

# Thirty-new elements named, added to the POSA Pole Sport Code of Points

24/11/2022

Due to the increasing submission of new movements, the POSA Technical Committee, has thought of facilitating all athletes who are due to take part in the Pole Sport World Championship 2022 in a fortnight' time, by issuing this new Appendix.

The choice was dictated by our policy, which has always been inclined to help athletes and coaches in their technical growth, allowing them to be able to try out these new movements even in the upcoming world competition.

As of today, new movements can obviously be declared as early as the next world competition.

The technique grows, we grow with it.

These weeks, the POSA Pole Sport's Technical Committee approved new elements to be named for the athletes who performed them. All were done successfully and all of them will be published in the Pole-Sport-2023.pdf.

They are as follows:

## **Name awarded: The Fairy Split Père**

Performed by: **Coralie Père, France**

Group: A

Code: A71

Element description: Split inside leg on the pole

Element value: 0.9

Note: None

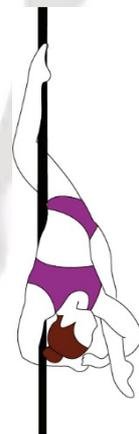
Performed at: French Pole Sport Championship 2022

Video: <https://youtube.com/shorts/OupoWGVaWКУ>

### **Minimum Requirements:**

- Opening of the legs minimum 180°
- No hands in contact with the pole, inside elbow only
- Lower leg fully extended
- Hold the position 2 seconds

The Fairy Split. All drawings by *Angelica Jupiter*.



## Name awarded: Extreme Fairy Split (Père 2)

Performed by: **Coralie Père, France**

Group: A

Code: A172

Element description: Split inside leg on the pole (variation of A171)

Element value: 1.0

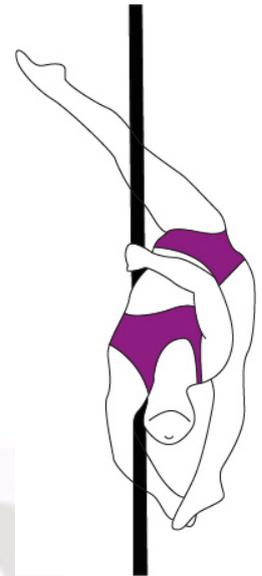
Note: none

Performed at: French Pole Sport Championship 2022

Video: <https://youtube.com/shorts/tb5UL9gFnwo>

### Minimum Requirements:

- Opening of the legs minimum 180°
- Upper hands and lower inside elbow in contact with the pole
- Both legs fully extended
- Hold the position 2 seconds



**Name awarded: Handstand backbend (Míra handstand)**

Performed by: **Míra Valentin (HUN)**

Group: A

Code: A173

Element description: Floor based handstand backbend

Element value: 0.5

Note: none

Performed at: Hungarian Nationals Championships 2022

Video: None

**Minimum Requirements:**

- Arms fully extended
- No hands in contact with the pole
- Lower foot in contact with head
- Hold the position 2 seconds



**Name awarded: Elbow grip split (Lipcsei split)**

Performed by: **Viktória Lipcsei (HUN)**

Group: A

Code: A174

Element description: Elbow grip split

Element value: 0.8

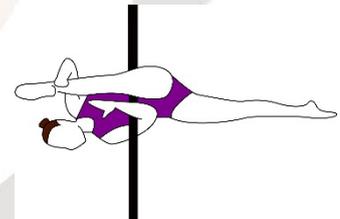
Note: It may be downgraded as provided for in the Code of Points.

Performed at: Hungarian Nationals Championships 2022

Video: <https://youtu.be/kSsUTGjK8z0>

**Minimum Requirements:**

- Opening of the legs 180°
- Legs parallel to the floor
- Lower elbow only in contact with the pole
- Only upper arm in contact with upper leg
- Hold the position 2 seconds



### **Name awarded: Földesi split**

Performed by: **Kincső Földesi (HUN)**

Group: A

Code: A175

Element description: Split on pole

Element value: 0.9

Note: It may be downgraded as provided for in the Code of Points.

