

AERIAL & ARTS WORLD FEDERATION



CODE OF POINTS

AERIAL SPORT






Elements Table


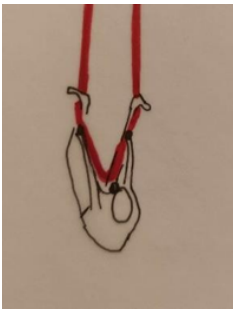
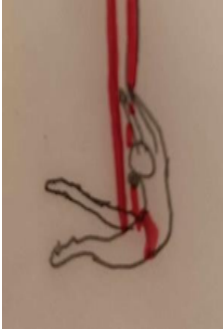


Aerial Hammock


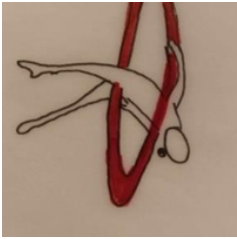
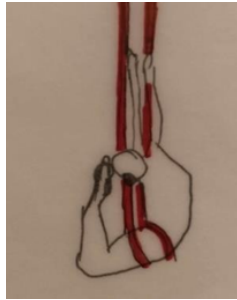


GROUP A – FLEXIBILITY ELEMENTS


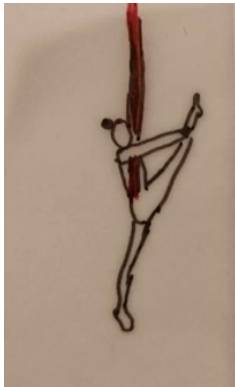
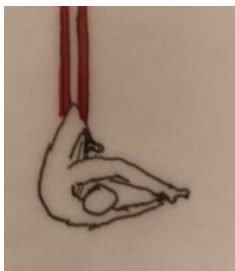


Note: All flexibility elements must be held in fixed position for 2 seconds

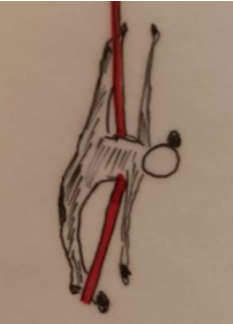


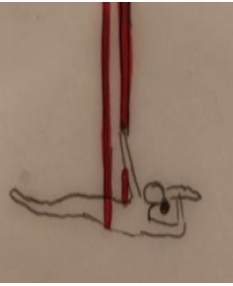

Note: In masters +50 category a tolerance of 20° is given for the requirement to open the legs to 180° if there is no 160° variation for the move. Moves, that do have different levels of execution are without tolerance.






Value	Element	Code	Requirements
0,1		AHA001	<p style="text-align: center;">Upright backbend</p> <ul style="list-style-type: none"> · Arms are fully extended · Only one foot in knot and hands in contact with the hammock
0,1		AHA002	<p style="text-align: center;">Inside leg hang 160°</p> <ul style="list-style-type: none"> · Opening of the legs 160° · Arms fully extended · Both hands hold on to the leg
0,2		AHA003	<p style="text-align: center;">Upright backbend</p> <ul style="list-style-type: none"> · Arms are fully extended · Only one foot and hands in contact with the hammock
0,2		AHA004	<p style="text-align: center;">LANTERN</p> <ul style="list-style-type: none"> · Back in bend
0,2		AHA005	<p style="text-align: center;">Split open silk 160°</p> <ul style="list-style-type: none"> · Opening of the legs 160° <p>Level of execution</p> <p>AHA005 Split open silk 160</p> <p>AHA019 Split open silk 180</p>




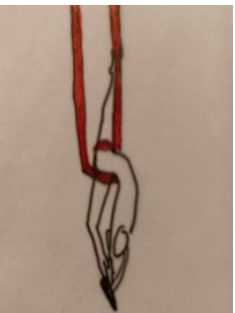

0,2		AHA006	<p style="text-align: center;">Open Silk Backbend</p> <ul style="list-style-type: none"> · Legs parallel to the floor or above parallel
0,2		AHA007	<p style="text-align: center;">BASKET</p> <ul style="list-style-type: none"> · Back in bend
0.2		AHA008	<p style="text-align: center;">Dove(legs extended)</p> <ul style="list-style-type: none"> · Arms and legs fully extended · Legs parallel to the floor or above parallel <p>Level of execution:</p> <p>AHA008 Dove(legs extended) AHA013 Dove AHA083 Extreme Dove</p>
0,3		AHA009	<p style="text-align: center;">Elbow split passe 160°</p> <ul style="list-style-type: none"> · Only one elbow in contact with hammock · Upper hand in contact with the straight leg · One hand in contact with passe leg · Opening of legs 160° <p>Level of execution</p> <p>AHA009 Elbow split passe 160° AHA020 Elbow split passe 180°</p>
0,3		AHA010	<p style="text-align: center;">Split in knots 160°</p> <ul style="list-style-type: none"> · Opening of the legs 160 · ankles in knots <p>Level of execution</p> <p>AHA010 Split in knots 160° AHA032 split in knots 180°</p>




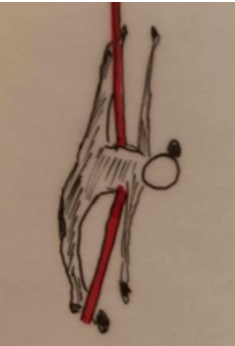

0,3		AHA011	<p style="text-align: center;">Split passe 160°</p> <ul style="list-style-type: none"> · Opening of legs 160° · Arms fully extended · Back leg passe · Legs fully extended <p>Level of execution: AHA011 Split passe 160 AHA026 Split passe 180</p>
0,3		AHA012	<p style="text-align: center;">Lantern extended</p> <ul style="list-style-type: none"> · Legs fully extended and parallel to the floor · Only hands in contact with the silk
0,3		AHA013	<p style="text-align: center;">Dove</p> <ul style="list-style-type: none"> · Feet in contact with head , tolerance 20% · Hands fully extended <p>Level of execution: AHA008 Dove(legs extended) AHA013 Dove AHA083 Extreme Dove</p>
0,3		AHA014	<p style="text-align: center;">Armpit Split 160°</p> <ul style="list-style-type: none"> · Opening of legs 160 in front split · Arms fully extended Only armpit in contact with hammock <p>Levels of execution: AHA014 Armpit split 160 AHA022 Armpit extended split 180</p>
0,3		AHA015	<p style="text-align: center;">Mona passé</p> <ul style="list-style-type: none"> · front leg in bent · Head in contact with back foot · Hands fully extended <p>Level of execution AHA015 Mona Passé AHA036 Mona Passé extended</p>


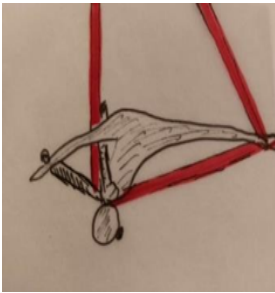


0,3		AHA016	<p style="text-align: center;">Knee wrapped in backbend</p> <ul style="list-style-type: none"> · Both knees in wrapped · Arms fully extended
0,3		AHA017	<p style="text-align: center;">Standing Splits 160°</p> <ul style="list-style-type: none"> · Opening of legs 160 · No hands on hammock · Arms fully extended · Legs fully extended · supporting leg in hammock <p>Level of execution</p> <p>AHA017 Standing Splits 160° AHA025 Standing Splits 180°</p>
0,3		AHA018	<p style="text-align: center;">Aurora Hang backbend</p> <ul style="list-style-type: none"> · Hands in contact with feet · Arms fully extended <p>Levels of execution:</p> <p>AHA018 Aurora Hang backbend AHA038 Aurora Hang backbend extended AHA075 Aurora hang backbend fully extended</p>
0,3		AHA019	<p style="text-align: center;">SPLIT OPEN SILK 180°</p> <ul style="list-style-type: none"> · Opening of the legs 180° · Hands and feet in contact with the silk <p>Level of execution</p> <p>AHA005 Split open silk 160 0,1 AHA019 Split open silk 180 0,3</p>
0,4		AHA020	<p style="text-align: center;">Elbow split passe 180°</p> <ul style="list-style-type: none"> · Only one elbow in contact with hammock · Upper hand in contact with the straight leg · One hand in contact with passe leg · Opening of legs 180° <p>Level of execution</p> <p>AHA009 Elbow split passe 160° AHA020 Elbow split passe 180°</p>

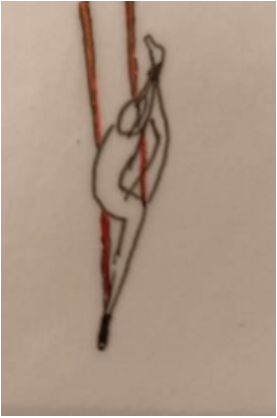



0,4		AHA021	<p style="text-align: center;">«T» Split 160°</p> <ul style="list-style-type: none"> · Opening of the legs 160° in middle split · Middle split · Hands are not in contact with the silks and legs <p>Level of execution AHA021 «T» Split 160° AHA039 «T» Split 180°</p>
0,4		AHA022	<p style="text-align: center;">Armpit extended Split 180°</p> <ul style="list-style-type: none"> · Opening of legs 180 in front split · Arms fully extended Only armpit in contact with hammock <p>Levels of execution: AHA014 Armpit split 160 AHA022 Armpit extended split 180</p>
0,4		AHA023	<p style="text-align: center;">Diamond Split 180°</p> <ul style="list-style-type: none"> · Opening of legs 180° in front split · Legs fully extended
0,4		AHA024	<p style="text-align: center;">Laysplit 180°</p> <ul style="list-style-type: none"> · Opening of legs 180° · Legs fully extended
0,4		AHA025	<p style="text-align: center;">Standing Splits 180°</p> <ul style="list-style-type: none"> · Opening of legs 180° · No hands on hammock · Arms fully extended · Legs fully extended <p>Level of execution AHA017 Standing Splits 160° AHA025 Standing Splits 180°</p>


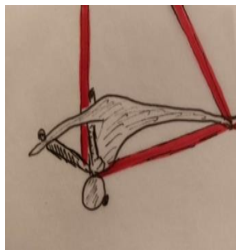


0,4		AHA026	<p style="text-align: center;">Split passe 180°</p> <ul style="list-style-type: none"> · Opening of legs 180° · Arms fully extended · Back leg passe · Legs fully extended <p>Level of execution: AHA011 Split passe 160 AHA026 Split passe 180</p>
0,4		AHA027	<p style="text-align: center;">Inverted Twist Split 180°</p> <ul style="list-style-type: none"> · Opening of legs 180° · One hand, leg, in contact with hammock · Hand in contact with opposite leg behind the shoulder · Legs fully extended
0,4		AHA028	<p style="text-align: center;">Box</p> <ul style="list-style-type: none"> · Feet in contact with the head with 20% tolerance <p>Level of execution AHA028 Box AHA048 Box 2</p>
0,4		AHA029	<p style="text-align: center;">Box legs extended</p> <ul style="list-style-type: none"> · Legs parallel or above · Arms fully extended
0,4		AHA030	<p style="text-align: center;">Allegra 160°</p> <ul style="list-style-type: none"> · Opening of legs 160° · Only one hand, the back, the armpit and foot in contact with the hammock <p>Level of execution AHA030 Allegra 160° AHA041 Allegra 180° AHA055 Allegra passè</p>

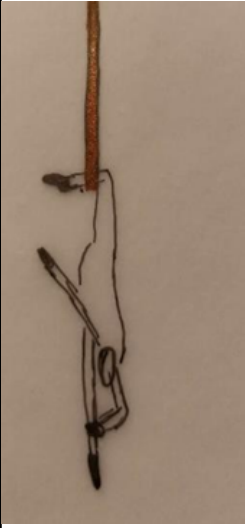
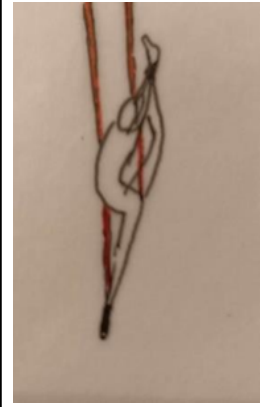

