

# International Pole and Aerial Sports Federation

## Pole Sports Championships

### *Code of Points 2021 – 2024*



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## Introduction

The IPSF scoring system consists of four parts: Technical Bonus, Technical Deductions, Artistic and Choreography Presentation, and Compulsories; athletes will be judged in all four sections. The final score is a combination of the compulsory score + the technical bonus score + the technical deduction score + the artistic and choreography presentation score. In the case of a draw, the athlete with the highest score in technical deductions will be the winner. It is important that an athlete incorporates all sections into their routine in order to be awarded the highest number of points. The scoring system not only encourages and promotes a well-balanced routine, it also develops and fosters well-trained and well-rounded athletes. The minimum overall score an athlete can be awarded is zero. All athletes must use one spinning and one static pole (see rules and regulations on configuration). For definitions of various terms, please see the glossary.

### Divisions

- Amateur
- Professional
- Elite

### Categories

- Senior 18+ Women
- Senior 18+ Men
- Senior 30+ Women
- Senior 30+ Men
- Master 40+ Women
- Master 40+ Men
- Master 50+ Women
- Master 50+ Men
- Master 60+ Women
- Master 60+ Men
- Junior Female
- Junior Male
- Novice Female
- Novice Male
- Pre-Novice
- Novice Doubles
- Junior Doubles
- Youth Doubles
- Senior Doubles (Men/Men)
- Senior Doubles (Women/Men)
- Senior Doubles (Women/Women)
- Para Pole\*

*\*Please see Addendum 3 for all rules and requirements that are applicable to Para Pole athletes over and above the rules in this document.*

*\*\*Categories offered at individual competitions are at the discretion of the IPSF.*

Listed below is a short summary of what judges will be looking for. A detailed layout of all four sections is in this document to enable athletes to put together a successful routine.

### Technical Bonus

- Singular points are awarded each time a bonus element/movement is executed.
- Overall points are awarded once, for the level of difficulty displayed throughout the routine.

### Technical Deduction

- Singular points are deducted for every infringement that is noted throughout the routine.
- Overall points are deducted once for infringements throughout the routine.

### Artistic and Choreography

- Points are awarded for artistry and choreography.
- Points are deducted every time an infringement is noted.

### Compulsory

- Nine (Amateurs & Novice) or eleven (all other categories) compulsory elements are required for the athlete's division and category.
- Compulsory bonuses, single and doubles.

### Head Judge Penalties

- Penalties are given for any infringements and breaches of rules and regulations.
- Penalties can be given prior to, during the routine and/or after the athlete has competed.

Please see Rules and Regulations for restrictions on music, hair, makeup, costume, and grip aids.  
*Important to note for all judging sections except the Head Judge deductions, judging starts when the music starts, and ends when the music ends. Any elements or choreography performed outside of this will not be judged.*

Note: Athletes will be penalised for not adhering to the IPSF rules, regulations, and the Ethical Code of Conduct. These penalties may be given before, during or after an athlete's performance, and may even be deducted after the completion of the competition if deemed necessary, which may affect the final ranking.

## Technical Bonus

A maximum of 25.0 points can be awarded in the technical bonus. Please note that all technical bonuses must be performed aerially, unless specified otherwise. This section judges the level of difficulty, combinations, and transitions in and out of pole tricks, as well as the doubles synchronised/interlocking/balance and pair pole tricks. The judges will look for tricks performed with ease and grace. All athletes must complete a Technical Bonus Form, noting the bonus elements in the order they will be performed; athletes must submit a form regardless of whether pole tricks will be included in their routine or not. A repetition of a specific individual bonus will be awarded a maximum of two times, i.e., athletes performing the same JO multiple times will only be awarded for the first 2 bonuses. Any additional repetitions will not be judged. An example form can be found at the end of the Code of Points. This section is broken down into the following areas:

### **SINGLES - SINGULAR BONUS POINTS (AWARDED PER TIME):**

The cumulative total of all singular bonus points indicated on the Technical Bonus Form must not be more than 15.0.

#### **Acrobatic catches: AC (Max +4.0 pts)**

Acrobatic catches are defined as a release of all contact from the pole, so there is no contact by any part of the body for a brief moment and re-gripping ("catching") the pole. An athlete may either move up or down the pole and/or change directions/positions when performing an acrobatic catch. **+0.5**

#### **Combining spins with other spins on spinning pole: SP/SP (Max +2.0 pts)**

Refers to all spins combined with a spin on a spinning pole (see definition of spins). Each spin position in this combination must rotate a full 720° before changing into the next spin position (which must include a change in body position), and the transition must be direct. The spin is counted from when the position is fixed. **+0.5**

Three spins can be combined for this technical bonus. When combining three spins for a point value of 1.0, each spin must be in a fixed position and rotate 720°; the code to use is **SP/SP/SP. +1.0**

#### **Combining spins with other spins on static pole: SP/ST (Max +2.0 pts)**

Refers to all spins combined with a spin on a static pole (see definition of spins). Each spin must rotate for a minimum of 360° (and must include a change in body position), and the transition must be direct. **+0.5**

Three spins can be combined for this technical bonus. When combining three spins for a point value of 1.0, each spin must be in a fixed position and rotate 360°; the code to use is **SP/SP/ST. +1.0**

#### **Combining spins with other elements on static pole: SP/E/ST (Max +1.5 pts)**

Refers to all other elements combined with a spin on a static pole (see definition on spins). The element must be briefly held in a fixed position. **+0.5**

For this technical bonus, two spins can be combined, ending with another element briefly held in a fixed position, on a static pole. Each spin must be held in a fixed position and rotate 360°; the code to use is **SP/SP/E/ST. +1.0**

#### **Drops: D (Max +1.0 pts)**

A rapid, controlled descent on the pole, which must be a minimum of a 1 (one) metre drop. There is to be no hand contact with the pole during the drop. **+0.2**

#### **Dynamic combinations on spinning or static pole: DC (Max +3.0 pts)**

Dynamic combinations refer to a combination of two separate dynamic movements (see definition of dynamic movement) where the body is in a powerful control of momentum. The athlete must demonstrate a high level of control of centripetal force where at least one part of the body releases from the pole. Dynamic movements can include regrips, drops, acrobatic catches, jump-outs, etc. They should be executed in quick succession with no pause between the two dynamic movements to be awarded this bonus. A repetition of a dynamic combination will be awarded a maximum of two times e. g. if an athlete executes a half fonji six times (from shoulder mount to brass monkey/flag grip counts as one movement), only the first four half-fonjis (so 2 full fonjis) will be awarded. Also, only 1 regrip can be included in a dynamic combination. **+0.5**

**Jump-out / Jump-on: JO (Max +1.2 pts)**

Jump-out refers to a jump executed from a starting position on the pole, ending in a position on the floor away from the pole. A jump-on refers to a jump executed from a starting position on the floor away from the pole ending in a position on the pole. There must be no contact with the pole in between the starting and ending positions. **+0.2**

**Flip-out / Flip-on: FO (Max +1.0 pts)**

A flip-out refers to a flip performed from a starting position on the pole ending in a position on the floor.

A flip-on refers to a flip executed from a starting position on the floor and ending in a position on the pole. Both flip-outs and flip-ons must fully rotate with head over heels and without contact with either the pole or the floor. Flips must be executed forwards, backwards or sideways. A flip should not change directions – e.g., if facing forwards at the start of the flip, the athlete should end the flip facing forwards as well. Twists are prohibited (see penalties). **+1.0**

**\* Please note that Pre-novice and Novice athletes are not permitted to perform flip outs or flip-ons.**

**Floor-based Contact Flip (starting and/or ending on the floor): FCF (Max +0.6 pts)**

A floor-based pole flip with contact refers to a flip that is performed on the pole, starting and/or ending on the floor, flipping backwards, forwards or sideways. In this flip, the athlete should have contact with both the floor and the pole. The flip must fully rotate, with head over heels (i.e., a full 360° rotation), in a dynamic manner while maintaining contact with the pole. A flip should not change directions – e.g., if facing forwards at the start of the flip, the athlete should end the flip facing forwards as well. Twists are prohibited (see penalties). **+0.3**

**Contact Flip (starting and ending on same pole): CF (Max +1.0 pts)**

A pole flip with contact refers to a flip that is performed from a starting position on the pole, flipping backwards, forwards or sideways ending in a position on the same pole. The flip must fully rotate, with head over heels, in a dynamic manner while maintaining contact with the pole. Pole flips with contact with the pole must be executed forwards, backwards or sideways. A flip should not change directions – e.g., if facing forwards at the start of the flip, the athlete should end the flip facing forwards as well. Twists are prohibited (see penalties). **+0.5**

**Pole flip (starting and ending on same pole): F (Max +1.5 pts)**

A pole flip refers to a flip that is performed from a starting position on the pole, flipping backwards, forwards or sideways ending in a position on the same pole. A flip must fully rotate with head over heels and without contact with either the pole or the floor. Pole flips must be executed forwards, backwards or sideways. A flip should not change directions – e.g., if facing forwards at the start of the flip, the athlete should end the flip facing forwards as well. Twists are prohibited (see penalties). **+1.5**

**\* Please note that Pre-novice and Novice athletes are not permitted to perform pole flips.**

**Re-grips: RG (Max +1.0 pts)**

Re-grips are defined as a release of contact from the pole of either one hand or one arm grip for a brief moment and intentionally re-gripping the pole in a new hand / arm grip position, e.g., elbow grip to hand grip. For a re-grip to be recognised, the athlete must not be able to hold their body position once they release their grip. There must be no body contact with the pole other than the grip positions. **+0.2**

**DOUBLES - SINGULAR BONUS POINTS (AWARDED PER TIME):**

Note: All explanations in singles above apply to doubles. Synchronised bonuses should start together, move together, transition together (where applicable), and end together. The cumulative total of all singular bonus points indicated on the Technical Bonus Form must not be more than 10.0.

**Acrobatic catches in synchronicity: AC/SYN (Max +4.0 pts)**

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

**Flip-out / Flip on: FO (Max +1.0 pts)**

Only one of the partners must execute the flip-out / flip-on to receive the bonus. **+1.0**

**\* Please note that Pre-novice and Novice athletes are not permitted to perform flip outs or flip-ons.**

**Flip-out / Flip on in synchronicity: FO/SYN (Max +2.0 pts)**

Both partners must perform a synchronised flip-out / flip-on to receive this bonus. **+2.0**

**\* Please note that Pre-novice and Novice athletes are not permitted to perform flip outs or flip-ons.**

**Floor-based Contact Flip (starting and/or ending on the floor): FCF/SYN (Max +0.6 pts)**

Both partners must perform synchronised Floor based contact flips to achieve this bonus. **+0.3**

**Contact Flip (starting and ending on same pole) in synchronicity: CF/SYN (Max +1.0 pts)**

Both partners must perform synchronised contact flips to achieve this bonus. **+0.5**

**Combining spins with other spins in synchronicity: SP/SYN (Max +3.0 pts)**

Both partners must perform two spins in succession and in synchronicity to receive the bonus. These must be the same spins or mirror image spins. These spins may be performed on either one or two poles. A 360° rotation must be completed if both partners are on the static pole, and 720° rotation if both partners are on the spinning pole (either of these must include a change in body position). In the event that two separate poles are used, a full rotation of 360° must be completed. (See definition of spins.) **+0.5**

Three spins can be combined for this technical bonus. When combining three spins for a point value of 1.0, each spin must be in a fixed position; the code to use is **SP/SP/SYN. +1.0**

**Combining spins with other elements in synchronicity: SP/E/SYN (Max +1.5 pts)**

Both partners are to perform the spins to receive the bonus. These spins may be performed on either one pole or two poles. A 360° rotation must be completed if both partners are on the static pole, and 720° rotation if both partners are on the spinning pole. In the event that two separate poles are used, a full rotation of 360° must be completed. The element must be briefly held in a fixed position. (See definition of spins.) **+0.5**

**Drops in synchronicity: D/SYN (Max +1.0 pts)**

These must be performed fully synchronised. This must be the same drop or mirror image drops. Both partners must start and end at the same time. **+0.2**

**Jump-out / Jump-on in synchronicity: JO/SYN (Max +1.2 pts)**

These must be performed fully synchronised. Both partners must start and end at the same time. **+0.2**

**Partner catch / throw from pole to partner or partner to pole: PCT (Max +0.8 pts)**

Partner catch refers to one partner starting in a position on the pole and jumping into the arms of the second partner who is on the floor. A partner throw refers to both partners starting on a position on the floor and one partner throwing the other into a position on the pole. (See definition of throw.) **+0.4**

**Re-grips in synchronicity: RG/SYN (Max +1.0 pts)**

These must be performed fully synchronised. **+0.2**

**Synchronised dynamic combinations on spinning or static pole: DC/SYN (Max +2.0 pts)**

These must be performed fully synchronised. **+0.5**

**SINGLES - OVERALL BONUS POINTS (AWARDED ONE TIME):**

Level of difficulty (LOD) refers to the elements and combinations of elements. (See definition of LOD.)

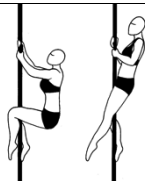


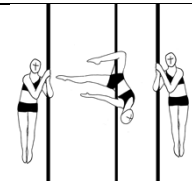




Please note: Athletes will be awarded points based on the average LOD of the elements in the routine.

0 = simple      0.5 = moderate      1 = difficult      1.5 = very difficult      2 = extremely difficult.

**Climbs (Max +2.0)**

Climbs refer to the way an athlete moves up and down a pole using the hands and legs or hands only. Climbs may be performed upright, inverted, alongside of the pole. A minimum of 2 repeated movements are required to be recognised as a climb.

**Climb Examples**

Climb Example				
	Basic climb	Side climb	Caterpillar climb	Outside leg hang climb
Level of Difficulty	Simple	Simple - Moderate	Moderate - Difficult	
Climb Example				
	Seated climb	Walking climb	Hands only climb	Hop-up climb
Level of Difficulty	Difficult – Very Difficult		Very Difficult – Extremely Difficult	

**Flexibility movements (Max +2.0)**

Flexibility refers to the flexibility of the legs, back, hips and shoulders. In order to display the highest LOD to the judges, the athlete should perform movements, combinations, and transitions with full extension and mobility.

**Pole transitions (Max +2.0)**

Transitions refer to the transitions in and out of elements, on and off the pole, from the floor to the pole and from the pole to the floor. In order to display the highest level of difficulty (LOD), the athlete must display flowing movement and good body placement. The athlete must perform transitions with precision and ease.

**Spins (Max +2.0)**

The position of the spin must be held for the defined amount of rotation indicated in the criteria for each spin. Spins on a static pole must be in a fixed position for a rotation of 360°, and spins on a spinning pole must be in a fixed position for a rotation of 720°. The transition in and out of the spin will not count towards the required minimum rotation.

**Strength elements (Max +2.0)**

Strength refers to strength of the arms, core, and legs. In order to display the highest LOD to the judges, the athlete should perform both upper-body and core strength elements and combinations. Holding and controlling a strength element such as a flag for two (2) seconds or more will display a higher LOD.

***DOUBLES - OVERALL BONUS POINTS (AWARDED ONE TIME):***

Note: All explanations in singles above apply to doubles. The LOD of the two partners will be averaged for a final score.

**Climbs (Max +2.0)**

The climbs of both partners will be taken into account and averaged.

**Flexibility elements (Max +2.0)**

The flexibility of both partners will be taken into account and averaged.

**Balance elements (Max +2.0)**

See glossary for definition.

**Flying partner elements (Max +2.0)**

See glossary for definition.

**Pole Transitions (Max +2.0)**

The transitions of both partners will be taken into account and averaged.

**Strength elements (Max +2.0)**

The strength of both partners will be taken into account and averaged.

**Synchronised parallel / interlocking and balance elements (Max +2.0)**

See glossary for definition.

***ADDITIONAL BONUS POINTS (DOUBLES ONLY):***

Doubles will be awarded bonus points for:

- Both partners show they can catch and fly equally in the routine. This bonus is determined based on all movements that involve athletes catching and flying, and not specifically only FLY elements. **+1.0**

***DEDUCTIONS:***

The athlete may receive a deduction for the form being filled in incorrectly. The form is split into 3 sections, and an error in any of these 3 sections will result in a deduction. This is a once-off deduction and is not cumulative (i.e., the maximum deduction possible is -1).