Performed at: Hungary

Video: <https://youtube.com/shorts/r0xqllSKLNc>

#### **Minimum Requirements:**

- Opening of the legs 180°
- Body (torso) parallel to the floor
- Both hands in contact with the pole
- Hold the position 2 seconds

### **Name awarded: Cradle pike to active split (Lombardo)**

Performed by: **Alice Lombardo, Italy**

Group: A

Code: A176

Element description: cradle pike to an active split facing downward

Element value: 0.8

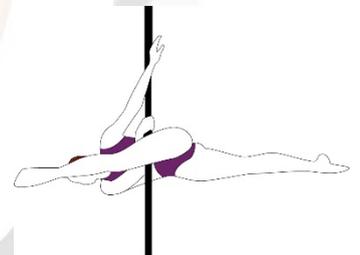
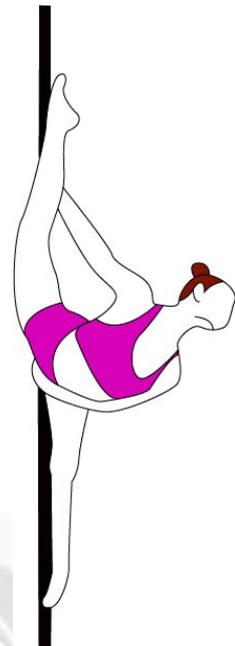
Note: It may be downgraded as provided for in the Code of Points.

Performed at: Italy

Video: <https://youtube.com/shorts/imKECo5fakM>

#### **Minimum Requirements:**

- Opening of the legs minimum 180°
- Legs fully extended
- Lower hand only in contact with the pole
- Legs (line) parallel to the floor
- Hold the position 2 seconds



### **Name awarded: Outside upper Wenson split (Lombardo Split)**

Performed by: **Alice Lombardo, Italy**

Group: A

Code: A177

Element description: Split with outside legs (Wenson)

Element value: 0.8

Note: It may be downgraded as provided for in the Code of Points.

Performed at: Italy

Video: <https://youtube.com/shorts/pEYNvpYLTvw>

#### **Minimum Requirements:**

- Opening of the legs minimum 180°
- Legs fully extended in Wenson position
- Lower arm fully extended, hand holding the pole
- Legs (line) parallel to the floor
- Hold the position 2 seconds

### **Name awarded: Upright active split (Lombardo)**

Performed by: **Alice Lombardo, Italy**

Group: A

Code: A178

Element description: Split in upright position

Element value: 0.9

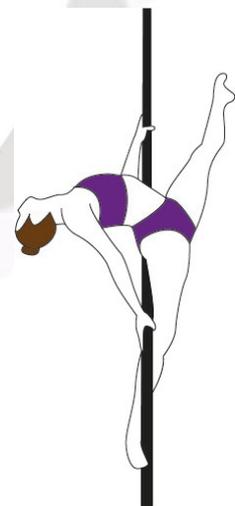
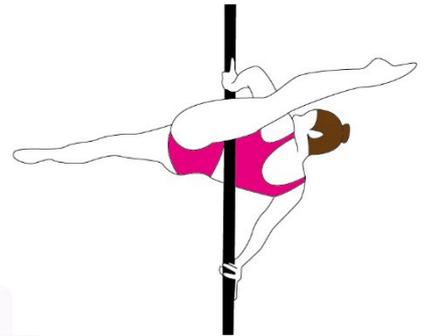
Note: None

Performed at: Italy

Video: <https://youtube.com/shorts/LS4k3kH4OIM>

#### **Minimum Requirements:**

- Opening of the legs 180°
- Legs fully extended
- Lower foot behind the pole
- Only hands and lower leg in contact with the pole
- Hold the position 2 seconds



