

Seventy-five elements named, added to the POSA Pole Sport Code of Points

05/11/2023

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 2023 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.

We received hundreds of new elements, some of which we had to discard, because sometimes beautiful transitions are mistaken as codable movements, but unfortunately, we could not assign suitable minimum requirements to place it in the Code of Points, so we apologise to the athletes who will not find their movement here, you are however all passionate and very good! Keep up the good work!

On the contrary, there were elements that reached us in the past few days, and we didn't get them into this Appendix in time.

In this case, they will be inserted directly into the Code of points 2024.

For the athletes who sent their elements to be submitted to the Pole Sport World Championship 2023: don't worry if you don't find your element here, it doesn't mean that we rejected it, but you will be informed about the value and the element code, in time to put everything in the difficulty sheet.

Warning: This Appendix supersedes and replaces any requirements previously assigned by juries to movements submitted during national or international competitions.

This Appendix is not only a presentation of the new elements that will be included in next year's Code of Points but is also a kind of newsletter that allows us to change/correct some of the minimum requirements in the current Code of Points, so that both athletes, judges and coaches know what has changed for the upcoming World Championships.

Here are the corrigenda for the following movements:

- Move A099, add to minimum requirements: "Lower leg (knee) in contact with the chest".
- Move A180, add to minimum requirements: "Opening of the leg 180°"
- Move B030, add to minimum requirements: "Legs not in contact with the pole".
- Move B059, add to minimum requirements: "Grip of choice".

These newly added minimum requirements are effective immediately.

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-2024.pdf.

They are as follows:

1. Name awarded: The Janeiro backbend Split Bresaola/Gainullina

Performed by: **Agnese Bresaola, Italy & Dinara Gainullina, Russia**

Group: A

Code: A198

Element description: Janeiro Split

Element value: 1.0

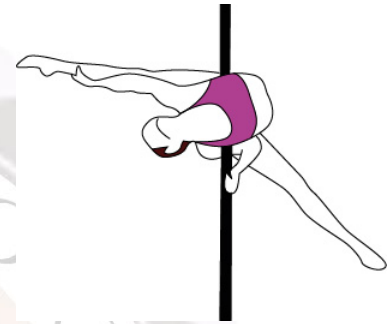
Note: None

Performed at: CSIT World Sports Games 2023/ Russian Championship 2023

Video: https://youtube.com/shorts/VclH5_u0DVg

Minimum Requirements:

- Opening of the legs minimum 180°
- Lower hand only in contact with the pole
- Legs fully extended



2. Name awarded: Elbow hold split - Boczor split.

Performed by: **Boczor Kata (Hungary)**

Group: A

Code: A199

Element description: Elbow hold with split

Element value: 0.7

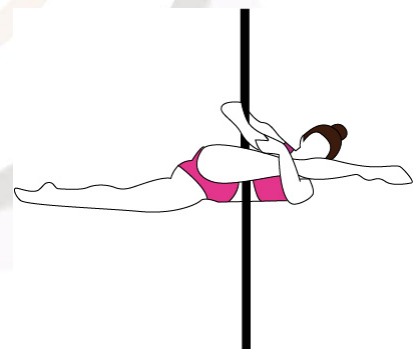
Note: none

Performed at: Hungarian Pole Sport Championship 2023

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

Minimum Requirements:

- Opening of the legs 180°
- Legs parallel to the floor
- Upper elbow in contact with the pole



3. Name awarded: Elbow hold split 160 - Boczor split 160.

Performed by: **Boczor Kata (Hungary)**

Group: A

Code: A200

Element description: Elbow hold with split

Element value: 0.6

Note: video is the same as A199

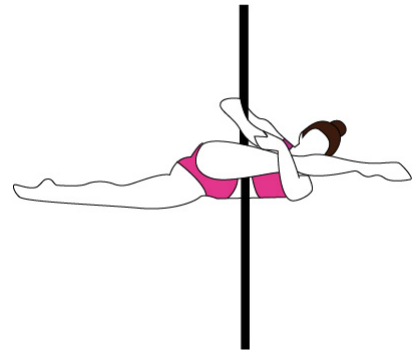
Performed at: Hungarian Pole Sport Championship 2023

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

Minimum Requirements:

Minimum requirements suggestions:

- Opening of the legs 160°
- Legs parallel to the floor
- Upper elbow in contact with the pole



4. Name awarded: Neck elbow split (Busani/Serra)

Performed by: **Francesca Busani, Italy**

Group: A

Code: A201

Element description: Neck Elbow Split

Element value: 0.7

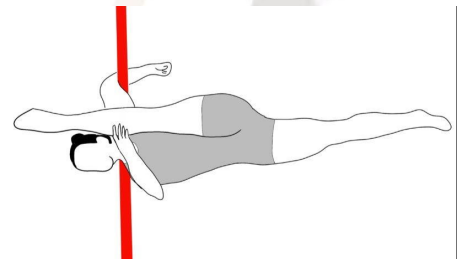
Note: It may be downgraded as provided for in the Code of Points.

Performed at: Italy

Video: <https://youtube.com/shorts/soRaw0VFobs>

Minimum Requirements:

- Neck and upper elbow only in contact with the pole
- Opening of the legs 180°
- Body & legs parallel to the floor
- Legs fully extended



5. Name awarded: Candle split true grip (Davydova/Marion split)

Performed by: **Glafira Davydova, Russia**

Group: A

Code: A202

Element description: Upright split in true grip

Element value: 0.7

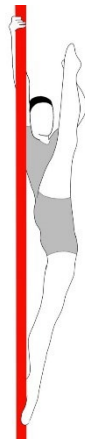
Note: non

Performed at: Russian Nationals Championships 2023

Video: <https://youtube.com/shorts/94MWkhuyAL8>

Minimum Requirements:

- Opening of the legs 180°
- Upper hand & outside leg (lower foot) in contact with the pole
- Legs fully extended



6. Name awarded: Chinese split passè one hand (Gainullina)

Performed by: **Dinara Gainullina, Russia**

Group: A

Code: A203

Element description: Chinese position split

Element value: 0.7

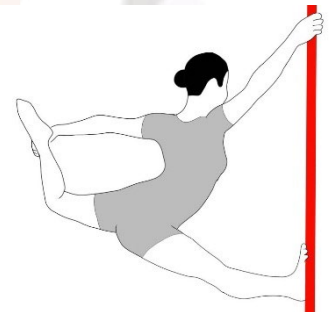
Note: None

Performed at: Russia

Video: <https://youtube.com/shorts/A4UJVvKnO6k>

Minimum Requirements:

- Opening of the legs 180°
- Only one hand and one foot in contact with the pole



7. Name awarded: Chinese split two hands 160

Performed by: **Dinara Gainullina, Russia**

Group: A

Code: A204

Element description: Chinese grip with two hands

Element value: 0.6

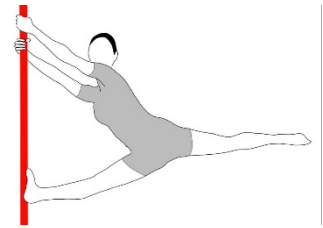
Note: none

Performed at: Russia

Video: <https://youtube.com/shorts/sPudDV3Gb4Y>

Minimum Requirements:

- Opening of the legs minimum 160°
- Arms & legs fully extended
- Both hands & one foot only in contact with the pole



8. Name awarded: Chinese split two hands 180

Performed by: **Dinara Gainullina, Russia**

Group: A

Code: A230

Element description: Chinese grip with two hands

Element value: 0.8

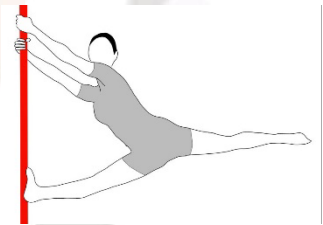
Note: the video is the same as A204

Performed at: Russia

Video: <https://youtube.com/shorts/sPudDV3Gb4Y>

Minimum Requirements:

- Opening of the legs minimum 180°
- Arms & legs fully extended
- Both hands & one foot only in contact with the pole