- An error in the top part of the form will result in a **-0.2** deduction. The top part is the section of the form where the athlete(s) is/are required to indicate name, date, division, category, country, region, and federation.
- An error in the bottom part of the form will result in a **-0.5** deduction. The bottom part is the section of the form where the athlete(s) is/are required to sign, along with an IPSF recognised coach (if applicable), and/or a parent or legal guardian in the case of youth athletes.
- An error in the main part of the form will result in a **-1.0** deduction. The middle of the form is the section where the athlete(s) indicate which technical bonus elements they will be including.



## Technical Deductions

A maximum of 25.0 points can be deducted in technical deductions. This section is to deduct points for poor execution on all elements (including compulsory). Judges are also asked to deduct points for loss of balance, falls, and failing to perform a required element. The number of points deducted is determined by the level of the infringement. Movements are broken down into the following sections:

### ***SINGLES/ DOUBLES - SINGULAR DEDUCTIONS (DEDUCTED PER TIME):***

#### **Fall**

A definition of a fall is a sudden rapid uncontrolled drop onto the floor. This can be from any position on or off the pole. **-3.0**

#### **Lack of synchronicity of element (Doubles)**

Lack of synchronicity of an element refers to the partners executing an element that is uncoordinated and during which they are not in time with each other. **-0.5**

#### **Poor execution and incorrect lines**

Execution of pole elements must have the following:

- *Knee and toe alignment* – The knee and toe should be aligned. There should be a straight line from the kneecap to the big toe. The foot and toe should be pointed. The toes should not be clenched or showing tension. No unnecessary grabbing or gripping the pole with toes. **-0.1**
- *Clean lines* – The legs and arms should be correctly positioned and at full extension, feet and toes should be pointed. Fingers and toes should not show tension and feet should not be flexed unless performing an aerial walk or if it is a choreography choice. **-0.1**
- *Extension* – Legs, arms, back, neck, wrist and torso line should be fully lengthened. The shoulders and/or back should not be rounded and the head should be high showing no strain. **-0.1**
- *Posture* – Correct body alignment should be maintained on and off the pole. All body movements must be controlled. **-0.1**

#### **Poor presentation of the element**

This refers to elements executed with poor positioning or a poor angle to the judges, so that the element cannot be seen fully. This also refers to elements presented showing an unfavourable part of the body. **-0.5**

#### **Poor transitions in and out of elements and on and off the pole**

A poor transition is when an athlete fails to execute the entry and exits of elements smoothly, e.g., an abrupt uncontrolled entry/exit not performed with ease and grace. Transitions should appear effortless. **-0.5**

#### **Slip or loss of balance**

A definition of a slip or loss of balance is when an athlete performs a movement and they temporarily and unintentionally lose control of their equilibrium or positioning of their body or part of their body on or off the pole. This is a rapid and uncontrolled movement. This must be only for a brief moment and the athlete is able to correct their positioning almost instantly (see Fall). **-1.0**

#### **Touching the rigging or truss system during the routine**

It is strictly prohibited to touch or use the rigging or truss system during the routine. This includes touching the backdrop, any lighting that may be behind the stage area, or stepping out of bounds. Athletes must only have contact with the poles and floor. **-1.0**

### ***SINGLES/ DOUBLES - OVERALL DEDUCTIONS (DEDUCTED ONE TIME):***

#### **Failing to spin on a static pole / Failing to spin with momentum on the spinning pole (Singles only)**

The athlete will be penalised for not spinning on the static pole a minimum of one time (see definition of spin) and not spinning with momentum on the spinning pole a minimum of one time during their routine. (See definition of momentum). **-2.0 / -2.0**

#### **Lack of synchronicity (Doubles)**

The athletes will incur deduction points if they fail to perform their routine synchronised for a minimum of 70% of their routine. Either on one pole together, both on their own pole or on the floor. **-2.0**

#### **Not using both poles equally**

Singles and doubles athletes should be equally skilled on both static and spinning pole and this should be reflected in an equal use of both poles, not favouring one or the other pole. **-2.0**

#### **Not using both poles in a synchronised manner (Doubles)**

Doubles must work simultaneously on two separate poles in a synchronised manner at least twice during a routine. **-2.0**

### **Using less than the full height of the pole**

All athletes will incur a deduction if they fail to use the full height of the pole a minimum of two (2) times during their routine on either pole. For doubles, the full height of the pole must be used a minimum of two (2) times during their routine on either pole by one or both athletes. Full height of the pole refers to using the pole from its base to no less than 10cm below the thread of the pole. Athletes intending to use the full height of the pole must ensure that they have contact with the pole or reaches with any part of the body up to this point (without contact with the pole). Athletes must descend fully in between the 2 ascents (i.e., an athlete cannot be at the full height, descend one meter, and then ascend to full height again and have this count as using the full height twice).

Pre-Novice, Novice and Doubles Youth athletes only need to reach 50% of the height of the pole twice. **-2.0**

## **Artistic and Choreography Presentation**

A maximum of 20.0 points can be awarded in artistic and choreography presentation. This section judges the athlete's artistic presentation, interpretation, and stage performance. Artistic presentation is the way in which the athlete expresses and presents him or herself to the judges. The judges will assess the athlete's ability to convey emotion and expression through movement. The athlete should be confident, engaging, entertaining and show a high level of stage presence in each element of their performance on and off the pole. The costume, music, and performance should be reflective of each other. The athlete should create an original performance and display a unique style. The overall performance should flow seamlessly and effortlessly, ensuring that highs and lows (shades) are demonstrated. The judges will assess the athlete's ability to perform dance and acrobatic choreography that is performed with imagination, flow, and flair. The judges will consider both novelty and variety when evaluating the artistic and choreographic presentation.

All work where the athlete is not in contact with the pole, must be limited to a maximum of 40 seconds for the total length of the routine. Note: see Head Judge's penalties.

### ***SINGLES/ DOUBLES - ARTISTIC BONUSES:***

The level of creativity refers to the overall routine on and off the pole.

Please note: Athletes will be awarded points based on the overall majority of the routine.

0 = poor	Almost non-existent, less than 20% of routine
0.5 = slight	A small amount, between 20% -40% of routine
1.0 = good	Fair amount, between 40% - 60% of routine
1.5 = very good	A large amount, between 60% - 80% of routine
2.0 = extreme	Over 80% of routine

### **Balance (Max +2.0)**

Balance refers to the athlete's ability to create a well-balanced routine that has equal amount of various elements. The athlete should create a balanced routine of different types of tricks e.g., flexibility, strength, spins, dynamic movements, acrobatic moves, stage work and transitions, integrating these into a choreography with stage performance and artistic content, using both spinning and static poles equally.

### **Confidence (Max +2.0)**

Confidence refers to the athlete's level of confidence in his or her routine. The athlete should not show nerves, but rather carry him/herself with confidence and be engaging, command the stage and the audience's attention, making their whole routine look believable.

### **Flow (Max +2.0)**

Flow refers to the athlete's ability to create a seamless and effortless performance. The athlete should show a flow off the pole, between poles, from floor to pole, from pole to floor, and from floor to standing or from standing to floor. The sequences, tricks, transitions, choreography and/or gymnastics and acrobatic movements should flow in a seamless, smooth, natural, flawless, and graceful way. Movement in and out of elements should continue to the next element faultlessly. The routine should not look disjointed in any way. An athlete will be marked down if they perform elements and wait for applause.

### **Interpretation (Max +2.0)**

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

**Originality of the overall presentation (Max +2.0)**

This refers to the variety, originality, and creativity of the overall performance of tricks and combinations, elements, and original movements on and off the pole and the originality of choreography throughout the entire routine. The athlete should create original combinations of tricks and create new themes in choreography. Judges are not just looking for just one or two unique tricks and combinations but for overall originality in all components of the routine.

**Originality of Elements (Max +2.0)**

This refers to the variety, originality, and creativity of the overall performance of tricks, elements, and movements on the pole throughout the entire routine. Athletes will be marked down if elements, tricks, and movements become repetitive (for example, if the same climbs, JO, or RG is used consistently instead of a variety of elements, tricks, and movements).

**Originality of transitions in and out of elements (Max +2.0)**

This refers to the variety, originality and creativity of all transitions, entrances, and exits of tricks and combinations in the entire routine. The athlete should create new and original movements for their transitions in and out of tricks and on and off the pole.

**Stage presence and charisma (Max +2.0)**

The athlete should capture the attention of the spectators. He or she should be in total control of their performance and carry themselves with an impressive style or manner, which is both engaging and charismatic.

***SINGLES/ DOUBLES - CHOREOGRAPHY BONUS:*****Originality of Choreography and Composition of whole routine (Max +2.0)**

The level of variety, originality and creativity of choreography and composition of the whole routine refers to the level of creativity of movements on and off the pole. Choreography is the art of composing dance, planning, and arranging the movements, steps, and patterns. The judges are looking for originality in the composition of the choreography, i.e., how it was put together.

**Originality of Floor work (Max +2.0)**

The level of variety, originality and creativity of the floor work refers to a choreographed combination of dance steps and movements executed on the floor with no contact with the pole. This includes but is not limited to complex dance choreography, musicality, creativity, and fluidity. The athlete should create movements that work with the beat of the music, which are reflective of their routine and are engaging and entertaining.

***SINGLES/ DOUBLES - SINGULAR DEDUCTIONS (DEDUCTED PER TIME):*****Causing distraction by uttering vocals**

The definition of vocals includes talking, cueing, grunting, whooping, cheering, and mouthing words as it causes a distraction. **-1.0**

**Costume malfunction or distraction**

The definition of a costume malfunction is when a part of the costume accidentally falls down, falls off, becomes revealing, or distracting to the athlete's performance (this does not refer to decorations coming loose during the performance for example diamantes, beads, sequins, or feathers falling off the costumes). This should not be confused with the wilful removal of clothing, which is a direct violation of the IPSF rule of non-removal of clothing and can result in instant disqualification from the competition. **-1.0**

**Drying hands on costume, body, pole, or floor and/or adjusting hair or costume**

Drying or wiping hands on costume, body, pole, or floor and/or wiping hair away from face or neck, pulling at or fixing costume. **-1.0**

**No logical beginning or end to the routine and/or the routine starting before or ending after the music**

It is important that the athlete edits their music so that it corresponds with both the start and finish of the choreography. There should be a logical beginning and end to the routine that fits to the music. Athletes must begin and end their performance in a position on the stage, visible to the judges. They should start their routine when the music starts and stop when the music ends. **-1.0**

***SINGLES/ DOUBLES - OVERALL DEDUCTIONS (DEDUCTED ONE TIME)*****Putting no effort or thought into the costume**

The athlete must compete in a costume suitable for competition and not for training. This requires taking the style, cut and decoration into consideration when choosing a costume for competition. **-1.0**

## Compulsory

All athletes must perform the allocated number of compulsory elements. Please note that all compulsory elements and compulsory bonuses have to be performed aurally unless specified otherwise. A technical value of between +0.1 and +1.0 will be awarded if the minimum requirements have been met, e.g., position held for two seconds, correct split/body angle. It is the responsibility of the athlete to execute the compulsory element clearly to the judges. It is up to the athlete to ensure that all minimum criteria are visible to the judges. This may require the athlete to have a rotation throughout their element in order to show all minimum criteria. If a compulsory element is on the border, it will not be awarded. Elements with a value of +0.1 are easier than those with a value of +1.0. Extra points will be given if the athlete performs any of the compulsory bonuses on the compulsory elements. The technical value of compulsory elements permitted is dependent on both age category and competitive division. The judges always judge according to the element code in the compulsory form (and not the name of the element) and only the first attempt of the element will be judged. A compulsory element will not count after the first attempt even if the element is executed correctly afterwards. Compulsory elements must not be repeated (i.e., individual elements can be used only once). Repetitions of the same compulsory element will not be awarded, but will result in a deduction for incorrect form, and will count as a missing element. Compulsory elements must also be held in a fixed position, unless specified otherwise. See category breakdown below.

### Compulsory Code Key

**F** = Flexibility element

**S** = Strength element

**ST** = Spin on a static pole

**SP** = Spin on a spinning pole

**DL/ADL** = Dead lift / Aerial dead lift

**SYN** = Synchronised partner element

**BLN** = Balance partner element

**FLY** = Flying partner element

**PSE** = Partner supported element

**FLR** = Floor based partner element

Please note: When the doubles element specifies "refer to minimum criteria" or the element code, then the minimum requirements of the singles element must be met. If the element name is mentioned, but "refer to minimum criteria" or the element code is not mentioned, then the athlete must perform the same body position of the element, but is not required to meet the minimum criteria of the singles element.

#### *Elite*

##### **Seniors, Junior, and Masters**

Athletes must select 11 elements:

- four (4) flexibility elements
- four (4) strength elements
- one (1) spin for a spinning pole
- one (1) spin for a static pole
- one (1) aerial dead lift (ADL)

##### **Novice\* and Para Pole**

Athletes must select 9 elements:

- three (3) flexibility elements
- three (3) strength elements
- one (1) spin for a spinning pole
- one (1) spin for a static pole
- one (1) dead lift (DL) \*\*

## **Doubles – Senior and Junior**

Athletes must select 11 elements:

- three (3) synchronised partner elements, broken down as follows:
  - one (1) synchronised parallel element
  - one (1) synchronised interlocking element
  - one (1) synchronised balance-based element
- two (2) balance partner elements, broken down as follows:
  - one (1) balance based partner element
  - one (1) balance support partner element
- three (3) flying partner elements, athletes must include:
  - one (1) one-partner contact flying element
  - one (1) both partner contact flying element
  - one (1) athlete's choice of flying element
- one (1) partner supported element
- one (1) pole-based floor element
- one (1) synchronised aerial dead lift (ADL)

## **Doubles – Youth and Novice\***

Athletes must select 9 elements:

- three (3) synchronised partner elements to include:
  - one (1) synchronised parallel element
  - one (1) synchronised interlocking element
  - one (1) synchronised balance-based element
- one (1) balance partner element
- two (2) flying partner elements, athletes must choose:
  - one (1) one-partner contact flying element
  - one (1) both partner contact flying element
- one (1) partner supported element
- one (1) pole-based floor element
- one (1) synchronised dead lift (DL) \*\*

**\*Please Note: no Pre-Novice Category.**

## ***Professional***

### **Seniors and Masters**

Athletes must select 11 elements:

- four (4) flexibility elements
- four (4) strength elements
- one (1) spin for a spinning pole
- one (1) spin for a static pole
- one (1) aerial dead lift (ADL)

### **Doubles**

Athletes must select 11 elements:

- three (3) synchronised partner elements, broken down as follows:
  - one (1) synchronised parallel element
  - one (1) synchronised interlocking element
  - one (1) synchronised balance-based element
- two (2) balance partner elements, broken down as follows:
  - one (1) balance based partner element
  - one (1) balance support partner element
- three (3) flying partner elements, athletes must include:
  - one (1) one-partner contact flying element
  - one (1) both partner contact flying element
  - one (1) athlete's choice of flying element
- one (1) partner supported element
- one (1) pole-based floor element
- one (1) synchronised aerial dead lift (ADL)

**\*Please Note: no Pre-Novice, Novice, Junior, or Youth category.**

## **Amateur**

### **Seniors, Junior, Pre-Novice, Novice, Para Pole and Masters**

Athletes must select 9 elements:

- three (3) flexibility elements
- three (3) strength elements
- one (1) spin for a spinning pole
- one (1) spin for a static pole
- one (1) dead lift (DL) \*\*

### **Doubles**

Athletes must select 9 elements:

- three (3) synchronised partner elements to include:
  - one (1) synchronised parallel element
  - one (1) synchronised interlocking element
  - one (1) synchronised balance-based element
- one (1) balance partner element
- two (2) flying partner elements, athletes must choose:
  - one (1) one-partner contact flying element
  - one (1) both partner contact flying element
- one (1) partner supported element
- one (1) pole-based floor element
- one (1) synchronised dead lift (DL) \*\*

\*\* Please note: a deadlift (DL) is the minimum that should be performed. The athlete may choose an aerial deadlift (ADL) if it fits within their minimum point range requirements.

Please note: athletes must not choose the same element twice, even if executed at different angles e.g., **F9** (splits 160°)/**F30** (splits 180°). The same applies to body tolerances e. g., **FLR9** (20° tolerance) / **FLR18** (no tolerance)

## **CATEGORY BREAKDOWN**

### **Seniors, Masters and Doubles (Senior):**

**Elite** athletes must choose compulsory elements with a technical value of between +0.5 and +1.0

\*Elite athletes must choose an aerial dead lift with a fourth or higher point value.

**Professional** athletes must choose compulsory elements with a technical value of between +0.3 and +0.8

**Amateur and all Elite Para Pole** athletes must choose compulsory elements with a technical value of between +0.1 and +0.5

Please note: Master 50+ and Master 60+ category in all divisions will be allotted a 20° tolerance on all body and split angles.