### **Name awarded: Mikhailova aim**

Performed by: **Daria Mikhailova, Russia**

Group: A

Code: A179

Element description: Marchenko variation

Element value: 1.0

Note: None

Performed at: Russian National Championships 2022

Video: <https://youtube.com/shorts/QmbF4ADe5GQ>

#### **Minimum Requirements:**

- Both legs fully extended
- The opposite hand in contact with the lower leg
- Hold the position 2 seconds

### **Name awarded: Syurdonkina split (Capezio variation)**

Performed by: **Daria Syurdonkina, Russia**

Group: A

Code: A180

Element description: Capezio variation Split

Element value: 1.0

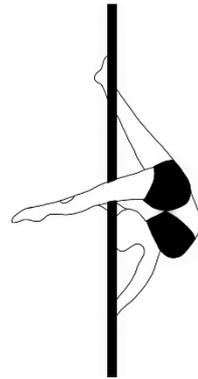
Note: None

Performed at: Russia

Video: [https://youtube.com/shorts/EiMufP7BC\\_Y](https://youtube.com/shorts/EiMufP7BC_Y)

#### **Minimum Requirements:**

- Legs fully extended
- Both legs behind of the pole
- The upper foot must be above the head
- Hold the position 2 seconds



### Name awarded: One hand Eagle (Veronese)

Performed by: **Petra Veronese, Italy**

Group: A

Code: A182

Element description: Backbend elbow

Element value: 0.9

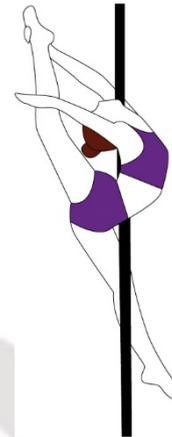
Note: None

Performed at: Italy

Video: None

#### Minimum Requirements:

- Opening of the legs 180°
- Both legs fully extended
- Arm holding the leg fully extended and above the head
- No hands in contact with the pole
- Hold the positions 2 seconds



### Name awarded: Flying K Variation (Novelli Flying K)

Performed by: **Sofia Novelli, Italy**

Group: A

Code: A183

Element description: Flying K with ankle to the pole

Element value: 0.9

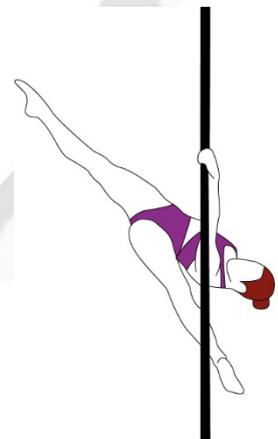
Note: none

Performed at: Italy

Video: <https://youtube.com/shorts/7Vpe1pr3lvo>

#### Minimum Requirements:

- Opening of the legs 180°
- Only one hand the lower ankle in contact with the pole
- No sole of the foot in contact with the pole
- Hold the position 2 seconds



### **Name awarded: Novelli Split**

Performed by: **Sofia Novelli, Italy**

Group: A

Code: A184

Element description: Pole Split upright

Element value: 0.8

Note: It may be downgraded as provided for in the Code of Points.

Performed at: Italy

Video: <https://youtube.com/shorts/eJ6ierl-q94>

#### **Minimum Requirements:**

- Opening of the legs 180°
- Upper body parallel to the floor
- One hand only in contact with the pole
- Hold the position 2 seconds

### **Name awarded: Meethook Split (Filippini)**

Performed by: **Asia Filippini, Italy**

Group: A

Code: A185

Element description: From the Meethook, one hand split

Element value: 0.8

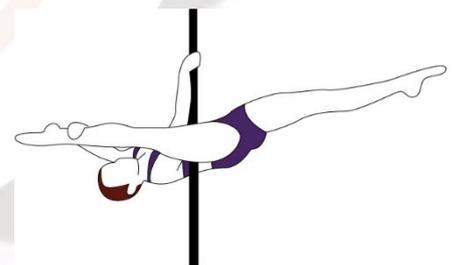
Note: It may be downgraded as provided for in the Code of Points.

