC030 Goryacheva Crocodile pencil</p>
1.0 CBRF		SC033	<p>Transition from pencil position to middle split 180°</p> <ul style="list-style-type: none"> • Starting position - pencil • Hands are not in contact with the silks • Fixed final position 3 sec • Opening of the legs 180°
1.0 CBRF		SC034	<p>Transition from pencil position to front split with turn 180°</p> <ul style="list-style-type: none"> • Starting position – in pencil, facing to one side of front split • Final position – the opposite front split fixed 3 sec • Hands are not in contact with the silks • Transition with 180° of turning • Opening of the legs 180°
1.0		SC040	<p>Surdonkina crab</p> <ul style="list-style-type: none"> • Legs are fully extended in V-position • Legs are between arms • Shoulders are at the same level with pelvis or above

14.4 GROUP D – DYNAMIC ELEMENTS

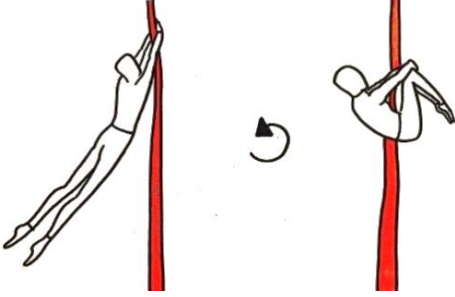
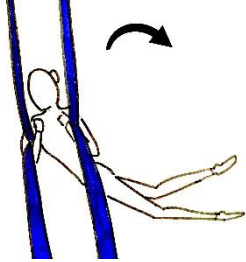
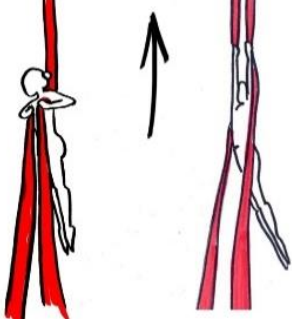
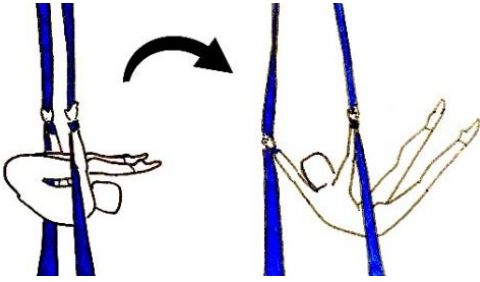
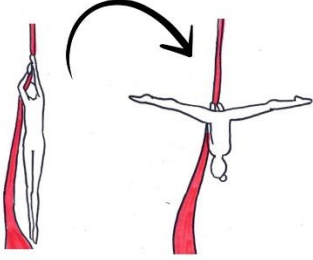
Note: All dynamic elements must show a clear aerial phase and dynamism

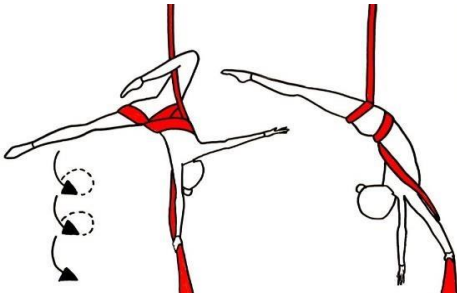
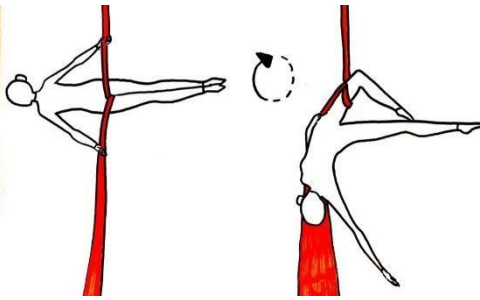
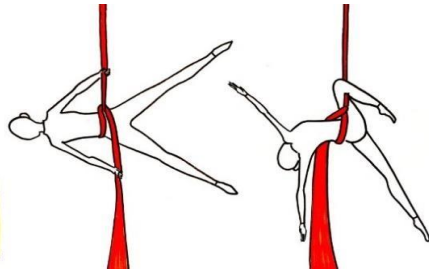
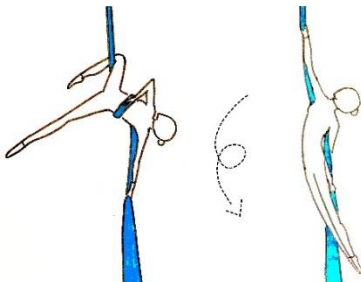
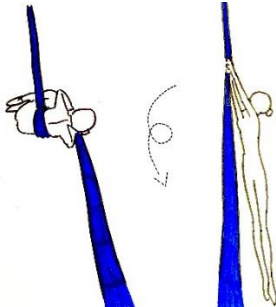
Value	Element	Code / Requirements
0.1		<p>SD001 Drop «Eight»</p> <ul style="list-style-type: none"> • Starting position: pencil position in eight wrapping • Final position: head is directed to the floor down, hands are not in contact with the silks • Pencil position during performing • No contact with the floor
0.1		<p>SD002 Drop 1 turn</p> <ul style="list-style-type: none"> • Turn 360° around its axis • No contact with the floor • Starting and final position: inverted
0.1		<p>SD028 Drop to hang</p> <ul style="list-style-type: none"> • One hand not in contact with the silks • No contact with the floor
0.2		<p>SD003 Drop 1 turn with changing phase (Forward)</p> <ul style="list-style-type: none"> • Starting position: upright • 1 phase: half-turn 180° forward • 2 phase: turn around its axis 360° • Final position: inverted • No contact with the floor

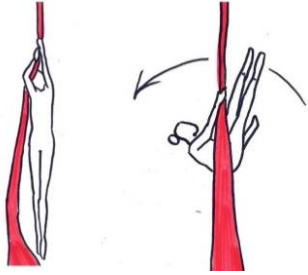
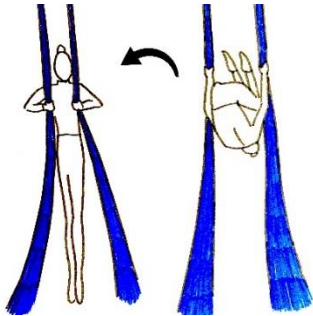
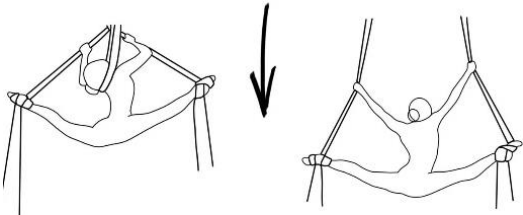
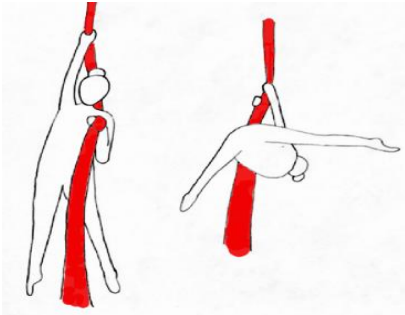
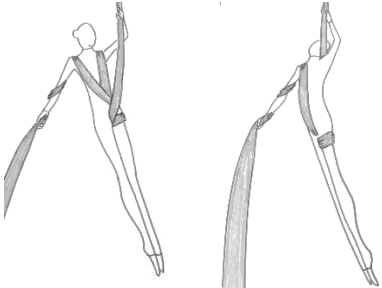
0.2		<p>SD027 Loop knot drop in knee hooking</p> <ul style="list-style-type: none"> • Drop 1 meter and more • Hands are not in contact with the silks during drop • No contact with the floor
0.3		<p>SD004 Drop 2 turns</p> <ul style="list-style-type: none"> • Turn 720° around its axis • No contact with the floor • Starting and final position: inverted
0.3		<p>SD013 Turnover Butterfly</p> <ul style="list-style-type: none"> • Starting position: single wrapping of legs • Final position: in cross • No contact with the floor
0.3		<p>SD023 Drop Harakiri</p> <ul style="list-style-type: none"> • Legs are fully extended in V-position • Drop 1 meter and more • No contact with the floor
0.3		<p>SD029 Turnover forward with straight arm</p> <ul style="list-style-type: none"> • Supporting arm and legs are fully extended • No contact with the floor

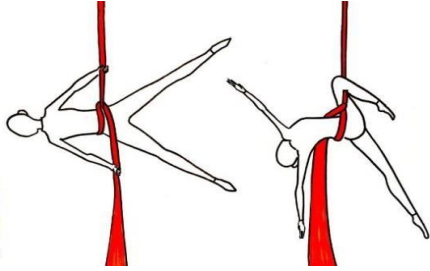
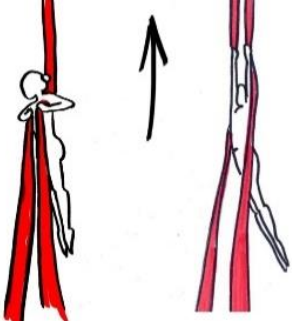
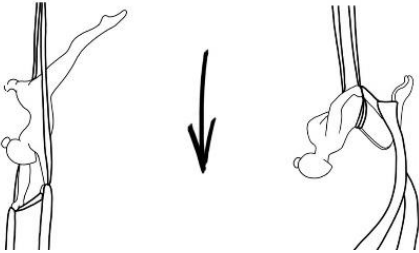
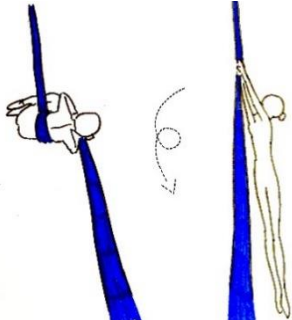
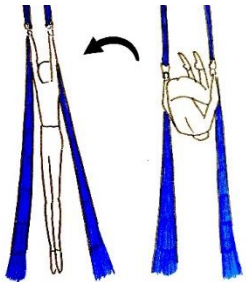
0.4		<p>SD005 Drop 2 turns with changing phase (Forward)</p> <ul style="list-style-type: none"> • Starting position: upright • 1 phase: half-turn 180° forward • 2 phase: turn around its axis 720° • Final position: inverted • No contact with the floor
0.4		<p>SD006 Drop turnover backward</p> <ul style="list-style-type: none"> • Starting position: pencil, leg in winding above knee • Turnover backward with grab of silks. • Final position: wrapped up leg is extended • No contact with the floor
0.4		<p>SD012 Knee hooking drop</p> <ul style="list-style-type: none"> • Drop 1 meter and more • No contact with the floor
0.4		<p>SD026 Back flip (floor based)</p> <ul style="list-style-type: none"> • Starting and final position on the floor • Back flip • Hands are not in contact with floor
0.5		<p>SD007 Drop 1 turn with changing phase (Backward)</p> <ul style="list-style-type: none"> • Starting position: upright • 1 phase: half-turn 180° backward • 2 phase: Turn around its axis 360° • Final position: inverted • No contact with the floor

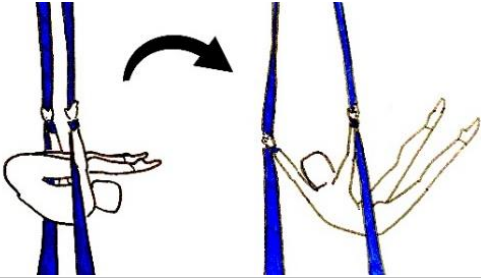
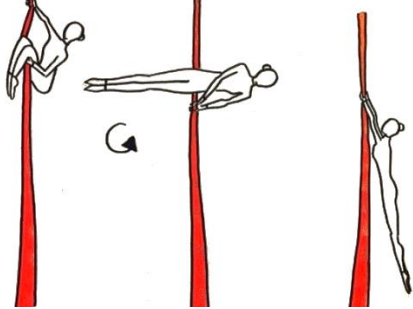
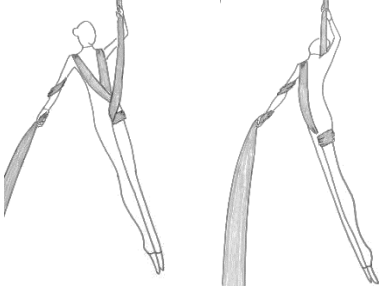
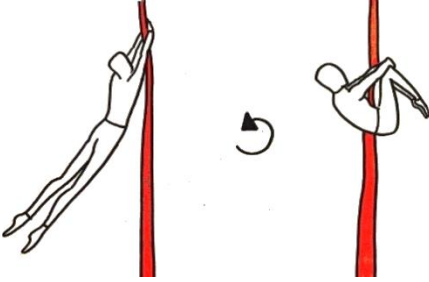
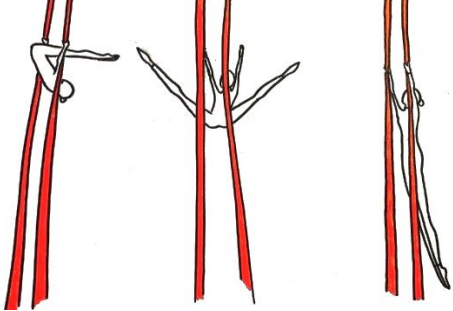
0.5		<p>SD009 Eight knee wrapping drop with turn 540°</p> <ul style="list-style-type: none"> • Turn around its axis 540° • Final position: inverted • No contact with the floor
0.5		<p>SD011 Drop «Eight» half turn</p> <ul style="list-style-type: none"> • Starting position: pencil position in eight wrapping • Final position: head is directed to the floor down, hands are not in contact with the silks • Half turn around its axis in pencil position • No contact with the floor
0.5		<p>SD030 Spiral Drop 360°</p> <ul style="list-style-type: none"> • Turn around its axis 360° • Final position: Hang without windings • No contact with the floor
0.5		<p>SD038 Winding drop to foot hang</p> <ul style="list-style-type: none"> • Starting position: inverted • Final position: only foot, and hands in contact with the silks
0.6		<p>SD008 Drop 2 turns with changing of phase (Backward)</p> <ul style="list-style-type: none"> • Starting position: upright • 1 phase: half-turn 180° backward • 2 phase: turn around its axis 720° • Final position: inverted • No contact with the floor

0.6		<p>SD025 Back flip</p> <ul style="list-style-type: none"> • Starting position: on the silks • Back flip • Landing in upright position • Hands are not in contact with floor
0.6		<p>SD032 Elbow turns backward</p> <ul style="list-style-type: none"> • 3 turns and more • No contact with the floor
0.6 CBRF		<p>SD045 Armpits separating regrip</p> <ul style="list-style-type: none"> • Starting position: armpit hang • Final position: open grab hang <p><i>Levels of execution:</i> SD045 Armpits separating regrip SD046 Armpits separating regrip pike</p>
0.6		<p>SD035 Backward roll half-turn in winding</p> <ul style="list-style-type: none"> • Backward roll • Starting position: hang in pike position • Legs are fully extended • No contact with the floor <p><i>SD035 Backward roll half-turn in winding</i> SD042 Backward roll half-turn in open grab</p>
0.6		<p>SD047 Silks cartwheel</p> <ul style="list-style-type: none"> • Starting position: open grab hang • Cartwheel with one hand regrip • No contact with the floor