### **Novice, Junior, and Doubles (Junior, Novice and Youth):**

**Elite** athletes must choose compulsory elements with a technical value of between +0.3 and +0.8.

**Amateur** athletes must choose compulsory elements with a technical value of between +0.1 and +0.5.

Please note: professional category does not apply to Novice or Junior athletes.

### **Pre-Novice:**

**Amateur** athletes must choose compulsory elements with a technical value of between +0.1 and +0.5.

Please note: elite and professional category does not apply to Pre-Novice athletes.

## **COMPULSORY POINT REQUIREMENTS**

**Please note:** Compulsory point requirements do not include compulsory bonus points.

**Please note:** Should compulsory point requirements not be adhered to, or should the maximum / minimum score be outside of the prescribed range, this will result in a -3 deduction being applied –please refer to the Compulsory Deductions.

### Elite Division Compulsory Point Requirements

**Seniors:** must have a total value of from 7.7 to 11.0 points on their compulsory form

**Senior Doubles (Women/Women, Men/Men, Women/Men):** must have a total value of from 7.7 to 11.0 points on their compulsory form

**Masters:** must have a total value of from 6.6 to 11.0 points on their compulsory form

**Junior:** must have a total value of from 5.5 to 8.8 points on their compulsory form

**Doubles (Junior):** must have a total value of from 5.5 to 8.8 points on their compulsory form

**Novice:** must have a total value of from 4.4 to 7.2 points their compulsory form

**Doubles (Novice, Youth):** must have a total value of from 4.4 to 7.2 points their compulsory form

### Professional Division Compulsory Point Requirement

**Professional (all categories including doubles):** athletes must have a total value of from 5.5 to 8.8 points on their compulsory form

### Amateur Division Compulsory Point Requirements

**Amateur (all categories including doubles and Elite Para Pole):** athletes must have a total value of from 1.1 to 4.5 points on their compulsory form.

Division	Category	Permitted range of the compulsory elements	Permitted range of the total value
Amateur	all categories (Pre-Novice, Novice, Junior, Seniors, Masters, All Doubles) including Elite Para Pole	between +0.1 and +0.5	from 1.1 to 4.5
Professional	all categories (Seniors, Masters, All Doubles)	between +0.3 and +0.8	from 5.5 to 8.8
Elite	Novice, Novice Doubles and Youth Doubles	between +0.3 and +0.8	from 4.4 to 7.2
Elite	Junior and Junior doubles	between +0.3 and +0.8	from 5.5 to 8.8
Elite	Seniors and All Senior Doubles	between +0.5 and +1.0	from 7.7 to 11.0
Elite	Master 40+, Master 50+ and Master 60+	between +0.5 and +1.0	from 6.6 to 11.0

### COMPULSORY DEDUCTIONS

Deductions will be applied if the form is filled in incorrectly. The form is split into 3 sections, and an error in any of these 3 sections will result in a deduction. This is a once-off deduction and is not cumulative (i.e., the maximum deduction possible for an incorrect form is -1).

- An error in the top part of the form will result in a **-0.2** deduction. The top part is the section of the form where the athlete(s) is/are required to indicate name, date, division, category, country, region, and federation.
- An error in the bottom part of the form will result in a **-0.5** deduction. The bottom part is the section of the form where the athlete(s) is/are required to sign, along with an IPSF recognised coach (if applicable), and/or a parent or legal guardian in the case of youth athletes.
- An error in the main part of the form will result in a **-1.0** deduction. The middle of the form is the section where the athlete(s) indicate which compulsory elements they will be including.

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

- Failing to perform one of their chosen compulsory elements or if the element is not recognisable as the compulsory element. This is considered a missing element, and is deducted per time. **-3.0**
- Failing to meet the minimum total point requirements. This is a once-off deduction. **-3.0**
- Exceeding the maximum total points allowed for the points requirements. **-3.0**
- If an element with a value outside of the permitted range is indicated, it will be regarded as a missing element. **-3.0** per element
- Failing to perform the element that is indicated by the element code (as opposed to the element name) will be seen as a missing element. **-3.0** per element
- Wrong element name versus element code or technical value will be seen as filling in the compulsory form incorrectly. **-1.0** once off
- Failing to execute the compulsory element in order of sequence as listed on the compulsory form. \* **-1.0** per time

\*If two elements that are in immediate succession on the form are switched (e.g., the athlete performs element 1, then element 3, then element 2), the two elements that were reversed will receive a score of 0, and a penalty of -1.0 will be given for reversing the order of the two elements. The **-1.0** penalty will be given per switch. If an element is included in the routine but not in the correct order, and the element is more than one place off from where it should be in the order of the program, it will be considered a missed element, and will receive a score of **-3.0**.

**The following will result in a compulsory element not being recognised:**

- *Failing to hold a compulsory element:* The athlete will NOT be awarded points if he/she fails to hold the position of a compulsory element for the required two (2) seconds, according to the minimum requirements in the description under 'criteria'.
- *Failing to execute the required split and/or body angle:* The athlete will NOT be awarded points if he/she fails to execute the compulsory element at the required split and/or body angle, according to the minimum requirements in the description under 'criteria'.
- *Failing to hold a spin for the duration indicated in the criteria:* The athlete will NOT be awarded points if he/she fails to hold the position of a compulsory element according to the minimum requirements in the description under 'criteria'.
- *Failing to meet further minimum requirements:* The athlete will NOT be awarded points if he/she fails to meet any further minimum requirements listed in the description under 'criteria'.
- *Failing to accurately show individual elements:* The athlete should clearly indicate each element as an individual element – e.g., if performing a Phoenix Spin into a Handspring Straddle, the athlete must clearly perform the Phoenix Spin, and then show clear differentiation between the end of the Phoenix spin and the start of the Handspring Straddle. The athlete must demonstrate that these are 2 separate elements from the code, as opposed to just the continuation of the first element.

**COMPULSORY BONUS POINTS:**

Each compulsory bonus can only be awarded a maximum of two (2) times. Any bonus filled in over the allotted maximum will be disregarded. Compulsory bonuses will only be awarded if the compulsory elements meet minimum requirements.

Compulsory bonuses are as follows:

**Singles**

**CBS1: Combining compulsory elements on spinning pole (Max +1.0)**

Combining two (2) or more compulsory elements and making each separate element rotate a full 360°. The transition from the first to the second element must be direct, and must include a change in body position (see definition on changing body positions). See glossary for definition of a spin. **+0.5**

\*Note: compulsory bonuses do NOT apply to compulsory spins or dead lifts

\*\*Note: when combining three (3) compulsory elements for this bonus each separate element must rotate a full 360°. See how to fill in the compulsory score form under "description of bonuses".

\*\*\*Note: Variations of the same element names cannot be combined for compulsory bonuses. e.g., dragon tail split to dragon tail fang or iron x to iron x passé.

**CBS2: Combining compulsory elements on static pole and making them spin (Max +4.0)**

Combining two (2) compulsory elements and making them spin a full 360° rotation. The transition from the first to the second element must be direct, and must include a change in body position (see definition on changing body positions). The second element must still be in a spinning rotation and meet minimum requirement to be awarded this bonus. See glossary for definition of a spin. **+2.0**

\*Note: compulsory bonuses do NOT apply to compulsory spins or dead lifts

\*\*Note: when combining three (3) compulsory elements for this bonus the first and second element must rotate a full 360° and the second and third elements must rotate a full 360°. See how to fill in the compulsory score form under "description of bonuses".

**CBS3: Performing a single compulsory element on a static pole and making it spin (Max +2.0)**

See glossary for definition of a spin. **+1.0**

\*Note: compulsory bonuses do NOT apply to compulsory spins or dead lifts

**Doubles**

**CBD1: Combination of two compulsory elements without making contact with the floor, both partners must change position (Max 2.0 pts)**

The transition from the first element to the second element must be direct. Both partners must change their positions. See definition of changing position in glossary. **+1.0**

\*Note: compulsory bonuses do NOT apply to dead lifts



**CBD2: Performing a single flying partner compulsory element with momentum on a spinning pole (Max 2.0 pts)**

This flying partner element must rotate a full 720° rotation to be awarded this bonus. **+1.0**

\*Note: compulsory bonuses do NOT apply to dead lifts

**CBD3: Performing a synchronised compulsory element on one static pole and making it spin (Max 2.0 pts)**

Both partners are to perform this element in synchronicity and with a full 360° rotation. See definition on spins in glossary.

**+1.0**

\*Note: Compulsory bonuses do NOT apply to dead lifts




## Compulsory Minimum Requirement Definitions

The inside arm or leg is closest to the pole. The outside arm or leg is furthest away from the pole.

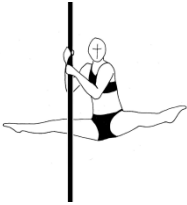
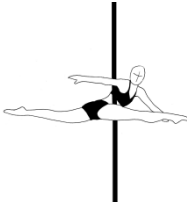





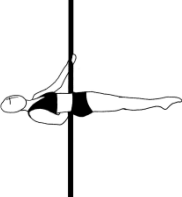
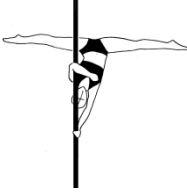


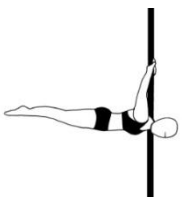

**Body positions:**

- Inside leg/foot/arm/hand and outside leg/foot/arm/hand
- Front, behind, backwards, and forwards

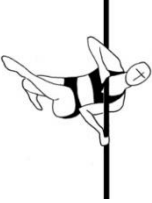




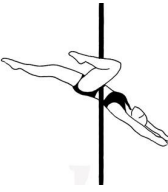

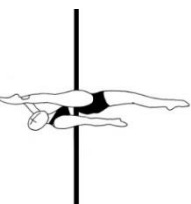
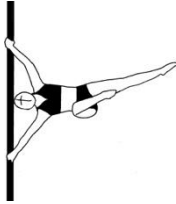



**Hand positions – thumbs up, thumbs down, cup grip**

	<p><b>Thumbs Up</b></p> <p>In this position, the thumb goes around the pole on the opposite side to the other fingers, thumb on top. The direction of the thumbs is always the same as the position of the torso and head, e.g., if the torso/head is facing upwards, thumbs up position is required.</p>
	<p><b>Thumbs Down</b></p> <p>In this position, the thumb goes around the pole on the opposite side to the other fingers, thumb at the bottom. The direction of the thumbs is always the same as the position of the torso and head, e.g., if the torso/head is facing downwards, thumbs down position is required.</p>
	<p><b>Cup Grip</b></p> <p>In cup grip position, the thumb is on the same side as the rest of the fingers of the hand.</p>


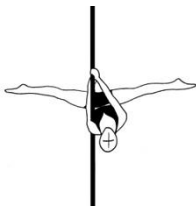


**Arm positions & Grips:**

	<p><b>Basic grip</b> Both hands on the pole in a thumbs up or thumbs down position, without rotation in the shoulder. (See Hand positions)</p>		<p><b>Underarm grip</b> Pole is gripped using one underarm.</p>
	<p><b>Wide basic grip</b> At least one arm is fully extended, the other arm can be bent. Both hands on the pole in a thumbs up position, without rotation in the shoulder. (See Hand positions)</p>		<p><b>Forearm grip</b> One hand and forearm grips the pole, the other hand is in a fixed position of choice.</p>
	<p><b>Cup grip</b> Hand in a thumb down position, fingers, and thumb on the same side of the pole.</p>		<p><b>Split grip position</b> Hand position in a mirror image without rotation in the shoulder. Hands must be in a thumbs up or thumbs down position.</p>
	<p><b>Twisted grip</b> One wrist wraps around the pole, other hand in fixed position of choice.</p>		<p><b>Back support</b> Outside arm is supporting the body behind the back, the inside arm is in contact with the pole with the hand only</p>
	<p><b>Elbow grip</b> Crook of elbow; other hand in a fixed position of choice.</p>		<p><b>Wrap grip arm position</b> Forearm against the pole hand position of choice</p>
	<p><b>Flag Grip</b> One elbow is bent, and the pole is gripped by the underarm and hand. The other hand and arm are in a fixed position of choice.</p>		<p><b>Iguana grip and arm position</b> Arm position behind the body with the shoulders rotated. Grip: Basic grip (see definition)</p>
			<p><b>Cross Grip</b> Arms are crossed and extended.</p>

**Leg positions:**

	<p><b>Attitude</b> Both legs are bent at 90° at the hip and are parallel to the floor</p>		<p><b>Scissor</b> Legs are extended and open, on the same plane with no more than 90° angle being formed from the front of one knee to the back of the other.</p>
	<p><b>Chair</b> Both legs bent at a 90° angle (both hips and knees must be bent at 90°), and closed</p>		<p><b>Split – Diagonal Split</b> A split where the line of the legs formed by the split is 45° to the pole, with a tolerance of 20° of the entire line, not of the separate legs, legs in a split position of the given degree</p>
	<p><b>Diamond</b> The legs form a triangle with the knees apart and toes touching</p>		<p><b>Split – Half Split</b> Both legs are open in a split position of the given degree, with one leg to the front of the body, and the other to the back. One leg is fully extended, while the other leg is bent.</p>
	<p><b>Fang</b> Both legs bent backwards, feet to back of head</p>		<p><b>Split – Frontal Split / Side Split / Front Split</b> The legs are extended and open. Front leg is positioned in front of the upper body and back leg is behind the upper body, legs in a split position of the given degree</p>
	<p><b>Passé</b> One leg bent at 90° at the hip while the other leg is straight</p>		<p><b>Split – Middle Split / Box split</b> The legs are extended and open. Legs are positioned to the sides away from the upper body, legs in a split position of the given degree</p>
	<p><b>Pencil</b> Legs are extended and closed, body and legs are in a straight line without bending the hips</p>		<p><b>Stag</b> Both legs are bent and open in split position (minimum 90°)</p>

**Leg positions:**

	<b>Pike</b> Both legs are extended and closed and next to each other in front of the body, hips at an angle		<b>Straddle</b> Both legs stretched, extended and open
	<b>Ring</b> When one leg is bent backward towards the head, either touching the head, or over the head		<b>Tuck</b> Knees tucked into the chest and closed

**Prohibited movements and penalties**

- All types of lifts and balances with extended arms and where the lifting partner is in an upright standing position are prohibited. All lifts where the partner is lifted and held above shoulder level are prohibited.
- All lifts using the pole as an aid and fixing the lifting position are prohibited. These lifts are only allowed if used as a transition onto the pole without fixing a position.
- Throwing a partner into the air and catching him or her with no contact with the pole is prohibited.
- All work, where the athlete is not in contact with the pole, must be limited to a maximum of 40 seconds of the total length of the performance.
- Twisting saltos and two or more consecutive saltos without pole contact are prohibited. A twist is defined as a change of the direction of the body while mid-salto, i.e., the athlete rotates on two axes instead of one.
- No rotation movements including jumps, pivots, and pirouettes with more than 720° on one point are allowed.
- For an additional list of prohibited movements, refer to Addendum 1.
- Pre-novice and Novice athletes are not permitted to perform pole flips or flip outs.