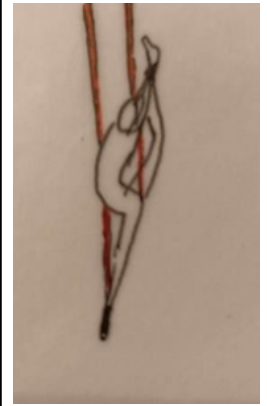
0,4		AHA031	<p style="text-align: center;">Flyer Split</p> <ul style="list-style-type: none"> · Opening of legs 180° · Arms fully extended · Shoulders above level of pelvis · Legs fully extended
0,4		AHA032	<p style="text-align: center;">Split in knots 180°</p> <ul style="list-style-type: none"> · Opening of the legs 180 · Legs fully extended <p>Level of execution</p> <p>AHA010 Split in knots 160° AHA032 split in knots 180°</p>
0,4		AHA033	<p style="text-align: center;">Fang Backbend</p> <ul style="list-style-type: none"> · Only lower back in contact with hammock · Hands in contact with legs behind the head
0,4		AHA034	<p style="text-align: center;">Backsplit in loop passé</p> <ul style="list-style-type: none"> · Upper leg fully extended, · Both hands in contact with back foot · Head contact with foot <p>Level of execution:</p> <p>AHA034 Backsplit in loop AHA070 Backsplit in loop extended</p>
0,4		AHA035	<p style="text-align: center;">Arrow</p> <ul style="list-style-type: none"> · Back leg fully extended · Hands in contact with back extended leg


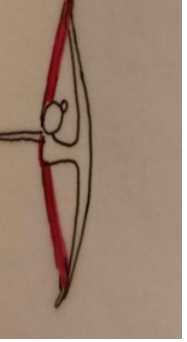

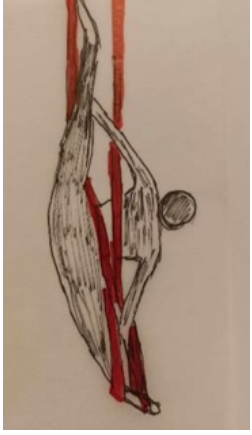
0,4		AHA036	<p style="text-align: center;">Mona Passe Extended</p> <ul style="list-style-type: none"> · Front leg fully extended · Head in contact with back foot · Hands fully extended <p>Level of execution</p> <p>AHA015 Mona Passé</p> <p>AHA036 Mona Passé extended</p>
0,4		AHA037	<p style="text-align: center;">Luna Split 180°</p> <ul style="list-style-type: none"> · Opening of legs 180° · Front split · Arms fully extended · Legs fully extended
0,5		AHA038	<p style="text-align: center;">Aurora Hang backbend Extended</p> <ul style="list-style-type: none"> · Hands in contact with feet · One leg fully extended · Arms fully extended <p>Levels of execution:</p> <p>AHA018 Aurora Hang backbend</p> <p>AHA038 Aurora Hang backbend extended</p> <p>AHA75 Aurora hang backbend fully extended</p>
0,5		AHA039	<p style="text-align: center;">«T» Split 180°</p> <ul style="list-style-type: none"> · Opening of legs 180° · Middle split · No hands in contact with the silk and legs <p>Level of execution</p> <p>AHA021 «T» Split 160°</p> <p>AHA039 «T» Split 180°</p>
0,5		AHA040	<p style="text-align: center;">Greta middle Split</p> <ul style="list-style-type: none"> · Opening of the legs in middle split · Back bent · Hammock goes around waist · Hand in contact with the hammock


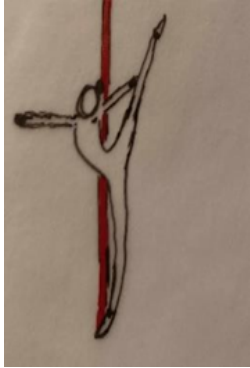


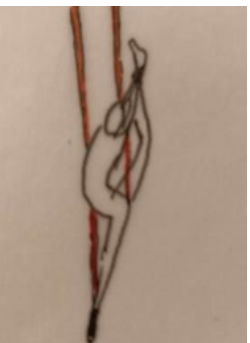
0,5		AHA041	<p style="text-align: center;">Allegra 180°</p> <ul style="list-style-type: none"> · Opening of the legs 180 · Only one hand, back, armpit and foot in contact with the hammock <p>Level of execution AHA030 Allegra 160° AHA041 Allegra 180° AHA055 Allegra passè</p>
0,5		AHA042	<p style="text-align: center;">Inverted Front Split 160</p> <ul style="list-style-type: none"> · Opening the legs 160 · legs are fully extended · Hammock wrappedped around waist · Both hands in contact with the Hammock <p>Level fo execution:</p> <p>AHA042 Inverted front split 160 AHA050 Inverted front split 180</p>
0.5		AHA043	<p style="text-align: center;">Candle in middle split</p> <ul style="list-style-type: none"> ·legs are fully extended in middle split · the opposite hand in contact with upper leg behind the shoulder · Hands are not in contact with the hammock
0,5		AHA044	<p style="text-align: center;">Moth 160°</p> <ul style="list-style-type: none"> · Opening of the legs 160° · Arms are fully extended <p>Level of execution</p> <p>AHA044 Moth 160° AHA057 Moth 180° AHA076 Moth Extreme</p>

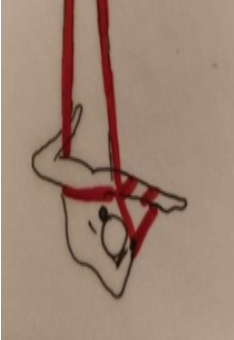
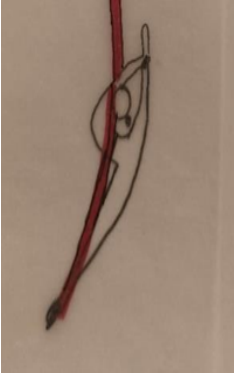
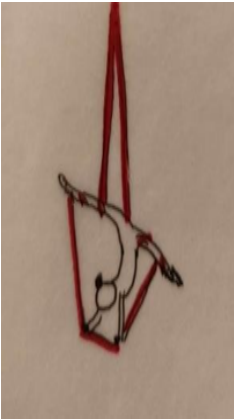
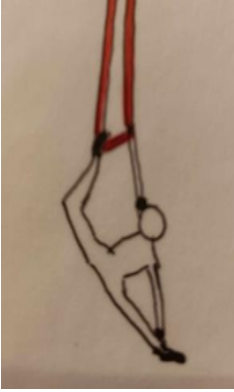
0,5		AHA045	<p style="text-align: center;">X Backsplit 160°</p> <ul style="list-style-type: none"> · Opening of legs 160° · Supporting Leg fully extended · Hammock crossed behind the back <ul style="list-style-type: none"> · Hands in contact with back leg <p>Level Of execution: AHA045 X Backsplit 160 AHA110 X Backsplit 180</p>
0,5		AHA046	<p style="text-align: center;">Magnolia Split 160°</p> <ul style="list-style-type: none"> · Opening of legs 160° · Middle Split · Body parallel to the floor · Legs fully extended · Hands not in contact with hammock <p>Level of execution: AHA046 Magnolia split 160 AHA060 Magnolia split 180</p>
0,6		AHA047	<p style="text-align: center;">Hang Marble Split 180°</p> <ul style="list-style-type: none"> · Opening of legs 180° · Front split · One foot in knot · One hand in contact with hammock · Legs fully extended
0,6		AHA048	<p style="text-align: center;">Box 2</p> <ul style="list-style-type: none"> · feet in contact with the head (no tolerance) <p>Level of execution AHA028 Box AHA048 Box 2</p>





0,6		AHA049	<p style="text-align: center;">Split in knots in cambrè</p> <ul style="list-style-type: none"> · Opening legs 180 · Legs in knot · Hands in contact with the silk <p>Level of execution</p> <p>AHA049 Split in knots in cambrè</p> <p>AHA074 Split cambrè one hand extreme</p>
0,6		AHA050	<p style="text-align: center;">INVERTED FRONT SPLIT 180</p> <ul style="list-style-type: none"> · Opening the legs 180 · hammock wrapped around waist · One foot and shoulder in contact with the hammock · Hands in contact with the hammock <p>Level of execution:</p> <p>AHA042 Inverted front split 160</p> <p>AHA050 Inverted front split 180</p>
0,6		AHA051	<p style="text-align: center;">Cocoon 160°</p> <ul style="list-style-type: none"> · Opening the legs 160° · Lower leg in spiral wrapped ping · Hands in contact with leg behind the head <p>Level of execution</p> <p>AHA051 Cocoon 160°</p> <p>AHA066 Cocoon 180°(extended)</p>
0,6		AHA052	<p style="text-align: center;">Billman 160</p> <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 hammock · Hands are not in contact with the hammock


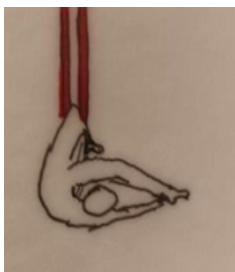
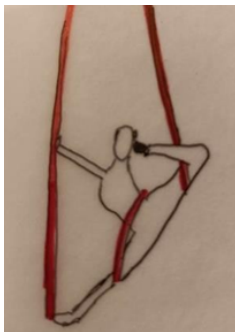
0,6		AHA053	<p style="text-align: center;">Fleurie Passe 180°</p> <ul style="list-style-type: none"> · Opening of leg 180° · Back leg passe · Lower leg fully extended · Hand in contact with opposite extended leg behind the shoulder
0,6		AHA054	<p style="text-align: center;">X Backsplit 180°</p> <ul style="list-style-type: none"> · Opening of legs 180° · Supporting Leg fully extended · Hammock crossed behind the back · Hands in contact with back leg <p>Level Of execution:</p> <p>AHA045 X Backsplit 160 AHA054 X Backsplit 180</p>
0,7		AHA055	<p style="text-align: center;">Allegra passè</p> <ul style="list-style-type: none"> · Opening the legs 180 · One hand and one leg in contact with the hammock · One hand in contact with back foot <p>Level of execution</p> <p>AHA030 Allegra 160° AHA041 Allegra 180° AHA055 Allegra passè</p>
0,7		AHA056	<p style="text-align: center;">X Backsplit Ring</p> <ul style="list-style-type: none"> · Opening of legs 180° · Supporting leg fully extended · Hammock crossed behind the back · Hands in contact with leg behind head · Back foot in contact with the head · Head in contact with back foot <p>Level Of execution:</p> <p>AHA056 X Backsplit ring AHA065 X Backsplit ring extreme</p>

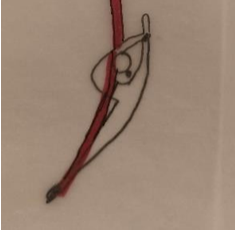
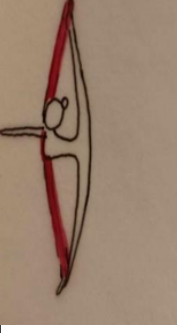

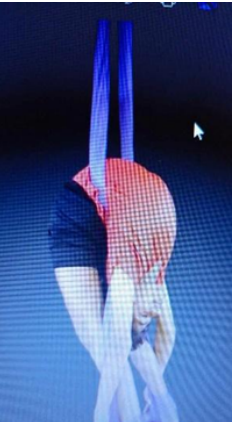
0,7		AHA057	<p style="text-align: center;">Moth 180°</p> <ul style="list-style-type: none"> · Opening the split 180 · Arms fully extended · Hands in contact with the silk <p>Level of execution</p> <p>AHA044 Moth 160° AHA057 Moth 180° AHA076 Moth Extreme</p>
0,7		AHA058	<p style="text-align: center;">Peacock 180°</p> <ul style="list-style-type: none"> · Opening of the legs 180° · Front split · Legs are fully extended · Hands are not in contact with the silks <p>Level of execution</p> <p>AHA058 Peacock 180° AHA078 Extreme Peacock 180°</p>
0,7		AHA059	<p style="text-align: center;">Inverted back Elbow lock Split 180°(M.Kolyza)</p> <ul style="list-style-type: none"> · Opening of legs 180° · Legs fully extended · No hands on hammock
0,7		AHA060	<p style="text-align: center;">Magnolia Split 180°</p> <ul style="list-style-type: none"> · Opening of legs 180° · Middle Split · Body parallel to the floor · Legs fully extended <p>Hands not in contact with hammock</p> <p>Level of execution:</p> <p>AHA046 Magnolia split 160 AHA060 Magnolia split 180</p>