Performed at: Italy

Video: <https://youtube.com/shorts/R-ecfYSQb9U>

#### **Minimum Requirements:**

- Opening of the legs 180°
- Legs fully extended
- Body and legs parallel to the floor
- Holding arm fully extended
- Hold the position 2 seconds



**Name awarded: Cavalieri Fang**

Performed by: **Beatrice Cavalieri, Italy**

Group: A

Code: A186

Element description: Arrow Fang variation

Element value: 0.9

Note: none

Performed at: Italy

Video: None

**Minimum Requirements:**

- Upper leg and arm fully extended
- Lower foot in contact with the head
- Hold the position 2 seconds

**Name awarded: Sit split leg through (Novelli)**

Performed by: **Sofia Novelli, Italy**

Group: A

Code: A187

Element description: From a sit leg through, split

Element value: 0.7

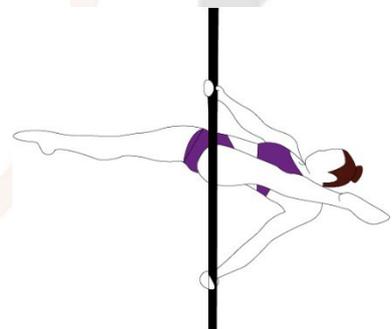
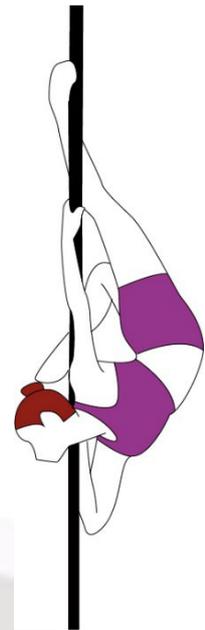
Note: It may be downgraded as provided for in the Code of Points.

Performed at: Italy

Video: None

**Minimum Requirements:**

- Arms & legs fully extended
- Opening of the legs 180°
- Legs (line) parallel to the floor



### **Name awarded: Forearm elbow handstand split floor based**

Performed by: **Sofia Novelli, Italy**

Group: A

Code: A188

Element description: Floor based split in forearm elbow handstand

Element value: 0.7

Note: None

Performed at: Italy

Video: <https://youtube.com/shorts/K0EYgW0hS9A>

#### **Minimum Requirements:**

- Opening of the legs 180°
- Upper arm in forearm grip
- One elbow only in contact with the floor
- Hold the position 2 seconds

### **Name awarded: Sit split leg through variation (Novelli)**

Performed by: **Sofia Novelli (Italy)**

Group: A

Code: A189

Element description: From a sit leg through, split

Element value: 0.7

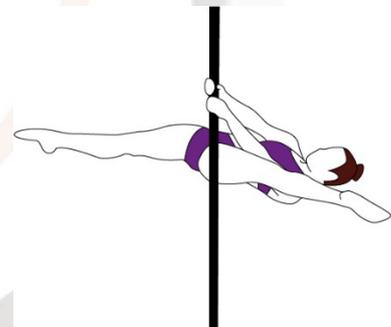
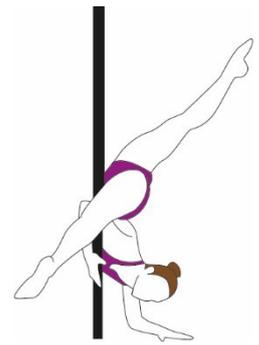
Note: It may be downgraded as provided for in the Code of Points.