**Penalty: if the above rules are not adhered to, a penalty of -5 will be given by the Head Judge for each infringement, and no difficulty value will be awarded.**

## Head Judge Penalties

An athlete will receive penalties on the decision of the Head Judge during the competition for the following infringements:

Criteria	Limitations	Penalty
Exceeding maximum time permitted without contact with the pole	40 seconds	-5
Throwing a partner in to the air	Catching him/her with no partner contact to the pole	-5 per occurrence
Lifts and balances with extended arms	Lifting partner in an upright position	-5 per occurrence
Prohibited elements	On and off the pole	-5 per occurrence
Compulsory forms/Technical bonus forms submitted past given deadline	Between 1 – 5 days late	-1 per day per form
	Over 5 days late but more than 48 hours before competition date	-5 per form
	Forms received within 48 hours of competition date	Disqualification for either form
Music submitted past given deadline	Between 1 – 5 days late	-1 per day
	Over 5 days late but more than 48 hours before competition date	-5
	Music received within 48 hours of competition date	Disqualification
Music not in accordance with Rules and Regulations	See Rules	-3
Providing false or inaccurate information on the application form	False or inaccurate piece of information provided	-5 per occurrence
	False information about age, division, or category	Disqualification
Arriving late to the stage when announced	Up to 60 seconds late	-1
	Athlete doesn't arrive within 1 minute	Disqualification
Performance time	5 seconds or less outside permitted time	-3
	More than 5 seconds outside permitted time	-5
Disruptions	Athletes interacting with the audience (such as gestures, talking to the spectators etc) while on stage performing	-1 per athlete and occurrence
	Athletes caught being cued from off-stage during their performance	-1 per occurrence
	Athletes and/or their coaches/representatives approaching the Judges' table and/or room or obstructing judges' view at any point during the competition	-3 per occurrence
Not starting or ending routine on stage	Not starting or ending routine on stage	-1 per occurrence
Grip aids	Applying grip aid directly on the pole	-5
	Using prohibited grips aids	Disqualification

Presence of jewellery and props not in accordance with Rules and Regulations	Presence of jewellery/piercings (Excluding stud earrings/plain coloured plugs)	-3 per athlete
	Use of a prop or item which assists in the performance	-5 per athlete
Inappropriate choreography, costume, hair, and makeup in accordance with Rules and Regulations	- Hair covering the face - Costume not in accordance with the rules	-1 per athlete
	- Promotional words, logos, religious connotations, negative connotations - Wearing a mask, using body paint on one part of the body e.g., leg, using face paint more than half of the face	-3 per athlete
	- Provocative costume (including fabrics such as leather and latex) - Use of body paint on several parts of body or provocative choreography, using face paint on the entire face	-5 per athlete
	- Use of body paint on all of body - Aggressively provocative choreography and lewd behaviour	Disqualification
Tracksuits	- Tracksuits not in accordance with the rules	-1 per athlete
	- Not having a tracksuit - Not wearing tracksuits while awaiting results at the designated area or during the medals ceremony.	-5 per athlete
Overall rule infringements	- General rule infringements at the discretion of the Head Judge with agreement from an external Head Judge council	Range is -1 to -5
	- Using obscene gestures, profanity, or disrespectful language privately or publicly to any sporting participant	-10
	- Attempting to strike or striking an official, competitor, spectator or other sporting official intentionally engaging in or inciting other athletes and/or spectators to participate in abusive or violent action - Using drugs (except for medical purposes), alcohol consumption before or while competing - Exhibiting nudity before, during, or after the competition. - Multiple or severe infringements of the rules and regulations	Disqualification
Registration	- Athletes who do not register on the official registration day	-1 per athlete

### **Injury during a routine**





If in the opinion of the head judge, medical attention is required, the head judge must stop the programme if the athlete has not done so already. If the athlete is able to continue within one minute they must continue immediately from the point of interruption or, if that is not possible, allow a period of up to ten seconds before the continuation. If an athlete is unable to complete the programme, no scores will be awarded, and the athlete will be considered to have withdrawn. The same applies to the situation when an athlete has been given the opportunity to continue the programme from the point of interruption and is once more unable to complete the programme. Only one interruption is permitted.


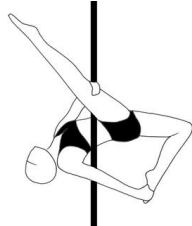


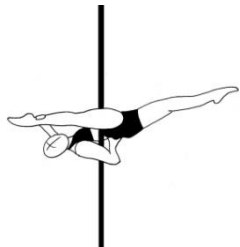
*No restarts of the whole programme are allowed, except for deficient music. Please refer to Rules & Regulations.*






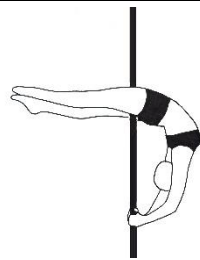


## COMPULSORY SINGLES

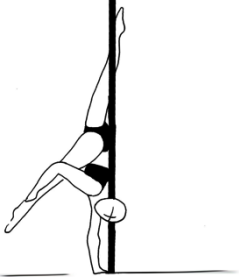

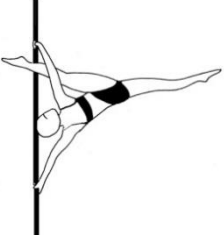



Please note that the drawings are to be used only as a guide.  
It is important to follow the minimum requirements under criteria.


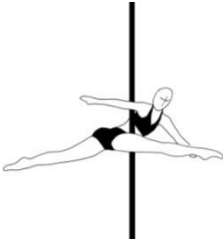


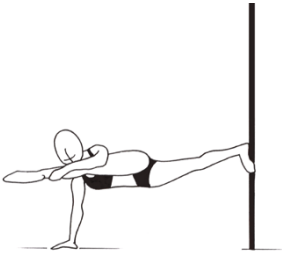
<b>FLEXIBILITY ELEMENTS</b>				
Code No.	Name	Element	Tech. Value	Criteria
F1	Inside Leg Hang 1		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside leg, side of torso, back of the arm</li> <li>- <b>Arm position/grip:</b> arms in fixed position of choice, no hands have contact with the pole</li> <li>- <b>Leg position:</b> inside leg is wrapped, outside leg is bent backwards</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F2	Side Pole Straddle Base 1		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, the arch of upper foot, bottom foot</li> <li>- <b>Arm position/grip:</b> basic or cup grip</li> <li>- <b>Leg position:</b> both legs are fully extended in middle split position with lower foot floor based and the arch of the upper foot is in contact with the pole</li> <li>- <b>Body position:</b> torso is extended away from the pole</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F3	Ballerina Sit		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside underarm, side of torso, inside leg</li> <li>- <b>Arm position/grip:</b> inside arm holds outside foot, outside arm is in fixed position of choice with no contact with the pole</li> <li>- <b>Leg position:</b> inside leg is wrapped, outside leg is bent backwards</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F4	Inside Leg Hang 2		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside leg, side of torso, back of the arm</li> <li>- <b>Arm position/grip:</b> arms in fixed position of choice, no hands have contact with the pole</li> <li>- <b>Leg position:</b> inside leg is wrapped, outside leg is bent backwards</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>

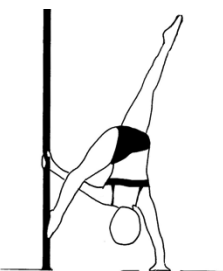

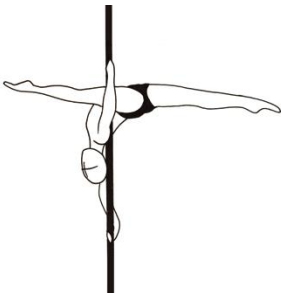
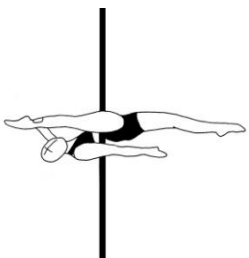


Code No.	Name	Element	Tech. Value	Criteria
F5	Side Pole Straddle Base 2		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, both legs, arch of the upper foot</li> <li>- <b>Arm position/grip:</b> basic or cup grip</li> <li>- <b>Leg position:</b> both legs are fully extended in middle split position with lower foot floor based and the arch of the upper foot is in contact with the pole</li> <li>- <b>Body position:</b> torso is extended away from the pole</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F6	Twisted Allegra		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside leg, side of torso, inside arm, outside forearm/wrist (optional)</li> <li>- <b>Arm position/grip:</b> outside hand wraps around the inside leg at the crook of the knee/thigh, inside arm is fully extended and hand is holding the outside foot</li> <li>- <b>Leg position:</b> inside leg is in contact with the pole and in position of choice, but is not hooked around the pole; outside leg is bent backwards</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F7	Allegra Split 1		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside arm hand, thigh of inside leg, side of torso / lower back</li> <li>- <b>Arm position/grip:</b> inside hand grips pole, above the inside leg, outside arm is extended in a fixed position of choice</li> <li>- <b>Leg position:</b> frontal split position with both legs fully extended</li> <li>- <b>Body position:</b> back arch, facing away from the pole</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F8	Front Split 1		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> legs, hands, forearms (optional), heel of front leg, top of foot of lower leg</li> <li>- <b>Arm position/grip:</b> basic grip</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F9	Hip Hold Split 1		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> thigh of inside leg, side of torso, back of inside arm</li> <li>- <b>Arm position/grip:</b> inside arm has contact with the pole. No hands have contact with the pole</li> <li>- <b>Leg position:</b> both legs are fully extended in front split position and the front leg is parallel to the floor</li> <li>- <b>Body position:</b> upper body is horizontal, facing upwards, torso is in contact with the front leg</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>


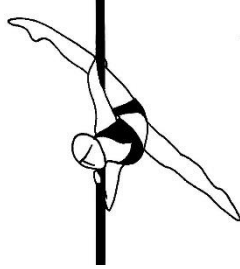

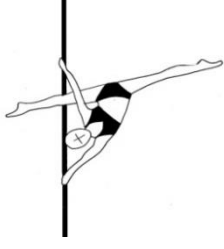




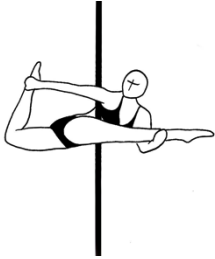

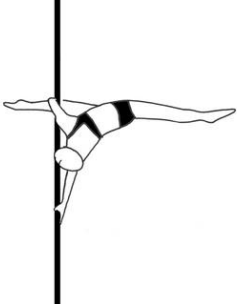
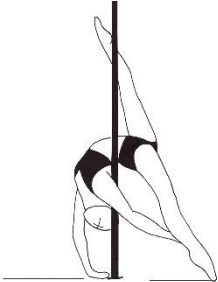
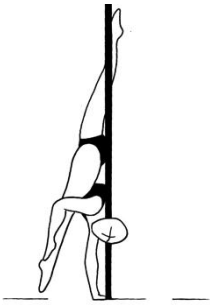
Code No.	Name	Element	Tech. Value	Criteria
F10	Pole Straddle 1		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> hands, legs, ankles (not the arch of the foot)</li> <li>- <b>Arm position/grip:</b> basic or cup grip</li> <li>- <b>Leg position:</b> both legs are fully extended in middle split position</li> <li>- <b>Body position:</b> upper body must be at a 90° angle to the pole</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F11	Allegra Half Split 1		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside arm hand, thigh of inside leg, outside arm, side/ lower back</li> <li>- <b>Arm position/grip:</b> inside hand grips pole, above the inside leg, outside arm is extended and hand is holding the ankle/shin of the outside leg</li> <li>- <b>Leg position:</b> split position with inside leg fully extended, outside leg bent backwards</li> <li>- <b>Body position:</b> back arch</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F12	Allegra Split 2		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside arm hand, thigh of inside leg, side of torso / lower back</li> <li>- <b>Arm position/grip:</b> inside hand grips pole, above the inside leg, outside arm is extended in a fixed position of choice</li> <li>- <b>Leg position:</b> frontal split position with both legs fully extended</li> <li>- <b>Body position:</b> back arch</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F13	Bridge		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, inner thighs</li> <li>- <b>Arm position/grip:</b> grip of choice, arms are fully extended</li> <li>- <b>Leg position:</b> both legs are fully extended and closed</li> <li>- <b>Body position:</b> inverted, back arched with hips and both legs parallel to the floor</li> </ul>
F14	Capezio 1		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> underarm of back arm, back, thigh of inside leg</li> <li>- <b>Arm position/grip:</b> no hands have contact with the pole, the same arm holds the ankle/shin of back leg and is fully extended, the opposite arm holds front leg</li> <li>- <b>Leg position:</b> split position with front leg fully extended, back leg bent</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F15	Cross Bow Elbow Hold		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> ankles (not the arch of the foot), elbows, torso (optional)</li> <li>- <b>Arm position/grip:</b> elbow grip</li> <li>- <b>Leg position:</b> both legs fully extended in straddle position</li> <li>- <b>Body position:</b> upper body must be at a 90° angle to the pole</li> </ul>

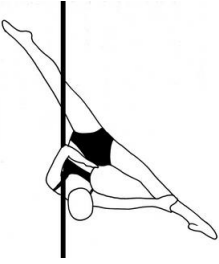


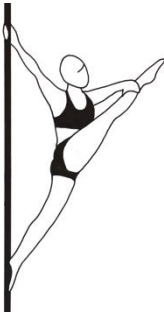
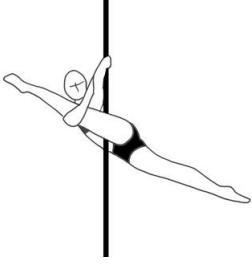
Code No.	Name	Element	Tech. Value	Criteria
F16	Handstand Vertical Split 1		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> back, one leg, one shoulder (optional), glutes, head (optional)</li> <li>- <b>Arm position/grip:</b> only one hand has contact with the floor, the other is holding the ankle of the front leg, floor-based arm is extended</li> <li>- <b>Leg position:</b> both legs are fully extended in a vertical split position</li> <li>- <b>Body position:</b> handstand position (hips above the head and above the shoulders in a straight line)</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F17	Pole Straddle 2		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> ankles (not the arch of the foot), legs, hands</li> <li>- <b>Arm position/grip:</b> basic or cup grip</li> <li>- <b>Leg position:</b> both legs are fully extended in middle split position</li> <li>- <b>Body position:</b> upper body must be at 90° angle to the pole</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F18	Split Grip Leg Through Split 1		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, one calf/ankle</li> <li>- <b>Arm position/grip:</b> grip of choice, bottom arm is fully extended</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F19	Superman Crescent 1		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, inner thighs</li> <li>- <b>Arm position/grip:</b> basic or cup grip</li> <li>- <b>Leg position:</b> both legs are fully extended and closed</li> <li>- <b>Body position:</b> back arch with hips and both legs parallel to the floor</li> </ul>
F20	Underarm Hold Pike		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> underarm and/or hand, torso</li> <li>- <b>Arm position/grip:</b> underarm and/or hand</li> <li>- <b>Leg position:</b> both legs are fully extended and parallel to the pole with feet above the head</li> <li>- <b>Body position:</b> upper body is upright</li> </ul>
F21	Yogini 1		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> underarm, side of torso</li> <li>- <b>Arm position/grip:</b> arms are fully extended, inside arm is in underarm grip, hands holding legs at the ankle/shin level</li> <li>- <b>Leg position:</b> both legs are bent, and knees are at the same level as the hips or higher than hips</li> <li>- <b>Body position:</b> upper body is upright, hips facing the floor</li> </ul>

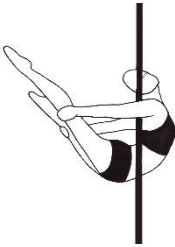
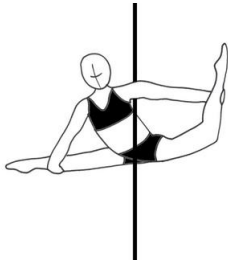



Code No.	Name	Element	Tech. Value	Criteria
F22	Allegra Half Split 2		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside arm hand, thigh of inside leg, outside arm, side of torso /lower back</li> <li>- <b>Arm position/grip:</b> inside hand grips pole above the inside leg, outside arm is extended and holding the ankle/shin of outside leg</li> <li>- <b>Leg position:</b> inside leg is fully extended, outside leg is bent backwards</li> <li>- <b>Body position:</b> back arch</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F23	Chopsticks 1		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> underarm, side of torso, upper thigh, bicep</li> <li>- <b>Arm position/grip:</b> underarm or bicep of inside arm has contact with the pole. Inside arm is fully extended. Outside arm holding ankle of inside leg. No hand contact with the pole</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F24	Closed Rainbow		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of one knee, both thighs, glutes, pelvis, one shoulder, one arm, head, and neck (optional)</li> <li>- <b>Arm position/grip:</b> one arm can be bent; hand is holding the ankle/foot of the top (opposite) leg. Other arm is extended and holding the lower (opposite) leg at the ankle.</li> <li>- <b>Leg position:</b> one leg is bent, other leg is extended, foot is at a lower level than head</li> <li>- <b>Body position:</b> inverted, back arch</li> </ul>
F25	Cocoon 1		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of knee, thigh, torso</li> <li>- <b>Arm position/grip:</b> arms are fully extended above the head and holding back leg</li> <li>- <b>Leg position:</b> split position with front leg gripping the pole at the knee, back leg is extended</li> <li>- <b>Body position:</b> inverted, back arch</li> </ul>
F26	Floor Balance Split 1		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one foot</li> <li>- <b>Arm position:</b> hand of bottom arm is in contact with the floor and arm is fully extended, top arm holds onto same leg</li> <li>- <b>Leg position:</b> both legs are extended in a split position, in a straight line, and only the foot of one leg in contact with the pole. Legs are horizontal to the floor.</li> <li>- <b>Body position:</b> torso is at a 90° to the pole</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
F27	Floor K 1		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand and sole of one foot</li> <li>- <b>Arm position/grip:</b> arms are fully extended, inside hand has contact with the pole. Outside hand has contact with the floor.</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> one-handed inverted handstand</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> <li>- <b>Starting position:</b> of choice</li> </ul>
F28	Front Split 2		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both legs, both hands</li> <li>- <b>Arm position/grip:</b> basic or cup grip</li> <li>- <b>Leg position:</b> both legs are fully extended in frontal split position in contact with the pole</li> <li>- <b>Body position:</b> torso is horizontal</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F29	Handspring Split		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> hands, back shoulder of inside arm, inner thigh of inside leg</li> <li>- <b>Arm position:</b> split arm position: Inside forearm wraps around inside leg and holds the pole. Outside hand holds pole above head</li> <li>- <b>Grip:</b> grip of choice.</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F30	Hip Hold Split 2		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> thigh of inside leg, side of torso, back of inside arm</li> <li>- <b>Arm position/grip:</b> underarm or bicep of inside arm has contact with the pole. Inside arm is fully extended. Outside arm holding ankle of inside leg. No hand contact with the pole</li> <li>- <b>Leg position:</b> both legs are fully extended in a frontal split position and parallel to the floor</li> <li>- <b>Body position:</b> torso is horizontal, facing upwards and torso is in contact with the front leg</li> <li>- <b>Angle of split:</b> 180°</li> </ul>
F31	Inside Leg Hang Back Split 1		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside leg, side of torso, shoulder, head (optional)</li> <li>- <b>Arm position/grip:</b> no hands have contact with the pole, arms are extended above the head and holding foot of outside leg</li> <li>- <b>Leg position:</b> inside leg is wrapped, both legs are bent and in ring position</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F32	Inverted Front Split		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both legs, both hands, top of back foot, heel/ankle of front foot (optional)</li> <li>- <b>Arm position/grip:</b> basic or cup grip, holding the pole at the hips</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>