0.7		<p>SD010 Drop 3 turns</p> <ul style="list-style-type: none"> • Turn 1080° around its axis • No contact with the floor • Starting and final position: inverted
0.7		<p>SD014 Drop with back regrip</p> <ul style="list-style-type: none"> • Starting position: side plank • Backward roll around its axis • Regrip silks behind the back • Final position: inverted • No contact with the floor
0.7		<p>SD016 Mill 720°</p> <ul style="list-style-type: none"> • Starting position: side plank • 2 turns or more • No contact with the floor
0.7		<p>SD031 Spiral drop 720°</p> <ul style="list-style-type: none"> • Turn around its axis 720° • Final position: Hang without windings • No contact with the floor
0.7		<p>SD034 Side turn in winding 360°</p> <ul style="list-style-type: none"> • Side turn in pencil position 360° • No contact with the floor <p><i>Levels of execution:</i> SD033 Side turn without winding 360° SD034 Side turn in winding 360°</p>

0.7		<p>SD044 Regrip « Compass»</p> <ul style="list-style-type: none"> • Starting and final position - hang in open grab, no contact with the floor • Legs are closed • Legs move in front of silks
0.7		<p>SD036 Armpits somersault</p> <ul style="list-style-type: none"> • Forward roll • No contact with the floor
0.7		<p>SD039 Split drop in knots</p> <ul style="list-style-type: none"> • Starting position: split in knots, head in loop knot • Final position: split
0.7		<p>SD049 Swing to inverted straddle</p> <ul style="list-style-type: none"> • Starting position: upper hand in basic grip, lower hand in winding, armpit grab, legs are fully extended • Forward roll • Final position: inverted straddle, pelvis is higher than the level of shoulders
0.8		<p>SD015 Blanche drop backward 720°</p> <ul style="list-style-type: none"> • Starting and final position: upright • Legs and body in pencil position • Turn 720° and more • No contact with the floor

0.8		<p>SD024 Mill 1080°</p> <ul style="list-style-type: none"> • Starting position: side plank • 3 turns or more • No contact with the floor
0.8 CBRF		<p>SD046 Armpits separating regrip pike</p> <ul style="list-style-type: none"> • Starting position: armpit hang • Final position: hang in inverted pike position <p><i>Levels of execution:</i> SD045 Armpits separating regrip SD046 Armpits separating regrip pike</p>
0.8 CBRF		<p>SD040 Handstand drop</p> <ul style="list-style-type: none"> • Starting position: handstand without windings • Final position: tuck. • No contact with floor
0.8 CBRF		<p>SD033 Side turn without winding 360°</p> <ul style="list-style-type: none"> • Side turn in pencil position 360° • No contact with the floor <p><i>Levels of execution:</i> SD033 Side turn without winding 360° SD034 Side turn in winding 360°</p>
0.8		<p>SD037 Forward swing roll</p> <ul style="list-style-type: none"> • Forward roll • Starting position: pencil

<p>0.8 CBRF</p>		<p>SD042 Backward roll half-turn in open grab</p> <ul style="list-style-type: none"> • Backward roll • Starting position: hang in pike position • Legs are fully extended • No contact with the floor • Open grab without windings <p><i>SD035 Backward roll half-turn in winding</i> <i>SD042 Backward roll half-turn in open grab</i></p>
<p>0.8 CBRF</p>		<p>SD019 Side turn from knee hooking</p> <ul style="list-style-type: none"> • Starting position knee hooking • Turn 360° around its axis in horizontal plane • Final position: on silks • No contact with the floor
<p>0.9</p>		<p>SD020 Blanche drop forward 720°</p> <ul style="list-style-type: none"> • Starting and final position: upright • Legs and body in pencil position • Turn 720° and more • No contact with the floor
<p>0.9 CBRF</p>		<p>SD021 Back flip on silks</p> <ul style="list-style-type: none"> • Starting and final position on silks • Back flip • No contact with the floor
<p>0.9 CBRF</p>		<p>SD022 Separating regrip - legs closed to straddle</p> <ul style="list-style-type: none"> • Starting position: hang without windings in inverted corner. • Aerial phase: separation from silks, legs through V-position • Final position: on silks • No contact with the floor

<p>0.9 CBRF</p>		<p>SD048 Separating regrip with turnover to armpit</p> <ul style="list-style-type: none"> • Starting position: hang в open grab • Final position: hang в armpit • Turnover backward • Without contact with floor
<p>1.0 CBRF</p>		<p>SD017 Belgian side turn</p> <ul style="list-style-type: none"> • Starting position: wrapping around body • Aerial phase: legs swing, side turn around its axis • Final position: winding around body, tuck position • No contact with the floor
<p>1.0 CBRF</p>		<p>SD018 Kozirova side turn in loop knot</p> <ul style="list-style-type: none"> • Loop knot • Turn around its axis in horizontal plane • Final position: armpit hang in loop knot • No contact with the floor
<p>1.0 CBRF</p>		<p>SD043 Flyer separating regrip</p> <ul style="list-style-type: none"> • Starting position – armpit hang • Front flip with regripping silks behind back • Final position: open grab hang • No contact with the floor
<p>1.0 CBRF</p>		<p>SD041 Reversed separating regrip legs straddle to closed</p> <ul style="list-style-type: none"> • Starting position: inverted hang without windings in corner. • Aerial phase: separation from silks, legs through V-position • Final position: on silks • No contact with the floor

16.5 GROUP E - SPINNING ELEMENTS

Athlete can choose any element from groups A (flexibility elements), B (Strength elements) and group C (balance elements) and declare it as spinning element by changing the code from A001 to A001/E or B001 to B001/E.

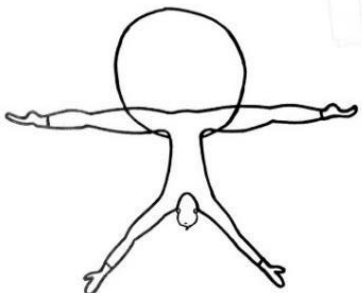

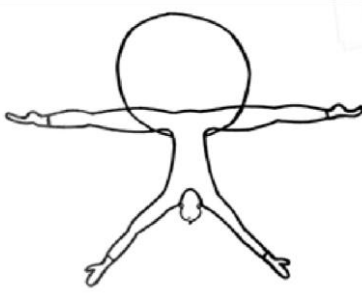

Element must fill the original requirements described on the elements table and spin minimum 720° on fixed position

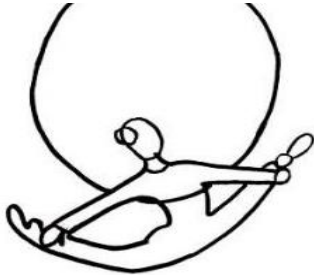
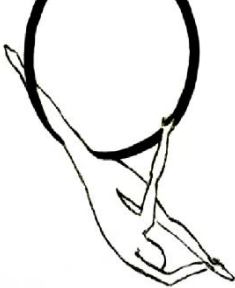


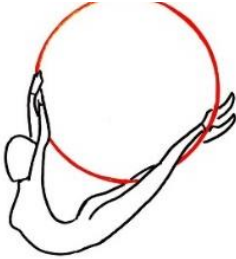
Note: Elements in D group cannot be used as spinning elements.

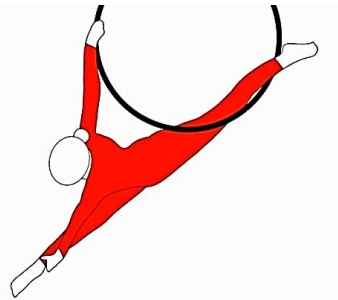




15.1 GROUP A - FLEXIBILITY ELEMENTS




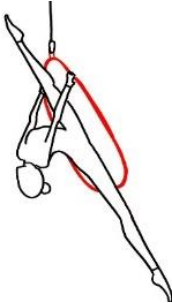

Note: All flexibility elements must be held in fixed position for 2 seconds.

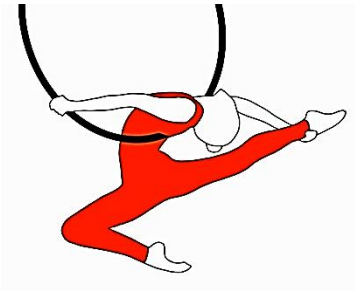

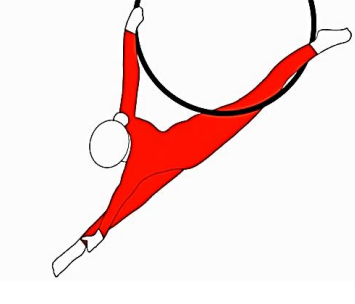
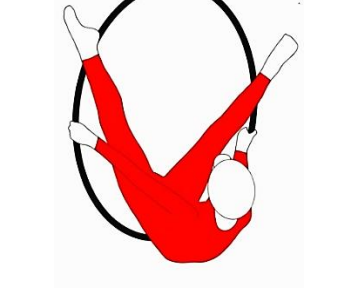

Note: In masters +50 category a tolerance of 20° is given for the requirement to open the legs to 180° if there is no 160° variation for the move. Moves, that do have different levels of execution are without tolerance.

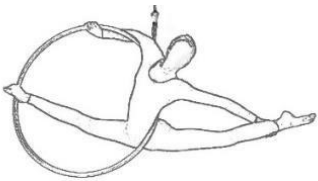


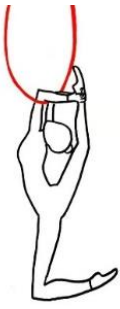

Value	Element	Code	Requirements
0.1		HA001	<p>Middle split hang 160°</p> <ul style="list-style-type: none"> • Opening of legs 160° or more • Legs are fully extended in middle split • Arms not in contact with hoop <p><i>Levels of execution:</i> HA001 Middle split hang 160° HA002 Middle split hang 180°</p>
0.1		HA055	<p>Basket</p> <ul style="list-style-type: none"> • Back is in bend • Legs are fully extended
0.2		HA002	<p>Middle split hang 180°</p> <ul style="list-style-type: none"> • Opening of legs 180° or more • Legs are fully extended in middle split • Arms not in contact with hoop <p><i>Levels of execution:</i> HA001 Middle split hang 160° HA002 Middle split hang 180°</p>
0.2		HA003	<p>Split no hands 160°</p> <ul style="list-style-type: none"> • Opening of the legs 160° • Only armpit, back and foot in contact with the hoop <p><i>Levels of execution:</i> HA003 Split no hands 160° HA004 Split no hands 180°</p>



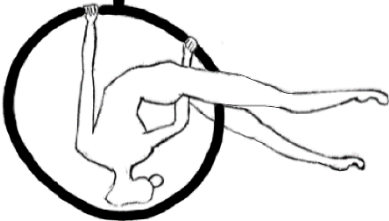


0.2		HA005	Boat (V-position) 160° <ul style="list-style-type: none"> • Opening of the legs 160° • V-position • Only armpits and back in contact with the hoop • Legs and arms are fully extended
0.2		HA082	Invented Split <ul style="list-style-type: none"> • Only one leg and hand in contact with the hoop • Hand in contact with opposite leg behind of the shoulder
0.3		HA006	Chinese chopsticks (leg bent) 160° <ul style="list-style-type: none"> • Opening of the legs 160° • Hand in contact with similar leg • Only armpit in contact with the hoop <p><i>Levels of execution:</i> HA006 Chinese chopsticks (leg bent) 160° HA007 Chinese chopsticks (leg bent) 180°</p>
0.3		HA018	Swan 160° <ul style="list-style-type: none"> • Opening of the legs 160° • Hands in basic grip <p><i>Levels of execution:</i> HA018 Swan 160° HA019 Swan in bilman 160°</p>
0.3		HA020	Karma Arms and Legs are fully extended

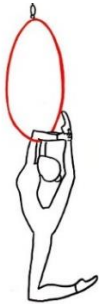
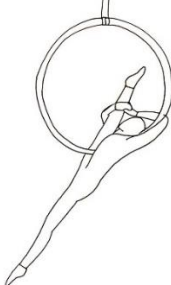

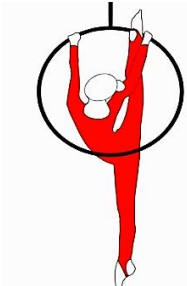
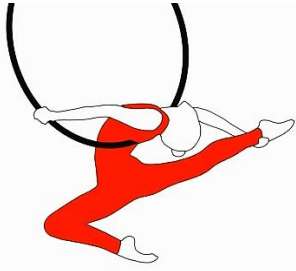
0.3		HA052	<p>Batman 160°</p> <ul style="list-style-type: none"> • Opening of the legs 160° • Only hand and leg in contact with the hoop • Legs are fully extended <p><i>Levels of execution:</i> HA052 Batman 160° HA051 Batman 180°</p>
0.3		HA053	<p>Parachutist</p> <ul style="list-style-type: none"> • Back in bent • Legs are fully extended <p><i>Levels of execution:</i> HA053 Parachutist HA054 Super Parachutist</p>
0.3		HA057	<p>Eiffel Tower 180°</p> <ul style="list-style-type: none"> • Arms and Legs are fully extended
0.3		HA061	<p>Lower back hang</p> <ul style="list-style-type: none"> • Only lower back in contact with the hoop • Hands in contact with legs behind of head <p><i>Levels of execution:</i> HA061 Lower back hang HA062 Lower back hang (extended)</p>
0.4		HA004	<p>Split no hands 180°</p> <ul style="list-style-type: none"> • Opening of the legs 160° • Only armpit, back and foot in contact with the hoop • Legs are fully extended <p><i>Levels of execution:</i> HA003 Split no hands 160° HA004 Split no hands 180°</p>


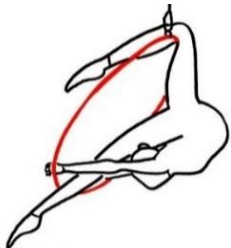



0.4		HA007	<p>Chinese chopsticks (leg bent) 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Hand in contact with similar leg • Only armpit in contact with the hoop <p><i>Levels of execution:</i> HA006 Chinese chopsticks (leg bent) 160° HA007 Chinese chopsticks (leg bent) 180°</p>
0.4		HA008	<p>Elbow split 160°</p> <ul style="list-style-type: none"> • Opening of the legs 160° • Upper hand in contact with the straight leg • Only elbow in contact with the hoop <p><i>Levels of execution:</i> HA008 Elbow split 160° HA009 Elbow split 180°</p>
0.4		HA019	<p>Swan in bilman 160°</p> <ul style="list-style-type: none"> • Opening of the legs 160° • Hands in basic grip • Head in contact with the back leg <p><i>Levels of execution:</i> HA018 Swan 160° HA019 Swan in bilman 160°</p>
0.4		HA021	<p>Vertical split 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Legs are fully extended in front split • Hands in basic grip
0.4		HA023	<p>Invented ring 160°</p> <ul style="list-style-type: none"> • Opening of the legs 160° • Both hands in contact with the leg <p><i>Levels of execution:</i> HA023 Invented ring 160° HA034 Invented ring 180°</p>