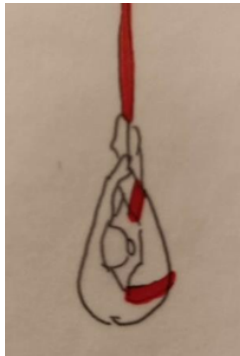
0,7		AHA061	<p style="text-align: center;">Dancer Split 180°</p> <ul style="list-style-type: none"> · Opening of legs 180° · Lower leg in knot · Legs Fully extended
0,7		AHA062	<p style="text-align: center;">Arabesque 180°</p> <ul style="list-style-type: none"> · Opening of legs minimum 180° · One hand in contact with fully extended back leg · Legs fully extended
0,7		AHA063	<p style="text-align: center;">Triangular split</p> <ul style="list-style-type: none"> · Legs fully extended · Arms fully extended · Silk in contact with the shoulder · Opening of legs 180° or more
0,7		AHA064	<p style="text-align: center;">Ballad Split 180°</p> <ul style="list-style-type: none"> · Opening of legs 180° · Lower leg in wrappedping · Shoulders are above the level of the pelvis · Arms fully extended · Legs fully extended
0,8		AHA065	<p style="text-align: center;">X Backsplit Ring Extreme</p> <ul style="list-style-type: none"> · Opening of legs 180° · Supporting leg fully extended · Hammock crossed behind the back · Hands in contact with leg behind head · Back foot in contact with the head · Head in contact with back leg <p>Level Of execution: AHA056 X Backsplit ring AHA065 X Backsplit ring extreme</p>

0,8		AHA066	<p style="text-align: center;">Cocoon 180° (extended)</p> <ul style="list-style-type: none"> · Opening of the legs 180° · Lower leg in spiral wrappedping · Hands in contact with leg behind the head · Head in contact with hip <p>Level of execution</p> <p>AHA051 Cocoon 160° AHA066 Cocoon 180°(extended)</p>
0,8		AHA067	<p style="text-align: center;">Superbilman 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>Level of execution</p> <p>AHA067 Superbilman 180 AHA077 Superbilman extended 180</p>
0,8		AHA068	<p style="text-align: center;">Inverted Snake 180°</p> <ul style="list-style-type: none"> · Opening of legs 180° · Arms fully extended · Legs in spiral wrappedping · Legs fully extended
..		AHA069	<p style="text-align: center;">Ankle Croche Passe Split</p> <ul style="list-style-type: none"> · Opening of legs 180° · One hand in contact with hammock · Back leg bended 90°, ankle in loop · hand free in contact with free foot

0,8		AHA070	<p style="text-align: center;">Backsplit in loop extended</p> <ul style="list-style-type: none"> · Legs fully extended · Both hands in contact with back leg · Head in contact with back leg <p>Level of execution:</p> <p>AHA034 Backsplit in loop passe AHA070 Backsplit in loop extended</p>
0,8		AHA071	<p style="text-align: center;">Fancy Split 180°</p> <ul style="list-style-type: none"> · Opening of legs 180° or more · Front Split · Shoulder IN CONTACT WITH HAMMOCK · Arms fully extended · Legs fully extended · Back leg wrappedped with hammock A
0,9		AHA072	<p style="text-align: center;">Inverted Lexa Split 180°</p> <ul style="list-style-type: none"> · Opening of legs 180° · Legs in spiral wrappedping · Hands in contact with leg behind the head · Legs are fully extended
0,9		AHA073	<p style="text-align: center;">Elbow Lock Split 180°(M.Kolyza)</p> <ul style="list-style-type: none"> · Opening of legs 180° · Lower foot in wrapped · Middle split · Legs fully extended


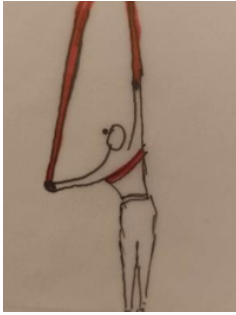

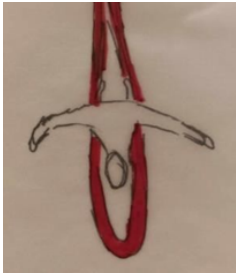

0,9		AHA074	<p style="text-align: center;">Split cambrè one hand extreme</p> <ul style="list-style-type: none"> · Opening the legs 180 · Legs in knot · Only one hand in contact with the hammock · Head in contact with the leg <p>Level of execution</p> <p>AHA049 Split in knotsin cambrè</p> <p>AHA074 Split cambrè one hand extreme</p>
0,9		AHA075	<p style="text-align: center;">Aurora Hang backbend Fully Extended</p> <ul style="list-style-type: none"> · Hands in contact with feet · One leg fully extended · Arms fully extended · head in contact with back leg <p>Levels of execution:</p> <p>AHA018 Aurora Hang backbend</p> <p>AHA038 Aurora Hang backbend extended</p> <p>AHA75 Aurora hang backbend fully extended</p>
1.0		AHA076	<p style="text-align: center;">Moth EXTREME</p> <ul style="list-style-type: none"> · Opening the legs 180 · Arms fully extended · head in contact with foot · One hand in contact with back passe leg · One hand in contact with hammock <p>Level of execution</p> <p>AHA044 Moth 160°</p> <p>AHA057 Moth 180°</p> <p>AHA076 Moth Extreme</p>



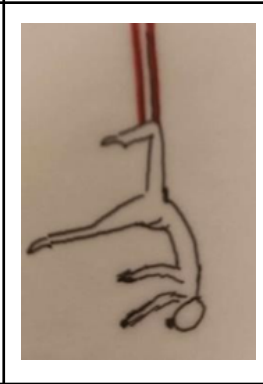
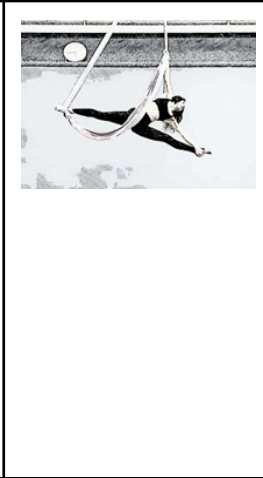

1		AHA077	<p style="text-align: center;">Super bilman extended 180</p> <ul style="list-style-type: none"> · Opening of the legs 180° · Hands in contact with leg behind the head · Head in contact with hip · legs fully extended <p>Level of execution</p> <p>AHA067 Superbilman 180 AHA077 Superbilman extended 180</p>
1,0 CBRF		AHA078	<p style="text-align: center;">Extreme Peacock 180</p> <ul style="list-style-type: none"> · Opening of the legs 180° · Legs are fully extended · Hands in contact with the leg behind the head · Head in contact with the hip <p>Level of execution</p> <p>AHA058 Peacock 180° AHA078 Extreme Peacock 180°</p>
1,0		AHA079	<p style="text-align: center;">Roll Up Split 180° Extended</p> <ul style="list-style-type: none"> · Opening of legs 180° · Arms fully extended · Head in contact with the leg · Head in lower position than the fully extended arms · Legs fully extended
1,0		AHA080	<p style="text-align: center;">Exteme backbend</p> <ul style="list-style-type: none"> · only Back in contact with hammock · Both hands in contact with fully extended legs · head in contact with legs

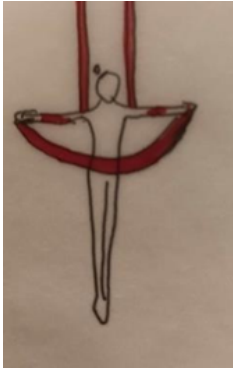

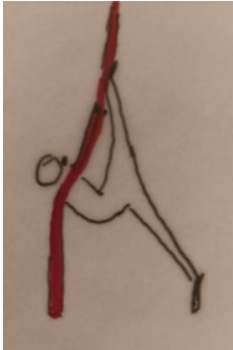



1,0		AHA081	<p style="text-align: center;">Serpent Backbend</p> <ul style="list-style-type: none"> · Legs fully extended · Arms fully extended · Head in contact with hip
1,0		AHA082	<p style="text-align: center;">Extreme Double knee Hang backbend</p> <ul style="list-style-type: none"> · Both knees in contact with hammock · Both hands in contact with back feet · Head in contact with feet
1,0		AHA083	<p style="text-align: center;">Extreme Dove</p> <ul style="list-style-type: none"> · Legs fully extended · Arms fully extended, in contact with hammock · Both legs in wrapped <p>Level of execution:</p> <p>AHA008 Dove (legs extended) AHA013 Dove AHA083 Extreme Dove</p>




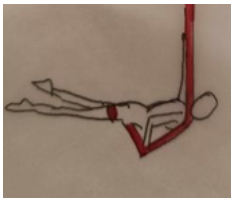

GROUP B: STRENGTH ELEMENTS






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



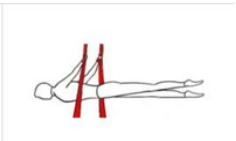
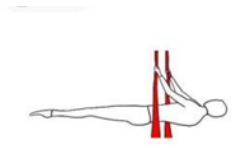


Value	Element	Code	Requirements
0,1		AHB001	<p style="text-align: center;">HANG CROSS DIAGONAL</p> <ul style="list-style-type: none"> · Arms are fully extended <p>Level of execution AHB001 Hang cross diagonal AHA011 Hang cross</p>
0,1		AHB002	<p style="text-align: center;">Fairy</p> <ul style="list-style-type: none"> · Arms fully extended · Legs fully extended in pencil position
0,1		AHB003	<p style="text-align: center;">Inside leg hang</p> <ul style="list-style-type: none"> · Straight leg is parallel to the floor or below the parallel · No hands in contact with hammock
0,1		AHB004	<p style="text-align: center;">Inverted Straddle</p> <ul style="list-style-type: none"> · Legs in V-position · Pelvis is higher than the level of shoulders
0,2		AHB005	<p style="text-align: center;">One hand hang tuck</p> <ul style="list-style-type: none"> · Only one hand in contact with hammock · Tuck position

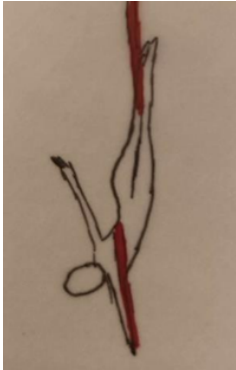


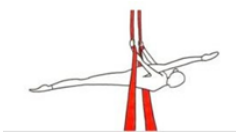

0,2		AHB006	<p style="text-align: center;">Elbow Hang</p> <ul style="list-style-type: none"> · Only one elbow in contact with
0,2		AHB007	<p style="text-align: center;">Hip hold-pike</p> <ul style="list-style-type: none"> · Legs fully extended in pike position · only one hip in contact with hammock
0,2		AHB008	<p style="text-align: center;">Gazelle leg hang</p> <ul style="list-style-type: none"> · Only one knee in contact with hammock · Free leg extended and parallel to the floor or below the level of parallel
0,3		AHB009	<p style="text-align: center;">Celeste Split</p> <ul style="list-style-type: none"> · Supporting leg in knot · Legs fully extended · Free hand in contact with extended leg
0,3		AHB010	<p style="text-align: center;">Echo Backbend</p> <ul style="list-style-type: none"> · Back in bent · Legs are fully extended

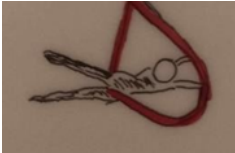
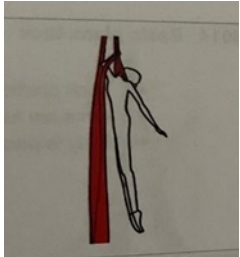



0,3		AHB011	<p style="text-align: center;">Hang Cross</p> <ul style="list-style-type: none"> · Arms are parallel to the floor · Arms are fully extended · Hands in single spiral wrappedping <p>Level of execution</p> <p>AHB001 Hang cross diagonal AHA011 Hang cross</p>
0,3		AHB012	<p style="text-align: center;">Peter Pan</p> <ul style="list-style-type: none"> · ONE Hands are in contact with upper legs <p>Level of execution</p> <p>AHB012 Peter Pan AHB021 Peter Pan no hands</p>
0.3		AHB013	<p style="text-align: center;">Hook front split</p> <ul style="list-style-type: none"> · Legs fully extended
0,3		AHB014	<p style="text-align: center;">Supporting Corner</p> <ul style="list-style-type: none"> · Arms and legs fully extended · Legs parallel to the floor or above
0,3		AHB015	<p style="text-align: center;">Elbow Split</p> <ul style="list-style-type: none"> · One hand in contact with extended leg · Legs fully extended
0,4		AHB016	<p style="text-align: center;">Reverse Passè</p> <ul style="list-style-type: none"> · One foot and one shoulder in contact with the silk · Leg fully extended · Both hands in contact with the silk · Hammock wrappede around the waist