Performed at: European Pole Sport Championship 2022

Video: <https://youtube.com/shorts/Db8rRtrKr4>

#### **Minimum Requirements:**

- Arms & legs fully extended
- Both hands above pelvis
- Opening of the legs 180°
- Legs (line) parallel to the floor



### **Name awarded: Elbow hold split variation (Colantuoni)**

Performed by: **Cinzia Colantuoni, Italy**

Group: A

Code: A190

Element description: Elbow hold split variation

Element value: 0.7

Note: None

Performed at: Italian Pole Sport Championship 2022

Video: None

#### **Minimum Requirements:**

- Opening of the legs 180°
- Neck & upper elbow in contact with the pole
- Hold the position 2 seconds

### **Name awarded: Titanic no feet (Valentin/Faulisi)**

Performed by: **Mira Valentin, Hungary & Alice Faulisi, Italy**

Group: B

Code: B155

Element description: Titanic without feet on pole

Element value: 0.7

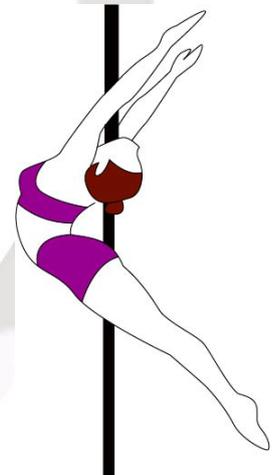
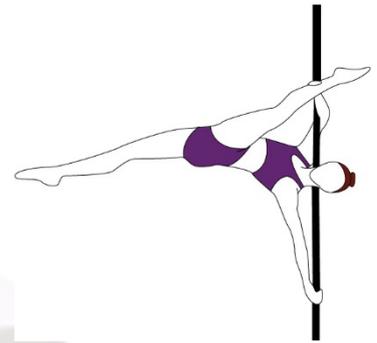
Note: None

Performed at: Hungarian Nationals Championships 2022

Video: <https://youtube.com/shorts/IY-UP55O8KI>

#### **Minimum Requirements:**

- No hands and feet in contact with pole
- Arms fixed above the head during the whole move
- Hold the position 2 seconds



### **Name awarded: Floor based handstand inverted plank (Novelli)**

Performed by: **Sofia Novelli, Italy**

Group: B

Code: B156

Element description: Floor handstand inverted plank

Element value: 1.0

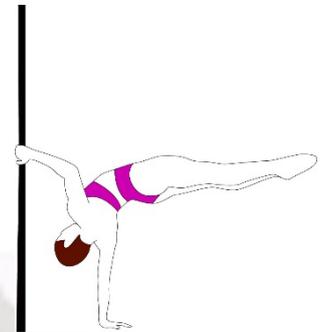
Note: It may be downgraded as provided for in the Code of Points.

Performed at: Italy

Video: None

#### **Minimum Requirements:**

- Legs Parallel to the floor
- One hand only in contact with the pole
- Lower arm fully extended
- Hold the position 2 seconds



### **Name awarded: Iguana Elbow Hold Straddle 2**

Performed by: **Giorgia Venturelli, Italy**

Group: B

Code: B157

Element description: Iguana Elbow Hold Straddle variation

Element value: 0.7

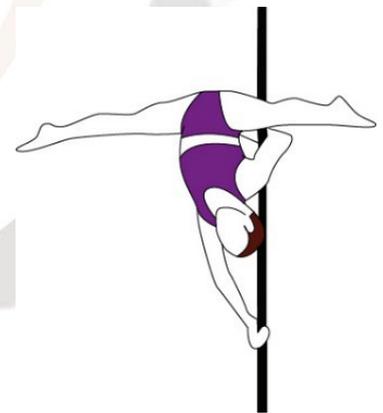
Note: None

Performed at: Italy

Video: None

#### **Minimum Requirements:**

- Lower hand and upper elbow only in contact with the pole
- Hold the position 2 seconds



### Name awarded: Reverse grab into Iron X fixed (Reverse X flip fixed)

Performed by: **Andrew Kreuger, USA**

Group: C

Code: C065

Element description: Double Flyby into phoenix

Element value: 0.7

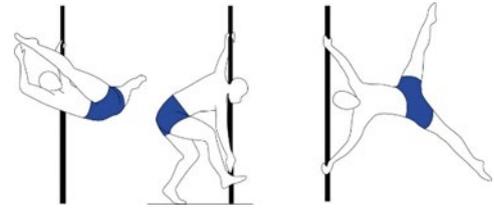
Note: None

Performed at: US Nationals 2022

Video: It's the same as C058

#### Minimum Requirements:

- 360° rotation before jumping into Iron X
- Final position: Iron X
- Hold the final position (Iron X) for 2 seconds
- No contact with the floor before jumping into the Iron X