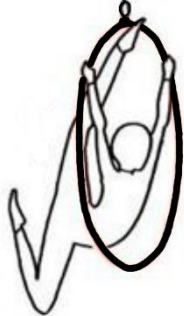

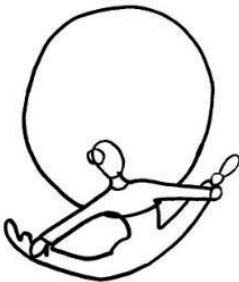
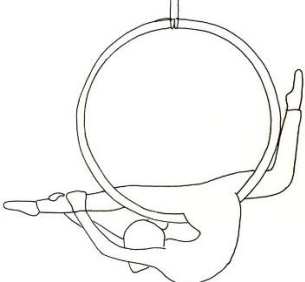
0.4		HA049	<p>Unicorn 160°</p> <ul style="list-style-type: none"> • Opening of the legs 160° • Only one hand, back, shoulder and neck in contact with the hoop • Hand in contact with the leg <p><i>Levels of execution:</i> HA049 Unicorn 160° HA048 Unicorn 180°</p>
0.4		HA050	<p>Russian split 160°</p> <ul style="list-style-type: none"> • Opening of the legs 160° • Front split • Body strives for front leg • Only hands and one foot in contact with the hoop <p><i>Levels of execution:</i> HA050 Russian split 160° HA045 Russian split 180°</p>
0.4		HA051	<p>Batman 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Only hand and leg in contact with the hoop • Hand in contact with opposite leg • Legs are fully extended <p><i>Levels of execution:</i> HA052 Batman 160° HA051 Batman 180°</p>
0.4		HA054	<p>Super Parachutist</p> <ul style="list-style-type: none"> • Back in bent • Feet in contact with the head or shoulders <p><i>Levels of execution:</i> HA053 Parachutist HA054 Super Parachutist</p>
0.5		HA009	<p>Elbow split 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Upper hand in contact with the straight leg • Only elbow in contact with the hoop <p><i>Levels of execution:</i> HA008 Elbow split 160° HA009 Elbow split 180°</p>

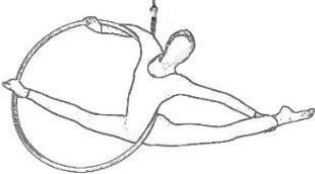


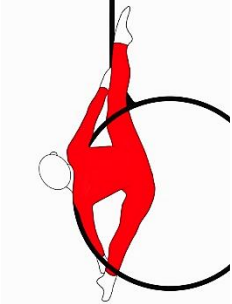
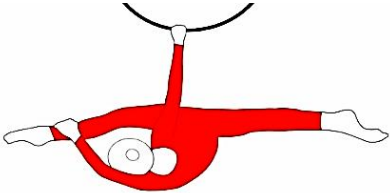
0.5		HA011	<p>Supportive split 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Only one hand, foot and back in contact with the hoop • Hand in contact with the leg <p><i>Levels of execution:</i> HA011 Supportive split 180° HA036 Supportive split 180° (extended)</p>
0.5		HA012	<p>Iguana</p> <ul style="list-style-type: none"> • Legs are between arms and under upper part of the hoop • Knees higher than the level of shoulders • Hands in reversed grab <p><i>Levels of execution:</i> HA012 Iguana HA013 Iguana (closed)</p>
0.5		HA022	<p>Bird of paradise 160°</p> <ul style="list-style-type: none"> • Opening of the legs 160° • Front split • Back and elbow on the lower part of hoop <p><i>HA022 Bird of paradise 160°</i> <i>HA028 Bird of paradise 180°</i></p>
0.5		HA024	<p>Bilman in forearm 160°</p> <ul style="list-style-type: none"> • Opening of the legs 160° • Only elbows in contact with the hoop • Hands in contact with the leg and are behind the head <p><i>Levels of execution:</i> HA024 Bilman in forearm 160° HA027 Bilman in forearm 180°</p>
0.5		HA034	<p>Invented ring 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Both hands in contact with the leg <p><i>Levels of execution:</i> HA023 Invented ring 160° HA034 Invented ring 180°</p>

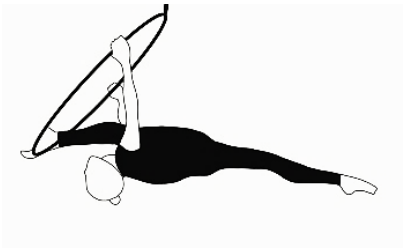
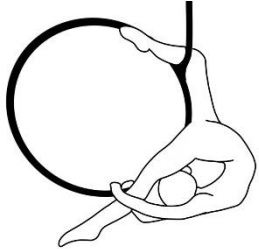

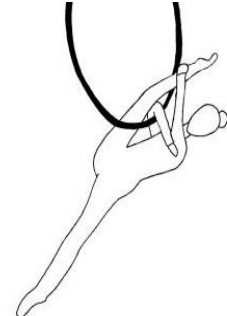
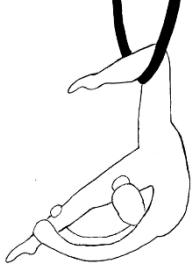
0.5		HA058	<p>Cuckoo 180°</p> <ul style="list-style-type: none"> • Legs are fully extended • Opening of the legs 180° • Only elbows and feet in contact with the hoop
0.5		HA056	<p>Cocoon on the lower part of the hoop</p> <ul style="list-style-type: none"> • Only one knee in contact with the hoop • Both hands in contact with the leg behind the head <p><i>Levels of execution:</i> HA056 Cocoon on the lower part of the hoop HA070 Cocoon on the lower part of the hoop – extended</p>
0.5		HA064	<p>Box</p> <ul style="list-style-type: none"> • Only hands in contact with the hoop • Back in bent • Legs are fully extended and are parallel to the floor or below the parallel
0.6		HA010	<p>Chinese chopsticks 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Both legs are fully extended • Hand in contact with the similar leg • Only armpit in contact with the hoop
0.6		HA026	<p>Inverted Bilman 160°</p> <ul style="list-style-type: none"> • Opening of the legs 160° • Both hands in contact with leg behind the head • Head in contact with the leg <p><i>Levels of execution:</i> HA026 Inverted Bilman 160° HA037 Inverted Bilman 180°</p>


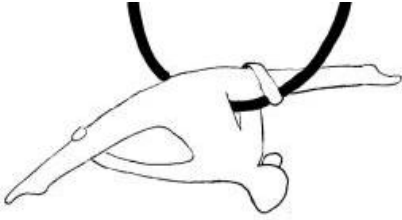
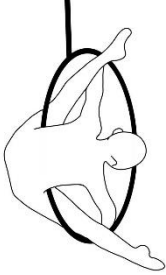

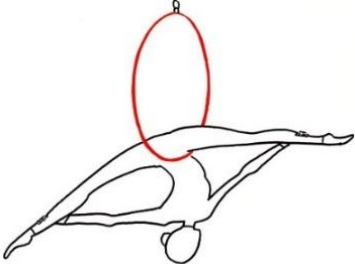
0.6		HA027	<p>Bilman in forearm 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Only elbows in contact with the hoop • Hands in contact with the leg and are behind the head • Head in contact with leg <p><i>Levels of execution:</i> HA024 Bilman in forearm 160° HA027 Bilman in forearm 180°</p>
0.6		HA028	<p>Bird of paradise 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Front split • Back and elbow on the lower part of hoop • Legs are fully extended <p><i>HA022 Bird of paradise 160°</i> <i>HA028 Bird of paradise 180°</i></p>
0.6		HA046	<p>Clip 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Opposite arm in contact with the leg behind the shoulder • Only armpit in contact with the hoop • Legs are fully extended
0.6		HA047	<p>Split "Four" 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Upper leg in contact with the hoop and are between arms
0.6		HA048	<p>Unicorn 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Only one hand, back, shoulder and neck in contact with the hoop • Hand in contact with the straight leg behind the head <p><i>Levels of execution:</i> HA049 Unicorn 160° HA048 Unicorn 180°</p>

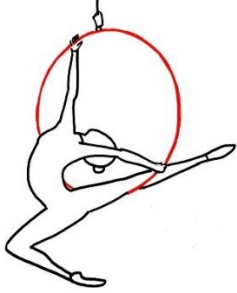
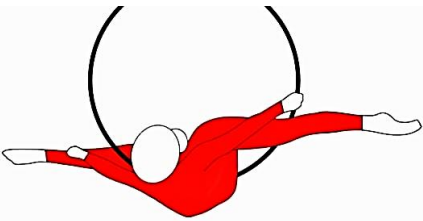

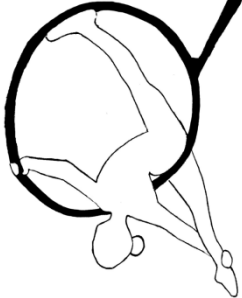
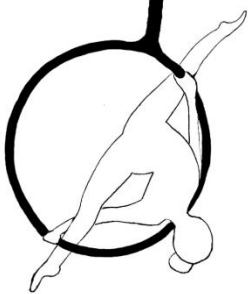
0.6		HA062	<p>Lower back hang (extended)</p> <ul style="list-style-type: none"> • Only lower back in contact with the hoop • Hands in contact with legs behind of head • Legs are fully extended <p><i>Levels of execution:</i> HA061 Lower back hang HA062 Lower back hang (extended)</p>
0.6		HA025	<p>Cocoon</p> <ul style="list-style-type: none"> • Straight leg is between hands and in front of the hoop • Head in contact with hip • Arms are fully extended
0.6		HA064	<p>Box - closed</p> <ul style="list-style-type: none"> • Only hands in contact with the hoop • Back in bent • Feet in contact with the head
0.6		HA065	<p>High flight 160°</p> <ul style="list-style-type: none"> • Opening of the legs 160° • Hand in contact with similar leg behind the head <p><i>Levels of execution:</i> HA065 High flight 160° HA076 High flight 180° - extended</p>
0.6		HA066	<p>Cocktail 160°</p> <ul style="list-style-type: none"> • Opening of the legs 160° • Hand in contact with opposite leg behind shoulders • Legs are fully extended



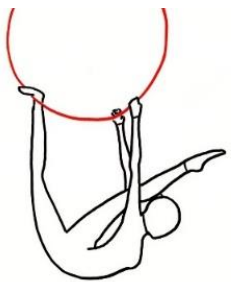
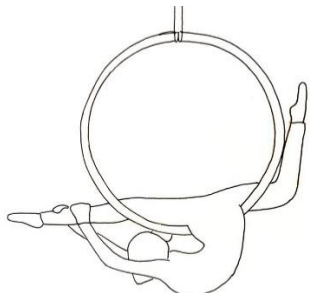
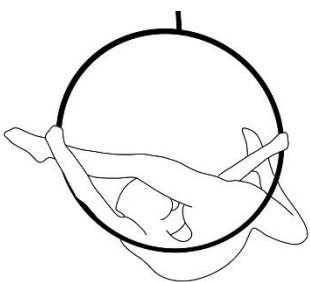
0.6		HA068	Grasshopper <ul style="list-style-type: none"> • Opening of the legs 180° • Both hands in contact with leg • Legs are fully extended in front split
0.6		HA069	Heron <ul style="list-style-type: none"> • Upper straight leg is hooking the hoop behind the head
0.7		HA013	Iguana (closed) <ul style="list-style-type: none"> • Legs are between arms and under upper part of the hoop • Knees higher than the level of shoulders, hands in reversed grab • Feet in contact with the head or shoulders <i>Levels of execution:</i> HA012 Iguana HA013 Iguana (closed)
0.7		HA014	Boat 180° <ul style="list-style-type: none"> • Opening of the legs 180° • Only armpits in contact with the hoop • Arms and legs are fully extended • Front split
0.7		HA029	Aim 180° <ul style="list-style-type: none"> • Opening of the legs 180° • Hands in contact with leg behind the head • Both arms and hooking leg are fully extended <i>Levels of execution:</i> HA029 Aim 180° HA035 Aim 180° - extended



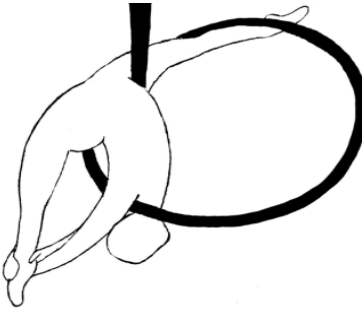
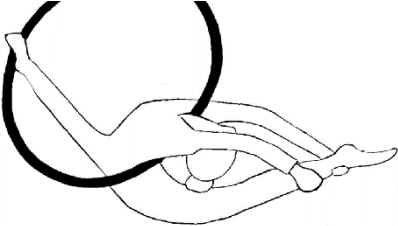
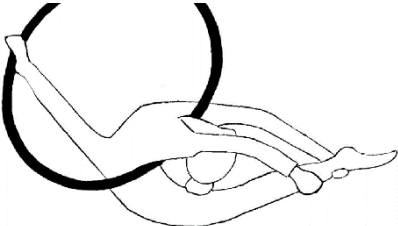
0.7		HA036	<p>Supportive split 180° (extended)</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Only one hand, foot and back in contact with the hoop • Hand in contact with the leg • Legs are fully extended <p><i>Levels of execution:</i> HA011 Supportive split 180° HA036 Supportive split 180° (extended)</p>
0.7		HA037	<p>Inverted Bilman 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Both hands in contact with leg behind the head • Head in contact with the hip • Legs are fully extended <p><i>Levels of execution:</i> HA026 Inverted Bilman 160° HA037 Inverted Bilman 180°</p>
0.7		HA042	<p>Comet 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Hands in contact with straight leg behind the head
0.7		HA043	<p>Spiderman 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Legs are fully extended • Lower hand in contact with ankle
0.7		HA044	<p>Boomerang 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Hand in contact with opposite leg • Only hand in contact with the hoop


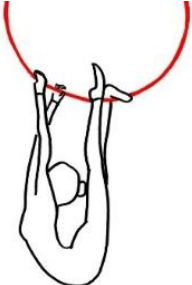
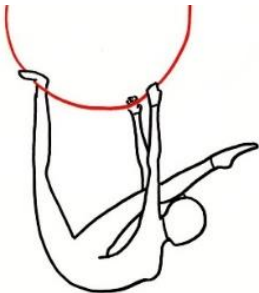
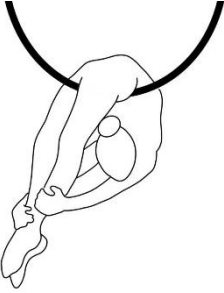