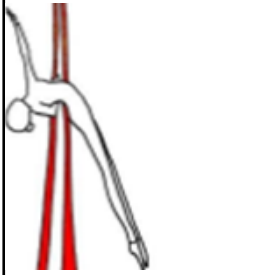
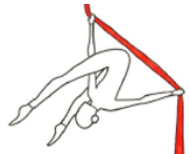
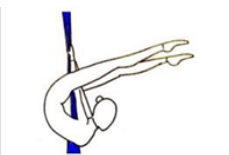
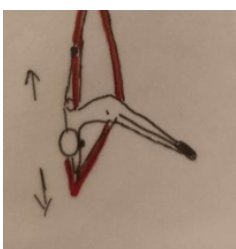
0,4		AHB017	<p style="text-align: center;">Crystal Elbow Split</p> <ul style="list-style-type: none"> · One Elbow in contact with hammock · Extended arm in contact with opposit extended leg · Front split
0,4		AHB018	<p style="text-align: center;">Aerial leg hang</p> <ul style="list-style-type: none"> · Back leg fully extended and parallel to the floor or below the parallel · Support hand in contact with hammock
0,4		AHB019	<p style="text-align: center;">Iron Split</p> <ul style="list-style-type: none"> · Both hands are in single spiral wrappedping · Arms and legs fully extended
0,4		AHB020	<p style="text-align: center;">Lizard</p> <ul style="list-style-type: none"> · Legs fully extended · Only one thigh in wrapped · Hands and One shoulder in contact with hammock · Body and legs parallel to the floor,or above parallel <p>Levels of execution:</p> <p>AHB020 Lizard AHB040 Lizard extended</p>
0,4		AHB021	<p style="text-align: center;">Peter Pan no hands</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>Level of execution</p> <p>AHB012 Peter Pan AHB021Peter Pan no hands</p>





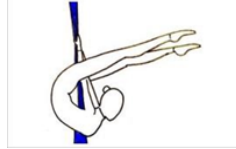
0,4		AHB022	<p style="text-align: center;">Front Flag</p> <ul style="list-style-type: none"> · Legs and body in pike position · Legs are closed and fully extended
0,5		AHB023	<p style="text-align: center;">Butterfly</p> <ul style="list-style-type: none"> · Supporting arm in spiral wrappedping · Only hands, shoulder, neck and foot in contact with the hammock <p>Levels of execution:</p> <p>AHB023 Butterfly AHB035 Butterfly-one handed</p>
0,5		AHB024	<p style="text-align: center;">Pendant</p> <ul style="list-style-type: none"> · Arms are fully extended · No windings and knots
0,5		AHB025	<p style="text-align: center;">Hang attitude</p> <ul style="list-style-type: none"> · Hammock wrappedped under the leg · No knot or wrappedping <p>Levels of execution:</p> <p>AHB025 Hang attitude AHB043 Hang attitude extended</p>
0,5		AHB026	<p style="text-align: center;"><i>Straddle Support</i></p> <ul style="list-style-type: none"> · Legs and arms fully extended · Legs parallel to the floor

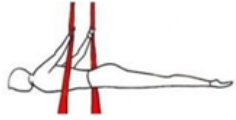
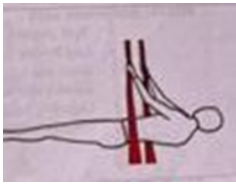



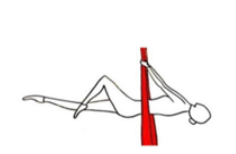
0,5		AHB027	<p style="text-align: center;">Bridge</p> <ul style="list-style-type: none"> · Arms fully extended · One foot in onore · Levels of execution: <p>AHB027 Bridge AHB050 Bridge Closed</p>
0,5		AHB028	<p style="text-align: center;">Hold Split on the hip 160°</p> <ul style="list-style-type: none"> · Opening of legs 160° · Only one hand and hip in contact with hammock · Legs fully extended <p>Level Of execution: AHB028 Hold Split on the Hip 160 AHB086 Hold Split on the Hip 180</p>
0,5		AHB029	<p style="text-align: center;">Back basic plank tuck</p> <ul style="list-style-type: none"> · Tuck position · Body is parallel to the floor
0,5		AHB030	<p style="text-align: center;">Basic plank tuck</p> <ul style="list-style-type: none"> · Tuck position · Body is parallel to the floor
0,5		AHB031	<p style="text-align: center;">Straddle Hold</p> <ul style="list-style-type: none"> · Legs are fully extended · Support hand in contact with hammock at pelvis height · One hand is extended and in contact with same leg
0,5		AHB032	<p style="text-align: center;">Heather Split</p> <ul style="list-style-type: none"> · Legs in front split · Free hand in contact with the leg · one thigh in wrapped

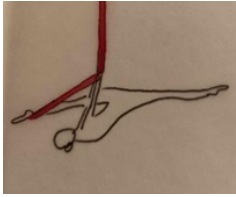

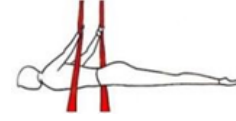
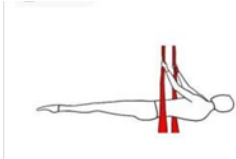


0,5		AHB033	<p style="text-align: center;">Voltage Handstand(one hand)</p> <ul style="list-style-type: none"> · pencil position · Support arm fully extended
0,6		AHB034	<p style="text-align: center;">Hold Split on the hip 180°</p> <ul style="list-style-type: none"> · Opening of legs 180° · Only one hand and hip in contact with hammock · Legs fully extended <p>Level Of execution: AHB028 Hold Split on the Hip 160 AHB034 Hold Split on the Hip 180</p>
0,6		AHB035	<p style="text-align: center;">Butterfly-one handed</p> <ul style="list-style-type: none"> · Supporting arm in spiral wrappedping · Only one hand, shoulder, neck and foot in contact with the hammock <p>Levels of execution:</p> <p>AHB023 Butterfly AHB035 Butterfly-one handed</p>
0,6		AHB036	<p style="text-align: center;">Split in back basic plank</p> <ul style="list-style-type: none"> · Arms and legs are fully extended · Body is parallel to the floor
0,6		AHB037	<p style="text-align: center;">Reverse Chair</p> <ul style="list-style-type: none"> · Legs bent or fully extended · Hammock wrappedped around waist · Supporting Arm fully extended

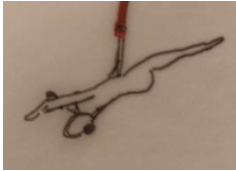


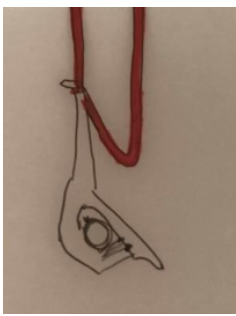

0,6		AHB038	<p style="text-align: center;">PLANK V POSITION</p> <ul style="list-style-type: none"> · Legs fully extended and in V position · Lower leg and body parallel to the floor · One thigh in wrapped
0,6		AHB039	<p style="text-align: center;">Rocket</p> <ul style="list-style-type: none"> · Hammock in contact with neck · Body and legs in pencil position
0,6		AHB040	<p style="text-align: center;">Lizard Extended</p> <ul style="list-style-type: none"> · Legs fully extended · Only one thigh in wrapped · Both arms fully extended · Body and legs parallel to the floor <p>Levels of execution:</p> <p>AHB020 Lizard AHB040 Lizard extended</p>
0,6		AHB041	<p style="text-align: center;">Weighing Machine</p> <ul style="list-style-type: none"> · legs parallel floor and fully extended · Arms are fully extended · Hands in basic grip
0,7		AHB042	<p style="text-align: center;">Reversed flag</p> <ul style="list-style-type: none"> · only one hand in contact with hammock · Legs are fully extended

0,7		AHB043	<p style="text-align: center;">Hang Attitude extended</p> <ul style="list-style-type: none"> · hammock is grabbed under leg · No windings and knots · The front leg is extended <p>Levels of execution:</p> <p>AHB025 Hang attitude AHB043 Hang attitude extended</p>
0,7		AHB044	<p style="text-align: center;">Back flag</p> <ul style="list-style-type: none"> · Only one hand and back could be in contact with the hammock <p>· Legs are fully extended</p>
0,7		AHB045	<p style="text-align: center;">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 hammock
0,7		AHB046	<p style="text-align: center;">Iguana</p> <ul style="list-style-type: none"> · Hands in contact with the hammock between legs and behind of the back without windings <p>Levels of execution:</p> <p>AHB046 Iguana AHB052 Iguana closed</p>
0,7		AHB047	<p style="text-align: center;">Python</p> <ul style="list-style-type: none"> · Body in reverse plank position · One thigh in wrapped · Legs are fully extended, parallel or below the parallel to the floor · Arms fully extended

0,7		AHB048	<p style="text-align: center;">Side Pencil Plank(closed legs)</p> <ul style="list-style-type: none"> · Arms are fully extended · Legs are closed and fully extended · Body in a side plank position and parallel to the floor
0,7		AHB049	<p style="text-align: center;">Dandelion</p> <ul style="list-style-type: none"> · One leg passe in loop,in contact with head · Hand in contact with hammock · Free leg fully extended
0,8		AHB050	<p style="text-align: center;">Bridge Closed</p> <ul style="list-style-type: none"> · One foot in knot · Arms are fully extended · One foot in contact with the head <p>Levels of execution:</p> <p>AHB027 Bridge AHB050 Bridge Closed</p>
0,8		AHB051	<p style="text-align: center;">Flying Locust</p> <ul style="list-style-type: none"> · Body in plank position parallel to the floor · Legs in V position and fully extended · One leg in spiral wrappedping · Only supporting hand in contact with hammock · Free hand fully extended,no contact with hammock
0,8		AHB052	<p style="text-align: center;">Iguana closed</p> <ul style="list-style-type: none"> · Hands in contact with silks between legs and behind back without windings · feet in contact with the head <p>Levels of execution:</p> <p>AHB046 Iguana AHB052 Iguana closed</p>

0,8		AHB053	<p style="text-align: center;">Back Basic Plank V position</p> <ul style="list-style-type: none"> · Legs are fully extended in V- position · Legs and body are parallel to the floor
0,8		AHB054	<p style="text-align: center;">Basic plank V-position</p> <ul style="list-style-type: none"> · Legs are fully extended in V- position · Arms are fully extended · Legs and body are parallel to the floor
0,8		AHB055	<p style="text-align: center;">Basic deadlift 2</p> <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 hammock
0,9		AHB056	<p style="text-align: center;">Wonderwoman Elbow Split</p> <ul style="list-style-type: none"> · Only one elbow in contact with hammock · One hand in contact with opposite extended leg · Front split
0,9		AHB057	<p style="text-align: center;">HANG SPLIT</p> <ul style="list-style-type: none"> · Hammock is grabbed under leg · No windings and knots · Both legs are fully extended
0,9		AHB058	<p style="text-align: center;">Basic plank (one leg bent)</p> <ul style="list-style-type: none"> · Arms fully extended · Body and leg parallel to the floor · One leg bent