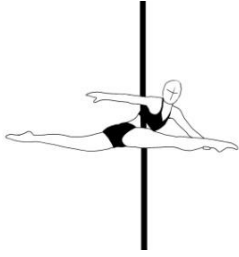

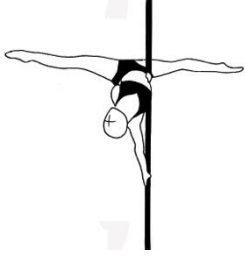

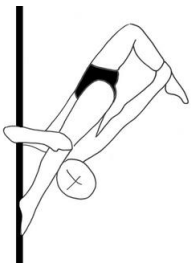
Code No.	Name	Element	Tech. Value	Criteria
F33	Lux		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, one leg, hips</li> <li>- <b>Arm position/grip:</b> arms are fully extended</li> <li>- <b>Grip:</b> split grip</li> <li>- <b>Leg position:</b> legs are in position of choice, on the same side of the pole as the body</li> <li>- <b>Body position:</b> upper body is in back arch with the head at the same level or higher than the hips</li> </ul>
F34	Pegasus Split Facing Floor 1		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> elbow of back arm, back of shoulders/neck, forearm, and hand of lower arm</li> <li>- <b>Arm position:</b> top arm is holding the thigh of the back leg around the pole; bottom arm is in holding onto the pole</li> <li>- <b>Grip:</b> top arm is in elbow grip, bottom arm is in forearm grip</li> <li>- <b>Leg position:</b> both legs are fully extended in a frontal split position</li> <li>- <b>Body position:</b> torso is facing the floor</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F35	Split Grip Leg Through Frontal Split 1		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands and thigh of inside leg</li> <li>- <b>Arm position/grip:</b> split grip</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> upper body is horizontal</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F36	Split Grip Leg Through Split 2		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands and inside leg</li> <li>- <b>Arm position/grip:</b> split grip</li> <li>- <b>Leg position:</b> both legs are fully extended in split position of choice</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F37	Allegra		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside arm hand, thigh of inside leg, outside arm, side of torso/lower back</li> <li>- <b>Arm position/grip:</b> inside hand grips pole above the inside leg, outside arm is extended and holding the ankle/shin of the outside leg</li> <li>- <b>Leg position:</b> both legs are fully extended in a frontal split position</li> <li>- <b>Body position:</b> back arch</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F38	Capezio 2		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> underarm of back arm, back, thigh of inside leg</li> <li>- <b>Arm position/grip:</b> no hands have contact with the pole, the same arm holds the ankle/shin of the back leg and is fully extended, the opposite arm holds the front leg</li> <li>- <b>Leg position:</b> split position with front leg fully extended and the back leg bent</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>



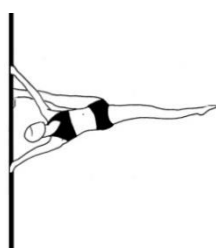
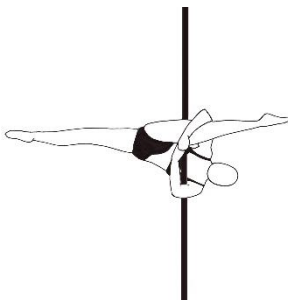
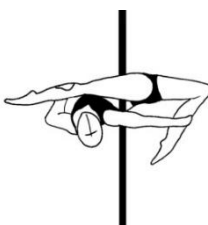
Code No.	Name	Element	Tech. Value	Criteria
F39	Chopsticks Half Split		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside underarm, side of torso, thigh of inside leg, bicep</li> <li>- <b>Arm position/grip:</b> underarm or bicep of inside arm has contact with the pole. Inside arm is fully extended and holding foot or ankle of opposite leg. Outside arm holding ankle of inside leg. No hand contact with the pole</li> <li>- <b>Leg position:</b> split position with inside leg fully extended and the back leg bent, the line of the legs is parallel to the floor</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F40	Eagle 1		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> front leg, side of torso, back of shoulder</li> <li>- <b>Arm position/grip:</b> arms can be bent, no hands have contact with the pole, hands are holding foot/ankle of back leg</li> <li>- <b>Leg position:</b> front leg is wrapped around the pole, back leg and foot must be stretched over the head or in a ring position</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F41	Elbow Grip Split		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds.</li> <li>- <b>Points of contact:</b> calf of one leg (optional), head (optional), one hand, and one elbow.</li> <li>- <b>Arm position / grip:</b> one arm is fully extended and holding the pole above the head, the other arm is in elbow grip.</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> Inverted.</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F42	Handstand Hip Hold Split		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> side of torso, outside ankle, back of inside shoulder</li> <li>- <b>Arm position/grip:</b> arms are fully extended, inside hand holding the inside leg at the shin level (between knee and ankle). Outside hand has contact with the floor.</li> <li>- <b>Leg position:</b> both legs are fully extended in split position. inside foot has contact with the floor</li> <li>- <b>Body position:</b> one-handed back bend</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F43	Handstand Vertical Split 2		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> back, one leg, one shoulder (optional), glutes, head (optional)</li> <li>- <b>Arm position/grip:</b> only one hand has contact with the floor, the other is holding the ankle of the front leg, floor-based arm is extended</li> <li>- <b>Leg position:</b> both legs are fully extended in a vertical split position</li> <li>- <b>Body position:</b> handstand position (hips above the head and shoulders in a straight line)</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>







Code No.	Name	Element	Tech. Value	Criteria
F44	Iguana Elbow Hold Diagonal Split		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one shoulder, back, one arm, one leg, neck (optional)</li> <li>- <b>Arm position:</b> one arm is holding the pole behind the body at the elbow, the other arm is fully extended and holding the calf of the outside leg</li> <li>- <b>Grip:</b> elbow grip</li> <li>- <b>Leg position:</b> both legs are fully extended in a front split position, diagonal to the pole, the inside leg is in contact with the pole, no foot contact is allowed</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F45	Iguana Grip Vertical Split		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, inside arm (optional), both shins/calves, both feet, hips/glutes, side of torso</li> <li>- <b>Arm position:</b> iguana arm position</li> <li>- <b>Leg position:</b> both legs are fully extended in split position.</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F46	Inverted Front Split		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both legs and both hands</li> <li>- <b>Arm position/grip:</b> basic or cup grip</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> torso is horizontal and facing downwards</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F47	One Hand Flying Split		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand, foot of the opposite leg</li> <li>- <b>Arm position:</b> inside arm is fully extended and holds the pole. Outside hand holds opposite ankle.</li> <li>- <b>Leg position:</b> in a frontal split / oversplit position. Front leg has no contact with the pole, and both legs are fully extended.</li> <li>- <b>Body position:</b> upright, facing away from the pole</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F48	Upright Braid Split		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside hand, inside shoulder, torso, top of the thigh of the front leg</li> <li>- <b>Arm position:</b> one arm is bent and holding the pole, the other arm is around the leg and in contact with the opposite arm</li> <li>- <b>Leg position:</b> both legs are fully extended in a split position and in a straight line</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>



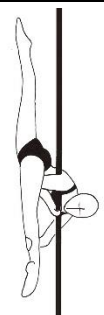


Code No.	Name	Element	Tech. Value	Criteria
F49	Yogini 2		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> underarm, side of torso</li> <li>- <b>Arm position/grip:</b> underarm, hands holding legs at the knee</li> <li>- <b>Leg position:</b> both legs are fully extended with feet above the head</li> <li>- <b>Body position:</b> upper body is upright, hips facing the floor</li> </ul>
F50	Yogini Half Split		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> underarm, side of torso</li> <li>- <b>Grip:</b> underarm grip (inside arm)</li> <li>- <b>Arm position:</b> both arms are fully extended. Inside hand holds the shin/ankle of inside leg and outside hand is holding outside leg at the ankle/calf.</li> <li>- <b>Leg position:</b> half split position with outside leg fully extended and parallel to the floor. Inside leg bent backwards.</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of the split:</b> a minimum of 180°</li> </ul>
F51	Back Split to Pole Ring Position		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both legs and both hands</li> <li>- <b>Arm position/grip:</b> basic or cup grip</li> <li>- <b>Leg position:</b> split position with front leg fully extended, back leg bent, foot must touch head</li> <li>- <b>Body position:</b> back arch</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F52	Bird of Paradise Inverted		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> thigh, side of torso, back, back of neck, outside arm, crook of outside elbow, back of outside shoulder</li> <li>- <b>Arm position/grip:</b> both arms are bent and above the head, hands are clasped behind the head</li> <li>- <b>Leg position:</b> both legs are fully extended in a diagonal split</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F53	Capezio Split		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> underarm of back arm, back, thigh of inside leg</li> <li>- <b>Arm position/grip:</b> no hands to have contact with the pole, the inside arm holds the back leg at ankle/shin level and is fully extended. The outside arm holds the front leg</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>




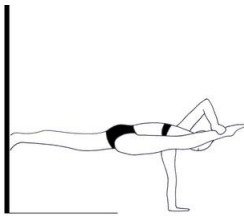
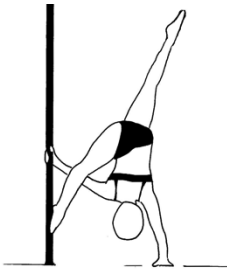


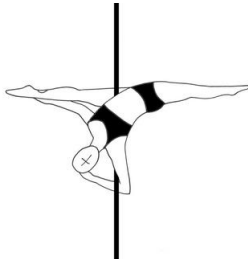
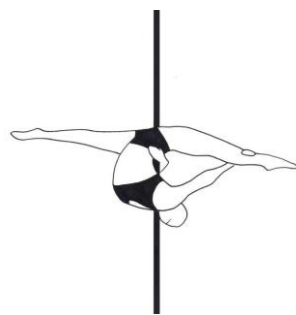

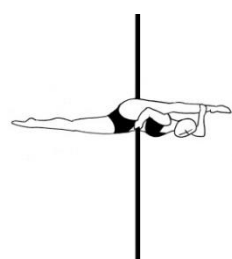
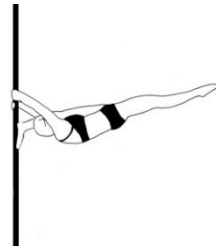
Code No.	Name	Element	Tech. Value	Criteria
F54	Chopsticks 2		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> underarm, side of torso, upper thigh, bicep</li> <li>- <b>Arm position/grip:</b> underarm or bicep of inside arm has contact with the pole. Inside arm is fully extended. Outside arm holding ankle of inside leg. No hand contact with the pole</li> <li>- <b>Leg position:</b> both legs fully extended in split position and parallel to floor</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> 180°</li> </ul>
F55	Cocoon 2		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of knee, thigh, torso</li> <li>- <b>Arm position/grip:</b> arms are fully extended above the head and holding back leg</li> <li>- <b>Leg position:</b> split position with front leg gripping the pole at the knee, back leg is extended</li> <li>- <b>Body position:</b> inverted, back arch</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F56	Dragon Tail Split		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, side of torso, upper thigh</li> <li>- <b>Arm position/grip:</b> inside arm is fully extended and the hand is in contact with the pole, hand of the outside arm holds the pole behind the back</li> <li>- <b>Leg position:</b> both legs fully extended in front split position and parallel to floor</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> 180°</li> </ul>
F57	Elbow Bracket Split 1		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of elbow of one arm, hand of other arm</li> <li>- <b>Arm position:</b> upper arm holds pole in the crook of the elbow, and the hand holds upper leg. Lower arm is fully extended and holds the pole</li> <li>- <b>Grip:</b> elbow grip.</li> <li>- <b>Leg position:</b> both legs extended in split position</li> <li>- <b>Body position:</b> upright, facing the pole</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F58	Elbow Grip Half Split 1		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside elbow and the sole of one foot</li> <li>- <b>Arm position/grip:</b> inside arm is in elbow grip with the hand holding the opposite leg. Outside arm is fully extended with the hand holding the opposite leg at the ankle/shin.</li> <li>- <b>Grip:</b> elbow grip</li> <li>- <b>Leg position:</b> half split position with the front leg fully extended and in contact with the pole and the back leg bent</li> <li>- <b>Body position:</b> inverted and in a diagonal split position</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>

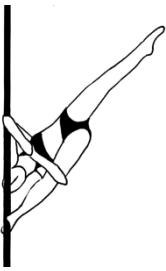
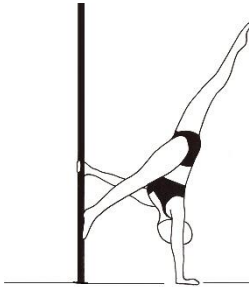


Code No.	Name	Element	Tech. Value	Criteria
F59	Elbow Hold Frontal Split 1		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> shoulder, neck, crook of elbow, back (optional), bicep (optional)</li> <li>- <b>Arm position/grip:</b> no hands have contact with the pole, elbow grip hand holding ankle of opposite leg, free arm is in fixed position of choice and has no contact with the pole</li> <li>- <b>Leg position:</b> both legs fully extended in a frontal split position</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F60	Forearm Grip Leg Through Split		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> hand of upper arm, hand and forearm of lower arm, thigh of inside leg, chest (optional)</li> <li>- <b>Grip:</b> upper hand in cup grip, lower arm is in forearm grip</li> <li>- <b>Arm position:</b> both arms are bent, outside arm is around the inside leg and holds the pole above the inside leg</li> <li>- <b>Leg position:</b> both legs are fully extended in a diagonal split position and at a 45° angle to the pole</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F61	Handspring Split on Pole		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one foot, both hands</li> <li>- <b>Arm position/grip:</b> grip of choice, both arms fully extended</li> <li>- <b>Leg position:</b> both legs are fully extended in split position, the line of the legs is horizontal, the entire sole of the foot must be on the pole</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F62	Hip Hold Split Elbow Grip 1		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside thigh, torso/back, lower arm/elbow. Upper arm has no contact with the pole</li> <li>- <b>Arm position/grip:</b> both arms are bent, hands are clasped behind the inside leg and back</li> <li>- <b>Leg position:</b> both legs are fully extended in a horizontal split position</li> <li>- <b>Body position:</b> angled downwards and facing away from the pole</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F63	Hip Hold Split Half Split		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside leg thigh, side of torso, back of inside arm</li> <li>- <b>Arm position/grip:</b> underarm or bicep of inside arm has contact with the pole. Inside arm is fully extended and holding foot or ankle opposite leg. Outside hand is holding ankle/shin of inside leg. No hand contact with the pole</li> <li>- <b>Leg position:</b> frontal split position with front leg fully extended and parallel to the floor, back leg is bent</li> <li>- <b>Body position:</b> horizontal, facing upwards</li> <li>- <b>Angle of split:</b> 180°</li> </ul>