0.7		HA045	<p>Russian split 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Body in contact with front leg • Body is parallel to the floor <p><i>Levels of execution:</i> HA050 Russian split 160° HA045 Russian split 180°</p>
0.7		HA060	<p>Outward comet</p> <ul style="list-style-type: none"> • Hands in contact with hoop behind the head • Straight leg is between arms
0.7		HA040	<p>Twister</p> <ul style="list-style-type: none"> • Only one hand in contact with the hoop • Hand in contact with opposite leg behind shoulder • Chest is turned from lower leg for 160°
0.7		HA067	<p>Rocket 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Only elbow, hand and leg in contact with the hoop • Both legs are fully extended
0.7		HA070	<p>Cocoon on the lower part of the hoop - extended</p> <ul style="list-style-type: none"> • Only one knee in contact with hoop • Both hands are fully extended and in contact with the leg behind the head • Head in contact with the leg <p><i>Levels of execution:</i> HA056 Cocoon on the lower part of the hoop HA070 Cocoon on the lower part of the hoop – extended</p>


0.7		HA071	Toothpick 160° <ul style="list-style-type: none"> • Opening of the legs 160° • Both hands in contact with leg • Upper foot in contact with spanset • Legs are fully extended in front split
0.7		HA072	Rainbow 180° <ul style="list-style-type: none"> • Opening of the legs 180° • Only one hip and hand in contact with the hoop
0.8		HA059	Droplet backbent <ul style="list-style-type: none"> • Legs and arms are fully extended
0.8		HA015	Bilman 180° <ul style="list-style-type: none"> • Opening of the legs 180° • Both hands in contact with leg behind the head • Only shoulders and neck in contact with the hoop <p><i>Levels of execution:</i> HA015 Bilman 180° HA016 Bilman 180° - extended</p>
0.8		HA030	Front split on the hip 180° <ul style="list-style-type: none"> • Opening of the legs 180° • Front split • Legs and arms are fully extended • Hands in contact with similar legs • Only one hip and lower part of stomach could be in contact with the hoop

0.8		HA039	Yudina 180° <ul style="list-style-type: none"> • Opening of the legs 180° • Both hands and hip in contact with the hoop • Head in contact with leg.
0.8		HA041	UFO 180° <ul style="list-style-type: none"> • Opening of the legs 180° • Legs are fully extended and on the different sides of hoop • Back in bent • Hand in contact with leg
0.8		HA073	Tulip in ring 160° <ul style="list-style-type: none"> • Opening of the legs 160° • Head in contact with leg • Arms are fully extended <i>Levels of execution:</i> HA073 Tulip in ring 160° HA077 Tulip in ring 180° - extended
0.8		HA074	Yolanta split 180° <ul style="list-style-type: none"> • Opening of the legs 180° • Legs are fully extended • Hand in contact with opposite leg behind the hoop
0.8		HA075	Half-moon split 180° <ul style="list-style-type: none"> • Opening of the legs 180° • Legs are fully extended in front split

0.8		HA084	Flag split 180° <ul style="list-style-type: none"> • Opening of the legs 180° • Legs are fully extended in front split • Only one hand in contact with the hoop • Hand in contact with similar leg
0.9		HA017	Tulip 180° <ul style="list-style-type: none"> • Opening of the legs 180° • Leg is hooking behind the head • Only ankle and wrists in contact with the hoop • Head in contact with leg
0.9		HA031	Peacock <ul style="list-style-type: none"> • Only hands and foot in contact with the hoop • Legs and arms are fully extended • Leg is between arms under hoop <p><i>Levels of execution:</i> HA031 Peacock HA033 Super peacock</p>
0.9		HA035	Aim 180° - extended <ul style="list-style-type: none"> • Opening of legs 180° in front split • Hands in contact with leg behind the head • Arms and legs are fully extended • Head in contact with the leg <p><i>Levels of execution:</i> HA029 Aim 180° HA035 Aim 180° - extended</p>
0.9		HA063	Super aim 180° <ul style="list-style-type: none"> • Opening of the legs 180° • Chest is not in contact with the hoop • Head in contact with hip



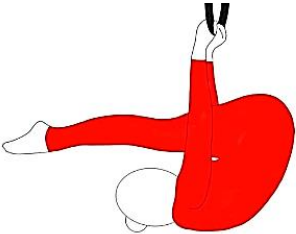
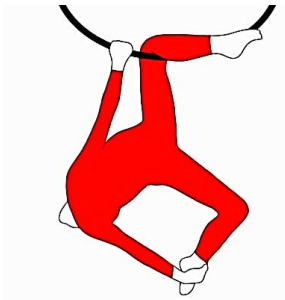
0.9		HA077	<p>Tulip in ring 180° - extended</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Head in contact with hip • Arms and legs are fully extended <p><i>Levels of execution:</i> HA073 Tulip in ring 160° HA077 Tulip in ring 180° - extended</p>
0.9		HA076	<p>High flight 180° - extended</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Hand in contact with similar straight leg behind the head • Head in contact with hip <p><i>Levels of execution:</i> HA065 High flight 160° HA076 High flight 180° - extended</p>
0.9		HA078	<p>Bilman with spanset 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Legs are fully extended • Both hands in contact with leg behind the head
0.9		HA079	<p>Eagle eye 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Legs are fully extended • Both hands in contact with leg behind the head <p><i>Levels of execution:</i> HA079 Eagle eye 180° HA080 Super eagle eye 180°</p>
1.0		HA080	<p>Super eagle eye 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Legs are fully extended • Both hands in contact with leg behind the head • Head in contact with hip <p><i>Levels of execution:</i> HA079 Eagle eye 180° HA080 Super eagle eye 180°</p>

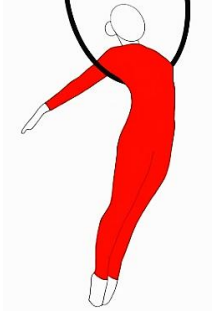
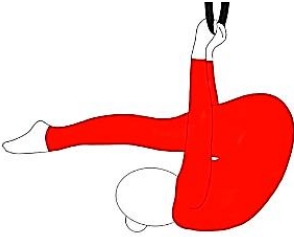



1.0		HA016	<p>Bilman 180° - extended</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Both hands in contact with straight leg behind the head • Only shoulders and neck in contact with the hoop <p><i>Levels of execution:</i> HA015 Bilman 180° HA016 Bilman 180° - extended</p>
1.0		HA032	<p>Droplet</p> <ul style="list-style-type: none"> • Legs and arms are fully extended • Head in contact with hip
1.0		HA033	<p>Super Peacock</p> <ul style="list-style-type: none"> • Only hands and foot in contact with the hoop • Legs and arms are fully extended • Leg is between arms and hoop, head in contact with legs <p><i>Levels of execution:</i> HA031 Peacock HA033 Super Peacock</p>
1.0		HA038	<p>Super backbent</p> <ul style="list-style-type: none"> • Legs are fully extended • Head in contact with hips
1.0		HA081	<p>Stradomskaite bilman</p> <ul style="list-style-type: none"> • Elbow hooking • Hand in contact with opposite leg behind the head • Both legs are fully extended




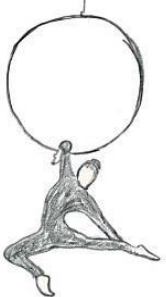
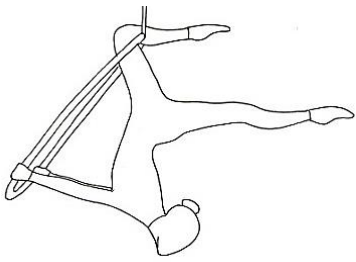
1.0 CBRF		HA083	Snail - no hands <ul style="list-style-type: none">• Only neck and ankles in contact with the hoop
-------------	---	-------	---

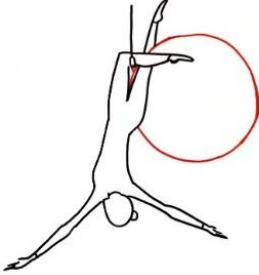
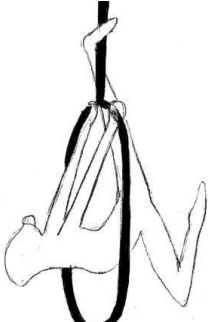
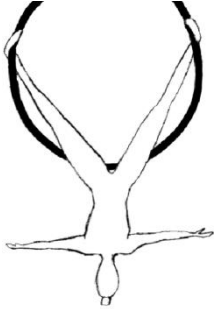

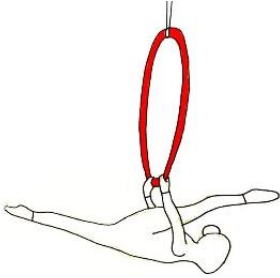
15.2 GROUP B - STRENGTH ELEMENTS

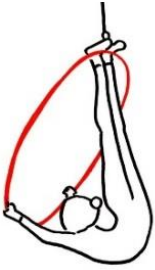
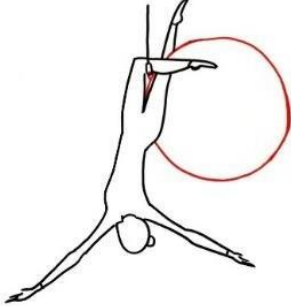

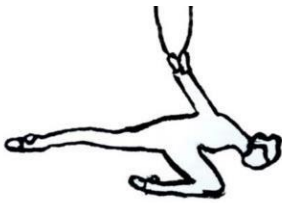

Note: All Strength elements must be held in fixed position for 2 seconds


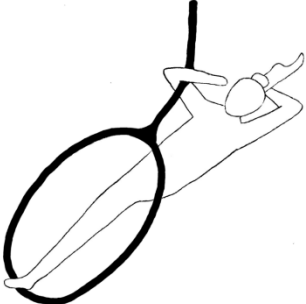
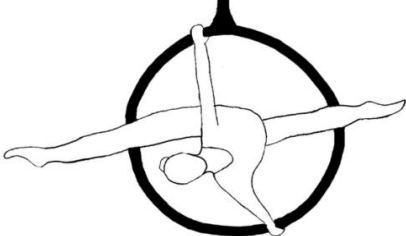
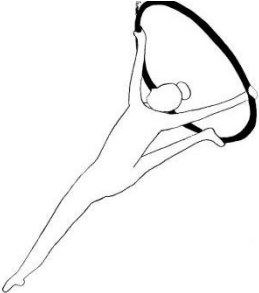
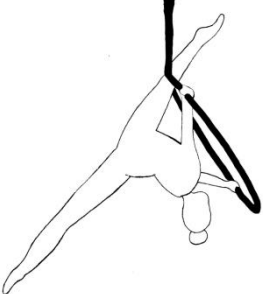
Value	Element	Code	Requirements
0.1		HB001	Hang «Arrow» <ul style="list-style-type: none"> • Arm in support • Only one hand, shoulder and back in contact with the hoop • Legs are fully extended
0.1		HB002	Elbow hang supported <ul style="list-style-type: none"> • Only one elbow and one hand could be in contact with the hoop
0.1		HB003	Straddle <ul style="list-style-type: none"> • Pelvis is higher than level of shoulders • Legs in V-position • Only hands in contact with the hoop • Legs are fully extended
0.1		HB032	Knee hang with support <ul style="list-style-type: none"> • Only one knee and one hand could be in contact with the hoop

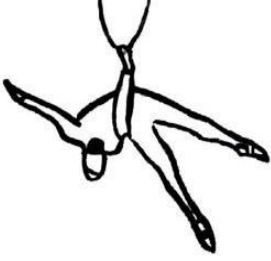

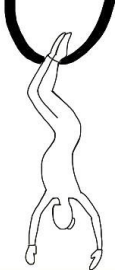


0.1		HB033	Angel <ul style="list-style-type: none"> • Only armpits and back in contact with the hoop • Legs are fully extended
0.1		HB034	Corner <ul style="list-style-type: none"> • Legs are closed and parallel to the floor • Legs and arms are fully extended • Only hands in contact with the hoop
0.1		HB053	Tuck - one hand <ul style="list-style-type: none"> • Tuck position • Only one hand in contact with the hoop
0.2		HB004	Knee hang <ul style="list-style-type: none"> • Only one knee in contact with the hoop • Free leg extended and parallel to the floor or below the level of parallel
0.2		HB031	Elbow hang <ul style="list-style-type: none"> • Only one elbow in contact with the hoop

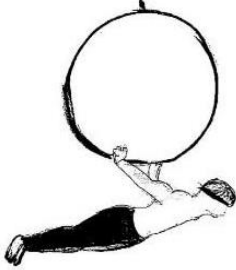

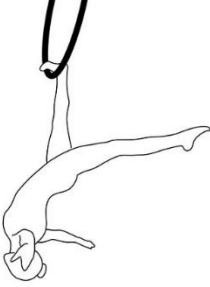


0.2		HB054	Little ring <ul style="list-style-type: none"> Arms are fully extended
0.2		HB096	Superman <ul style="list-style-type: none"> Only one hand and hip in contact with the hoop Upper hand is fully extended
0.3		HB005	Lizard <ul style="list-style-type: none"> Only legs in contact with the hoop The top of head directed to down
0.3		HB006	Elbow Hang «Deer» <ul style="list-style-type: none"> Only elbow in contact with the hoop Similar hand in contact with straight leg
0.3		HB019	Shrimp <ul style="list-style-type: none"> Only one knee and both hands in contact with the hoop Arms are fully extended Free leg is extended and parallel to the floor or below the parallel

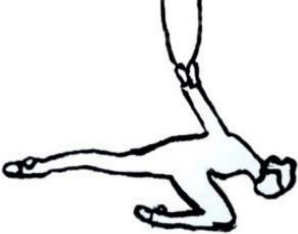
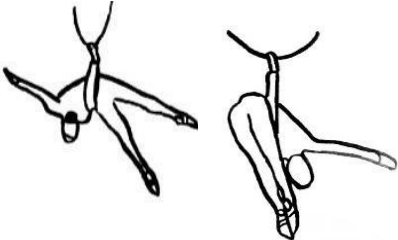
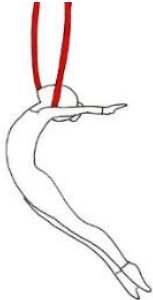


0.3		HB020	Inverted four <ul style="list-style-type: none"> • Only legs in contact with the hoop • One leg straight up • The top of head is directed to down
0.3		HB041	Bow and arrows <ul style="list-style-type: none"> • Foot in contact spanset • Back in bent • Hands in contact with the hoop • Arms are fully extended
0.3		HB042	Starfish <ul style="list-style-type: none"> • Legs are fully extended • Hands are not in contact with the hoop • The top of head directed to down
0.4		HB007	Flag <ul style="list-style-type: none"> • Legs and body in pike position • Legs are closed and fully extended • Only one hand in contact with the hoop
0.4		HB021	Horizontal split <ul style="list-style-type: none"> • Legs are fully extended in split • Body is parallel to the floor • Leg is between arms