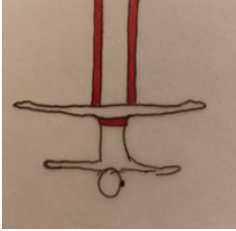


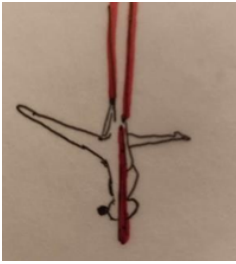
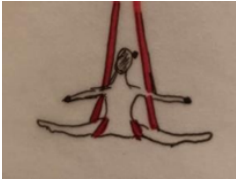
0,9		AHB059	<p style="text-align: center;">Rodionova split</p> <ul style="list-style-type: none"> · Split position · Arms are fully extended and in contact with silks behind leg · Legs and body are parallel to the floor · Silks are closed
0,9 CBRF		AHB060	<p style="text-align: center;">Queen Passe</p> <ul style="list-style-type: none"> · Only head in contact with hammock · Front leg fully extended · Back leg passe · Both hands in contact with back leg <p>Level of execution:</p> <p>AHB060 Queen Passe AHB063 Queen</p>
1,0		AHB061	<p style="text-align: center;">Back basic plank pencil</p> <ul style="list-style-type: none"> · Body and legs parallel to the floor · Legs in pencil position
1,0		AHB062	<p style="text-align: center;">Basic plank pencil</p> <ul style="list-style-type: none"> · Arms fully extended · Body and legs parallel to the floor · Legs in pencil position
1,0 CBRF		AHB063	<p style="text-align: center;">Queen</p> <ul style="list-style-type: none"> · Only head in contact with hammock · Both hands in contact with back leg · Legs fully extended <p>Level of execution:</p> <p>AHB060 Queen Passe AHB063 Queen</p>
1,0 CBRF		AHB064	<p style="text-align: center;">Super Hero</p> <ul style="list-style-type: none"> · Only neck in contact with hammock · Hands in contact with fully extended legs · Legs fully extended






1,0		AHB065	<p style="text-align: center;">Aerial Split one hand</p> <ul style="list-style-type: none"> · One hand in knot · Legs fully extended · Hand in contact with opposite leg · front split 180°
1,0		AHB066	<p style="text-align: center;">FOOT TWISTER V</p> <ul style="list-style-type: none"> · One foot in knot · Leg behind the head fully extended · Hand in contact with opposite leg behind the shoulder
1,0 CBRF		AHB067	<p style="text-align: center;">Splitty Neck Hang</p> <ul style="list-style-type: none"> · Only neck in contact with hammock · Front split 180° · Hands in contact with legs
1,0 CBRF		AHB068	<p style="text-align: center;">Pistol Aim(G.Kefala)</p> <ul style="list-style-type: none"> · One leg in knot · Both hands in contact with fully extended leg behind the head
1,0 CBRF		AHB067	<p style="text-align: center;">Hawk Split 180°</p> <ul style="list-style-type: none"> · Opening of legs 180° · Arms, legs fully extended · One ankle in single wrapped · Supporting arm in spiral wrappedping · Free hand in contact with hammock

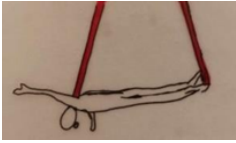



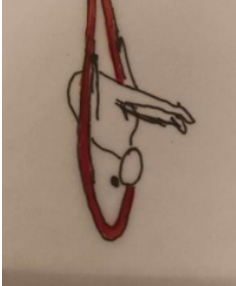
GRUPPO C: BALANCED ELEMENTS




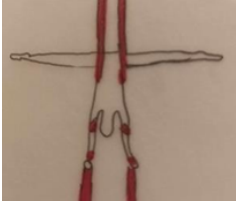
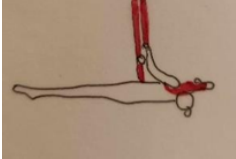
Note: All balance elements must be held in fixed position for 3 seconds.

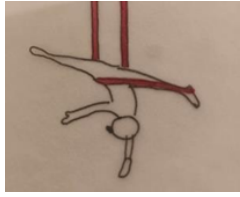




Note: In masters +50 category a tolerance of 20° is given for the requirement to open the legs to 180° if there is no 160° variation for the move. Moves, that do have different levels of execution are without tolerance.



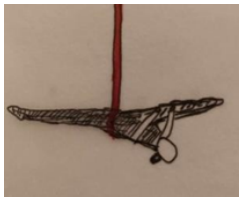
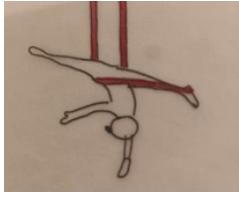

Value	Element	Code	Requirements
0,1		AHC001	<p style="text-align: center;">Inverted star</p> <ul style="list-style-type: none"> · Legs and arms fully extended · Legs and arms are not in contact with the silk
0,1		AHC002	<p style="text-align: center;">Angel</p> <ul style="list-style-type: none"> · Only one leg in passè position · one leg in wrapped
0,1		AHC003	<p style="text-align: center;"><i>Balance on the hips</i></p> <ul style="list-style-type: none"> · Only pelvis in contact with hammock · Legs are fully extended
0,2		AHC004	<p style="text-align: center;"><i>Revers split</i></p> <ul style="list-style-type: none"> · Legs in front split · Opening the legs 160 · Arms fully extended
0,2		AHC005	<p style="text-align: center;"><i>Front flip balance</i></p> <ul style="list-style-type: none"> · Middle split · hips in wrapped · No hands in contact with hammock


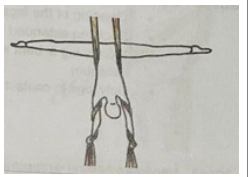
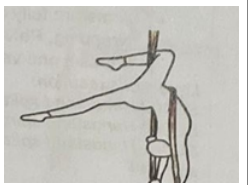

0,2		AHC006	<p style="text-align: center;">Inverted Passè</p> <ul style="list-style-type: none"> · Arms and one leg fully extended <p>Levels of execution:</p> <p>AHC006 Inverted Passè AHC010 Inverted split 160 AHC023 Inverted split 180</p>
0,2		AHC007	<p style="text-align: center;">Reverse pencil</p> <ul style="list-style-type: none"> · Legs fully extended and closed
0,2		AHC008	<p style="text-align: center;">Back Balance</p> <ul style="list-style-type: none"> · Only lower back in contact with hammock · Legs and arms fully extended
0,3		AHC009	<p style="text-align: center;">Balance pistol</p> <ul style="list-style-type: none"> · Hands are not in contact with hammock · Only one leg fully extended and in wrapped · Both feet in wrapped
0,3		AHC010	<p style="text-align: center;">Inverted Split 160°</p> <ul style="list-style-type: none"> · Arms and legs fully extended · Only one foot in contact with the silk · Opening the legs 160 <p>Levels of execution:</p> <p>AHC006 Inverted Passè AHC010 Inverted split 160 AHC023 Inverted split 180</p>



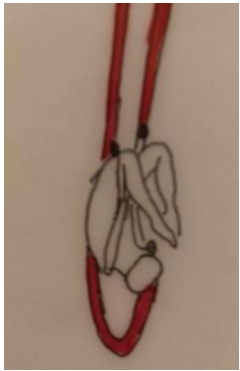

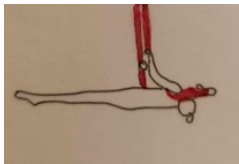
0,3		AHC011	<p style="text-align: center;"><i>String on the loop knot</i></p> <ul style="list-style-type: none"> · Body and legs are in pencil position · Hands are not in contact with the silks
0,3		AHC012	<p style="text-align: center;"><i>Spanish Balance</i></p> <ul style="list-style-type: none"> · Only hip in contact with hammock · Support upper leg passe · Lower leg fully extended · No hands in contact with hammock
0,3		AHC013	<p style="text-align: center;">Balance Arabesque Passe</p> <ul style="list-style-type: none"> · Only pelvis and one extended leg in contact with hammock · No hands in contact with hammock
0,3		AHC014	<p style="text-align: center;">EQUILIBRIUM PASSE</p> <ul style="list-style-type: none"> · Shoulder and neck in contact with the silk · Leg fully extended and parallel to the floor <p>Level of executions</p> <p>AHC014 Equilibrium passe AHC015 Equilibrium passe reverse</p>
0,3		AHC015	<p style="text-align: center;">Inverted Aerial Pike</p> <ul style="list-style-type: none"> · Legs are closed and parallel to the floor






0,4		AHC016	<p style="text-align: center;">Echo Backbend closed</p> <ul style="list-style-type: none"> · Back in bent · Feet in contact with the head with 20% tolerance <p>Level of execution</p> <p>AHC016 Echo Backbend closed AHC037 Echo Backbend closed 2</p>
0,4		AHC017	<p style="text-align: center;">Jade 160°</p> <ul style="list-style-type: none"> · Legs opening 160 · One or both hands are in contact with the ankle <p>Level of executions</p> <p>AHC017 Jade a 160° AHC028 Jade a 180°</p>
0,4		AHC018	<p style="text-align: center;">EQUILIBRIUM PASSE' REVERSE</p> <ul style="list-style-type: none"> · Shoulder and neck in contact with the silk · Leg fully extended and parallel to the floor <p>Level of executions</p> <p>AHC013 Equilibrium passe AHC018 Equilibrium passe reverse</p>
0,4		AHC019	<p style="text-align: center;">Handstand spiral wrappedping 160°</p> <ul style="list-style-type: none"> · Opening the legs 160 · Arms are fully extended in spiral wrappedping · Pelvis, shoulders and hands in one vertical plane <p>Levels of execution</p> <p>AHC019 Handstand spiral wrappedping 160 AHC032 Handstand spiral wrappedping 180 AHC048 Handstand spiral wrappedping in front split 180</p>
0,4		AHC020	<p style="text-align: center;">Russian Split 160°</p> <ul style="list-style-type: none"> · Opening of the legs 160 · Supporting leg is extended <p>Level of execution</p> <p>AHC020 Russian split 160 AHC039 Russian split 180</p>

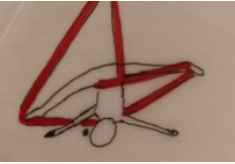


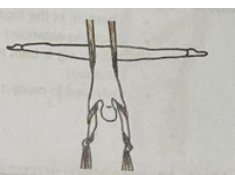
0,4		AHC021	<p style="text-align: center;">NOEMI SPLIT 160</p> <ul style="list-style-type: none"> · Opening of legs 160° · Hands not in contact with hammock · Legs fully extended <p>Level of execution: AHC021 NOEMI SPLIT 160 AHC029 NOEMI SPLIT 180</p>
0,4		AHC022	<p style="text-align: center;">Ring-legs in contact with head</p> <ul style="list-style-type: none"> · Legs in spiral wrappedping · Feet in contact with head · Arms fully extended
0,4		AHC023	<p style="text-align: center;"><i>Inverted Split 180</i></p> <ul style="list-style-type: none"> · Arms and legs fully extended · Only one foot in contact with the silk · Opening the legs 180 <p>Levels of execution:</p> <p>AHC006 Inverted Passè AHC010 Inverted split 160 AHC023 Inverted split 180</p>
0,4		AHC024	<p style="text-align: center;">Lavae Split 160°</p> <ul style="list-style-type: none"> · Opening of legs 160° · Front leg in spiral wrapped · Legs fully extended <p>Level of execution:</p> <p>AHC024 Lavae Split 160° AHC041 Lavae Split 180°</p>
0,4		AHC025	<p style="text-align: center;">Elbowstand Split in loop</p> <ul style="list-style-type: none"> · Elbows in contact with hammock · Hands not in contact with hammock · Legs fully extended




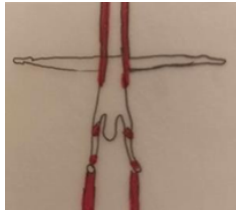

0,4		AHC026	<p style="text-align: center;">Hip Balance 160°</p> <ul style="list-style-type: none"> · Opening of legs 160° · Hand in contact with opposite leg · Only hip in contact with hammock · No hands in contact with hammock <p>Levels of execution:</p> <p>AHC026 hip balance 160° AHC051 Hip balance 180°</p>
0,5		AHC027	<p style="text-align: center;">REVERSE PASSE NO HANDS</p> <ul style="list-style-type: none"> · Shoulder and neck in contact with the silk · One leg is fully extended · hammock wrapped around waist
0,5		AHC028	<p style="text-align: center;">Jade 180°</p> <ul style="list-style-type: none"> · Minimum leg opening at 180° · One or both hands in contact with the leg <p>Level of executions</p> <p>AHC017 Jade a 160° AHC028 Jade a 180°</p>
0,5		AHC029	<p style="text-align: center;">NOEMI SPLIT 180</p> <ul style="list-style-type: none"> · Opening the legs 180 · Hands are not in contact with the hammock · Legs fully extended <p>Level of execution:</p> <p>AHC021 Noemi split 160 AHC029 Noemi split 180</p>
0,5		AHC030	<p style="text-align: center;">Flying Arrow</p> <ul style="list-style-type: none"> · One leg passe · One leg fully extended · Hands in contact with hammock behind the head