### Name awarded: FlyBy to Mosca flic into split

Performed by: **Coralie Père, France**

Group: C

Code: C066

Element description: FlyBy to Mosca flic into split

Element value: 1.0

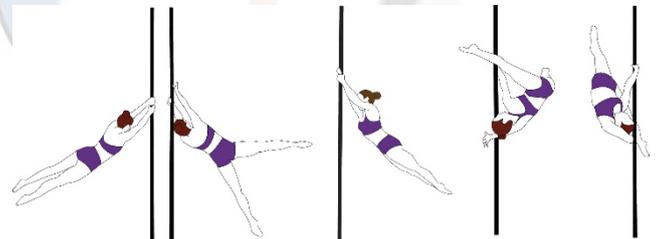
Note: None

Performed at: French Nationals Championships 2022

Video: <https://youtube.com/shorts/x8NsiOXI-eE>

#### Minimum Requirements:

- 720° rotation (360° x 2) during the entire movement
- It is necessary to pass and show through Mosca Flic
- Final position: forearm hold split
- No contact with the floor



POSA

### Name awarded: Phoenix to Tulip (Földesi spin)

Performed by: **Kincső Földesi (HUN)**

Group: C

Code: C067

Element description: From a Phoenix into Tulip

Element value: 0.9

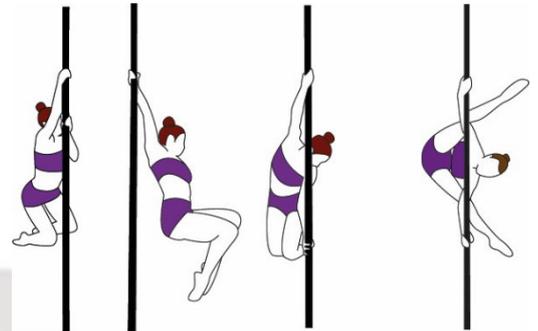
Note: None

Performed at: Hungarian Nationals 2022

Video: <https://youtube.com/shorts/znbn1Yq9Y34>

#### Minimum Requirements:

- 720° rotation (360° x 2) during the entire movement
- Final position: Tulip
- Hold the final position (Tulip) 2 seconds
- No contact with the floor



### Name awarded: Double FlyBy into Double Reverse Grab into Phoenix

Performed by: **Asia Filippini, Italy**

Group: C

Code: C068

Element description: Double FlyBy into Double Reverse Grab into Phoenix (Filippini spin)

Element value: 1.0

Note: None

Performed at: Italy

Video: <https://youtube.com/shorts/QKZcHVwercc>

#### Minimum Requirements:

- 1440° rotation (360° x 4) during the entire movement
- Final position: straddle, pencil, or Jackknife
- No contact with the floor



POSA

### Name awarded: Starfish fall (Père Fall)

Performed by: **Coralie Père, France**

Group: D

Code: D129

Element description: Starfish fall

Element value: 0.9

Note: CBRF

Performed at: World Pole Art Championship 2021

Video: <https://youtu.be/WRn9JUVmUOw>

#### Minimum Requirements:

- Starting position: Starfish
- Final position: brass monkey legs grip
- No hands in contact with the pole for the entire move
- No contact with the floor