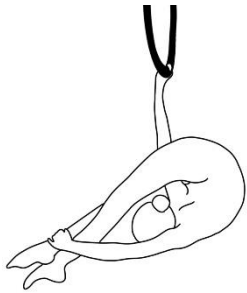
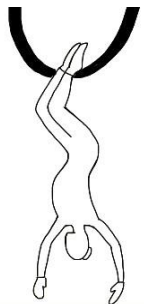

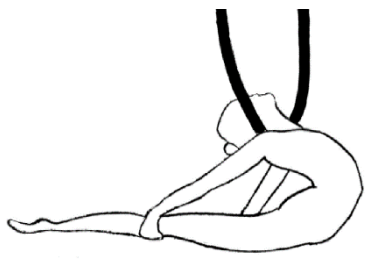
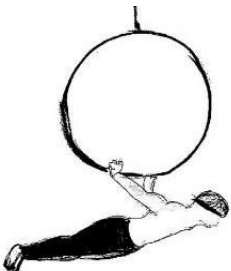
0.4		HB022	Feet hang in backbent <ul style="list-style-type: none"> • Legs and arms are fully extended • Back in bent
0.4		HB043	Inverted four – no hands <ul style="list-style-type: none"> • Only legs in contact with the hoop • One leg straight up • The top of head directed to down • Hands are not in contact with legs and hoop
0.5		HB023	Feet hang <ul style="list-style-type: none"> • Only feet in contact with the hoop • Legs are fully extended • Top of the head is direct to the floor • Body and legs in pencil position
0.5		HB008	Back basic plank - legs bent <ul style="list-style-type: none"> • Body is parallel to the floor • Tuck position
0.5		HB009	Basic plank - legs bent <ul style="list-style-type: none"> • Body is parallel to the floor • Tuck position • Arms are fully extended




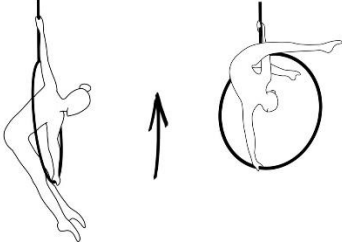
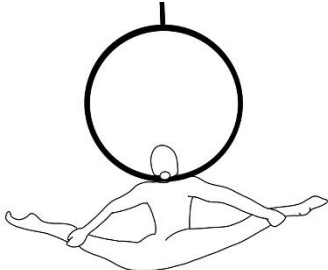
0.6		HB010	Hang «Three» <ul style="list-style-type: none"> • Arms are fully extended • Only ankles and hands in contact with the hoop
0.6		HB050	Bird of paradise with spanset <ul style="list-style-type: none"> • Legs are fully extended • Only elbow and foot in contact with the hoop • Hand in contact with opposite leg behind the head
0.6		HB044	Horizontal magnet split <ul style="list-style-type: none"> • Legs are fully extended in front split • Body is not in contact with lower arm
0.6		HB045	Russian roll <ul style="list-style-type: none"> • Legs and hands are fully extended • Only hands and foot in contact with the hoop
0.6		HB046	Royal shrimp <ul style="list-style-type: none"> • Legs and hands are fully extended • Only hands and knee in contact with the hoop

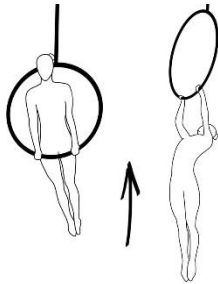
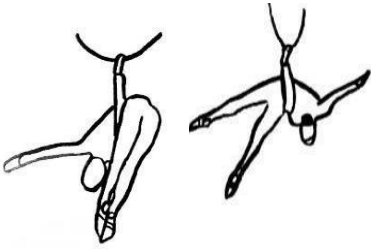
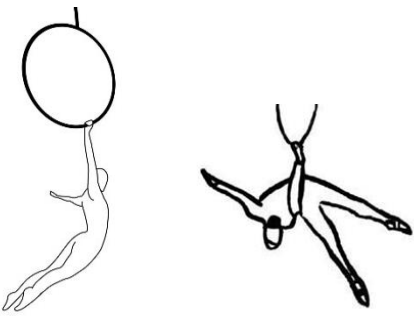
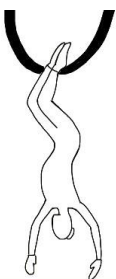
0.7		HB011	Reversed flag <ul style="list-style-type: none"> • Legs are fully extended • Only one hand in contact with the hoop
0.7		HB024	Satellite <ul style="list-style-type: none"> • Legs and arms are fully extended • Only feet and hands in contact with the hoop
0.7		HB049	Bat <ul style="list-style-type: none"> • Only ankles in contact with the hoop • Top of the head is direct to the floor • Hands are not in contact with legs <p><i>Levels of execution:</i> HB049 Bat HB055 Extreme bat</p>
0.7		HB047	Candle with support <ul style="list-style-type: none"> • Legs are fully extended • Neck hang • Upper leg is behind the hoop, hand in contact with this similar leg <p><i>Levels of execution:</i> HB047 Candle with support HB051 Candle</p>
0.7		HB048	Neck hang legs hooking <ul style="list-style-type: none"> • Only neck in contact with the hoop • Hands in contact with legs <p><i>Levels of execution:</i> HB048 Neck hang legs hooking HB052 Neck hang legs hooking - extended</p>

0.8		HB014	Back basic plank V-position <ul style="list-style-type: none"> • Legs and body are parallel to the floor • Legs are fully extended in V-position • Arms are fully extended
0.8		HB015	Basic plank V-position <ul style="list-style-type: none"> • Legs and body are parallel to the floor • Legs are fully extended in V-position • Arms are fully extended
0.8		HB026	Foot hang <ul style="list-style-type: none"> • Only one foot in contact with the hoop • Both legs are fully extended • Top of the head is direct to the floor
0.8		HB057	One hand hang «Three» <ul style="list-style-type: none"> • Only ankles and one hand in contact with the hoop • Supporting arm is straight
0.9		HB012	Reversed flag in bilman <ul style="list-style-type: none"> • Opening of the legs 160° • Only one hand in contact with the hoop • Free hand in contact with leg behind the head. <p><i>Levels of execution:</i> HB012 Reversed flag in bilman HB029 Reverses flag in bilman - extended</p>

0.9		HB013	Back basic plank - one leg bent <ul style="list-style-type: none"> • Body and straight leg are parallel to the floor • One leg bent
0.9		HB016	Transition from reversed flag to flag <ul style="list-style-type: none"> • Legs are fully extended • Free hand doesn't help during transition • Fixing of starting and final position position 2 sec
0.9		HB025	Neck hang <ul style="list-style-type: none"> • Only neck in contact with the hoop
0.9		HB027	Crescent <ul style="list-style-type: none"> • Only ankles and hands in contact with the hoop • Legs and arms are fully extended
0.9		HB028	Basic plank - one leg bent <ul style="list-style-type: none"> • Body and straight leg are parallel to the floor • One leg bent • Arms are fully extended

0.9		<p>HB038 Shell – one hand</p> <ul style="list-style-type: none"> • Only one hand in contact with the hoop • Hand is between legs • Hand in contact with fully extended legs behind the head
0.9		<p>HB055 Extreme bat</p> <ul style="list-style-type: none"> • Only one ankle in contact with the hoop • Top of the head is direct to the floor • Hands are not in contact with supporting leg <p><i>Levels of execution:</i> HB049 Bat HB055 Extreme bat</p>
0.9		<p>HB051 Candle</p> <ul style="list-style-type: none"> • Legs are fully extended • Neck hang • Hands are not in contact with the hoop • Upper leg is behind the hoop, hand in contact with this similar leg <p><i>Levels of execution:</i> HB047 Candle with support HB051 Candle</p>
0.9		<p>HB052 Neck hang legs hooking - extended</p> <ul style="list-style-type: none"> • Only neck in contact with the hoop • Hands in contact with fully extended legs <p><i>Levels of execution:</i> HB048 Neck hang legs hooking HB052 Neck hang legs hooking - extended</p>
1.0		<p>HB017 Back basic plank pencil</p> <ul style="list-style-type: none"> • Legs and body are parallel to the floor • Legs are fully extended and closed

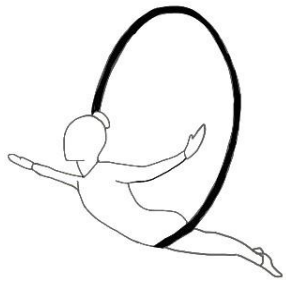
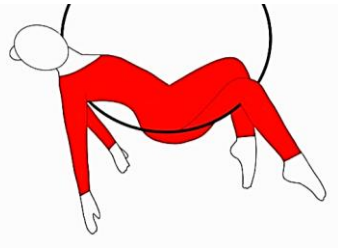

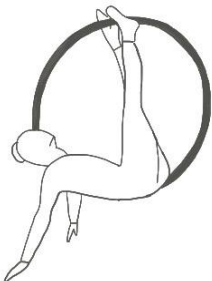
1.0		HB018	Basic plank pencil <ul style="list-style-type: none"> • Legs and body are parallel to the floor • Legs are fully extended and closed • Arms are fully extended
1.0		HB029	Reversed flag in bilman – extended <ul style="list-style-type: none"> • Opening of the legs 160° • Only one hand in contact with the hoop • Free hand in contact with straight leg behind the head. <i>Levels of execution:</i> HB012 Reversed flag in bilman HB029 Reversed flag in bilman - extended
1.0 CBRF		HB030	Extreme foot hang in bilman <ul style="list-style-type: none"> • Only one foot in contact with the hoop • Supporting leg is straight • Both hands in contact with free leg in bilman position • Head in contact with leg
1.0		HB035	Flag deadlift <ul style="list-style-type: none"> • No momentum • Arms and legs are fully extended
1.0 CBRF		HB036	Neck hang в split <ul style="list-style-type: none"> • Only neck in contact with the hoop • Opening of the legs 180° • Legs are fully extended

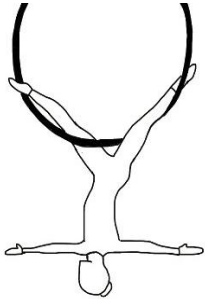
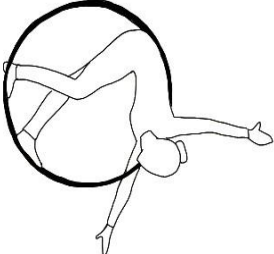
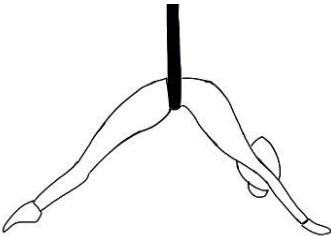
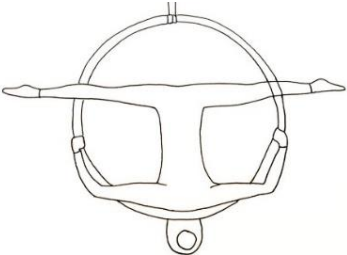
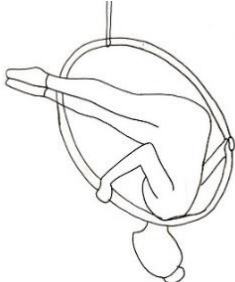
1.0		HB037	Pulled and pushed deadlift <ul style="list-style-type: none"> • Starting position: hang at the lower part of the hoop • No momentum • Legs are fully extended and closed
1.0		HB039	Transition from flag to reversed flag <ul style="list-style-type: none"> • Legs are fully extended • Free hand doesn't help during transition • Fixing of starting and final position position 2 sec
1.0		HB040	Transition from one hand hang to reversed flag <ul style="list-style-type: none"> • Starting position: one hand hang • Legs are fully extended • Free hand doesn't help while performing • Fixing of final position 2 sec
1.0 CBRF		HB056	Extreme bat in bilman <ul style="list-style-type: none"> • Only one ankle in contact with the hoop • Both hands in contact with free leg in bilman position

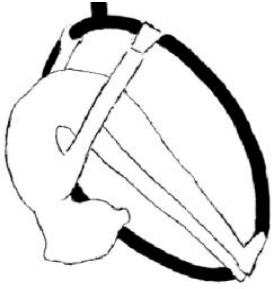

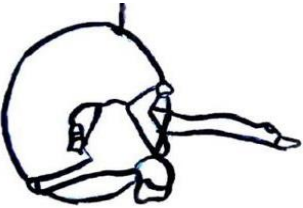
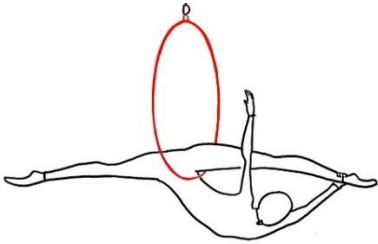

15.3 GROUP C – BALANCE ELEMENTS

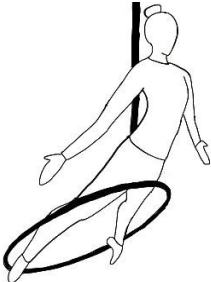
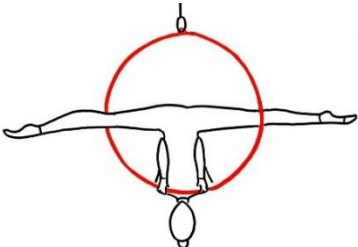
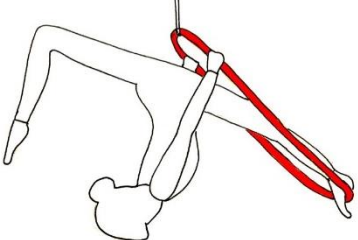
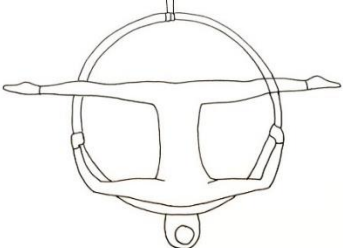
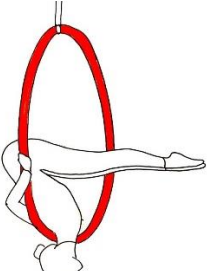
Note: All balance elements must be held in fixed position for 3 seconds.

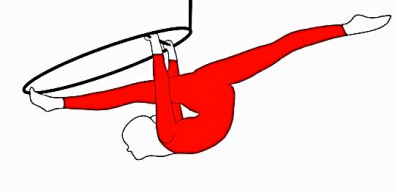
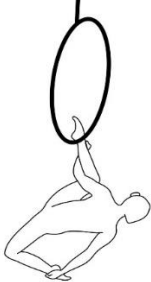



Note: In masters +50 category a tolerance of 20° is given for the requirement to open the legs to 180° if there is no 160° variation for the move. Moves, that do have different levels of execution are without tolerance.