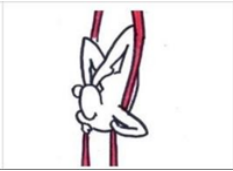
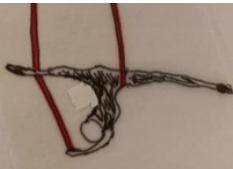


0,5		AHC031	<p style="text-align: center;">Carnation passè 160</p> <ul style="list-style-type: none"> · Minimum legs opening at 160° · Both hands in contact with the ankles <p>Level of execution:</p> <p>AHC031 carnation passè 160° AHC049 carnation passè 180</p>
0,5		AHC032	<p style="text-align: center;">Handstand spiral wrappedping 180°</p> <ul style="list-style-type: none"> · Opening of the legs 180° · Arms are fully extended in spiral wrappedping · Pelvis, shoulders and hands in one vertical plane <p>Levels of execution</p> <p>AHC019 Handstand spiral wrappedping 160 AHC032 Handstand spiral wrappedping 180 AHC048 Handstand spiral wrappedping in front split 180</p>
0,5		AHC033	<p style="text-align: center;">Handstand in bent</p> <ul style="list-style-type: none"> · Legs is parallel to the floor or below · Hands in basic grip · Arms and free leg are fully extended
0,5		AHC034	<p style="text-align: center;">Chopstick Balance Split 180°</p> <ul style="list-style-type: none"> · Opening of the legs 180° · No hands on hammock

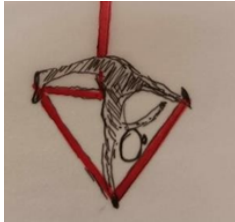

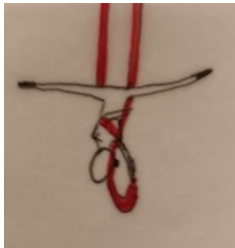
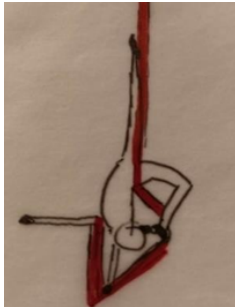
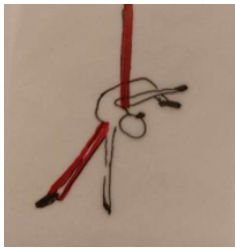
0,5		AHC035	<p>Balance Middle Split</p> <ul style="list-style-type: none"> · Middle Split · No hands in contact with hammock · One hand in contact with same extended leg · Legs fully extended
0,5		AHC036	<p>Magnifique Shoulderstand</p> <ul style="list-style-type: none"> · Legs are fully extended in middle split · One arm in spiral wrapped · Free arm extended
0,6		AHC037	<p>Echo Backbend closed 2</p> <ul style="list-style-type: none"> · Back in bent · feet in contact with the head (no tolerance) <p>Level of execution</p> <p>AHC016 Echo Backbend closed AHC037 Echo Backbend closed 2</p>
0,6		AHC038	<p>Nailo Split 160°</p> <ul style="list-style-type: none"> · Opening of legs 160° · Front Split · Legs fully extended <p>Levels of execution:</p> <p>AHC038 Nailo Split 160° AHC047 Nailo Split 180°</p>
0,6		AHC039	<p>Russian split 180°</p> <ul style="list-style-type: none"> · Opening of the legs 180 · Supporting leg is extended <p>Level of execution</p> <p>AHC020 Russian split 160 AHC039 Russian split 180</p>

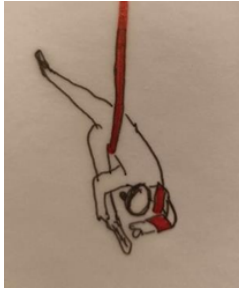
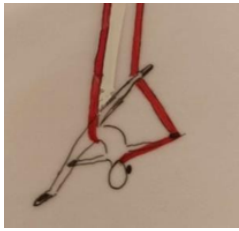

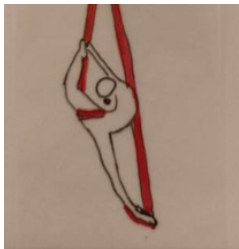
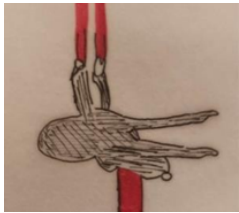

0,6		AHC040	<p style="text-align: center;">Couture Balance Split 180°</p> <ul style="list-style-type: none"> · Opening of legs 180° · No hands in contact with hammock · Legs fully extended
0,6		AHC041	<p style="text-align: center;">Lavae Split 180°</p> <ul style="list-style-type: none"> · Opening of legs 180° · Front leg in spiral wrapped · Legs fully extended <p>Level of execution:</p> <p>AHC024 Lavae Split 160° AHC041 Lavae Split 180°</p>
0,6		AHC042	<p style="text-align: center;">Inverted Camelia</p> <ul style="list-style-type: none"> · Arms fully extended · Back leg passe · Head in contact with back foot · Top leg fully extended
0,6		AHC043	<p style="text-align: center;">Croche Elbows in Split 180°</p> <ul style="list-style-type: none"> · Both elbows are bent in spiral wrapped · Leg are fully extended · Opening of legs 180°
0,6		AHC044	<p style="text-align: center;">Standing Balance ATTITUDE</p> <ul style="list-style-type: none"> · Only back and one foot in hammock · Back leg passe · No hands in contact with hammock <p>Levels of execution:</p> <p>AHC044 Standing Balance Attitude AHC063 Standing Balance Attitude closed</p>


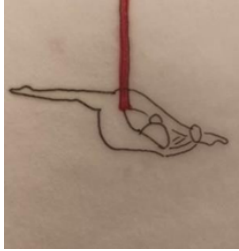


0,6		AHC045	<p>Inverted Shoulder Akira Split 180°</p> <ul style="list-style-type: none"> · Opening of legs 180° · Front Split · No hands in contact with hammock · One Shoulder in contact with hammock <p>Levels of execution:</p> <p>AHC045 Inverted Shoulder Akira Split 180° AHC059 Inverted Akira Split 180°</p>
0,6		AHC046	<p>Dollie Passe Split</p> <ul style="list-style-type: none"> · Opening of legs 180° · One hand in contact with hammock Feet in loop · Back leg passe <p>Levels of execution:</p> <p>AHC046 Dollie Passe Split AHC057 Dollie Split 180°</p>
0,7		AHC047	<p>Nailo Split 180°</p> <ul style="list-style-type: none"> · Opening of legs 180° · Front Split · Legs fully extended <p>Levels of execution:</p> <p>AHC038 Nailo Split 160° AHC047 Nailo Split 180°</p>
0,7 CBRF		AHC048	<p>Handstand in spiral wrappedping in front split 180°</p> <ul style="list-style-type: none"> · Opening of the legs 180° · Arms are fully extended in spiral wrappedping · Shoulders and hands one vertical plane <p>Levels of execution</p> <p>AHC019 Handstand spiral wrappedping 160 AHC032 Handstand spiral wrappedping 180 AHC048 Handstand spiral wrappedping in front split 180</p>

0,7		AHC049	<p style="text-align: center;">Carnation passé 180</p> <ul style="list-style-type: none"> · Minimum legs opening at 180° · Both hands in contact with the ankles <p>Level of execution:</p> <p>AHC031 Carnation passé 160° AHC049 Carnation passé 180</p>
0,7 CBRF		AHC050	<p style="text-align: center;">Balance Middle Split 180°</p> <ul style="list-style-type: none"> · Opening of legs 180° · No hands in contact with hammock · Middle Split · Single wrapped of ankles
0,7		AHC051	<p style="text-align: center;">Hip Balance 180°</p> <ul style="list-style-type: none"> · Opening of legs 180° · Hand in contact with opposite leg behind the shoulder · Only hip in contact with hammock · Legs fully extended · No hands in contact with hammock <p>Levels of execution:</p> <p>AHC026 hip balance 160° AHC051 Hip balance 180°</p>
0,7 CBRF		AHC052	<p style="text-align: center;">Front split Balance with spiral wrappedping 180°</p> <ul style="list-style-type: none"> · Opening of the legs 180° · wrappedping of ankles · Only ankles in contact with the hanmock
0,7		AHC053	<p style="text-align: center;">Shoulder Balance Split 180°</p> <ul style="list-style-type: none"> · Opening of legs 180° · Only shoulder,one leg in contact with hammock · Hands in contact with front extended leg

0,7		AHC054	<p style="text-align: center;">Venom Split 180°</p> <ul style="list-style-type: none"> · Opening of legs 180° · Lower Supporting arm fully extended in contact with hammock · One foot in wrapped · Legs fully extended
0,8 CBRF		AHC055	<p style="text-align: center;">Armpit handstand ring</p> <ul style="list-style-type: none"> · Armpit hang · Legs in contact with the head
0,8		AHC056	<p style="text-align: center;">Flame Split 180°</p> <ul style="list-style-type: none"> · Opening of legs 180° · Front Split · Ankle,chest and hands in contact with hammock · Back ankle in single wrapped · Legs fully extended
0,8		AHC057	<p style="text-align: center;">Dollie Split 180°</p> <ul style="list-style-type: none"> · Opening of legs 180° · Feet in loop · Only one hand in contact with hammock · Legs fully extended <p>Levels of execution:</p> <p>AHC046 Dollie Passe Split AHC057 Dollie Split 180°</p>
0,8		AHC058	<p style="text-align: center;">Boat 180°</p> <ul style="list-style-type: none"> · Front split · Opening of legs 180° or more · Shoulder in wrapped · Legs and arms fully extended <p>Levels of execution:</p> <p>AHC058 Boat 180° AHC074 Boat 180° Extreme</p>

0,8		AHC059	<p style="text-align: center;">Inverted Akira Split 180°</p> <ul style="list-style-type: none"> · Opening of legs 180° · Front Split · Hand in Basic Grip · Free arm fully extended · Supporting arm fully extended <p>Levels of execution:</p> <p>AHC045 Inverted Shoulder Akira Split 180° AHC059 Inverted Akira Split 180°</p>
0,9		AHC060	<p style="text-align: center;">Draco Split 180°</p> <ul style="list-style-type: none"> · Opening of legs 180° · Arms and legs fully extended · One foot in single spiral wrapped · One hand in contact with same extended leg
0,9 CBRF		AHC061	<p style="text-align: center;">One handed back balance split</p> <ul style="list-style-type: none"> · Middle split · One hand behind back in contact with hammock · One hand fully extended in spiral wrappedping · Legs fully extended
0,9 CBRF		AHC062	<p style="text-align: center;">Jewel Backbend</p> <ul style="list-style-type: none"> · Back foot in contact with head · Support arm extended · One leg fully extended
0,9		AHC063	<p style="text-align: center;">Standing Balance Attitude closed</p> <ul style="list-style-type: none"> · Only back and one leg in contact with hammock · Leg on hammock fully extended · Back leg passe · Both hands in contact with leg behind the head <p>Levels of execution:</p> <p>AHC044 Standing Balance Attitude AHC063 Standing Balance Attitude closed</p>

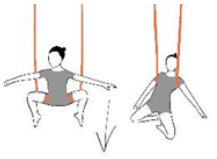
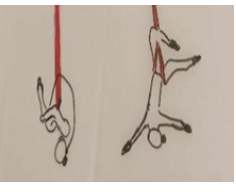

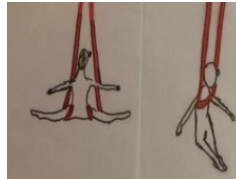

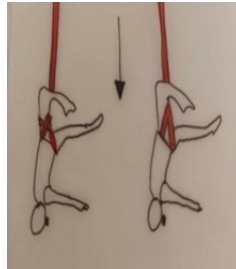
0,9 CBRF		AHC064	<p style="text-align: center;">Paradiso Split 180°</p> <ul style="list-style-type: none"> · Supporting arm in spiral wrappedping · Legs are fully extended · Both hands in contact with front leg · Opening of legs 180°
0,9		AHC065	<p style="text-align: center;">Triangle 180°</p> <ul style="list-style-type: none"> · Opening of legs 180° · Arms and legs fully extended · One hand,shoulder,foot in contact with hammock · Free hand in contact with same leg
0,9 CBRF		AHC066	<p style="text-align: center;">Iris Handstand Split 180°(one hand)/(M.Kolyza)</p> <ul style="list-style-type: none"> · Opening of legs 180° · One hand,back,thigh in contact with hammock · Arms fully extended ·Free hand in contact with same leg · Legs fully extended
0,9		AHC067	<p style="text-align: center;">Eagle passe 180°</p> <ul style="list-style-type: none"> · Opening of legs 180° · Hands in contact with leg behind the head · Arms fully extended · Back leg passe · Supporting leg fully extended
1,0		AHC068	<p style="text-align: center;">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
1,0		AHC069	<p style="text-align: center;">Check mark balance Split 180°</p> <ul style="list-style-type: none"> · Opening of legs 180° · Arms fully extended · Legs fully extended