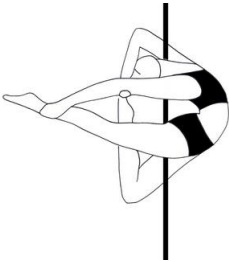
Code No.	Name	Element	Tech. Value	Criteria
F64	Inside Leg Hang Back Split 2		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside leg, side of torso, shoulder, one arm, head (optional)</li> <li>- <b>Arm position/grip:</b> no hands have contact with the pole, arms are fully extended above the head and holding foot of outside leg</li> <li>- <b>Leg position:</b> both legs are bent and in ring position, back foot is over the head</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F65	Inverted Split		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both legs, inside arm, back of shoulder of inside arm, feet (optional)</li> <li>- <b>Arm position/grip:</b> outside arm in fixed position of choice. No hand contact with the pole. inside arm wraps around pole and leg</li> <li>- <b>Leg position:</b> both legs are fully extended in split position in alignment with the pole</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F66	Oversplit on Pole		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> feet, glutes, back leg, both hands</li> <li>- <b>Arm position/grip:</b> basic or cup grip</li> <li>- <b>Leg position:</b> split position with front leg bent, back leg fully extended</li> <li>- <b>Body position:</b> inverted, back arch</li> <li>- <b>Angle of split:</b> a minimum of 190°</li> </ul>
F67	Pegasus Split Facing Upwards		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> lower forearm, lower hand, neck, shoulders, crook of upper elbow, upper bicep/triceps (optional)</li> <li>- <b>Arm position/grip:</b> arm holding upper leg is in an elbow grip, lower arm holds pole in forearm grip</li> <li>- <b>Leg position:</b> both legs are fully extended in a diagonal split</li> <li>- <b>Body position:</b> upper body is facing upwards</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F68	Split Grip Leg Through Frontal Split 2		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands and thigh of inside leg</li> <li>- <b>Arm position/grip:</b> split grip</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> upper body is parallel to the floor</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F69	Superman V		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both thighs, one arm</li> <li>- <b>Arm position/grip:</b> both arms are extended, same hand holds same leg at shin level (between ankle and knee), no hands have contact with the pole</li> <li>- <b>Leg position:</b> back leg is fully extended, other leg is in passé</li> <li>- <b>Body position:</b> upright V-shape must be formed</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
F70	Underarm Hold Split		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> underarm of inside arm, ankles to the pole (not the arch of the foot)</li> <li>- <b>Arm position:</b> no hand contact with the pole. Both arms should be extended.</li> <li>- <b>Grip:</b> underarm grip</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position</li> <li>- <b>Body position:</b> upper body must be at a 90° angle to the pole, chest facing upwards</li> </ul>
F71	Bird of Paradise Upright		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of outside elbow, thigh of front leg, side of torso, back, back of neck, back of outside shoulder</li> <li>- <b>Arm position/grip:</b> both arms are bent, hands are clasped behind the head</li> <li>- <b>Leg position:</b> both legs are fully extended in a diagonal split position</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F72	Brass Monkey Split		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> underarm and hand of inside arm, outside elbow</li> <li>- <b>Arm position/grip:</b> outside hand has no contact with the pole and is holding the opposite leg</li> <li>- <b>Grip:</b> flag grip</li> <li>- <b>Leg position:</b> both legs are fully extended in split position and parallel to the pole</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> 180°</li> </ul>
F73	Cobra		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, knee and shin of upper leg, thigh of lower leg</li> <li>- <b>Arm position/grip:</b> arms are fully extended in wide basic grip. Upper hand grips the pole above the same leg at shin level. Lower hand grips the pole below the lower leg at thigh level</li> <li>- <b>Leg position:</b> legs are fully extended</li> <li>- <b>Body position:</b> in back arch position</li> </ul>
F74	Cocoon 3		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of knee, thigh, torso</li> <li>- <b>Arm position/grip:</b> arms are fully extended above the head in ring position and holding back leg</li> <li>- <b>Leg position:</b> split position with front leg gripping the pole at the knee, back leg fully extended</li> <li>- <b>Body position:</b> inverted, back arch</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>

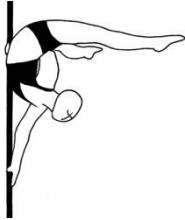


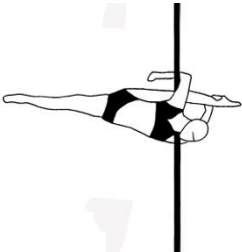
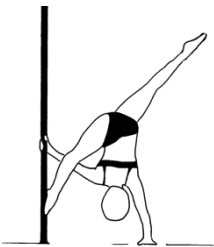
Code No.	Name	Element	Tech. Value	Criteria
F75	Crossbow 1		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both ankles, back of shoulders (no neck contact), arms – no hand contact</li> <li>- <b>Arm position/grip:</b> both arms are fully extended and open with no hand contact with the pole</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position with ankles to the pole (not the arch of the foot)</li> <li>- <b>Body position:</b> torso is at a 90° angle to the pole</li> </ul>
F76	Dragon Tail Fang		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, forearm (optional)</li> <li>- <b>Arm position/grip:</b> inside arm is fully extended and hand is in contact with the pole, hand of the outside arm holds the pole behind the back</li> <li>- <b>Leg position:</b> fang position with both legs bent back, toes touch the shoulder or the crown of head</li> <li>- <b>Body position:</b> inverted</li> </ul>
F77	Elbow Hold Frontal Split 2		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> upper back, upper arm (excluding hand), lower hand (optional), back leg and front of foot</li> <li>- <b>Arm position/grip:</b> upper arm is in elbow grip with the hand holding ankle of opposite leg, other arm is in fixed position of choice</li> <li>- <b>Leg position:</b> both legs fully extended in a frontal split position, back leg and foot are in contact with the pole</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F78	Floor Balance Split 2		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one foot</li> <li>- <b>Arm position/grip:</b> hand of bottom arm is in contact with the floor, arm is fully extended, and shoulder is below the leg. The top arm holds onto opposite side leg above the head</li> <li>- <b>Leg position:</b> Both legs are fully extended in a split position, in straight line, with one foot in contact with the pole. Legs are parallel to the floor</li> <li>- <b>Angle of split:</b> 180°</li> </ul>
F79	Floor K 2		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand and sole of one foot</li> <li>- <b>Arm position/grip:</b> arms are fully extended, inside hand has contact with the pole. Outside hand has contact with the floor</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> one-handed inverted handstand</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> <li>- <b>Starting position:</b> from the floor</li> </ul> <p><b>Please refer to the glossary:</b> Starting position from the floor</p>

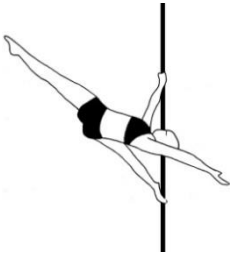

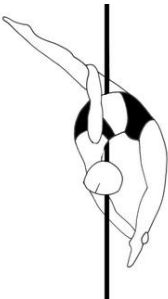
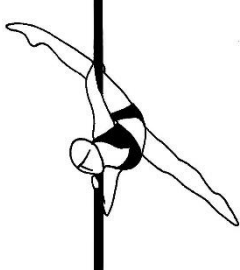

Code No.	Name	Element	Tech. Value	Criteria
F80	Hip Hold Split Elbow Grip 2		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside thigh, side of torso, back, crook of elbow and bicep of lower arm, back of same side shoulder (optional)</li> <li>- <b>Grip:</b> elbow grip with lower arm</li> <li>- <b>Arm position:</b> upper arm can be bent, and hand is holding the same side leg. Lower arm is in elbow grip</li> <li>- <b>Leg position:</b> both legs are fully extended in a front split position, legs are parallel to the floor</li> <li>- <b>Body position:</b> inverted, hips facing upwards, chest rotated away from the pole</li> <li>- <b>Angle of split:</b> 180°</li> </ul>
F81	Iguana Elbow Hold Split No Hands		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> back of shoulder, arm, elbow of inside arm, neck (optional), back, glutes, thigh of back leg</li> <li>- <b>Arm position:</b> one arm is holding the pole behind the body at the elbow. the other arm is fully extended and holding back leg at shin level (between knee and ankle)</li> <li>- <b>Grip:</b> elbow grip</li> <li>- <b>Leg position:</b> both legs are fully extended in split position and horizontal</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F82	Inverted Vertical Split		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, both legs, both feet</li> <li>- <b>Arm position:</b> both arms are fully extended, both hands hold the pole</li> <li>- <b>Grip:</b> split grip</li> <li>- <b>Leg position:</b> both legs are fully extended in front split position, arch of back leg's foot and sole of front leg's foot are in contact with the pole</li> <li>- <b>Body position:</b> torso is horizontal, upper body is in a back arch</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F83	Machine Gun		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand, side of torso, one thigh</li> <li>- <b>Arm position:</b> both arms are bent, one hand holds pole, other hand holds opposite leg extended to the front at the ankle or calf</li> <li>- <b>Grip:</b> of choice</li> <li>- <b>Leg position:</b> both legs are fully extended in split position, in a straight line</li> <li>- <b>Body position:</b> horizontal to the floor</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F84	Russian Split 1		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> sole of one foot, both hands</li> <li>- <b>Arm position/grip:</b> basic or cup grip</li> <li>- <b>Leg position:</b> both legs are fully extended in split position. Leg with contact with the pole is parallel to the floor, no tolerance</li> <li>- <b>Body position:</b> horizontal, facing upwards.</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>

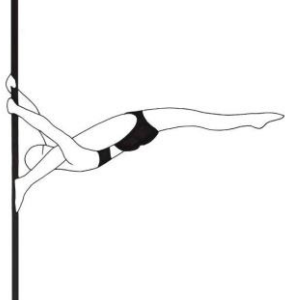
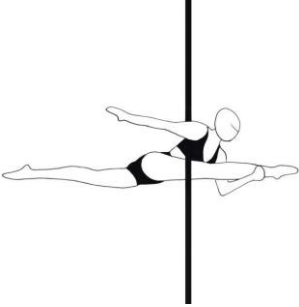


Code No.	Name	Element	Tech. Value	Criteria
F85	Russian Split Elbow Lock		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of the inside elbow and the sole of one foot</li> <li>- <b>Arm position/grip:</b> both arms are bent, and hands are clasped, only top arm has contact with the pole, other arm is wrapped around the lower leg</li> <li>- <b>Grip:</b> elbow grip</li> <li>- <b>Leg position:</b> both legs are fully extended, split angle is at a 45° angle to the pole</li> <li>- <b>Body position:</b> inverted, full body is at a 45° angle to the floor</li> <li>- <b>Angle of split:</b> 180°</li> </ul>
F86	Twisted Floor K		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand and sole of opposite foot</li> <li>- <b>Arm position:</b> arms are fully extended, one hand has contact with the pole, the other hand has contact with the floor</li> <li>- <b>Grip:</b> basic or cup grip</li> <li>- <b>Leg position:</b> both legs are fully extended in a split position</li> <li>- <b>Body position:</b> one-handed handstand, facing the pole</li> <li>- <b>Angle of split:</b> minimum 180°</li> <li>- <b>Starting position:</b> from the floor</li> <li>- <b>Please refer to the glossary:</b> Starting position from the floor</li> </ul>
F87	Upright Twisted Capezio		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> front thigh, side of torso, back of shoulder, upper arm</li> <li>- <b>Arm position/grip:</b> inside arm is around the pole and holding the foot/ankle of the opposite (back) leg. Outside arm is holding the front leg</li> <li>- <b>Leg position:</b> legs are in an oversplit, front leg is fully extended and in contact with the pole. Back leg and foot must be stretched over the head in ring position</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 190°</li> </ul>
F88	Vertical Jade		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> hand of outside arm, underarm of inside arm, glutes, outside leg, foot of outside leg</li> <li>- <b>Arm position:</b> outside arm wraps around the inside leg and holds the pole at the ankle of opposite foot, inside arm is around the pole and leg, with the underarm in contact with the pole</li> <li>- <b>Grip:</b> inside arm: underarm grip outside arm: basic or cup grip</li> <li>- <b>Leg position:</b> both legs are fully extended in a frontal split position, foot of outside leg should be holding the pole from behind. The front leg is the inside leg, the back leg is the outside leg.</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>

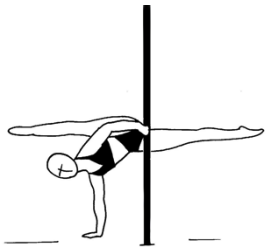
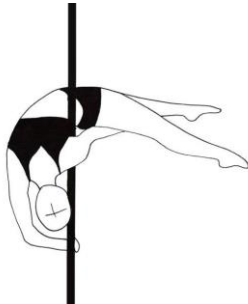
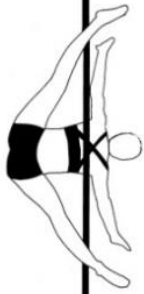
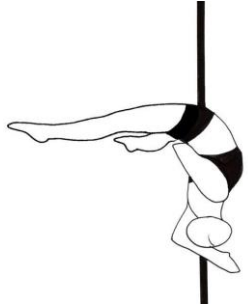

Code No.	Name	Element	Tech. Value	Criteria
F89	Vertical Split No Hands 1		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside leg, inside of foot of inside leg, hips/glutes, foot, and shin of outside leg</li> <li>- <b>Arm position/grip:</b> arms in position of choice with no contact with the pole or the body</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> upper body is in a back arch position with the head at the same level or lower than the hips</li> <li>- <b>Angle of split:</b> minimum 180°</li> </ul>
F90	Back Elbow Vertical Split		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> neck, upper back and one elbow</li> <li>- <b>Arm position/grip:</b> elbow holds pole behind the back, other hand holds opposite leg</li> <li>- <b>Grip:</b> elbow grip</li> <li>- <b>Leg position:</b> both legs are fully extended in split position and parallel to the pole</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> 180°</li> </ul>
F91	Back Split		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, full length of both legs</li> <li>- <b>Arm position:</b> both hands hold the pole behind the legs</li> <li>- <b>Grip:</b> split grip</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> upper body is in a back arch</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F92	Back Split Overhead Hold on Pole		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, both legs</li> <li>- <b>Arm position/grip:</b> both arms are fully extended, and hands hold the pole above the head at ankle/calf height</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> upright with back arch</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F93	Calla Lilly		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> Both thighs, one shoulder, neck, one upper arm</li> <li>- <b>Arm position/grip:</b> one arm is extended and holding the ankle/shin of the extended same side leg. Other hand is holding the elbow of the extended arm above the head, and is in contact with the pole</li> <li>- <b>Leg position:</b> One leg is extended, and foot is higher than the hips, other leg is in a position of choice</li> <li>- <b>Body position:</b> upright and in a back arch</li> </ul>


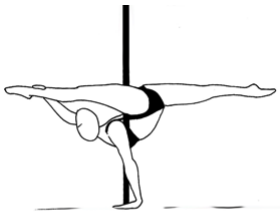
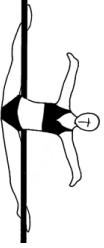