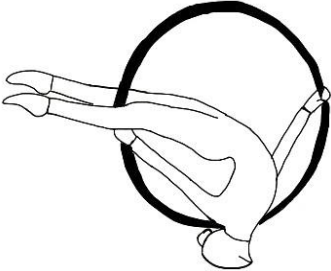
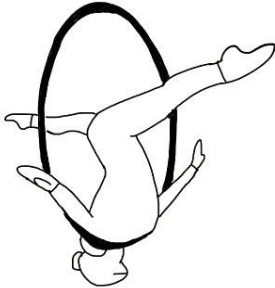
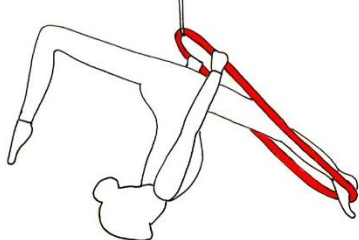
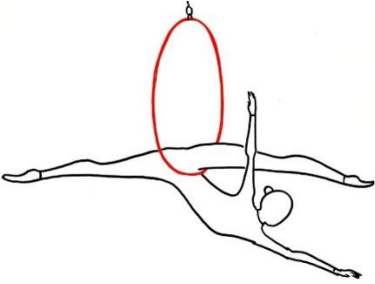
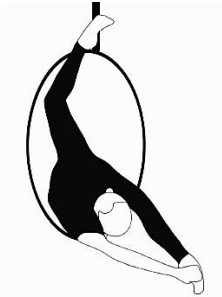
Value	Element	Code	Requirements
0.1		HC001	Welcome <ul style="list-style-type: none"> • Only pelvis in contact with the hoop • Shoulders higher than level of parallel • Legs are fully extended
0.1		HC002	Hammock <ul style="list-style-type: none"> • Only shoulders, pelvis and legs in contact with the hoop • Legs are crossed
0.1		HC038	Parrot <ul style="list-style-type: none"> • Only pelvis and hip could be in contact with the hoop
0.2		HC003	Corner balance <ul style="list-style-type: none"> • Only back and feet in contact with the hoop • Legs are fully extended

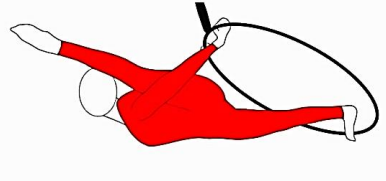
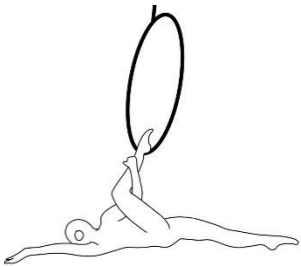
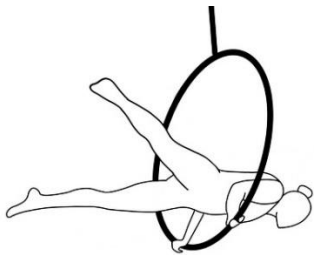
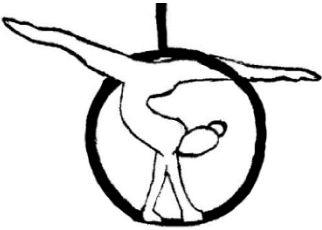
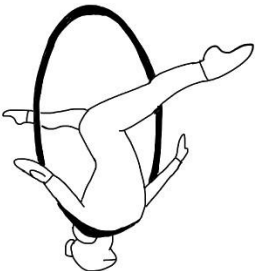
0.2		HC004	Ninja <ul style="list-style-type: none"> • Only legs in contact with the hoop • Legs are fully extended • Top of the head is direct to the floor
0.3		HC005	Coin <ul style="list-style-type: none"> • Only feet and back in contact with the hoop • Top of the head is direct to the floor
0.3		HC006	Balance in bent <ul style="list-style-type: none"> • Only lower back in contact with the hoop • Back in bent • Legs are fully extended
0.3		HC016	Shoulders stand <ul style="list-style-type: none"> • Shoulders, neck, arms and legs in contact with the hoop. • Legs are fully extended in middle split <p><i>Levels of execution:</i> <i>HC016 Shoulders stand</i> <i>HC021 Shoulders stand – one side</i></p>
0.3		HC017	Pin <ul style="list-style-type: none"> • Legs are fully extended and closed • Only one shoulder, neck, hands and legs in contact with the hoop

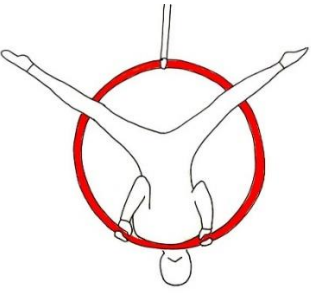
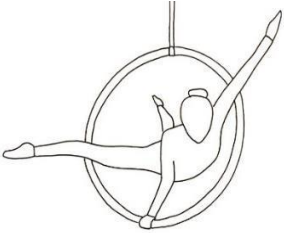
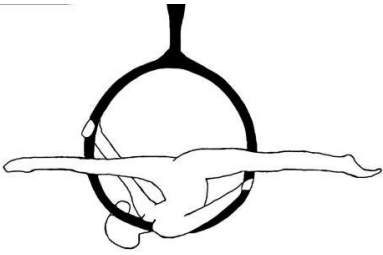
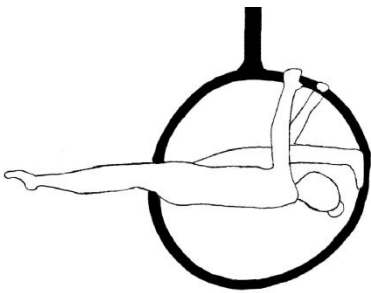
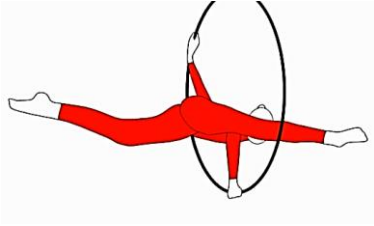
0.3		HC052	Hook <ul style="list-style-type: none"> • Only hands and feet in contact with the hoop • Arms and legs are fully extended • Back in bent • Legs are closed
0.3		HC014	Tango <ul style="list-style-type: none"> • Back in bent • Hands and lower leg are fully extended • Upper leg at the upper part of the hoop
0.4		HC007	Slingshot <ul style="list-style-type: none"> • Only shoulder and hands in contact with the hoop • Legs in V-position • Supporting arm is extended • Pelvis and back not in contact with lower arm
0.4		HC018	Balance on the hip 160° <ul style="list-style-type: none"> • Opening of the legs 160° • Legs are fully extended • Hand in contact with opposite leg behind the head • Only hip in contact with the hoop <p><i>Levels of execution:</i> HC018 Balance on the hip 160° HC025 Balance on the hip 180° - no hands</p>
0.4		HC043	One-hand stand backbent with spanset <ul style="list-style-type: none"> • Legs parallel to the floor • Legs are fully extended • Supporting arm is straight

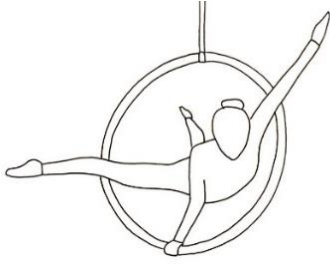
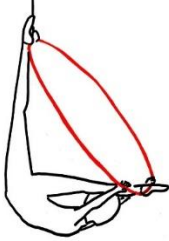

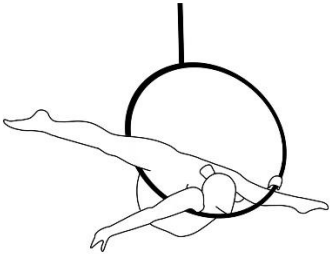
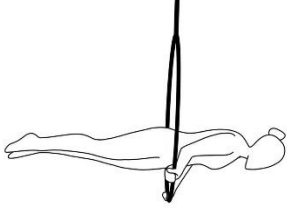
0.5		HC008	Rider <ul style="list-style-type: none"> • Only legs in contact with the hoop • Only back in contact with spanset • The top of head is directed up • Legs are fully extended
0.5		HC019	Shoulder supporting – different sides <ul style="list-style-type: none"> • Legs are fully extended in V-position and are different sides from the hoop • The top of head is directed to the floor • Only hands, shoulders and legs could be in contact with the hoop <p><i>Levels of execution:</i> HC019 Shoulder supporting – different sides HC026 Shoulder supporting – one side</p>
0.5		HC020	Scorpion 160° <ul style="list-style-type: none"> • Opening of the legs 160° • Back leg bent and directed to the head • Supporting leg is straight <p><i>Levels of execution:</i> HC020 Scorpion 160° HC024 Scorpion - closed 180°</p>
0.5		HC021	Shoulders stand – one side <ul style="list-style-type: none"> • Shoulders, neck and hands in contact with the hoop • Legs are fully extended in middle split • Opening of the legs 160° • Legs are from one side of the hoop <p><i>Levels of execution:</i> HC016 Shoulders stand HC021 Shoulders stand – one side</p>
0.6		HC022	Shoulder Balance «Corner» <ul style="list-style-type: none"> • Only hands, shoulders and neck could be in contact with the hoop • Legs are fully extended, parallel to the floor and closed

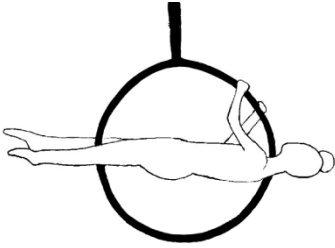

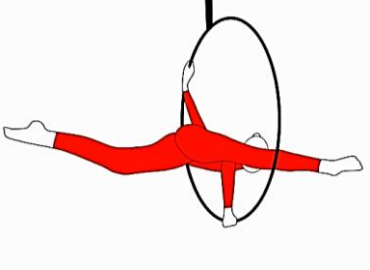
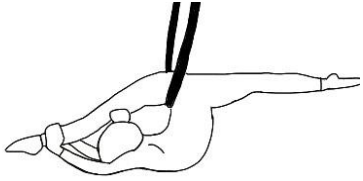
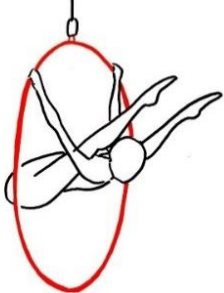
0.6		HC036	<p>Bow 160°</p> <ul style="list-style-type: none"> • Only hands and foot in contact with the hoop • Back in bent • Opening of the legs 160° • Legs are fully extended
0.6		HC044	<p>Hook in bilman 160°</p> <ul style="list-style-type: none"> • Opening of the legs 160° • Only foot in contact with the hoop • Hand in contact with similar leg in bilman position <p><i>Levels of execution:</i> HC044 Hook in bilman 160° HC045 Hook in plank</p>
0.6		HC046	<p>Balance «Four»</p> <ul style="list-style-type: none"> • Hand in contact with similar leg behind the head
0.6		HC053	<p>Dangerous bridge</p> <ul style="list-style-type: none"> • Hands supporting on the lower part of the hoop • Arms and legs are fully extended • One leg in contact with the spanset
0.6		HC054	<p>Elbow-hip balance on the upper part of the hoop</p> <ul style="list-style-type: none"> • Only hip and elbow in contact with the hoop • Hand in contact with opposite leg behind the head • Legs are fully extended

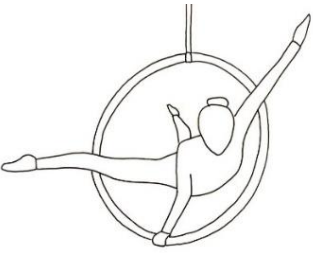

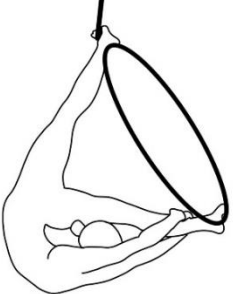
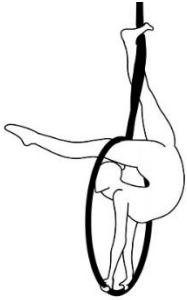

0.7		HC010	Mermaid <ul style="list-style-type: none"> • Only shoulder and hands in contact with the hoop • Legs are fully extended and parallel to the floor • Pelvis is not in contact with hands • Back in bent
0.7		HC011	Helicopter <ul style="list-style-type: none"> • Legs are fully extended in front split • Only shoulders and hands could be in contact with the hoop • Hands are not in contact with the hoop <p><i>Levels of execution:</i> HC011 Helicopter HC012 Super helicopter 180°</p>
0.7		HC024	Scorpion - closed 180° <ul style="list-style-type: none"> • Opening of the legs 180° • Back leg in contact with the head • Supporting leg is straight <p><i>Levels of execution:</i> HC020 Scorpion 160° HC024 Scorpion - closed 180°</p>
0.7		HC025	Balance on the hip 180° - no hands <ul style="list-style-type: none"> • Opening of the legs 180° • Legs are fully extended • Hands are not in contact with legs • Only hip in contact with the hoop <p><i>Levels of execution:</i> HC018 Balance on the hip 160° HC025 Balance on the hip 180° - no hands</p>
0.7		HC034	Crossbow <ul style="list-style-type: none"> • Ankle and chest in contact with the hoop • Both hands in contact with leg <p><i>Levels of execution:</i> HC034 Crossbow HC035 Crossbow extended</p>

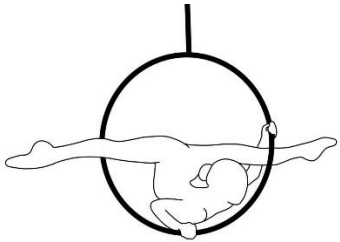
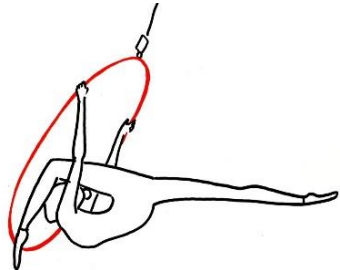

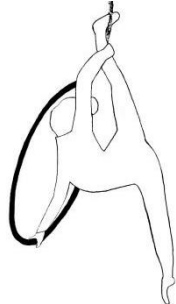

0.7		HC037	<p>Machine gun</p> <ul style="list-style-type: none"> • Only hands and foot in contact with the hoop • Legs in split position • Upper leg is between arms and are behind the back • Legs are fully extended
0.7		HC045	<p>Hook in plank</p> <ul style="list-style-type: none"> • Only foot in contact with the hoop • Body is parallel to the floor <p><i>Levels of execution:</i> HC044 Hook in bilman 160° HC045 Hook in plank</p>
0.7		HC050	<p>Plank V-position</p> <ul style="list-style-type: none"> • Only hands in contact with the hoop • Body is parallel to the floor • Legs are fully extended <p><i>Levels of execution:</i> HC050 Plank - V-position HC051 Plank - pencil</p>
0.7 CBRF		HC039	<p>Split handstand</p> <ul style="list-style-type: none"> • Supporting arms are on the lower part of the hoop • Arms and legs are fully extended • Legs not in contact with spanset
0.8 CBRF		HC012	<p>Super helicopter 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Legs are fully extended • Only shoulders could be in contact with the hoop • Hands are not in contact with the hoop <p><i>Levels of execution:</i> HC011 Helicopter HC012 Super helicopter 180°</p>