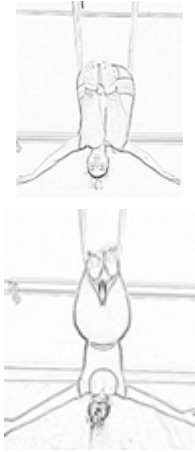
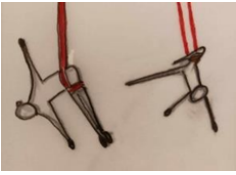
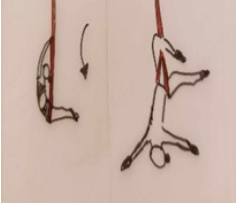
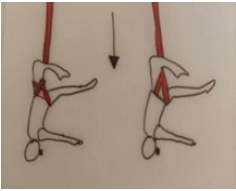
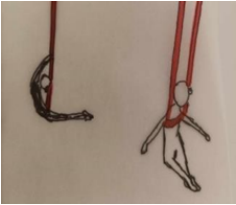
1,0		AHC070	<p style="text-align: center;">Backbend Arrow(G.Kefala)</p> <ul style="list-style-type: none"> · Opening of legs 180° · Backbend split · Arms fully extended · Legs fully extended
1,0		AHC071	<p style="text-align: center;">Bilman Balance 180° Split</p> <ul style="list-style-type: none"> · Opening of legs 180° · Legs fully extended · Both hands in contact with extended back leg
1,0		AHC072	<p style="text-align: center;">Swan Split 180°</p> <ul style="list-style-type: none"> · Opening of legs 180° · Legs fully extended · Both hands in contact with extended back leg
1,0		AHC073	<p style="text-align: center;">Boat 180° Extreme</p> <ul style="list-style-type: none"> · Front split · Opening of legs 180° or more · Shoulder in wrapped · Hand in contact with similar leg · Legs and arms fully extended <p>Levels of execution:</p> <p>AHC058 Boat 180° AHC074 Boat 180° Extreme</p>


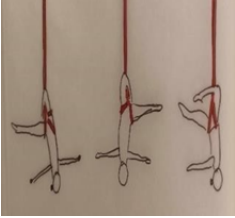
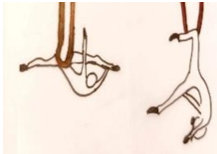

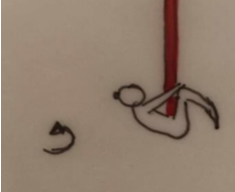
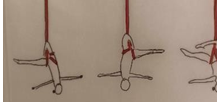
GROUP D: DYNAMIC ELEMENTS

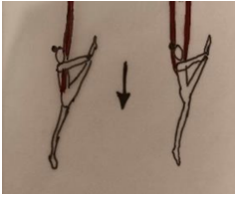
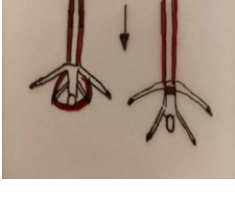

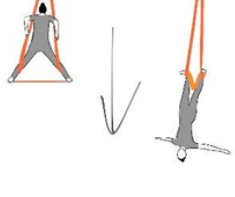
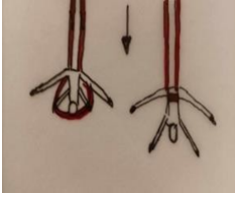
Nota: all dynamic elements must be run dynamically


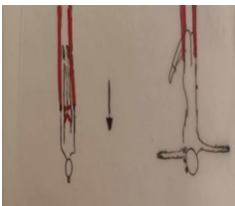
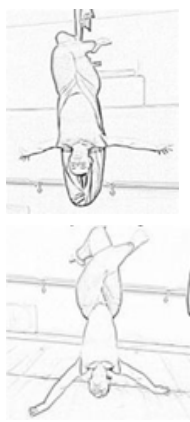
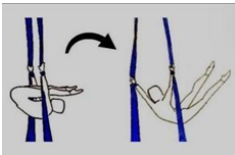
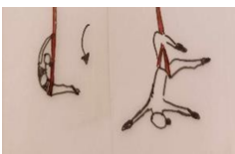
Value	Element	Code	Requirements
-------	---------	------	--------------

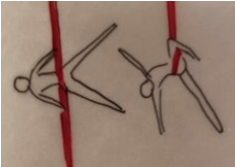

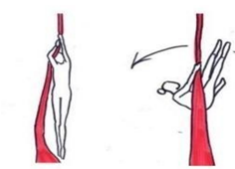
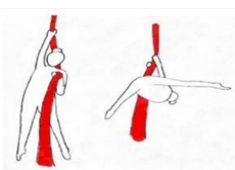
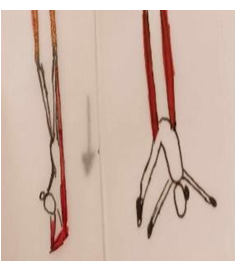
0,1		AHD001	<p style="text-align: center;">Alexis Basket</p> <ul style="list-style-type: none"> · Hands in contact with knees during starting position · Phase 1: half forward turn 360° forward · Hands at ankles in arrival position
0,1		AHD002	<p style="text-align: center;">Egg</p> <ul style="list-style-type: none"> · Starting position collected Tuck position · Leg parallel to the floor in the arrival position
0,2		AHD003	<p style="text-align: center;">Basic hammock balance to inside leg hang</p> <ul style="list-style-type: none"> · Starting Position: Upright · Phase 1: half forward turn 180° forward, · No hands in contact with hammock · Final position: inside leg hang, back leg fully extended, parallel to the floor or below parallel · No contact with floor
0,2		AHD004	<p style="text-align: center;">Alexis Angel</p> <ul style="list-style-type: none"> · Phase 1: half forward turn 360° forward · Final position: Body in Armpit hang · No contact with floor
0,2		AHD005	<p style="text-align: center;">Firefly drop</p> <ul style="list-style-type: none"> · Starting Position: Front balance on the hips · 1 Phase : half turn 180° forward · Final position: double knee hang · No contact with floor
0,2		AHD006	<p style="text-align: center;">DEMI FALL 2</p> <ul style="list-style-type: none"> · Starting Position: Minimum Double inside leg hang · Direct knee drop (no in-between phase) · Final position: inside leg hang · No hands in contact with hammock · No contact with floor <p>Level of execution</p> <p>AHD006 Demi fall 2 AHD0010 Demi fall 3</p>


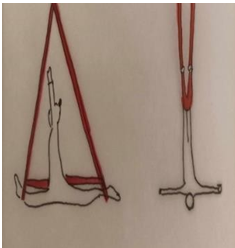


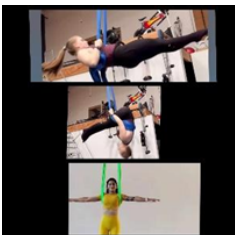
0,2		AHD007	<p style="text-align: center;">EQUILIBRIUM FALL</p> <ul style="list-style-type: none"> · Starting position in balance and body parallel to the floor · Initial position is held 2 seconds · Hands should not be in contact with the fabric during the fall
0,2		AHD008	<p style="text-align: center;">Drop to knee Hang</p> <ul style="list-style-type: none"> · No hands in contact with hammock · No contact with the floor
0,3		AHD009	<p style="text-align: center;">Angel Drop 1 to knee hang</p> <ul style="list-style-type: none"> · Starting Position: upright · Phase 1: half-turn 180° forward · Final position: inside leg hang · No hands in contact with hammock · No contact with floor
0,3		AHD010	<p style="text-align: center;">DEMI FALL 3</p> <ul style="list-style-type: none"> · Starting Position: Minimum Triple inside leg hang · Direct knee drop(no inbetween phase) · Final position: inside leg hang · No hands in contact with hammock 9 · No contact with floor <p>Level of execution</p> <p>AHD006 Demi fall 2 AHD0010 Demi fall 3</p>
0,3		AHD011	<p style="text-align: center;">Rolling 1 turn</p> <ul style="list-style-type: none"> · Starting position: Upright · Phase 1: turn 360° forward · Final position: Body in Armpit hang · No contact with floor <p>Level of execution</p> <p>AHD011 Rolling 1 turn AHD020 Rolling 2 turns</p>

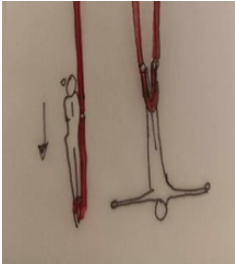
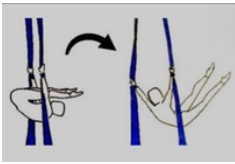
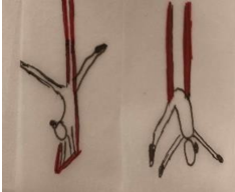
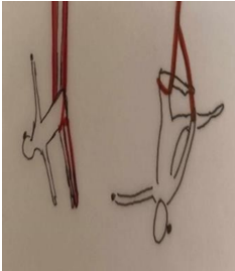
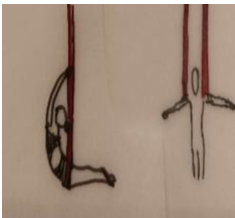
0,3		AHD012	<p style="text-align: center;">Ebony back flip</p> <ul style="list-style-type: none"> · Starting Position: Upright · Phase 1: half turn 180° backward · Final position: Balance on the hips · No hands in contact with hammock · No contact with floor
0,3		AHD013	<p style="text-align: center;">FLIC-FLAC DROP 3</p> <ul style="list-style-type: none"> · Starting Position: Minimum triple inside leg hang position Phase 1: double leg switches · Final position: inside leg hang <p>Level of execution</p> <p>AHD013 Flic-Flac drop 3 AHD017 Flic-Flac drop 4</p>
0,3		AHD014	<p style="text-align: center;">Gazelle Drop</p> <ul style="list-style-type: none"> · Starting position: hip balance · Final position: gazelle leg hang · No contact with floor
0,3		AHD015	<p style="text-align: center;">Butterfly fall</p> <ul style="list-style-type: none"> · Starting Position: Inverted · Phase 1: half turn 180° upright · Final position: Body in pencil position · No contact with floor
0,4		AHD016	<p style="text-align: center;">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
0,4		AHD017	<p style="text-align: center;">FLIC-FLAC DROP 4</p> <ul style="list-style-type: none"> · Starting Position: Minimum quadruple inside leg hang position · Phase 1: triple leg switches · Final position: inside leg hang position, <p>Level of execution</p> <p>AHD013 Flic-Flac drop 3 AHD017 Flic-Flac drop 4</p>

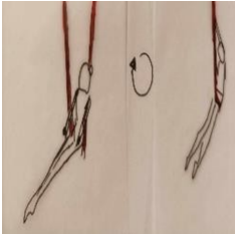
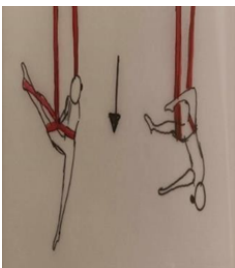