9. Name awarded: Iguana bow & arrow 160 (Gainullina Iguana)

Performed by: **Dinara Gainullina, Russia**

Group: A

Code: A205

Element description: Iguana position into split

Element value: 0.4

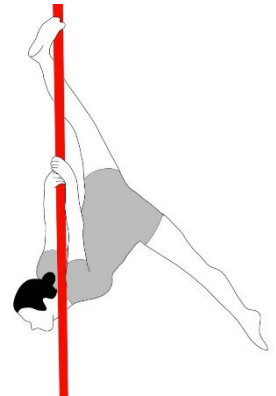
Note: None

Performed at: Russia

Video: <https://youtube.com/shorts/DOKYopBEW00>

Minimum Requirements:

- Opening of the legs minimum 160°
- Legs & arms fully extended



10. Name awarded: Iguana bow & arrow 180 (Gainullina Iguana)

Performed by: **Dinara Gainullina, Russia**

Group: A

Code: A231

Element description: Iguana position into split

Element value: 0.5

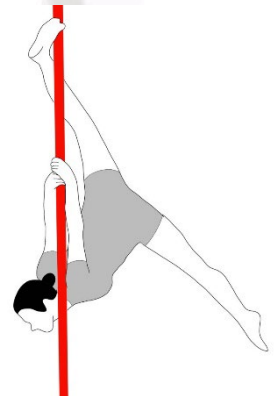
Note: the video is the same as A205

Performed at: Russia

Video: <https://youtube.com/shorts/DOKYopBEW00>

Minimum Requirements:

- Opening of the legs minimum 180°
- Legs & arms fully extended



11.Name awarded: Upright base split 160

Performed by: **Dinara Gainullina, Russia**

Group: A

Code: A206

Element description: Split in upright position

Element value: 0.4

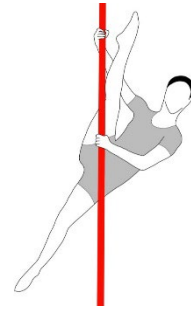
Note: None

Performed at: Russia

Video: <https://youtube.com/shorts/Z9LJHcBlzHk>

Minimum Requirements:

- Opening of the legs 160°
- Legs fully extended
- Upper arm fully extended



12.Name awarded: Upright base split 180

Performed by: **Dinara Gainullina, Russia**

Group: A

Code: A232

Element description: Split in upright position

Element value: 0.5

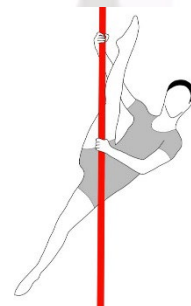
Note: the video is the same as A206

Performed at: Russia

Video: <https://youtube.com/shorts/Z9LJHcBlzHk>

Minimum Requirements:

- Opening of the legs 180°
- Legs fully extended
- Upper arm fully extended



13.Name awarded: Bow & arrow floor based 160

Performed by: **Dinara Gainullina, Russia**

Group: A

Code: A207

Element description: Elbow bow 6 arrow floor based

Element value: 0.4

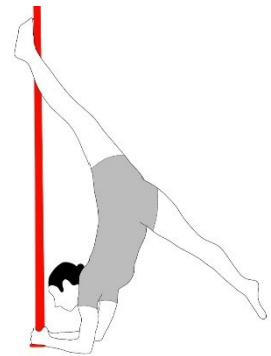
Note: None

Performed at: Russian National Championships 2023

Video: <https://youtube.com/shorts/fhvmL-oBdxY>

Minimum Requirements:

- Both legs fully extended
- Opening of the legs 160°
- Upper foot and hands only in contact with the pole



14.Name awarded: Bow & arrow floor based 180

Performed by: **Dinara Gainullina, Russia**

Group: A

Code: A233

Element description: Elbow bow 6 arrow floor based

Element value: 0.5

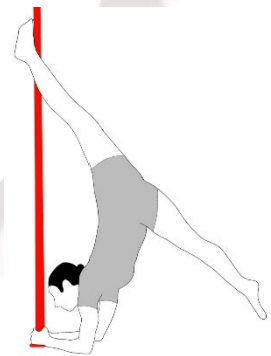
Note: the video is the same as the A207

Performed at: Russian National Championships 2023

Video: <https://youtube.com/shorts/fhvmL-oBdxY>

Minimum Requirements:

- Both legs fully extended
- Opening of the legs 180°
- Upper foot and hands only in contact with the pole



15.Name awarded: Yogi backbend (Davydova)

Performed by: **Glafira Davydova, Russia**

Group: A

Code: A208

Element description: Yogi position backbend

Element value: 0.4

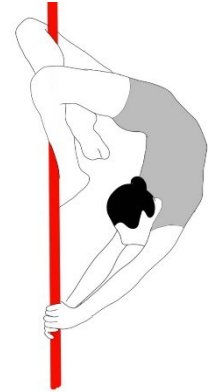
Note: None

Performed at: Russia

Video: <https://youtube.com/shorts/MxLgAjqG8M>

Minimum Requirements:

- Arms fully extended



16.Name awarded: Masalova Chinese split

Performed by: **Alina Masalova, Russia**

Group: A

Code: A209

Element description: Chinese one hand

Element value: 1.0

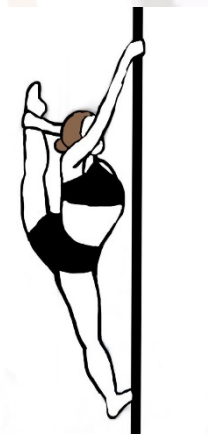
Note: None

Performed at: Russian Championships 2023

Video: None

Minimum Requirements:

- Opening of the legs 180°
- Only one hand and opposite foot in contact with the pole
- Hand in contact with opposite leg above the head
- Legs are fully extended



17.Name awarded: Extreme Eagle (Lebedeva Eagle)

Performed by: **Margarita Lebedeva, Russia**

Group: A

Code: A210

Element description: Eagle Extreme (superpain)

Element value: 1.0

Note: none

Performed at: Russia

Video: <https://youtube.com/shorts/uvxKLCZDp1U>

Minimum Requirements:

- Opening of the legs 180° (knee to knee)
- Upper foot above the head



18.Name awarded: Rinaldi no hands (Kollia Split)

Performed by: **Lidya Kollia, Greece**

Group: A

Code: A211

Element description: Rinaldi split without hands

Element value: 1.0

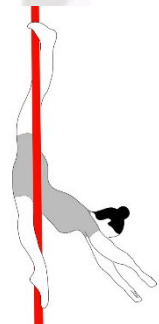
Note: none

Performed at: Greek national championship 2023

Video: <https://youtube.com/shorts/8xITDiIFumc>

Minimum Requirements:

- Opening of the legs minimum 180
- Legs fully extended
- No hands in contact to the pole
- Lower sole in contact to the pole



19.Name awarded: Reverse elbow layback (Gorbunova)

Performed by: **Maria Gorbunova, Russia**

Group: A

Code: A212

Element description: reverse elbow layback

Element value: 0.8

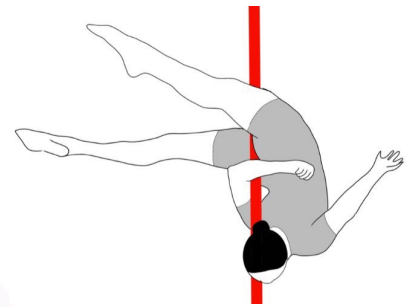
Note: It may be downgraded as provided for in the Code of Points.