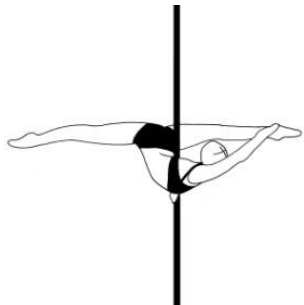


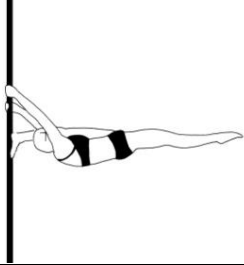



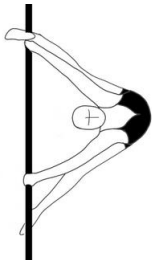
Code No.	Name	Element	Tech. Value	Criteria
F94	Dragon Tail Back Bend 1		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position/grip:</b> inside arm is fully extended and hand is in contact with the pole, hand of the outside arm holds the pole behind the back</li> <li>- <b>Leg position:</b> both legs are fully extended, open, and both legs parallel to the floor and each other</li> <li>- <b>Body position:</b> inverted</li> </ul>
F95	Eagle 2		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> front leg, side of torso, back of shoulder</li> <li>- <b>Arm position/grip:</b> no hands have contact with the pole, arms are fully extended, and hands are holding foot/ankle of back leg</li> <li>- <b>Leg position:</b> front leg is wrapped around the pole, back leg and foot must be stretched over the head or in a ring position</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F96	Elbow Grip Horizontal Back Bend		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both arms, upper back, back of the head</li> <li>- <b>Arm position:</b> top arm is in underarm grip, hand is holding onto top leg; bottom arm is wrapped around pole at elbow. No hands in contact with the pole</li> <li>- <b>Grip:</b> underarm grip (top arm) and elbow grip (bottom arm)</li> <li>- <b>Leg position:</b> both legs are fully extended</li> <li>- <b>Body position:</b> body is wrapped around the pole with a back arch position</li> </ul>
F97	Elbow Hold Split		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> neck, upper back, crook of upper elbow, leg (optional), underarm (optional)</li> <li>- <b>Arm position:</b> top arm is in elbow grip, other arm holds the ankle of opposite leg behind pole</li> <li>- <b>Grip:</b> elbow grip</li> <li>- <b>Leg position:</b> both legs are fully extended and parallel to the floor in split position</li> <li>- <b>Body position:</b> parallel to the floor</li> <li>- <b>Angle of split:</b> 180°</li> </ul>
F98	Floor K 3		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand and sole of one foot</li> <li>- <b>Arm position/grip:</b> arms are fully extended, inside hand has contact with the pole. Outside hand has contact with the floor</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> one-handed inverted handstand</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> <li>- <b>Starting position:</b> from the floor</li> <li>- <b>Please refer to the glossary:</b> Starting position from the floor</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
F99	Flying K		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside hand, inside foot</li> <li>- <b>Arm position/grip:</b> both arms are fully extended, one hand is holding the pole, the other is fixed position of choice with no contact with the pole</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> downward diagonal</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F100	Half Back Split on Pole		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, upper leg, pelvis, thigh of the lower leg</li> <li>- <b>Arm position/grip:</b> both arms are fully extended and hold the pole above the head at ankle height</li> <li>- <b>Leg position:</b> back leg is extended, lower leg is in passé</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F101	Inverted Twisted Capezio		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> thigh, side of torso, shoulder, inside arm, outside arm (optional)</li> <li>- <b>Arm position/grip:</b> Inside arm is holding the ankle/foot of the opposite (back) leg. Outside arm is fully extended and holding the front leg. Outside arm in contact with the pole (optional)</li> <li>- <b>Leg position:</b> legs are in an oversplit, front leg is fully extended and in contact with the pole at the inner thigh, held by the opposite arm. Back leg and foot must be stretched over the head or in a ring position</li> <li>- <b>Body position:</b> inverted</li> </ul>
F102	Pegasus Split Facing Floor 2		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> thigh of back leg, elbow of back arm, back of shoulders/neck, forearm, and hand of lower arm</li> <li>- <b>Arm position:</b> top arm is holding the thigh of the back leg around the pole, bottom arm is in holding onto the pole</li> <li>- <b>Grip:</b> top arm is in elbow grip, bottom arm is in forearm grip</li> <li>- <b>Leg position:</b> both legs are fully extended in a frontal split position</li> <li>- <b>Body position:</b> torso is facing the floor</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F103	Rainbow Marchenko Back Bend Scissor		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> underarm, hand of inside arm, side of torso, and thighs</li> <li>- <b>Arm position:</b> inside arm is in flag grip, outside arm is fully extended and holding the inside leg at ankle/calf</li> <li>- <b>Grip:</b> flag grip</li> <li>- <b>Leg position:</b> both legs are fully extended on the same side as the body</li> <li>- <b>Body position:</b> inverted, back bend, chest is facing downwards</li> </ul>


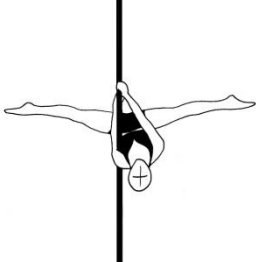




Code No.	Name	Element	Tech. Value	Criteria
F104	Russian Split 2		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> sole of one foot, both hands</li> <li>- <b>Arm position/grip:</b> basic or cup grip</li> <li>- <b>Leg position:</b> both legs are fully extended in split position. Back leg is parallel to the floor, no tolerance</li> <li>- <b>Body position:</b> parallel to the floor, with 20° tolerance</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F105	Underarm Grip Chopsticks		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> underarm, back of thigh of inside leg, bicep</li> <li>- <b>Arm position/grip:</b> underarm or bicep of inside arm has contact with the pole. Inside arm is fully extended. Outside arm holding ankle/calf of inside leg. No hand contact with the pole</li> <li>- <b>Leg position:</b> both legs fully extended in split position and parallel to floor</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> 180°</li> </ul>
F106	Vertical Split		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> hands, forearm of lower arm, outside of lower leg calf, top of foot of lower leg (not the arch of the foot), top leg (optional)</li> <li>- <b>Arm position:</b> Upper arm is fully extended, lower forearm wraps around lower leg at the knee and holds the pole</li> <li>- <b>Grip:</b> wide basic grip</li> <li>- <b>Leg position:</b> both legs are fully extended</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F107	Vertical Half Split		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of both elbows, back of neck, shoulders, biceps/triceps (optional)</li> <li>- <b>Arm position:</b> upper hand holds opposite foot, bottom hand holds opposite, lower ankle. Both arms wrapped around the pole</li> <li>- <b>Grip:</b> upper arm in elbow grip</li> <li>- <b>Leg position:</b> legs are in split position. Upper leg is bent, bottom leg is fully extended.</li> <li>- <b>Body position:</b> inverted with the chest facing downwards.</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>

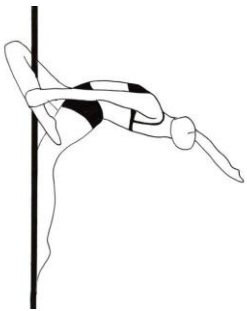



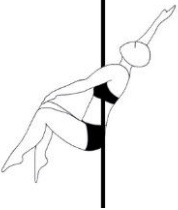

Code No.	Name	Element	Tech. Value	Criteria
F108	Wenson Split		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand</li> <li>- <b>Arm position/grip:</b> one hand has contact with the floor and the arm is fully extended, the top arm is bent, and the hand has contact with the pole</li> <li>- <b>Leg position:</b> both legs are fully extended in split position, line of split is parallel to the floor. The upper leg should be supported on the upper part of the triceps/shoulder of the arm on the same side. There must be no leg contact with the pole</li> <li>- <b>Body position:</b> inverted handstand</li> <li>- <b>Angle of split:</b> 180°</li> <li>- <b>Starting position:</b> from the floor</li> <li>- <b>Please refer to the glossary:</b> Starting position from the floor</li> </ul>
F109	Bui Bend		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand, opposite arm, waist, underarm, side of torso, shoulder (optional)</li> <li>- <b>Arm position/grip:</b> inside arm is extended and holding the same leg. Outside arm is bent and holding the pole at / above the head</li> <li>- <b>Leg position:</b> both legs are fully extended and horizontal</li> <li>- <b>Body position:</b> inverted, hips parallel to the floor</li> </ul>
F110	Crossbow 2		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both ankles, back of shoulders (no neck contact)</li> <li>- <b>Arm position/grip:</b> both arms are fully extended and open with no hand contact with the pole</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position with ankles to the pole (not the arch of the foot)</li> <li>- <b>Body position:</b> torso is at a 90° angle to the pole</li> </ul>
F111	Dragon Tail Back Bend 2		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> outside hand, forearm of inside arm, inside shoulder, torso, neck (optional)</li> <li>- <b>Arm position/grip:</b> inside arm is bent and forearm is in contact with the pole, outside arm holds the pole behind the back</li> <li>- <b>Leg position:</b> both legs are fully extended, closed, and both legs parallel to the floor and each other</li> <li>- <b>Body position:</b> inverted</li> </ul>
F112	Elbow Bracket Split 2		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand, chest, one arm, one foot (optional)</li> <li>- <b>Arm position:</b> upper arm holds the upper leg at ankle/shin level above the head. Lower arm is fully extended and holds the pole</li> <li>- <b>Grip:</b> wrap grip (upper arm)</li> <li>- <b>Leg position:</b> legs are in frontal split position and extended</li> <li>- <b>Body position:</b> upright, facing the pole</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
F113	Elbow Hold Side Bend Superman		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both thighs, inside arm, forearm of outside arm</li> <li>- <b>Arm position/grip:</b> inside arm is in elbow grip, outside arm is extended and hand holds extended opposite leg at shin/ankle. No hands have contact with the pole</li> <li>- <b>Leg position:</b> one leg is extended with the foot higher than the head, other leg is bent</li> <li>- <b>Body position:</b> upright</li> </ul>
F114	Floor Based Marchenko		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> underarm of inside arm, side of torso, back of one thigh</li> <li>- <b>Arm position/grip:</b> both arms are fully extended, inside arm has contact with the floor and is in underarm grip, the outside arm is holding the inside leg at the ankle/calf</li> <li>- <b>Grip:</b> underarm grip</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> inverted handstand, chest is facing downwards</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> <li>- <b>Starting position:</b> from the floor</li> <li>- <b>Please refer to the glossary:</b> Starting position from the floor</li> </ul>
F115	Low Back Crossbow		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> arch of both feet, lower back/glutes</li> <li>- <b>Arm position/grip:</b> both arms are with no hand contact with the pole</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position</li> <li>- <b>Body position:</b> torso is at a 90° angle to the pole</li> </ul>
F116	Rainbow Marchenko Back Bent Pencil		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> underarm and hand of inside arm, side of torso, thighs</li> <li>- <b>Arm position:</b> inside arm is in flag grip, outside arm is fully extended and holding the inside leg at ankle/shin</li> <li>- <b>Grip:</b> flag grip</li> <li>- <b>Leg position:</b> both legs are fully extended and parallel to the floor</li> <li>- <b>Body position:</b> inverted, chest is facing downwards</li> </ul>
F117	Rainbow Marchenko Split		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> underarm and hand of inside arm, side of torso, back of one thigh</li> <li>- <b>Arm position:</b> inside arm is in flag grip, outside arm is fully extended and holding the inside leg at ankle/shin</li> <li>- <b>Grip:</b> flag grip</li> <li>- <b>Leg position:</b> both legs are fully extended in split position, parallel to the floor</li> <li>- <b>Body position:</b> inverted, chest is facing downwards</li> <li>- <b>Angle of split:</b> 180°</li> </ul>


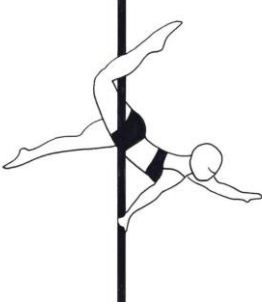

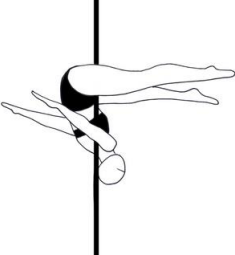


Code No.	Name	Element	Tech. Value	Criteria
F118	Russian Split 3		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one foot, both hands</li> <li>- <b>Arm position/grip:</b> basic or cup grip</li> <li>- <b>Leg position:</b> fully extended in split position, front leg (in contact with pole) parallel to the floor, no tolerance</li> <li>- <b>Body position:</b> parallel to the floor, no tolerance</li> <li>- <b>Angle of split:</b> 180°</li> </ul>
F119	Superman Crescent 2		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both thighs, one calf, pelvis</li> <li>- <b>Arm position/grip:</b> arms are fully extended above the head, hands holding top foot</li> <li>- <b>Leg position:</b> both legs are bent</li> <li>- <b>Body position:</b> upright, upper body is in back arch</li> </ul>
F120	Vertical Marchenko Split		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside of the foot and shin of inside leg, back, glutes (optional), elbow of inside arm</li> <li>- <b>Arm position:</b> outside arm is fully extended holding outside leg</li> <li>- <b>Grip:</b> inside arm in elbow grip.</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> wrapped around the pole</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F121	Vertical Split No Hands 2		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside leg, inside of foot of inside leg, hips/glutes, foot, and shin of outside leg</li> <li>- <b>Arm position/grip:</b> arms in position of choice with no contact with the pole or the body</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> torso must be at a 90° angle to the pole</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F122	X Pose Back Bend		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, ankle and top of foot (optional) of the top leg, sole of the bottom foot</li> <li>- <b>Arm position:</b> arms are fully extended above the head</li> <li>- <b>Grip:</b> split grip</li> <li>- <b>Leg position:</b> both legs are fully extended in a straddle position</li> <li>- <b>Body position:</b> back arch, torso is parallel to the floor</li> </ul>


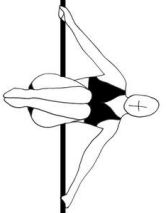
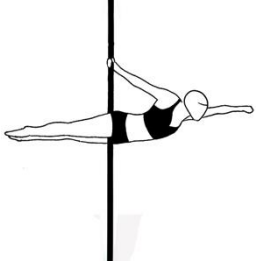
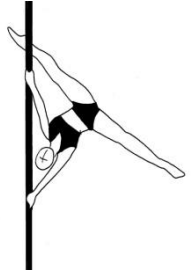
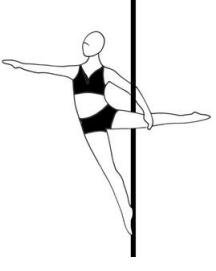
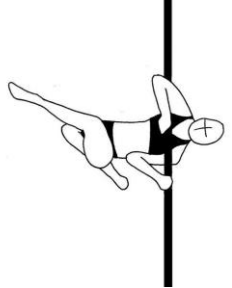
## STRENGTH ELEMENTS

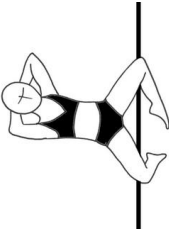
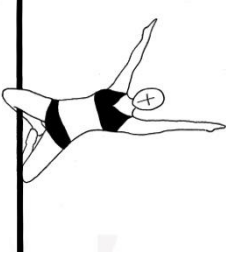
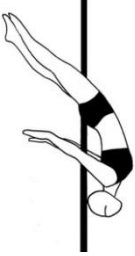

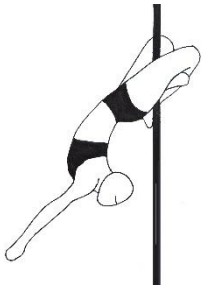

Code No.	Name	Element	Tech. Value	Criteria
S1	Basic Invert No Hands		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> full lengths of both legs, torso (optional)</li> <li>- <b>Arm position/grip:</b> fixed position of choice, hands have no contact with the pole</li> <li>- <b>Leg position:</b> both legs are holding the pole</li> <li>- <b>Body position:</b> inverted</li> </ul>
S2	Inverted Straddle 1		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, inside arm, torso, one thigh (optional)</li> <li>- <b>Arm position:</b> both arms are extended, holding the pole</li> <li>- <b>Grip:</b> basic grip</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position</li> <li>- <b>Body position:</b> inverted</li> </ul>
S3	Elbow Grip Seat		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of elbow of inside arm, back of knee of inside leg, back of thighs, glutes</li> <li>- <b>Arm position/grip:</b> inside arm is in elbow grip, outside arm in fixed position of choice</li> <li>- <b>Leg position:</b> inside leg is hooked, outside leg is fully extended, both legs are on the same side of the pole</li> </ul>
S4	Outside Knee Hook		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> hand of inside arm, top of one thigh, crook of knee of opposite/outside leg</li> <li>- <b>Arm position/grip:</b> inside arm extended, pushing away from pole, outside arm in fixed position of choice</li> <li>- <b>Leg position:</b> front leg is around the pole, back leg is fully extended behind</li> <li>- <b>Body position:</b> inverted and at an angle away from the pole</li> </ul>
S5	Pole Hug Pencil		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both elbows, torso</li> <li>- <b>Arm position:</b> arms wrapped around pole, with the pole in the crook of the elbow</li> <li>- <b>Grip:</b> elbow grip</li> <li>- <b>Leg position:</b> both legs are fully extended and closed</li> <li>- <b>Body position:</b> upright</li> </ul>
S6	Split Grip Cradle Tuck 1		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, hips, top of thighs</li> <li>- <b>Arm position/grip:</b> split grip</li> <li>- <b>Leg position:</b> tuck position</li> <li>- <b>Body position:</b> body is in an upright position at 45° to the pole</li> </ul>