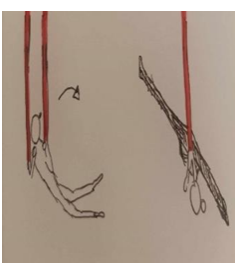


0,4		AHD018	<p style="text-align: center;">Standing split drop</p> <ul style="list-style-type: none"> · Starting position : Standing split · No contact with floor
0,4		AHD019	<p style="text-align: center;">Apollo Fall Front</p> <ul style="list-style-type: none"> · Starting position: supported straddle · Drop one meter or more · No contact with floor <p>Level of execution</p> <p>AHD019 Apollo Fall Front AHD022 Apollo Fall Back</p>
0,4		AHD020	<p style="text-align: center;">Rolling 2 turns</p> <ul style="list-style-type: none"> · Starting position: Upright · Phase 1: turn 720° forward · Final position: Body in Armpit hang , no hands in contact with hammock · No contact with floor <p>Level of execution</p> <p>AHD011 Rolling 1 turn AHD020 Rolling 2 turns</p>
0,5		AHD021	<p style="text-align: center;">Drop Eight</p> <ul style="list-style-type: none"> · Starting position with eight windings · Phase 1: half turn backward without hands in contact with hammock · Arrival position: head is directed to the floor no hands in contact with hammock · No contact with the floor <p>Level of execution</p> <p>AHD021 Drop eight AHD034 Drop eight ankle split</p>
0,5		AHD022	<p style="text-align: center;">Apollo Fall Back</p> <ul style="list-style-type: none"> · Starting position: supported straddle · Phase 1: leave the silk behind · Final position: hang middle split · Drop one meter or more · No contact with floor <p>Level of execution</p> <p>AHD019 Apollo Fall Front AHD022 Apollo Fall Back</p>

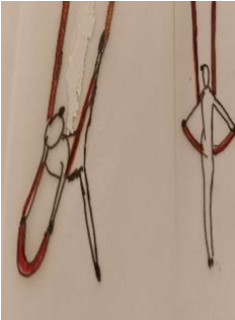
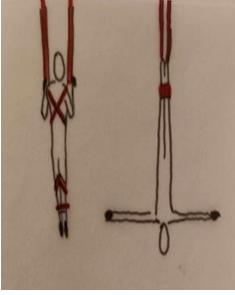

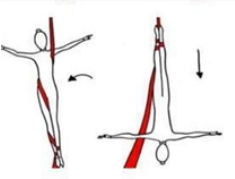

0,5		AHD023	<p style="text-align: center;">High Angel Drop 1</p> <ul style="list-style-type: none"> · Starting Position: Upright · Phase 1: 1 turns forward 360° · Phase 2: half turn 180° forward · Final position: inside leg hang, no hands in contact with hammock · No contact with floor <p>Level of execution</p> <p>AHD023 High angel drop 1</p> <p>AHD028 High angel drop 2</p>
0,5		AHD024	<p style="text-align: center;">Noemi Fall</p> <ul style="list-style-type: none"> · Initial position in vertical · The starting position must be held at least 2 seconds · Hands should not be in contact with the fabric during the fall
0,6		AHD025	<p style="text-align: center;">SPIDER FALL</p> <ul style="list-style-type: none"> · 2 seconds holding the starting position · Second crossed leg on leg in outfit · Hands and arms not in contact with hammock
0,6		AHD026	<p style="text-align: center;">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>Level of execution</p> <p>AHD026 Backward roll half-turn in winding</p> <p>AHD039 Backward roll half-turn in open grab</p>
0,6		AHD027	<p style="text-align: center;">High Angel Drop 2</p> <ul style="list-style-type: none"> · Starting Position: Upright · Phase 1: Minimum 2 turns forward 720° · Phase 2: half turn 180° forward · Final position: inside leg hang · No hands in contact with hammock · No contact with floor <p>Level of execution</p> <p>AHD023 High angel drop 1</p> <p>AHD027 High angel drop 2</p>

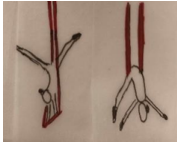

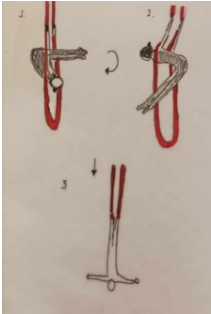

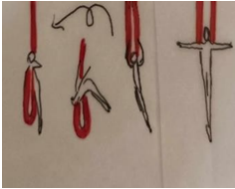

0,7		AHD028	<p style="text-align: center;">Mill 720</p> <ul style="list-style-type: none"> · Starting Position: side plank · 2 turns or more · No contact with the floor
0,7		AHD029	<p style="text-align: center;">Elbow turns backwards</p> <ul style="list-style-type: none"> · 2 turns and more · No contact with floor
0,7		AHD030	<p style="text-align: center;">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		AHD031	<p style="text-align: center;">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
0,7 CBRF		AHD032	<p style="text-align: center;">Torpedo Handstand drop</p> <ul style="list-style-type: none"> · Starting position : Handstand position, no windings · Final position: Only hips in contact with hammock (pike position, legs closed) · No hands in contact with hammock · Arms fully extended · Legs fully extended · No contact with floor

0,7		AHD033	<p style="text-align: center;">Tornado Drop 1 turn</p> <ul style="list-style-type: none"> · Starting Position: Side plank straddle · One foot in contact with hammock · Turn around it's axis 360° · No hands in contact with hammock · Final position: inside leg hang · No hands in contact with hammock · No contact with floor <p>Level of execution</p> <p>AHD033 Tornado Drop 1 turn AHD047 Tornado Drop 720° AHD057 Tornado Drop 1080°</p>
0,7		AHD034	<p style="text-align: center;">Drop eight ankle split</p> <ul style="list-style-type: none"> · Starting position: split position in eight wrappedping · Final position: head is directed to the floor down, hands are not in contact with the silks · Half turn backward its axis in pencil position · No contact with the floor <p>Level of execution</p> <p>AHD021 Drop eight AHD034 Drop eight ankle split</p>
0,7 CBRF		AHD035	<p style="text-align: center;">Jasmine Drop</p> <ul style="list-style-type: none"> · Starting position: inverted · Phase 1: turn 360° forward · Final position: only pelvis in contact with hammock · No contact with floor
0,7		AHD036	<p style="text-align: center;">Tarantula Drop</p> <ul style="list-style-type: none"> · Starting position: Inverted · Final position: Hang middle split · No hands in contact with hammock · legs fully extended · No contact with the floor
0,8		AHD037	<p style="text-align: center;">Front somersault to armpit</p> <ul style="list-style-type: none"> · Starting position: forward elbow roll · Phase 1: Forward roll · Final position : armpit hang · Legs fully extended · Arms fully extended · No contact with floor

0,8		AHD038	<p style="text-align: center;">Drop Eight pencil</p> <ul style="list-style-type: none"> · Starting position: pencil position in eight wrappedping · Final position: head is directed to the floor down, hands are not in contact with the silks · No contact with the floor <p>Level of execution:</p> <p>AHD038 Drop eight pencil AHD023 Drop eight pencil hall turn Ass</p>
0,8 CBRF		AHD039	<p style="text-align: center;">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>Level of execution</p> <p>AHD026 Backward roll half-turn in winding AHD039 Backward roll half-turn in open grab</p>
0,8 CBRF		AHD040	<p style="text-align: center;">Handstand drop</p> <ul style="list-style-type: none"> · Starting Position: inverted · Final position : only hips in contact with hammock (pike position,legs closed) · No contact with floor <p>Level of execution</p> <p>AHD040 Handstand drop AHD054 Handstand drop 2</p>
0,8		AHD041	<p style="text-align: center;">Hammer Drop</p> <ul style="list-style-type: none"> · Starting position: Inverted(pike position) · Arms,legs fully extended · No hands in contact with hammock · Final position:one leg bent in loop · One extended hand in contact with loop · Back leg fully extended parallel to floor or below parallel
0,8		AHD042	<p style="text-align: center;">Supersonic Drop</p> <ul style="list-style-type: none"> · Starting Position: Upright · Phase 1: half turn 180° forward · Phase 2: Change phase,drop 1 turn 360° around it's axis · Final position: armpit hang · No hands in contact with hammock · No contact with floor

0,8		AHD043	<p style="text-align: center;">Reverse Flip to Catch</p> <ul style="list-style-type: none"> · Starting position: Upright · Phase 1: turn backwards 360° · Final position: One hand in contact with hammock behind the back · Legs fully extended
0,8		AHD044	<p style="text-align: center;">Equalizer Drop</p> <ul style="list-style-type: none"> · Starting position: Upright · Final Position: inside leg hang · Hands are not in contact with hammock · No contact with floor
0,9		AHD045	<p style="text-align: center;">Forward Elbow Turns</p> <ul style="list-style-type: none"> · 3 turns and more · No contact with floor
0,9		AHD046	<p style="text-align: center;">Elbow turns backward with split</p> <ul style="list-style-type: none"> · 2 turns and more · One leg rotation in split position · No contact with floor
0,9 CBRF		AHD047	<p style="text-align: center;">Tornado Drop 720°</p> <ul style="list-style-type: none"> · Starting Position: Side plank straddle · One foot in contact with hammock · Phase 1: Turn 360°+180° on horizontal axis +180° on the vertical axis · No hands in contact with hammock · Final position: Armpits · No hands in contact with hammock · No contact with floor <p>Level of execution</p> <p>AHD033 Tornado Drop 1 turn AHD047 Tornado Drop 720° AHD057 Tornado Drop 1080°</p>
0,9 CBRF		AHD048	<p style="text-align: center;">Drop to single foot hang</p> <ul style="list-style-type: none"> · Starting position: Hips and one leg in contact with hammock · Final position: Single foot hang · No contact with floor

0,9		AHD049	<p style="text-align: center;">Drop into Hang Cross</p> <ul style="list-style-type: none"> · Arms are fully extended in spiral wrappedping. · One leg in contact with hammock · Both legs are fully extended · Final position Hang Cross with arms,legs fully extended(in pencil position) · No contact with floor
0,9		AHD050	<p style="text-align: center;">Dragon Drop <Eight></p> <ul style="list-style-type: none"> · Starting position: upright · Phase 1: turn backwards · Legs fully extended · Final position:Head is direct to the floor,hands are not in contact with hammock · No contact with the floor
0,9		AHD051	<p style="text-align: center;">Rocket rotation</p> <ul style="list-style-type: none"> · Starting Position: Only hips in contact with hammock · No hands in contact with hammock · Arms fully extended · Legs fully extended · 2 turns and more · No contact with floor
0,9		AHD052	<p style="text-align: center;">Drop Eight pencil half turn</p> <ul style="list-style-type: none"> · Starting position: pencil position in eight wrappedping · 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 <p>Level of execution:</p> <p>AHD038 Drop eight pencil AHD052 Drop eight pencil half turn</p>
1,0 CBRF		AHD053	<p style="text-align: center;">Side turn in loop</p> <ul style="list-style-type: none"> · Rotate around your axis on the horizontal plane · Final position: armpits in contact with the fabric and arms stretched out · No contact with floor

<p>1,0 CBRF</p>		<p>AHD054</p>	<p style="text-align: center;">Handstand drop 2</p> <ul style="list-style-type: none"> · Starting Position: Handstand without windings · Final position : only hips in contact with hammock(pike body position) · Legs fully extended · No hands on hammock · No contact with floor <p>Level of execution</p> <p>AHD040 Handstand drop AHD054 Handstand drop 2</p>
<p>1,0</p>		<p>AHD055</p>	<p style="text-align: center;">Reverse Pike into loop</p> <ul style="list-style-type: none"> · Starting position:upright · Arms,legs fully extended · Phase 1: side turn 360° · Final position: Only hips in contact with hammock(pike position) · No contact with floor
<p>1,0 CBRF</p>		<p>AHD056</p>	<p style="text-align: center;">Nemesis Drop</p> <ul style="list-style-type: none"> · Starting position : inverted(hang in pike position) · Phase 1: backward roll to upright position · Phase 2: backward half turn 180° · Final position: foot hang · No hands on hammock during the drop · No contact with floor
<p>1,0 CBRF</p>		<p>AHD057</p>	<p style="text-align: center;">Tornado Drop 1080°</p> <ul style="list-style-type: none"> • Starting Position: Side plank straddle • One foot in contact with hammock • Phase 1: Turn 90° on it's axis in horizontal plane and 180° on the vertical axis • No hands in contact with hammock • Final position: Armpits hang • No contact with floor <p>Level of execution</p> <p>AHD033 Tornado Drop 1 turn AHD047 Tornado Drop 720° AHD057 Tornado Drop 1080°</p>
<p>1,0 CBRF</p>		<p>AHD058</p>	<p style="text-align: center;">Flyer to armpit hang</p> <ul style="list-style-type: none"> • Starting position:hammock in armpit,body in pencil position • Front flip • Final position:armpit hang • No contact with floor
<p>1,0 CBRF</p>		<p>AHD059</p>	<p style="text-align: center;">Handstand Fall</p> <ul style="list-style-type: none"> · Starting position: inverted · Final position: foot hang · Arms,legs fully extended · No contact with floor