0.8		HC026	<p>Shoulder supporting – one side</p> <ul style="list-style-type: none"> • Legs are fully extended in V-position and are on one side from the hoop • The top of head is directed to the floor • Only hands and shoulders in contact with the hoop <p><i>Levels of execution:</i> HC019 Shoulder supporting – different sides HC026 Shoulder supporting – one side</p>
0.8		HC040	<p>Crocodile both handed V-position</p> <ul style="list-style-type: none"> • Only hands in contact with the hoop • Body is parallel to the floor • Legs are on the different sides of the hoop
0.8		HC055	<p>Jupiter 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Legs are fully extended and are on the different sides from the hoop • Shoulders supporting
0.8		HC056	<p>Balance in russian split 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Legs are fully extended • Body is parallel to the floor
0.9		HC009	<p>Wenson split with supporting</p> <ul style="list-style-type: none"> • Legs are fully extended in front split • Body is parallel to the floor <p><i>Levels of execution:</i> HC009 Wenson split with supporting HC013 Wenson split</p>

<p>0.9 CBRF</p>		<p>HC027</p>	<p>Crocodile one handed – V-position</p> <ul style="list-style-type: none"> • Only one hand in contact with the hoop • Body is parallel to the floor • Legs in V-position <p><i>Levels of execution:</i> HC027 Crocodile one handed – V-position HC030 Crocodile one handed – pencil</p>
<p>0.9</p>		<p>HC033</p>	<p>Bokhan backbent</p> <ul style="list-style-type: none"> • Head in contact with leg <p><i>Levels of execution:</i> HC033 Bokhan backbent HC041 Bokhan super backbent</p>
<p>0.9</p>		<p>HC035</p>	<p>Crossbow extended</p> <ul style="list-style-type: none"> • Ankle and chest in contact with the hoop • Both hands in contact with straight leg behind the head • Head in contact with the hip <p><i>Levels of execution:</i> HC034 Crossbow HC035 Crossbow extended</p>
<p>0.9</p>		<p>HC048</p>	<p>Cruiser Split on the chest 180</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Head in contact with the hip <p><i>Levels of execution:</i> HC048 Cruiser Split on the chest 180 HC049 Cruiser Split 180</p>
<p>0.9</p>		<p>HC051</p>	<p>Plank - pencil</p> <ul style="list-style-type: none"> • Only hands in contact with the hoop • Body is parallel to the floor • Legs are closed <p><i>Levels of execution:</i> HC050 Plank - V-position HC051 Plank – pencil</p>

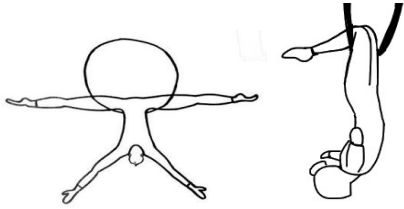
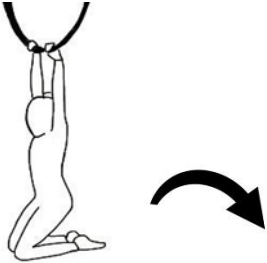


0.9		HC057	String <ul style="list-style-type: none"> • Body is parallel to the floor • Legs are fully extended and are closed
0.9		HC023	Mexican handstand split <ul style="list-style-type: none"> • Only hands and hip in contact with the hoop • Arms and legs are fully extended • Legs in front split
1.0		HC013	Wenson split <ul style="list-style-type: none"> • Legs are fully extended in front split • Body is parallel to the floor • Only hands in contact with the hoop <i>Levels of execution:</i> HC009 Wenson split with supporting HC013 Wenson split
1.0		HC015	Bilman balance 180° <ul style="list-style-type: none"> • Opening of the legs 180° • Front split • Both hands in contact with leg behind the head • Legs are fully extended
1.0		HC028	Crab <ul style="list-style-type: none"> • Only hands in contact with the hoop • Legs are fully extended behind the shoulders • Body is parallel to the floor

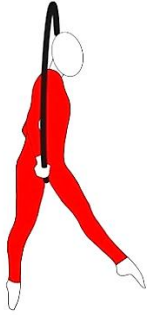
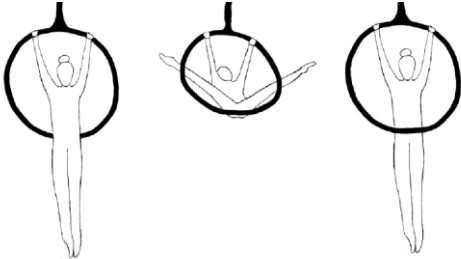
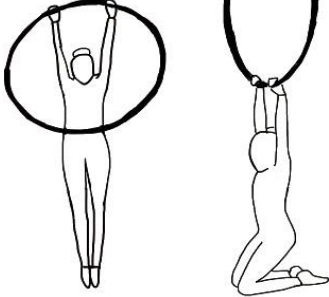
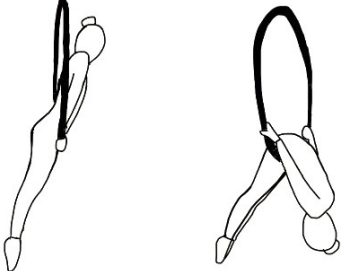

<p>1.0 CBRF</p>		<p>HC030</p>	<p>Crocodile one handed – pencil</p> <ul style="list-style-type: none"> • Only one hand in contact with the hoop • Body and legs parallel to the floor • Legs and body in pencil position <p><i>Levels of execution:</i> HC027 Crocodile one handed – V-position HC030 Crocodile one handed – pencil</p>
<p>1.0 CBRF</p>		<p>HC032</p>	<p>Super tulip</p> <ul style="list-style-type: none"> • Only ankle in contact with the hoop • Hands in contact with leg behind the head
<p>1.0</p>		<p>HC041</p>	<p>Bokhan super backbent</p> <ul style="list-style-type: none"> • Head in contact with the hip • Only feet in contact with the hoop • Legs are fully extended <p><i>Levels of execution:</i> HC033 Bokhan backbent HC041 Bokhan super backbent</p>
<p>1.0</p>		<p>HC042</p>	<p>Mexican handstand</p> <ul style="list-style-type: none"> • Arms and legs are fully extended • Head in contact with the hip
<p>1.0 CBRF</p>		<p>HC047</p>	<p>Ankles hang backbent</p> <ul style="list-style-type: none"> • Hands in contact with legs behind the head • Only ankles in contact with the hoop.

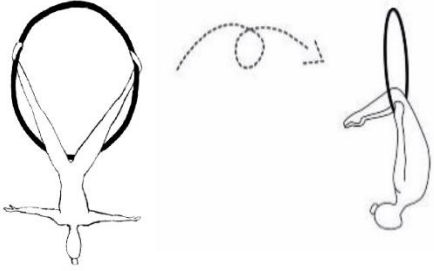
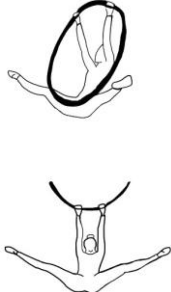
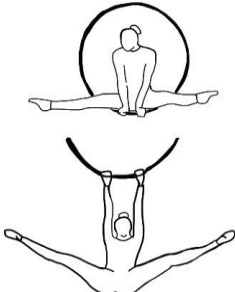
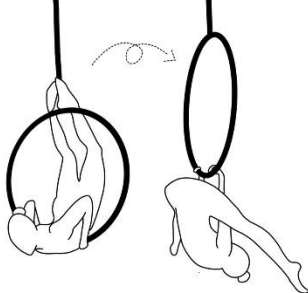
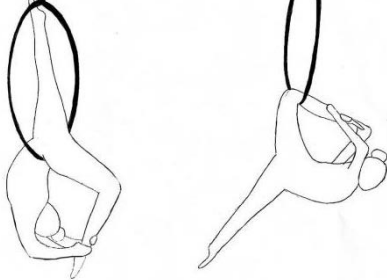
1.0		HC049	<p>Cruiser Split 180</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Only legs and hands in contact with the hoop • Head in contact with the hip <p><i>Levels of execution:</i> HC048 Cruiser Split on the chest 180 HC049 Cruiser Split 180</p>
1.0		HC029	<p>Snail 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Leg is behind the head, in contact with hoop • Head in contact with leg
1.0 CBRF		HC031	<p>Super dangerous bridge on the top of hoop</p> <ul style="list-style-type: none"> • Arms fully extended and supporting on the top of hoop • One leg in contact with spanset
1.0 CBRF		HC058	<p>Dangerous bridge in bilman</p> <ul style="list-style-type: none"> • Hand in contact with opposite leg behind the head • Foot in contact with spanset • Legs are fully extended
1.0 CBRF		HC059	<p>Anaconda</p> <ul style="list-style-type: none"> • Only feet and pelvis in contact with the hoop • Back bent in hoop • Hands in contact with legs

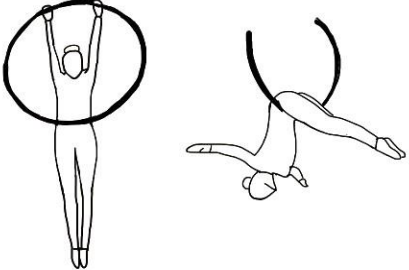

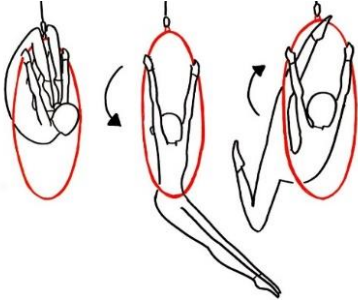
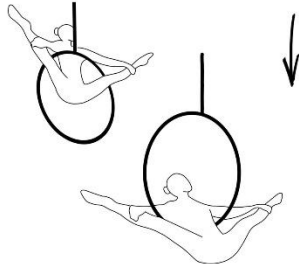
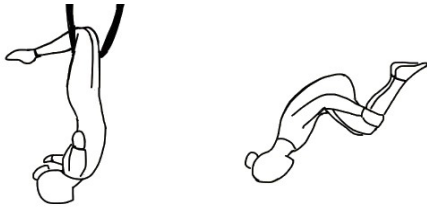
15.4 GROUP D – DYNAMIC ELEMENTS

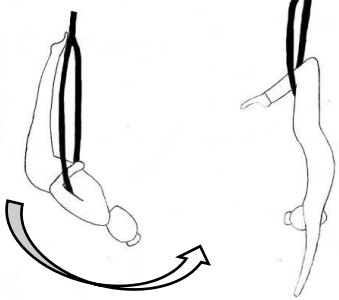
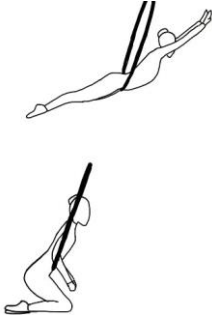
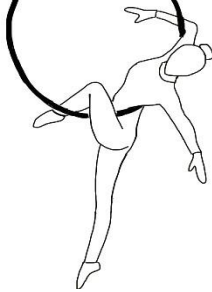
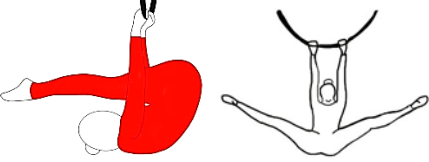
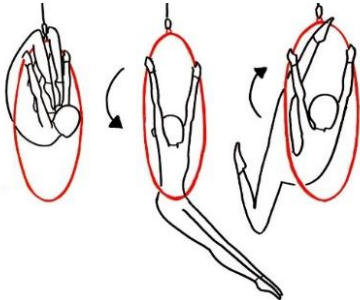
Note: All dynamic elements must show a clear aerial phase and dynamism

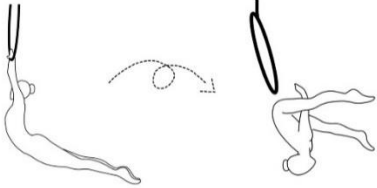
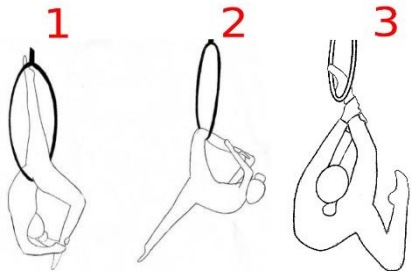
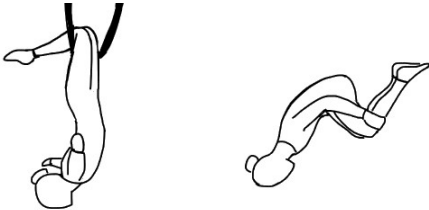
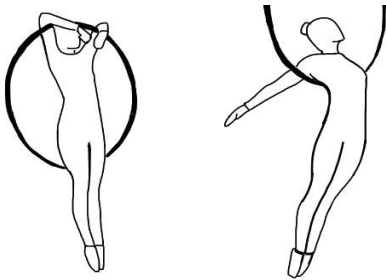
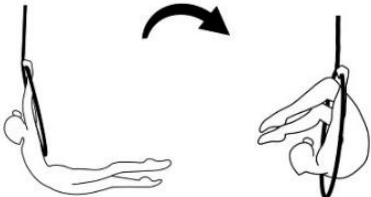
Value	Element	Code / Requirements
0.1		<p>HD016 Drop to knee hooking</p> <ul style="list-style-type: none"> • Starting position: hang in middle split, legs are fully extended • Final position: knee hooking • Hands are not in contact with the hoop
0.1		<p>HD035 Back roll under hoop</p> <ul style="list-style-type: none"> • Starting position: on the floor • Backward roll without separation from the hoop • Final position on the floor.
0.2		<p>HD001 Forward roll</p> <ul style="list-style-type: none"> • One leg bent • Starting and final position - upright • 2 turns and more • Forward rotation
0.3		<p>HD002 Backward roll</p> <ul style="list-style-type: none"> • One leg bent • Starting and final position - upright • 2 turns and more • Backward rotation

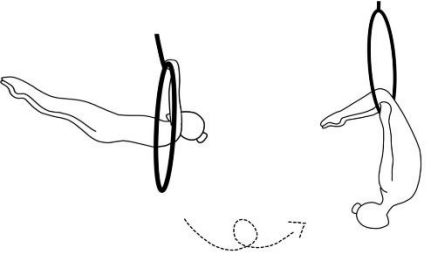
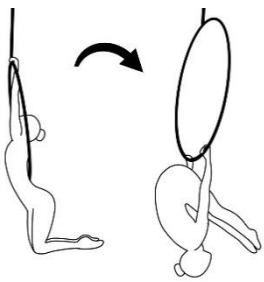