### Name awarded: Front flip jump out - one handed (Földesi jump-out)

Performed by: **Kincső Földesi (HUN)**

Group: D

Code: D130

Element description: Front flip jump out - one handed

Element value: 0.6

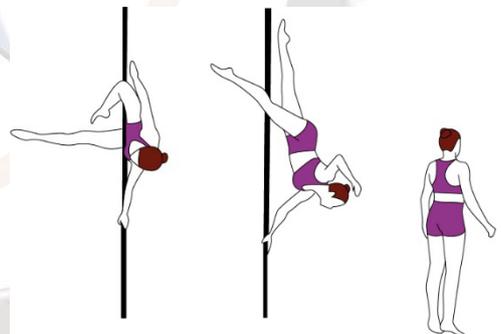
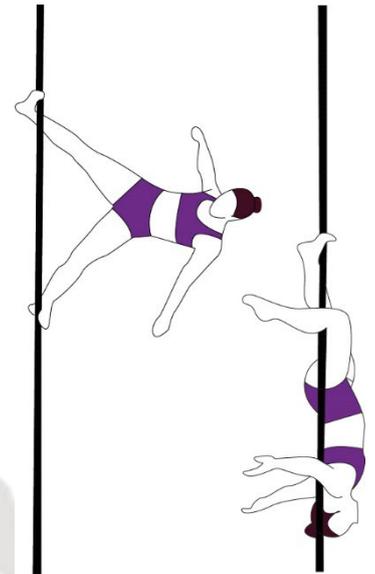
Note: None

Performed at: European Pole Sport Championships 2022

Video: <https://youtube.com/shorts/UUljDdeluQA>

#### Minimum Requirements:

- Landing floor on upright position, no hands in contact with the floor
- Only the lower hand in contact with the pole during the movement



### Name awarded: Iguana fang regrip (Poli regrip)

Performed by: **Eleonora Poli, Italy**

Group: D

Code: D131

Element description: From an Iguana Fang, a regrip into Ayesha

Element value: 0.5

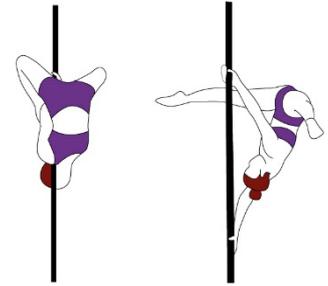
Note: None

Performed at: Italy

Video: <https://youtube.com/shorts/ySjre9Wc8X4>

#### Minimum Requirements:

- Starting position: Iguana Fang
- Regrip into twisted grip Ayesha



### Name awarded: Dangerous bridge jump (Chernobay jump)

Performed by: **Veronika Chernobay, Russia**

Group: D

Code: D132

Element description: Handspring jump out half turn with legs open

Element value: 1.0

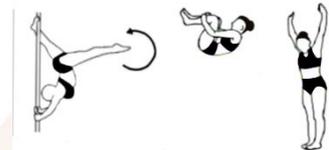
Note: CBRF

Performed at: Russia

Video: <https://youtube.com/shorts/IDOd2mpVIE>

#### Minimum Requirements:

- Starting position: Dangerous bridge
- No hands on pole during the jump
- No hands on the floor in the landing



**Name awarded: Dismount flip out piked (Novelli flip)**

Performed by: **Sofia Novelli, Italy**

Group: D

Code: D133

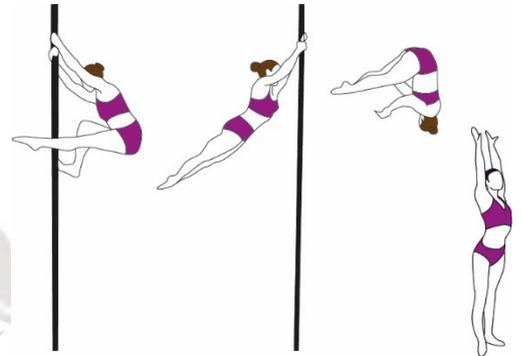
Element description: Dismount flip out in pike position

Element value: 1.0

Note: CBRF

Performed at: Italy

Video: [https://youtu.be/Nlh-1\\_UDN84](https://youtu.be/Nlh-1_UDN84)



**Minimum Requirements:**

- Grip of choice
- No contact to the floor during the move
- Pike position flip
- No hands in contact to the floor in the landing