Performed at: Russia

Video: none

Minimum Requirements:

- Both legs parallel to the floor
- One arm only in contact with the pole in back (reverse) elbow grip
- Body position: backbend



20.Name awarded: Vishnevskaya bird

Performed by: **Anita Vishnevskaya, Russia**

Group: A

Code: A213

Element description: Bird of paradise one hand variation

Element value: 0.8

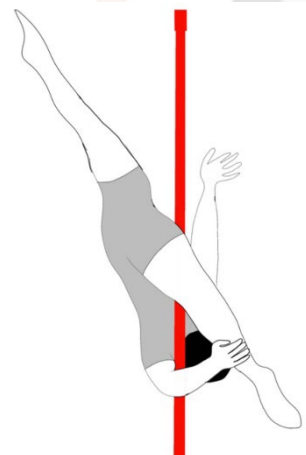
Note: none

Performed at: Russia

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

Minimum Requirements:

- Opening of the legs 180
- Only 1 hand in contact with the pole
- Legs are fully extended



21.Name awarded: Sergeeva needle

Performed by: **Elizaveta Sergeeva, Russia**

Group: A

Code: A214

Element description: From outside leg hang, split hold lower leg

Element value: 0.7

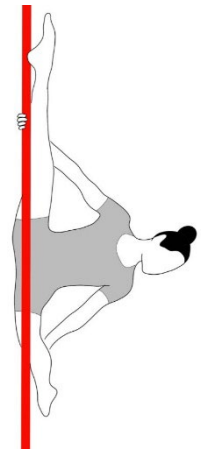
Note: It may be downgraded as provided for in the Code of Points.

Performed at: Russia

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

Minimum Requirements:

- Arms & legs fully extended
- Opening of the legs 180°
- Lower hand is holding the lower leg
- Upper hand is above the upper knee
- Upper body parallel to the floor



22.Name awarded: Extreme Russian layback (Kononova bagle)

Performed by: **Stefaniya Kononova, Russia**

Group: A

Code: A215

Element description. Russian layback with foot in contact to the head

Element value: 0.7

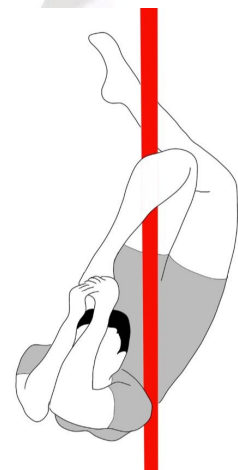
Note: None

Performed at: Russia

Video: <https://youtube.com/shorts/yjuD4zDDTD0>

Minimum Requirements:

- foot in contact with the head
- upper foot not in contact with the pole



23. Name awarded: Totmyanina titanic

Performed by: Ekaterina Totmyanina, Russia

Group: A

Code: A216

Element description: From a titanic, both hands holding one foot

Element value: 0.9

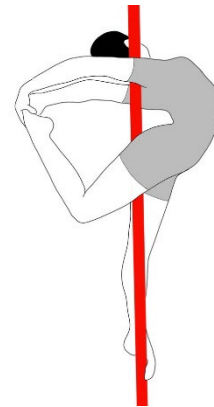
Note: None

Performed at: Russian championship 2023

Video: <https://youtube.com/shorts/5nMmZ7XCabg>

Minimum Requirements:

- Both hands in contact with leg behind the head
- Arms fully extended



24. Name awarded: Grasshopper

Performed by: Yliana Kupletskaja, Russia

Group: A

Code: A217

Element value: 0.7

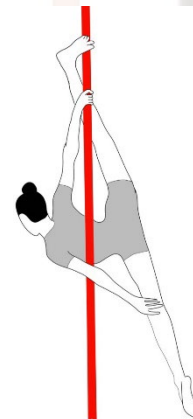
Note: None

Performed at: Russian Pole Sport Championship 2023

Video: <https://youtube.com/shorts/oUJAgTDwgl8>

Minimum Requirements:

- One hand is not in contact with the pole
- Opening of the legs 180°



25. Name awarded: Bird of paradise variation (Lightning)

Performed by: **Anita Vishnevskaya, Russia**

Group: A

Code: A218

Element value: 0.8

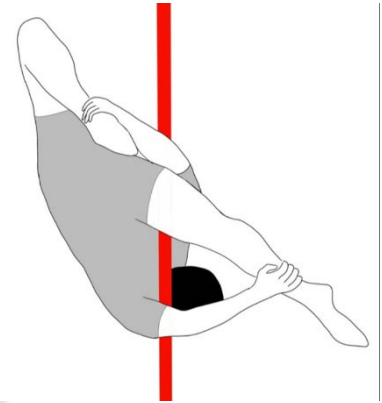
Note: None

Performed at: Russia

Video: <https://youtube.com/shorts/LWP5aT8k1Ss>

Minimum Requirements:

- Opening of the legs 160°
- Upper hand is holding the opposite ankle



26. Name awarded: Kefala split

Performed by: **Maria Kefala, Greece**

Group: A

Code: A219

Element value: 0.7

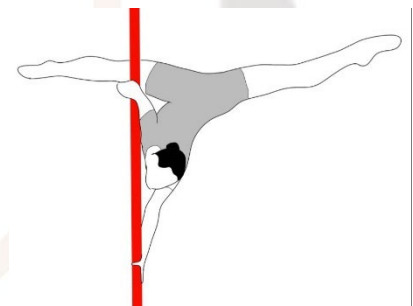
Note: non

Performed at: Greek national championship 2023

Video: https://youtube.com/shorts/DXkozEIND_w

Minimum Requirements:

- Opening of the legs 180°
- Legs fully extended & parallel to the floor
- Lower arm fully extended



27. Name awarded: Flying K. one elbow grip (Kupletskaia Split)

Performed by: **Yliana Kupletskaia, Russia**

Group: A

Code: A220

Element description: Flying K. one elbow grip

Element value: 0.8

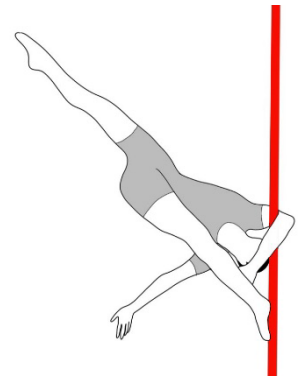
Note: None

Performed at: Russia

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

Minimum Requirements:

- Opening of the legs 180°
- No hands in contact with the pole
- Only one elbow and lower foot in contact to the pole



28. Name awarded: Slyshkova split

Performed by: **Maria Slyshkova, Russia**

Group: A

Code: A221

Element description: extreme backbend split

Element value: 1.0

Note: None

Performed at: Russia

Video: <https://youtube.com/shorts/V-rtU-rMVxU>

Minimum Requirements:

- Opening of the legs 180
- Outside hand on the pole, inside foot in contact with the pole
- Lower arm fully extended
- Both legs fully extended



29. Name awarded: Outside Knee Hang Backbend Split (Iira Backbend Split)

Performed by: **Iira Piispa, Finland**

Group: A

Code: A222

Element description: Outside Knee Hang Backbend Split

Element value: 0.8

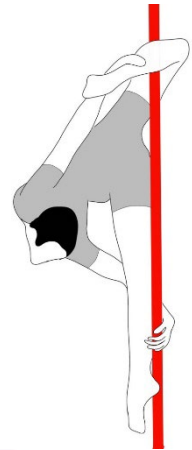
Note: None

Performed at: Finnish Nationals Championships 2023

Video: <https://youtube.com/shorts/NBzwi65GA54>

Minimum Requirements:

- Opening of the legs 160 degrees
- Lower leg fully extended
- Lower hand in forearm grip in contact with the pole below the knee
- Upper arm fully extended



30. Name awarded: Alesya split passè (Marsaguet)

Performed by: **Ambre Marsaguet, France**

Group: A

Code: A223

Element description: Alesya split passè

Element value: 0.8

Note: None

Performed at: French Pole Sport Nationals 2023

Video: <https://youtube.com/shorts/bz6WZN3XyyY>

Minimum Requirements:

- Opening of the legs 180°
- No hands on pole
- Inside armpit only in contact to the pole
- Outside arm holding the upper foot



31.Name awarded: Distorted split (Martin)

Performed by: **Annabelle Martin, France**

Group: A

Code: A224

Element value: 0.7

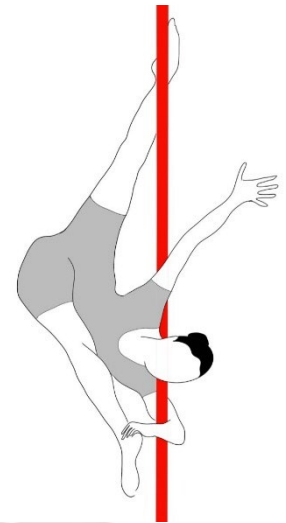
Note: None

Performed at: France

Video: None

Minimum Requirements:

- Opening of the legs 180°
- Lower elbow wrapping the pole holding the ankle
- Lower knee in contact with the chest
- Legs fully extended
- No hands in contact with the pole



32.Name awarded: Backbend broken split (Souvatzi)

Performed by: **Evgenia Souvatzi, Greece**

Group: A

Code: A225

Element description: Backbend broken split

Element value: 1.0

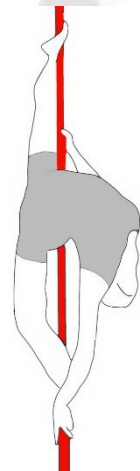
Note: none

Performed at: Greek National Championship 2023

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

Minimum Requirements:

- Opening of the legs 180°
- Legs fully extended
- Arms fully extended, both hands holding the pole
- Lower foot behind the pole



33.Name awarded: Floor based spatchcock (Gábris-Baczakó Spatchcock)

Performed by: **Boglárka Gábris-Baczakó, Hungary**

Group: A

Code: A226

Element description: Floor based spatchcock

Element value: 0.7

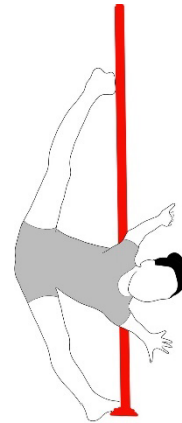
Note: None

Performed at: Hungary

Video: None

Minimum Requirements:

- Floor based Spatchcock
- Soles feet behind the pole
- Pole at the level of the shoulder blades (scapulae)



34.Name awarded: Neck Spatchcock (Schannon)

Performed by: **Hester Schannon, USA**

Group: A

Code: A227

Element description: Neck Spatchcock without hands

Element value: 0.5

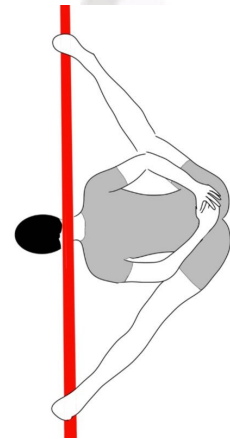
Note: None

Performed at: USA

Video: https://youtube.com/shorts/wg1z_tEtrQ4

Minimum Requirements:

- Neck and feet soles only in contact with the pole
- Legs fully extended



35.Name awarded: Shoulder dismount split variation (Bunny grip split)

Performed by: **Luciana Serpe, Italy**

Group: A

Code: A228

Element description: Shoulder dismount split variation

Element value: 0.8

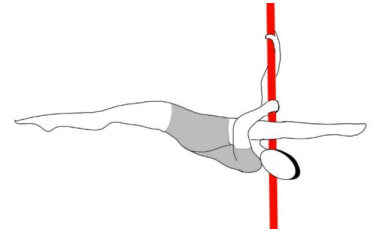
Note: It can be downgraded according to the regulation

Performed at: Italy

Video: None

Minimum Requirements:

- Opening of the legs 180°
- Legs line & body parallel to the floor
- Upper hand in bunny grip, lower hand in cup grip



36.Name awarded: Masalova split

Performed by: **Alina Masalova, Russia**

Group: A

Code: A229

Element value: 1.0

Note:

Performed at: Russia

Video: None

Minimum Requirements:

- Opening of the legs 180°
- Inside arm holding the opposite leg
- Outside arm holding the pole behind the back
- Both legs fully extended



37.Name awarded: Charrier back bend

Performed by: **Sylvaine Charrier, France**

Group: A

Code: A234

Element description: Backbend twisted grip variation

Element value: 0.8

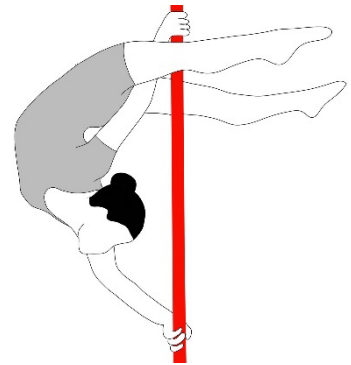
Note: It can be downgraded according to the regulation

Performed at: French Pole Sport Championship 2023

Video: <http://youtube.com/shorts/aEyvfTK21jI>

Minimum Requirements:

- Legs fully extended, in straddle position and parallel to the floor.
- Upper hand in twisted grip
- Only 2 hands in contact to the pole
- Back faces the pole



38.Name awarded: Chest press backbend

Performed by: **Vincent Regnault, France**

Group: A

Code: A235

Element description: chest press backbend

Element value: 0.9

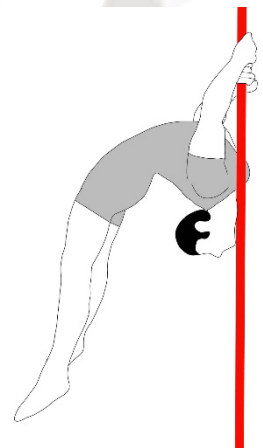
Note: none

Performed at: French Pole Sport Championship 2023

Video: none

Minimum Requirements:

- Upper chest in contact to the pole
- Legs in straddle position, fully extended
- Legs at least at 45' diagonally low towards the floor



39.Name awarded: Shevtsova split 2

Performed by: **Mandi Koskela, Finland**

Group: A

Code: A236

Element description: Shevtsova split variation

Element value: 0.7

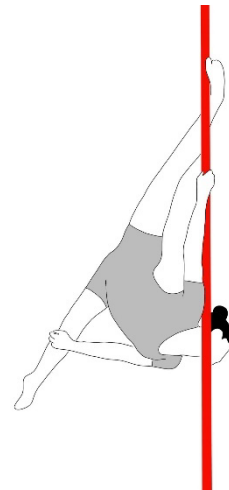
Note: none

Performed at: Finnish Pole Sport Championship 2023

Video: none

Minimum Requirements:

- Opening of the legs 180°
- Upper foot behind the pole
- Only one hand contact with the pole



40.Name awarded: Forearm grip backbend (Melachroinaki)

Performed by: **Anna Maria Melachroinaki, Greece**

Group: A

Code: A237

Element description: Forearm grip backbend

Element value: 0.8

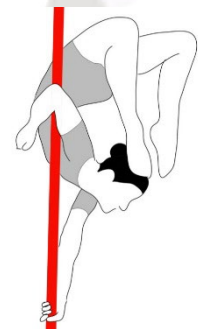
Note:

Performed at: Greece

Video: <https://youtube.com/shorts/B4HX3-6XT5c>

Minimum Requirements:

- Side forearm grip
- Feet in contact with head



41.Name awarded: Wrist sit elbow grip (Roccati)

Performed by: **Fabrizia Roccati, Italy**

Group: A

Code: A238

Element description: Wrist sit elbow grip

Element value: 0.7

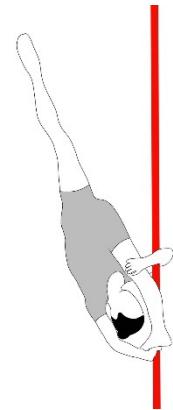
Note:

Performed at: Italian Pole Sport Championship 2023

Video: <https://youtube.com/shorts/iWsUcmKOo-E>

Minimum Requirements:

- Opening of the legs 180°
- Upper elbow grip, lower grip of choice
- Lower foot on the wrist



42.Name awarded: Hoodornament (Angel)

Performed by:

Group: B

Code: B160

Element description:

Element value: 0.1

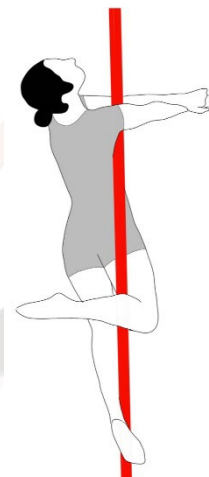
Note: none

Performed at: nowhere

Video: none

Minimum Requirements:

- Armpit hold
- Hold the position for 2 seconds



43. Name awarded: Forearm plank (Sanchez plank)

Performed by: **Melvin Sanchez, USA**

Group: B

Code: B161

Element description: Forearm plank

Element value: 0.9

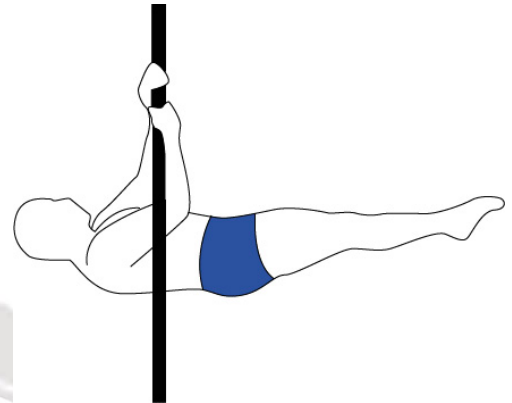
Note: It can be downgraded according to the regulation

Performed at: US nationals championship 2023

Video: <https://youtube.com/shorts/Y7tfe9DUKbQ>

Minimum Requirements:

- Forearm grip
- Upper arm in cup grip
- Legs fully extended & closed
- Body & legs parallel to the floor



44. Name awarded: Forearm plank straddle (Sanchez plank 2)

Performed by: **Melvin Sanchez, USA**

Group: B

Code: B162

Element description: Forearm plank straddle

Element value: 0.8

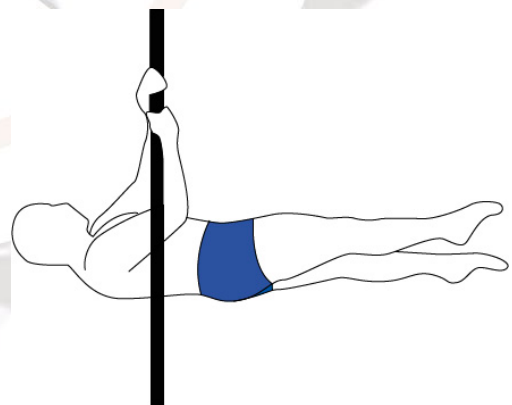
Note: It can be downgraded according to the regulation

Performed at: US nationals championship 2023

Video: <https://youtube.com/shorts/fvL5F3PGMzQ>

Minimum Requirements:

- Forearm grip
- Upper arm in cup grip
- Legs fully extended & open
- Body & legs parallel to the floor



45.Name awarded: Spider (AKA Frog)

Performed by:

Group: B

Code: B163

Element description:

Element value: 0.2

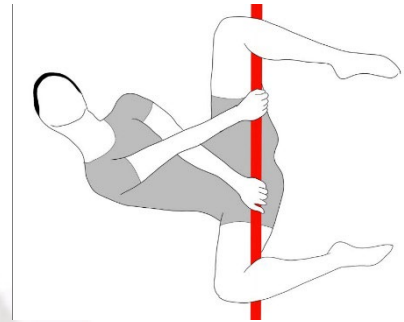
Note: It can be downgraded according to the regulation

Performed at:

Video: None

Minimum Requirements:

- Upper body parallel to the floor
- Arms fully extended & crossed



46.Name awarded: Methook (front bookmark)

Performed by:

Group: B

Code: B164

Element description:

Element value: 0.5

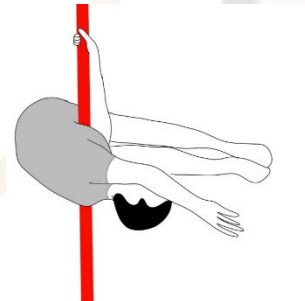
Note: It can be downgraded according to the regulation

Performed at:

Video: none

Minimum Requirements:

- Legs are closed and parallel to the floor
- Only one arm, hips, and stomach in contact with the pole



47. Name awarded: Straight arms shoulder plank straddle (Siracusa plank)

Performed by: **Giuseppe Siracusa, Italy**

Group: B

Code: B165

Element description: Straight arms shoulder plank with legs open

Element value: 1.0

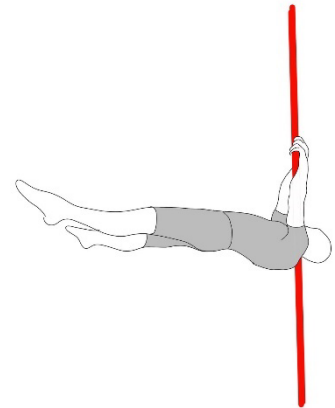
Note: It can be downgraded according to the regulation

Performed at: Italy

Video: None

Minimum Requirements:

- Body & legs parallel to the floor
- Arms fully extended
- Legs fully extended & open



48. Name awarded: Forearm plank (Pavlova)

Performed by: **Veronika Pavlova, Russia**

Group: B

Code: B166

Element description: Forearm grip plank

Element value: 0.7

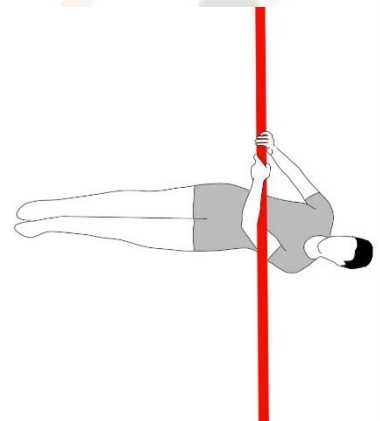
Note: It can be downgraded according to the regulation

Performed at: Russia

Video: None

Minimum Requirements:

- Lower arm in forearm grip
- Upper hand in cup grip
- Legs closed, fully extended & parallel to the floor



49. Name awarded: Cup Grip Pencil to Syniachenko Straddle (Gainullina)

Performed by: **Dinara Gainullina, Russia**

Group: C

Code: C071

Element description: Cup Grip Pencil

Element value: 0.7

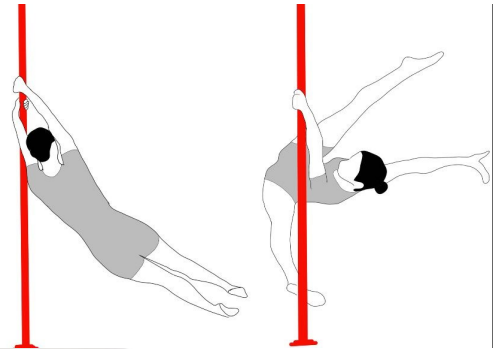
Note:

Performed at: Russia

Video: <https://youtube.com/shorts/T1XRZ3QirmE>

Minimum Requirements:

- 720° rotation
- No contact to the floor during the whole move
- Only lower foot in contact to the pole



50. Name awarded: FlyBy to turn around to regrip to twisted grip phoenix (Polevskaya)

Performed by: **Valeria Polevskaya, Russia**

Group: C

Code: C072

Element description: FlyBy to turn around to regrip to twisted grip phoenix

Element value: 0.9

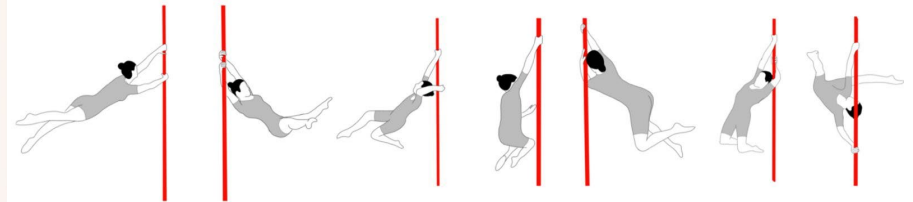
Note: none

Performed at: Russia

Video: <https://youtube.com/shorts/jf0JTDjv-5c>

Minimum Requirements:

- 1080° rotation (360°x3)
- No contact to the floor during the whole move
- Final position: twisted grip Ayesha

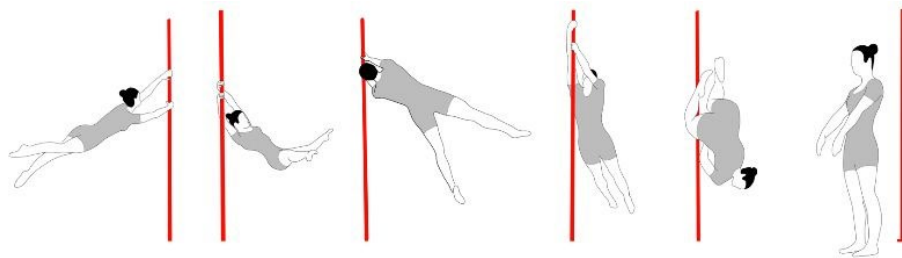


51.Name awarded: FlyBy to Coker flip (Bokhan)