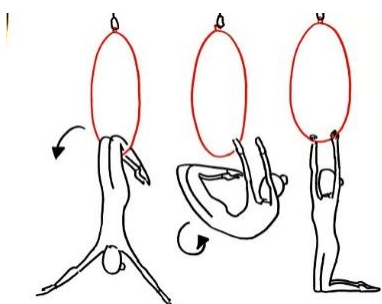
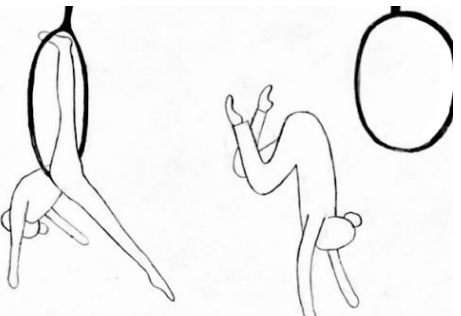
0.3		<p>HD018 Hoop clock forward</p> <ul style="list-style-type: none"> • Legs are fully extended • Starting and final position - upright • 2 turns and more • Forward rotation
0.3		<p>HD037 Straddle swing to pencil through the hoop</p> <ul style="list-style-type: none"> • Starting position: pencil hang facing the hoop • Legs are move through the hoop in V-position • Final position: pencil hang behind the hoop
0.4		<p>HD003 Drop from upper to lower part of hoop</p> <ul style="list-style-type: none"> • Starting position: pencil • Basic grip • No contact with the floor
0.4		<p>HD006 Forward pike roll</p> <ul style="list-style-type: none"> • Starting position: pencil, arms are fully extended • Forward roll through pike position • No contact with the floor
0.4		<p>HD019 Hoop clock backward</p> <ul style="list-style-type: none"> • Legs are fully extended • Starting and final position upright • 2 turns and more • Backward rotation

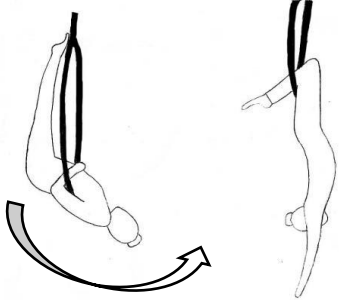
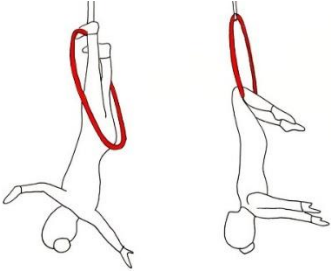
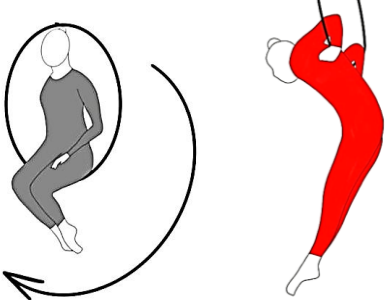
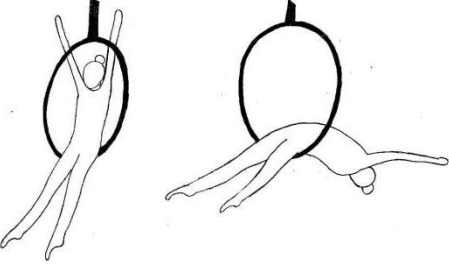
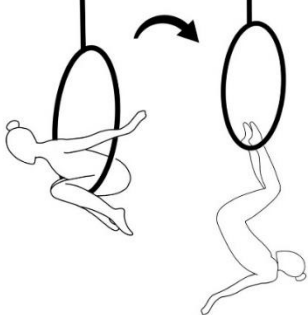
0.4		<p>HD044 Starfish drop to knee hooking</p> <ul style="list-style-type: none"> • Starting position: «Starfish», legs are fully extended • Final position: knee hooking • Hands are not in contact with the hoop
0.5		<p>HD004 V-position drop from upper to lower part of the hoop</p> <ul style="list-style-type: none"> • Legs are fully extended in V-position • No contact with the floor • Starting and final position: legs are parallel to the floor or above then level of parallel
0.5		<p>HD005 Forward roll in straddle position</p> <ul style="list-style-type: none"> • Starting and final position: legs and arms are fully extended • Forward roll • Final position: legs are fully extended and parallel to the floor or above then level of parallel • No contact with the floor
0.5		<p>HD034 Armpit rotation</p> <ul style="list-style-type: none"> • Starting position: laying on the chest, legs support upper part of hoop • Forward roll to armpit • Final position: straddle hang on the lower part of hoop
0.5		<p>HD036 Ring drop to knee hooking</p> <ul style="list-style-type: none"> • Starting position: ring hang on the lower part of the hoop, hands in contact with leg • Final position: knee hooking • Hands in contact with leg during drop

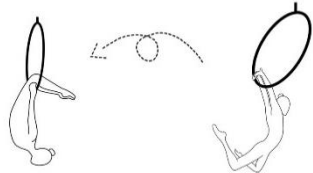
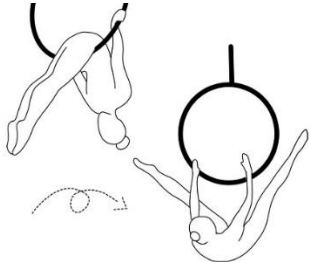
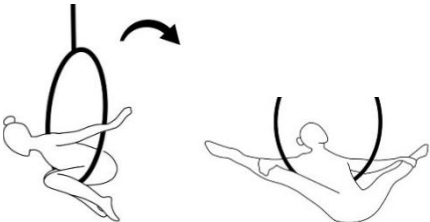
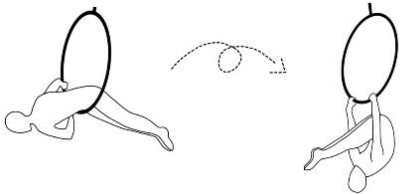
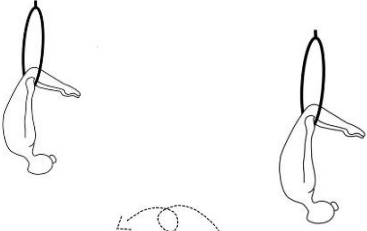
0.6		<p>HD007 Backward pike turn – no hands</p> <ul style="list-style-type: none"> • Starting position: pencil, arms are fully extended • Backward roll through pike position • Hands are not in contact with the hoop during turn
0.6		<p>HD011 Elbows rotation</p> <ul style="list-style-type: none"> • Starting position: back and elbows in contact with the hoop, legs are straight up • 2 turns and more • Legs are closed
0.6		<p>HD017 Swing to heron</p> <ul style="list-style-type: none"> • Starting position: knee hooking on the upper part of hoop • Direct transition • Final position: heron – straight leg is hooking upper part of hoop behind the head
0.6		<p>HD027 Boat drop</p> <ul style="list-style-type: none"> • Starting position: armpit hang on the upper part of hoop • Final position: armpit hang on the lower part of hoop • Hands are not in contact with the hoop • Legs and elbows are fully extended
0.6		<p>HD010 Back flip from lower part of the hoop</p> <ul style="list-style-type: none"> • Starting position: knee hooking • Hands are not in contact with the hoop • Back flip • Hands are not in contact with floor during landing

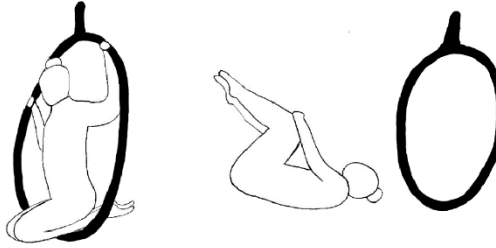
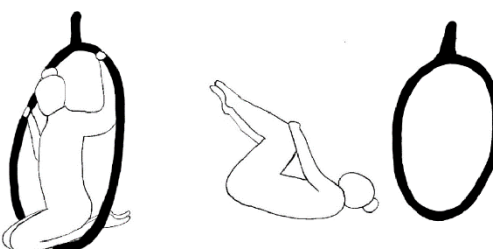
0.6		<p>HD045 Elbow swing drop to knee hooking</p> <ul style="list-style-type: none"> • Starting position: back and elbows in contact with the hoop • Drop to knee hooking • No hands on hoop • Final position: Knee hooking
0.7		<p>HD008 Hip rotation forward</p> <ul style="list-style-type: none"> • Starting position: «pencil», pelvis in contact with the hoop • Tuck position during rotation • 2 turns and more • Legs are closed
0.7		<p>HD009 Rotation «Goddess»</p> <ul style="list-style-type: none"> • Starting position: back, elbow and leg in contact with the hoop • 2 turns and more
0.7 CBRF		<p>HD020 Sea regrip</p> <ul style="list-style-type: none"> • Starting position: legs parallel to the floor, fully extended and are closed between arms • Final position: pelvis higher than level of shoulders, legs in V-position • No contact with the floor
0.7		<p>HD046 Swing to heron – both legs</p> <ul style="list-style-type: none"> • Starting position: knee hooking on the upper part of hoop • Direct transition • Final position: heron – sboth legs are fully extended and hooking upper part of hoop behind the head

<p>0.7</p>		<p>HD031 Back straddle position flip under the hop</p> <ul style="list-style-type: none"> • Starting position: hang on lower part of the hoop, not in contact with floor • Back flip in V-position • Hands are not in contact with floor during landing
<p>0.7 CBRF</p>		<p>HD038 Double ring drop to super tulip through knee hooking</p> <ul style="list-style-type: none"> • Starting position: lower back hang, hands in contact with leg behind the head • Final position: «Super tulip»: only ankle in contact with the hoop • Hands in contact with leg behind the head during double drop
<p>0.8</p>		<p>HD012 Pike back flip from lower part of hoop</p> <ul style="list-style-type: none"> • Starting position: knee hooking • Hands are not in contact with the hoop • Back flip in pike position • Hands are not in contact with the floor
<p>0.8</p>		<p>HD013 Elbow drop to armpits</p> <ul style="list-style-type: none"> • Starting position: elbow hang on the upper part of hoop • Drop to power part of hoop • Final position: armpit hang • No contact with the floor
<p>0.8</p>		<p>HD022 Swing to iguana</p> <ul style="list-style-type: none"> • Starting position: hang on the upper part of hoop • Final position: iguana, fixed 2 sec.

<p>0.8 CBRF</p>		<p>HD028 Swing drop to knee hooking</p> <ul style="list-style-type: none"> • Starting position: hang on the upper part of hoop • Back roll • Final position: Knee hooking
<p>0.8 CBRF</p>		<p>HD029 Extreme regrip</p> <ul style="list-style-type: none"> • Starting position: hang on the upper part of hoop • Final position: hang on lower part of the hoop in pike position • No contact with the floor
<p>0.8</p>		<p>HD030 Elbows rotation in split</p> <ul style="list-style-type: none"> • 2 turns and more • One leg straight in split position
<p>0.8</p>		<p>HD015 Back flip with half-turn</p> <ul style="list-style-type: none"> • Starting position: knee hooking • Back flip with half-turn • Final position: hang with straight hands • No contact with the floor
<p>0.8</p>		<p>HD039 Back flip from lower back</p> <ul style="list-style-type: none"> • Starting position: lower back hang, leg straight up • Hands are not in contact with the hoop • Back flip • Hands are not in contact with floor during landing

0.8		<p>HD040 Elbow rotation with drop to knee hooking</p> <ul style="list-style-type: none"> • Starting position: Back and elbows in contact with the hoop, legs straight up • 2 turns and more • Drop to knee hooking • Hands are not in contact with the hoop • Final position: knee hooking
0.9 CBRF		<p>HD014 Feet drop to knee hooking</p> <ul style="list-style-type: none"> • Starting position: feet hang, legs are fully extended • Drop to lower part of hoop • Hands are not in contact with the hoop • Final position: knee hooking
0.9 CBRF		<p>HD026 Sitting back flip to elbows</p> <ul style="list-style-type: none"> • Starting position: sitting on the hoop, hands are not in contact with the hoop • Back flip • Final position: elbow hang • No contact with the floor
0.9 CBRF		<p>HD041 Sitting back flip through beakbent</p> <ul style="list-style-type: none"> • Starting position: sitting on the hoop • Back flip, hands are not in contact with the hoop during performing • Hands are not in contact with floor during landing
1.0 CBRF		<p>HD021 Front roll to bat</p> <ul style="list-style-type: none"> • Starting position: sitting on the hoop • Forward roll • Final position: ankle hang • Without separation from the hoop • No contact with the floor • Hands are not in contact with the hoop

<p>1.0 CBRF</p>		<p>HD023 Back flip to hand hang</p> <ul style="list-style-type: none"> • Starting position: sitting on the hoop, hands are not in contact with the hoop • Back flip • Final position: hand hang <ul style="list-style-type: none"> • No contact with the floor
<p>1.0 CBRF</p>		<p>HD024 Swing and catching</p> <ul style="list-style-type: none"> • Starting position: stomach laying on the hoop • Forward roll • Final position: hand hang, legs in V-position <ul style="list-style-type: none"> • No contact with the floor
<p>1.0 CBRF</p>		<p>HD025 Back flip half-turn to armpits</p> <ul style="list-style-type: none"> • Starting position: sitting on the hoop, Hands are not in contact with the hoop • Back half-turn flip • Final position: armpits hooking <ul style="list-style-type: none"> • No contact with the floor
<p>1.0 CBRF</p>		<p>HD032 Side turn to lower part of the hoop</p> <ul style="list-style-type: none"> • Starting position: stomach laying on the hoop • Turn around its axis 360 • Final position: hang in pike position in lower part of the hoop <ul style="list-style-type: none"> • No contact with the floor
<p>1.0 CBRF</p>		<p>HD033 Double knee hooking side turn</p> <ul style="list-style-type: none"> • Starting position: knee hooking, hands are not in contact with the hoop • Turn around its axis • Final position: knee hooking, hands are not in contact with the hoop <ul style="list-style-type: none"> • No contact with the floor

<p>1.0 CBRF</p>	 <p>The diagram shows two stages of a forward flip. On the left, a person is sitting on a hoop with their legs tucked under them, in a shin sitting position. On the right, the person is in mid-air, having performed a forward flip, with their feet pointing towards the hoop and their hands tucked under their feet.</p>	<p>HD042 Shin sitting forward flip</p> <ul style="list-style-type: none"> • Starting position: sitting on the hoop, shin in contact with the hoop • Forward flip • Hands are not in contact with the floor during landing
<p>1.0 CBRF</p>	 <p>The diagram shows two stages of a back flip. On the left, a person is sitting on a hoop with their legs tucked under them, in a shin sitting position. On the right, the person is in mid-air, having performed a back flip, with their feet pointing away from the hoop and their hands tucked under their feet.</p>	<p>HD043 Shin sitting back flip</p> <ul style="list-style-type: none"> • Starting position: sitting on the hoop, shin in contact with the hoop • Back flip • Hands are not in contact with floor the during landing

15.5 GROUP E - SPINNING ELEMENTS

Athlete can choose any element from groups A (flexibility elements), B (Strength elements) and group C (balance elements) and declare it as spinning element by changing the code from A001 to A001/E or B001 to B001/E.

Element must fill the original requirements described on the elements table and spin minimum 720° on fixed position

Note: Elements in D group cannot be used as spinning elements.