Performed by:
Diana Bokhan,
Russia

Group: C

Code: C073



Element

description: FlyBy to Coker flip

Element value: 1.0

Note: none

Performed at: Russia

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

Minimum Requirements:

- 720° rotation before leaving the pole to flip
- No contact to the floor during the whole move
- Landing in feet only (no hands and/or other contact)

52.Name awarded: Cogo spin

Performed by: **Beatrice Cogo, Italy**

Group: C

Code: C074

Element description: Niman spin variation

Element value: 1.0

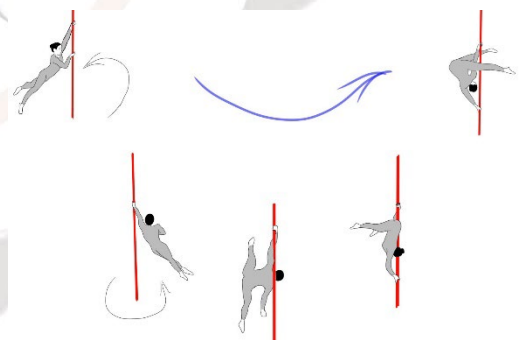
Note: none

Performed at: Italy

Video: <https://youtube.com/shorts/Tq4w7-it84o>

Minimum Requirements:

- 1080° rotation (360°x3)
- No contact to the floor during the whole move
- Final position: twisted grip Ayesha



53.Name awarded: Koskela FlyBy

Performed by: **Mandi Koskela,**
Finland

Group: C

Code: C075

Element description: FlyBy Variation

Element value: 0.9

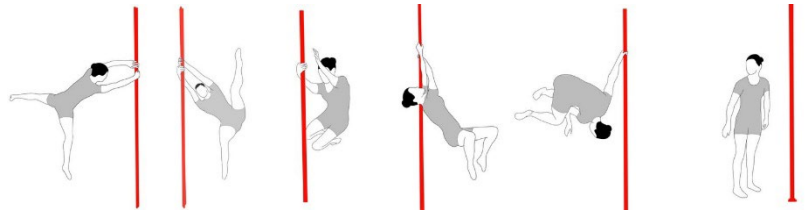
Note: none

Performed at: Finland

Video: <https://youtube.com/shorts/IXFIAPYg-RU>

Minimum Requirements:

- 720° rotation during the entire movement
- No contact to the floor during the movement
- End position on the floor



54.Name awarded: FlyBy into twisted grip double twist (Bieleka spin)

Performed by: **Kasia Bieleka, Poland**

Group: C

Code: C076

Element description: FlyBy Variation

Element value: 0.9

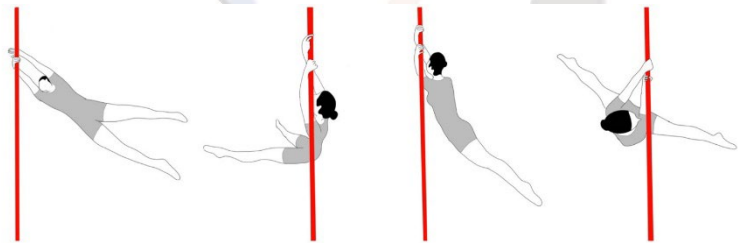
Note: none

Performed at: Poland

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

Minimum Requirements:

- 1080° rotation during the entire movement (360°x3)
- Double twist after FlyBy
- No contact to the floor during the movement
- End position: forearm grip straddle



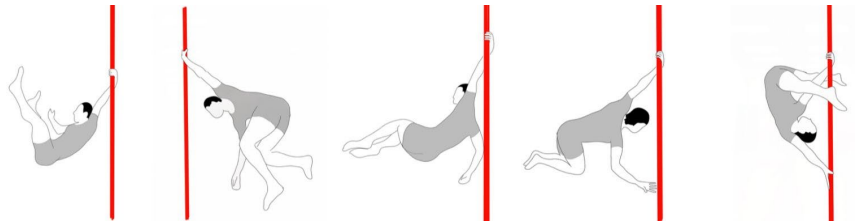
55.Name awarded: Reverse Grab to Front Flip to Phoenix (Jones)

Performed by: **Andre Jones, USA**

Group: C

Code: C077

Element description: Reverse
Grab to Front Flip to Phoenix



Element value: 0.7

Note: none

Performed at: US Pole Sport Championship 2023

Video: <https://youtube.com/shorts/batN1RAdYKo>

Minimum Requirements:

- 1080° (= 360° x 3) rotation during the entire movement
- One-handed 360° rotation before performing a front flip
- No contact with the floor after the front flip
- End position: Twisted grip Ayesha

56.Name awarded: Chinese front flip (Luna)

Performed by: **Karim Luna, Mexico**

Group: D

Code: D142

Element description: Front flip from Chinese position

Element value: 0.9

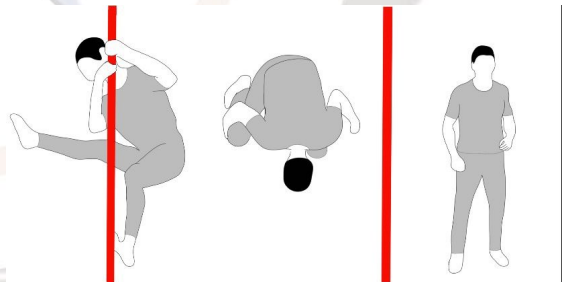
Note: CBRF

Performed at: Mexico

Video: <https://youtube.com/shorts/E07Axwe2qCQ>

Minimum Requirements:

- Complete front flip (360°)
- One foot & both hands only in contact to the pole
- No hands and/or other parts of the body on the floor in the landing



57.Name awarded: Cross fail (release)

Performed by:

Group: D

Code: D143

Element description: From pole sit to crossed knee release

Element value: 0.1

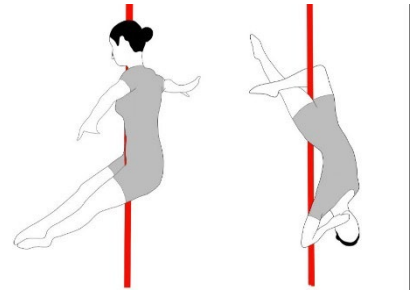
Note:

Performed at:

Video: <https://youtube.com/shorts/qOWt0i2HKHI>

Minimum Requirements:

- No break during the move



58.Name awarded: Masalova jump out half turn (Palmerini jump)

Performed by: **Michelle Palmerini, Italy**

Group: D

Code: D144

Element description: From Masalova jump out, half turn

Element value: 1.0

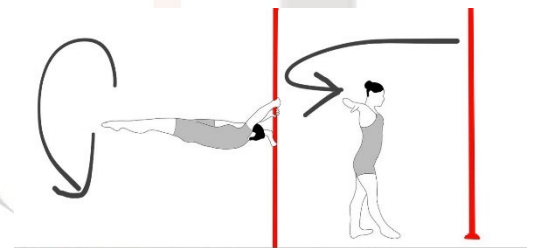
Note: CBRF

Performed at: Italian Pole Sport championship 2023

Video: <https://youtube.com/shorts/6OxSQ7GIV2U>

Minimum Requirements:

- Starting position in Russian split horizontal 180°
- Jump out with a complete half turn (Feet must be facing the pole)
- Both hands must release the pole before landing
- No hands and/or other parts of the body on the floor in the landing



59.Name awarded: Jump on knee hook

Performed by:

Group: D

Code: D145

Element description: Jump on knee hook

Element value: 0.2

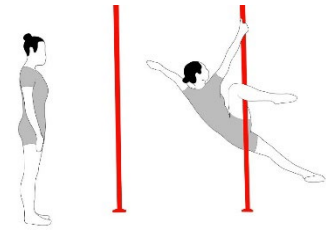
Note:

Performed at:

Video: <https://youtube.com/shorts/k0nmZIP2rtw>

Minimum Requirements:

- Lower leg fully extended



60.Name awarded: Split grip to elbow

Performed by: Sofia Koloskova, Russia

Group: D

Code: D146

Element description: Split grip to elbow

Element value: 0.3

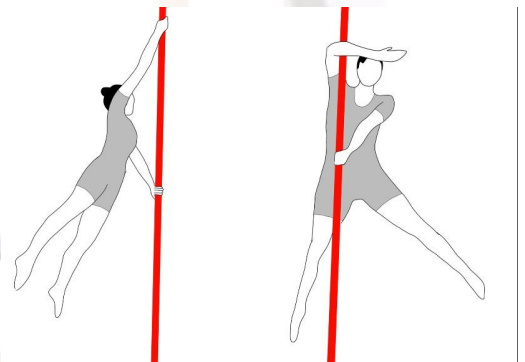
Note: none

Performed at: Russia

Video: https://youtu.be/rAbqX4UF_0k

Minimum Requirements:

- Starting position: split grip
- True grip to elbow grip regrip
- No legs in contact with the pole during the entire move



61.Name awarded: Shoulder mount to elbow regrip (Sergeeva)

Performed by: **Elizaveta Sergeeva, Russia**

Group: D

Code: D147

Element description: Shoulder mount to elbow regrip

Element value: 0.3

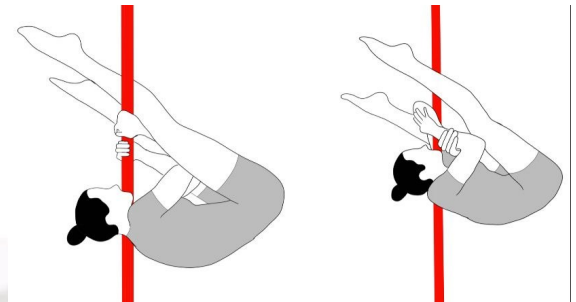
Note: none

Performed at: Russia

Video: <https://youtube.com/shorts/IIznTI4Ewyc>

Minimum Requirements:

- Starting position: shoulder mount
- Regrip into elbow grip position
- No legs in contact with the floor during the entire move



62.Name awarded: Floor based aerial walk over (Volikova)

Performed by: **Anna Volikova, Russia**

Group: D

Code: D148

Element description: Floor based aerial walk over

Element value: 0.5

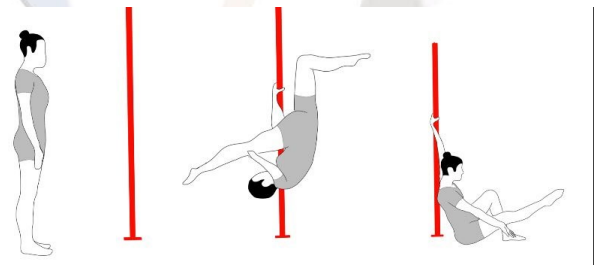
Note: none

Performed at: Russia

Video: <https://youtube.com/shorts/X0uJrWiF6NI>

Minimum Requirements:

- One hand only on the pole during the entire movement
- No hands on the floor during the entire movement



63.Name awarded: Chinese front flip one hand (Egor flip)

Performed by: **Egor Churakov, Russia**

Group: D

Code: D149

Element description: Front flip one hand from Chinese position

Element value: 1.0

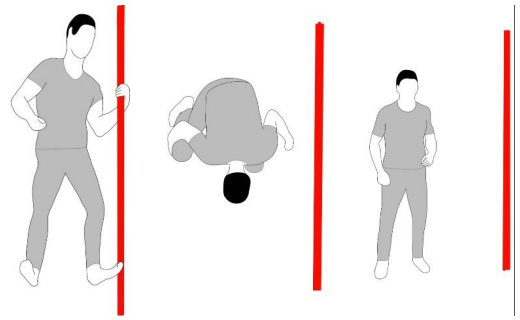
Note: CBRF

Performed at: Russia

Video: <https://youtube.com/shorts/4NNRGXIOjFI>

Minimum Requirements:

- Complete front flip (360°)
- One foot & one hand only in contact to the pole
- No hands and/or other parts of the body on the floor in the landing



64.Name awarded: Syurdonkina jump

Performed by: **Daria Syurdonkina, Russia**

Group: D

Code: D150

Element description: Armpit jump into jade split position

Element value: 0.5

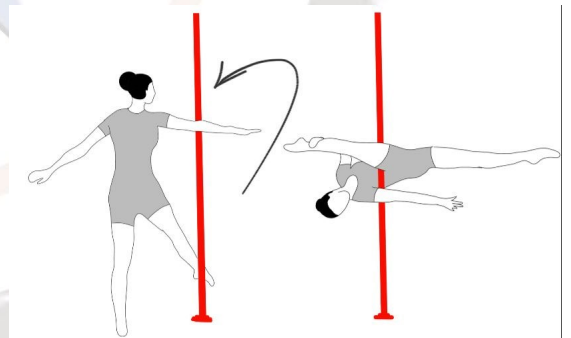
Note: none

Performed at: Russia

Video: <https://youtube.com/shorts/brRY1mJG0mQ>

Minimum Requirements:

- Jump with the armpit on pole
- Final position jade split 180°



65.Name awarded: Fish split to front flip (Sanchez flip)

Performed by: **Melvin Sanchez, USA**

Group: D

Code: D151

Element description: Front flip from fish split

Element value: 0.5

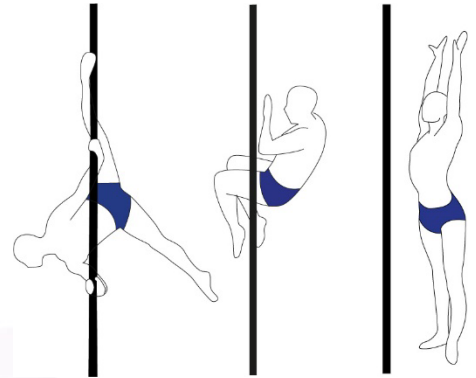
Note: none

Performed at: USA

Video: <https://youtube.com/shorts/fw-Ae44rbMo>

Minimum Requirements:

- Starting position: fish split
- No hands on pole in the landing
- No hands in contact with the floor in the landing



66.Name awarded: Fish split to front flip half turn (Sanchez flip 2)

Performed by: **Melvin Sanchez, USA**

Group: D

Code: D152

Element description: Front flip from fish split half turn

Element value: 0.7

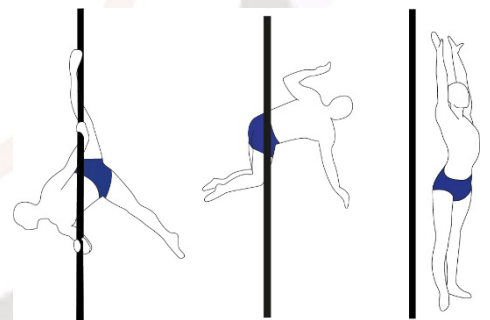
Note: none

Performed at: USA

Video: <https://youtube.com/shorts/U6XCo3R1024>

Minimum Requirements:

- Starting position: fish split
- Aerial half twist before landing
- No hands on pole in the landing
- No hands in contact with the floor in the landing



67.Name awarded: Forearm grip back flip half turn to straddle (Serpe flip)

Performed by: **Luciana Serpe, Italy**

Group: D

Code: D153

Element description: Forearm grip back flip half turn to straddle

Element value: 0.7

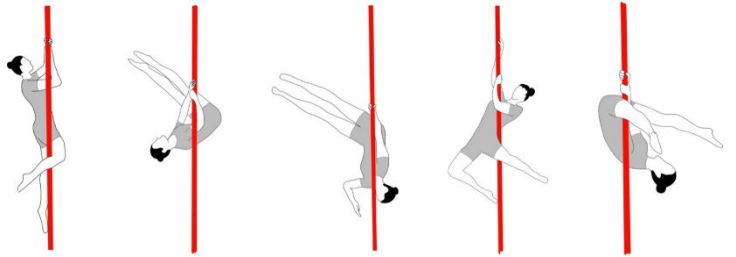
Note: none

Performed at: Italy

Video: <https://youtu.be/w1S5P-8RCWw>

Minimum Requirements:

- Starting position: forearm grip
- Pike position back flip
- Half turn during the flip
- No contact with the floor during the entire move



68.Name awarded: Serra jump half turn (Busani jump)

Performed by: **Francesca Busani, Italy**

Group: D

Code: D154

Element description: Serra jump half turn

Element value: 0.8

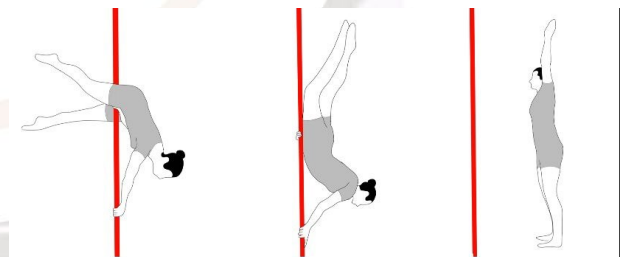
Note: none

Performed at: Italy

Video: <https://youtube.com/shorts/OPgX4009EHk>

Minimum Requirements:

- Starting position: Serra flip out
- Half turn before landing
- Feet facing the pole in the landing
- No hands in contact with the floor in the landing



69.Name awarded: Jasmine Front Flip to Forearm Back Flip (Jones 2)

Performed by: **Andre Jones, USA**

Group: D

Code: D155

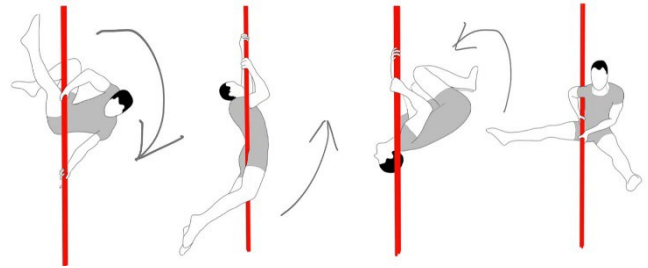
Element description: Jasmine Front Flip to Forearm Back Flip

Element value: 0.8

Note: none

Performed at: US Pole Sport Championship 2023

Video: <https://youtube.com/shorts/VGz8MeVPpRk>



Minimum Requirements:

- Starting position: Jasmine
- 360° flip to forearm grip to forearm back flip
- Ending position: Brass Monkey
- No break during the entire move
- No contact with the floor

70.Name awarded: Death regrip (Weathers regrip)

Performed by: **Cara Weathers, USA**

Group: D

Code: D157

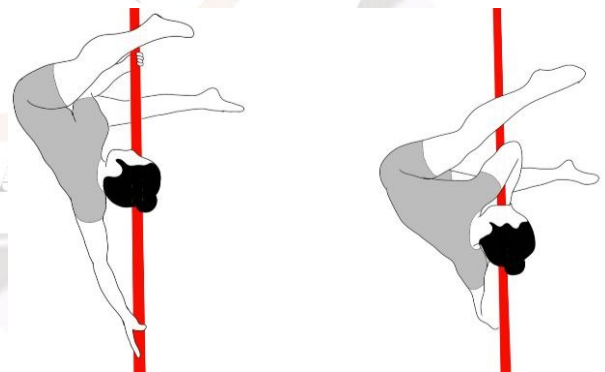
Element description: True/cup grip Ayesha regrip into baseball grip

Element value: 0.7

Note: none

Performed at: USA

Video: <https://youtube.com/shorts/xxWFCL3TzJc>



Minimum Requirements:

- Starting position true grip or cup grip Ayesha
- Regrip into football grip Ayesha.
- Legs not in contact with the pole

71.Name awarded: Aerial Backflip to Neck Grip Hold (Emde)

Performed by: **Anna Emde, Israel**

Group: D

Code: D158

Element description: Aerial Backflip to Neck Grip Hold

Element value: 0.7

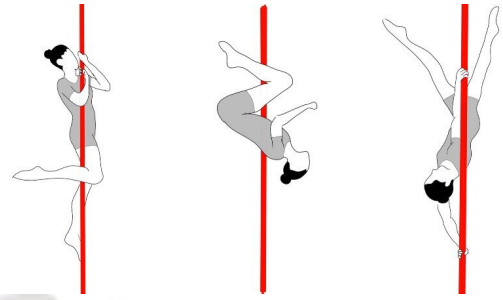
Note: none

Performed at: Pole Sport Israel Championship 2023

Video: <https://youtu.be/9On2BNSUsLI?si=2DGyHN87QPvPsXr6>

Minimum Requirements:

- Starting position on the pole.
- Backflip (Hip over-head rotation).
- Final position in neck grip hold, legs in position of choice.



72.Name awarded: Chinese front flip half twist (Rybkin Flip)

Performed by: **Evgeniy Rybkin, Russia**

Group: D

Code: D159

Element description: From Chinese position, front flip half turn

Element value: 1.0

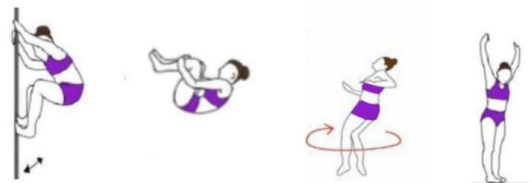
Note: CBRF

Performed at: Russia

Video: <https://youtube.com/shorts/vjx2w-BkOOM>

Minimum Requirements:

- Starting position on the pole in Chinese grip
- Front flip rotation (360°) half twist
- Landing with back facing the pole
- No hands on the floor in the landing



POSA

73.Name awarded: Jade passè drop (Karydi)

Performed by: **Christina Karydi, Greece**

Group: D

Code: D160

Element description: Jade passè drop

Element value: 0.7

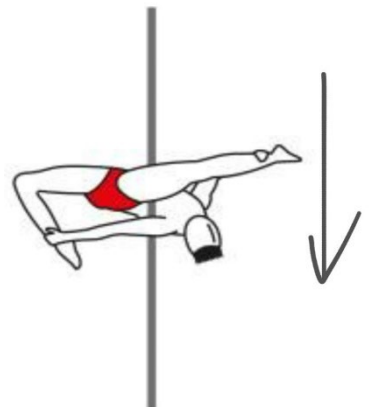
Note:

Performed at: Greece

Video: https://youtube.com/shorts/XP8r11FS_iA

Minimum Requirements:

- Opening of legs 180.
- No hands on pole.
- Drop minimum 1 meter.
- Final position jade passe



74.Name awarded: Floor based front flip jump out (Boczor jump)

Performed by: **Kata Boczor, Hungary**

Group: D

Code: D161

Element description: Floor based front flip jump out

Element value: 0.3

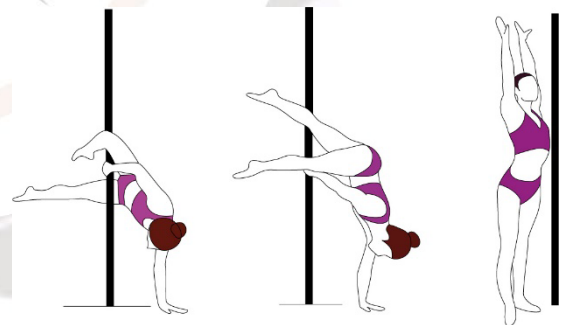
Note:

Performed at: Hungary

Video: <https://youtube.com/shorts/ou799AKD3yc>

Minimum Requirements:

- Starting position: Jasmine with one hand on the floor



75.Name awarded: Cradle drop into inside leg hang (Mercoliano drop)

Performed by: **Annamaria Mercoliano, Italy**

Group: D

Code: D162

Element description: Cradle drop into inside leg hang

Element value: 0.5

Note: none

Performed at: Italian Pole Sport Championship 2023

Video: <https://youtube.com/shorts/3H7FmZ5Vb2Q>

Minimum Requirements:

- Starting position: cradle
- Final position: inside leg hang
- Minimum one meter drop
- No hands on pole