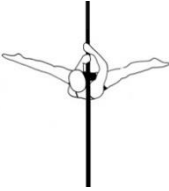






Code No.	Name	Element	Tech. Value	Criteria
S7	Stargazer		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of knee/calf of upper leg, top of foot, shin and knee of lower leg, thighs (optional)</li> <li>- <b>Arm position/grip:</b> one hand is holding the opposite leg (which is bent around the pole) at any point, other arm is in a fixed position of choice. No hand contact with the pole</li> <li>- <b>Leg position:</b> one leg is bent around the pole and crossed in front of the other leg</li> <li>- <b>Body position:</b> back is arched</li> </ul>
S8	Back Support Tuck 1		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside arm, side of torso, hands</li> <li>- <b>Arm position/grip:</b> back support</li> <li>- <b>Leg position:</b> knees on chest</li> <li>- <b>Body position:</b> upper body is upright</li> </ul>
S9	Basic Brass Monkey		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, forearm of outside arm (optional), underarm of inside arm, side of torso, inside leg knee and back of thigh</li> <li>- <b>Arm position/grip:</b> flag grip</li> <li>- <b>Leg position:</b> fang position, inside leg hooked on pole</li> <li>- <b>Body position:</b> inverted</li> </ul>
S10	Butterfly Split Grip		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, one leg, (torso optional)</li> <li>- <b>Arm position/grip:</b> split grip</li> <li>- <b>Leg position:</b> both legs are bent, one leg is hooked on pole</li> <li>- <b>Body position:</b> inverted</li> </ul>
S11	Closed Teddy		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside underarm and bicep, side of torso, glutes (optional)</li> <li>- <b>Arm/position grip:</b> one arm is fully extended and holding the leg, the other arm is in a fixed position of choice with no pole contact</li> <li>- <b>Leg position:</b> legs are closed and in a fixed position of choice without contact with the pole</li> <li>- <b>Body position:</b> upright</li> </ul>
S12	Cupid		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside knee of inside leg, foot of outside leg</li> <li>- <b>Arm position/grip:</b> both arms are in fixed position of choice with no contact with the pole</li> <li>- <b>Leg position:</b> inside leg is hooked to the pole at the knee, outside leg is fully extended with the sole of the foot in contact with the pole</li> <li>- <b>Body position:</b> upright, diagonal to the pole</li> </ul>





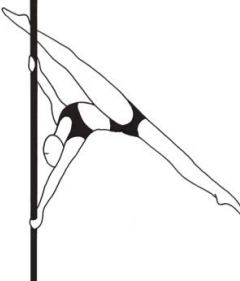
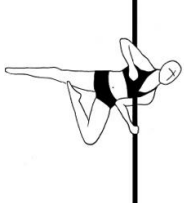



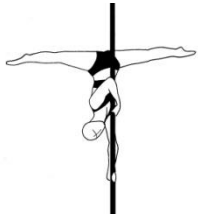
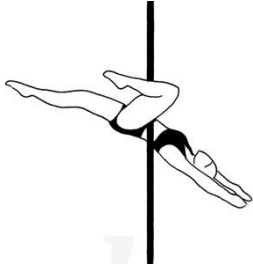
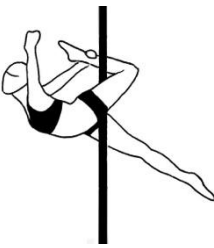

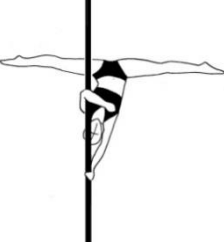
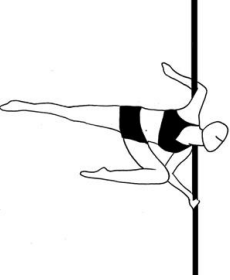
Code No.	Name	Element	Tech. Value	Criteria
S13	Elbow Hold Hang 1		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> side of torso, crook of elbow, upper arm</li> <li>- <b>Grip:</b> elbow grip</li> <li>- <b>Arm position:</b> inside arm is in elbow grip, outside arm is in a closed fixed position of choice. No hands have contact with the pole,</li> <li>- <b>Leg position:</b> both legs are in a fixed position of choice with no contact with the pole</li> <li>- <b>Body position:</b> upright</li> </ul>
S14	Extended Brass Monkey		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside hand, outside hand (optional). Crook of knee, calf, back and side of thigh of inside leg</li> <li>- <b>Arm position/grip:</b> both arms are fully extended</li> <li>- <b>Leg position:</b> inside leg is hooked on pole, outside leg is extended in a fixed position of choice</li> <li>- <b>Body position:</b> inverted, shoulders are pushed away from the pole</li> </ul>
S15	Inside Leg Hang Flatline		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> hand of inside arm, side of torso, inside leg – no foot contact</li> <li>- <b>Arm position/grip:</b> Inside arm extended, pushing away from pole, outside arm in fixed position of choice with no contact with the pole</li> <li>- <b>Leg position:</b> inside leg is hooked to the pole, outside leg is fully extended and parallel to the floor</li> <li>- <b>Body position:</b> upper body parallel to the floor</li> </ul>
S16	Hip Hold Straddle		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside hip, inside thigh, torso, inside underarm</li> <li>- <b>Arm/position grip:</b> arms in fixed position of choice</li> <li>- <b>Leg position:</b> both legs are fully extended in a straddle position and parallel to the floor</li> <li>- <b>Body position:</b> inverted</li> </ul>
S17	Layback Crossed Knee Release		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both thighs, calf of one leg, glutes</li> <li>- <b>Arm position/grip:</b> both arms are in fixed position of choice with no contact with the pole</li> <li>- <b>Leg position:</b> one leg is fully extended, other leg is bent around the pole and crossed in front of the other leg</li> <li>- <b>Body position:</b> inverted layback</li> </ul>
S18	Outside Knee Hang		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> outside leg, side of torso, back of inside arm shoulder, armpit (optional)</li> <li>- <b>Arm position/grip:</b> arms in fixed position of choice with no contact with the pole</li> <li>- <b>Leg position:</b> outside leg is bent and wrapped around the pole, inside leg is fully extended and parallel to the floor</li> <li>- <b>Body position:</b> inverted</li> </ul>

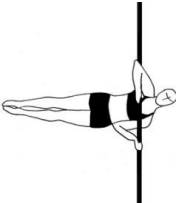
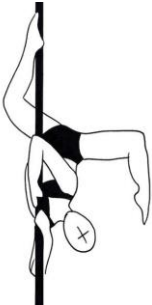
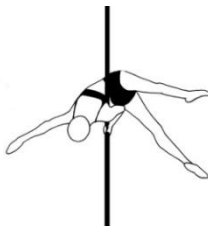
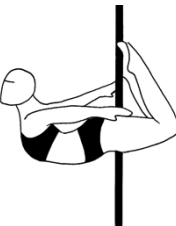
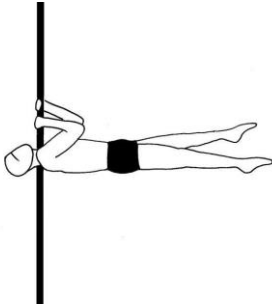
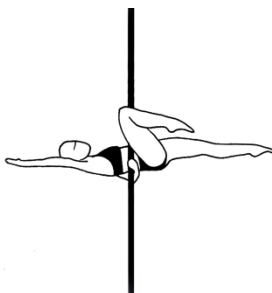
Code No.	Name	Element	Tech. Value	Criteria
S19	Pole Straddle Split Grip		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position:</b> both arms are fully extended,</li> <li>- <b>Grip:</b> split grip</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position (in line with the hips or higher)</li> <li>- <b>Body position:</b> upright</li> </ul>
S20	Split Grip Cradle Tuck 2		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, hips, top of thighs</li> <li>- <b>Arm position/grip:</b> split grip</li> <li>- <b>Leg position:</b> tuck position</li> <li>- <b>Body position:</b> body is at a 90° angle to the pole</li> </ul>
S21	Basic Superman		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both inner thighs, one hand</li> <li>- <b>Arm position/grip:</b> both arms are fully extended, only one hand holds pole</li> <li>- <b>Leg position:</b> both legs are fully extended and closed</li> <li>- <b>Body position:</b> hips and legs are parallel to the floor</li> </ul>
S22	Butterfly Extension		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands and one heel</li> <li>- <b>Arm position:</b> both arms are fully extended</li> <li>- <b>Grip:</b> grip/position of choice</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> inverted</li> </ul>
S23	Cupid Extension		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside arm, inside leg, foot of outside leg</li> <li>- <b>Arm position/grip:</b> inside arm is in contact with the pole and holding the inside leg, outside arm is in a fixed position of choice</li> <li>- <b>Leg position:</b> both legs are fully extended, the back of inside leg is in contact with the pole, outside leg is in contact with the pole with the sole of the foot</li> <li>- <b>Body position:</b> upright</li> </ul>
S24	Flag Grip Side Attitude		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both arms, both hands, and front of chest</li> <li>- <b>Arm position/grip:</b> flag grip</li> <li>- <b>Leg position:</b> both legs are in attitude position</li> <li>- <b>Body position:</b> upper body at a 90° angle to the pole, with a tolerance of not more than 20°</li> </ul>

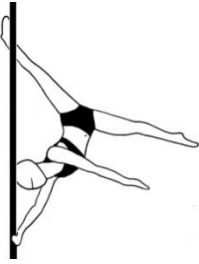
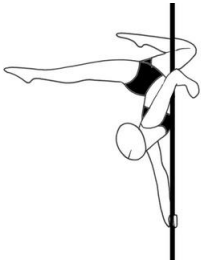
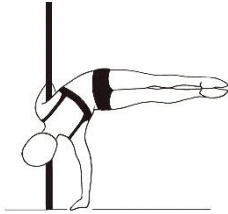
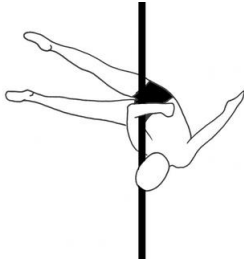
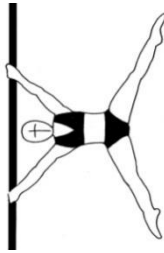
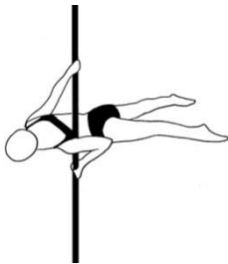
Code No.	Name	Element	Tech. Value	Criteria
S25	Genie		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of knees, calves, thighs</li> <li>- <b>Arm position/grip:</b> both arms are in fixed position of choice with no contact with the pole</li> <li>- <b>Leg position:</b> both legs are bent around the pole</li> <li>- <b>Body position:</b> upper body is in a horizontal position</li> </ul>
S26	Knee Hold		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both knees</li> <li>- <b>Arm position/grip:</b> both arms are in fixed position of choice with no contact with the pole</li> <li>- <b>Leg position:</b> both legs are bent, upper knee holds around the pole, lower knee pushes against the pole, feet may touch each other</li> <li>- <b>Body position:</b> extended away from the pole</li> </ul>
S27	Layback Crossed Ankle Release		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both inner thighs, glutes</li> <li>- <b>Arm position/grip:</b> arms in fixed position of choice with no contact with the pole</li> <li>- <b>Leg position:</b> both legs are fully extended and closed with ankles crossed</li> <li>- <b>Body position:</b> inverted, layback</li> </ul>
S28	Rainbow		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of one knee, both thighs, one calf (optional), glutes, pelvis</li> <li>- <b>Arm position/grip:</b> arms are fully extended. One hand is holding the ankle/foot of opposite leg, other arm is in a fixed position of choice</li> <li>- <b>Leg position:</b> one leg is bent around the pole, other leg is fully extended, foot is lower than head level</li> <li>- <b>Body position:</b> inverted, back arch</li> </ul>
S29	Remi Layback		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of top knee and top of bottom legs' foot</li> <li>- <b>Arm position:</b> both arms fully extended</li> <li>- <b>Leg position:</b> legs are crossed around the pole: one leg grips the pole in the crook of the knee and while the foot of the other leg is in contact with the pole</li> <li>- <b>Body position:</b> inverted, facing away from the pole</li> </ul>
S30	Shoulder Mount Pencil		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, one shoulder, (neck optional)</li> <li>- <b>Arm position:</b> arms are bent</li> <li>- <b>Grip:</b> grip of choice</li> <li>- <b>Leg position:</b> pencil</li> <li>- <b>Body position:</b> vertical and inverted</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
S31	Shoulder Mount Straddle		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, one shoulder, (neck optional)</li> <li>- <b>Arm position:</b> arms are bent</li> <li>- <b>Grip:</b> grip of choice</li> <li>- <b>Leg position:</b> straddle</li> <li>- <b>Body position:</b> horizontal</li> </ul>
S32	Underarm Hold Hang		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside underarm, side of torso</li> <li>- <b>Arm position/grip:</b> arms in fixed position of choice with no contact with the pole</li> <li>- <b>Grip:</b> underarm grip</li> <li>- <b>Leg position:</b> legs in position of choice, without contact with the pole</li> <li>- <b>Body position:</b> upright</li> </ul>
S33	Back Support Split		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> back/side (no hip contact), outside hand and inside arm</li> <li>- <b>Arm position:</b> inside arm holds inside leg around the pole</li> <li>- <b>Grip:</b> back support grip</li> <li>- <b>Leg position:</b> both legs are fully extended with inside arm holding the calf of the inside leg</li> <li>- <b>Body position:</b> upright</li> </ul>
S34	Back Support Tuck 2		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside arm, side of torso, hands</li> <li>- <b>Arm position/grip:</b> back support</li> <li>- <b>Leg position:</b> knees on chest</li> <li>- <b>Body position:</b> parallel to the floor</li> </ul>
S35	Butterfly Twist One Hand		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand, one leg, torso - optional (but no hip contact)</li> <li>- <b>Arm position/grip:</b> both arms are fully extended; one hand holds the opposite foot, while the other hand holds the pole</li> <li>- <b>Leg position:</b> both legs are bent in stag position, one is hooked around the pole in the back of the knee, the other is extended to the back, being held by the opposite hand</li> <li>- <b>Body position:</b> inverted</li> </ul>
S36	Extended Hang		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position:</b> both arms are fully extended</li> <li>- <b>Grip:</b> grip of choice</li> <li>- <b>Leg position:</b> both legs are fully extended and closed</li> <li>- <b>Body position:</b> chest and hips are facing away from the pole</li> </ul>
S37	Handspring Pencil		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position/grip:</b> position of choice</li> <li>- <b>Leg position:</b> both legs are fully extended in a pencil position</li> <li>- <b>Body position:</b> inverted</li> </ul>


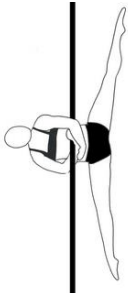
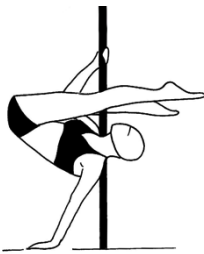
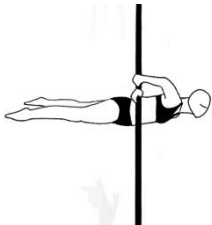
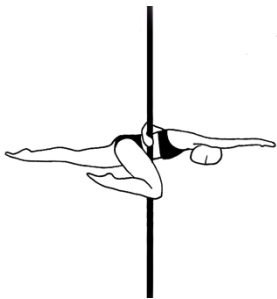
Code No.	Name	Element	Tech. Value	Criteria
S38	Handspring Straddle		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position/grip:</b> position of choice</li> <li>- <b>Leg position:</b> both legs are fully extended in a straddle position</li> <li>- <b>Body position:</b> inverted</li> </ul>
S39	Russian Layback		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> hands, crook of knee and back of thigh, ankle (optional)</li> <li>- <b>Arm position:</b> both arms extended and holding the pole above the head</li> <li>- <b>Grip:</b> basic grip</li> <li>- <b>Leg position:</b> one leg grips the pole in the crook of the knee and along the back of the thigh, the other leg is crossed over the first leg</li> <li>- <b>Body position:</b> inverted, facing away from the pole</li> </ul>
S40	Superman One Side		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand, inside knee, both upper thighs, glutes (optional)</li> <li>- <b>Arm position/grip:</b> one hand is holding the pole; the other arm is fully extended</li> <li>- <b>Leg position:</b> inside leg is in passé, outside leg is fully extended and parallel to the floor, both legs are on same side of the pole</li> <li>- <b>Body position:</b> hips are facing downwards</li> </ul>
S41	Thinker		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> hands and feet, glutes (optional)</li> <li>- <b>Arm position:</b> arms can be bent and hold the pole behind the body</li> <li>- <b>Grip:</b> cup grip</li> <li>- <b>Leg position:</b> both legs are bent, and thighs are in contact with the torso</li> <li>- <b>Body position:</b> head is lower than hips</li> </ul>
S42	Butterfly Reverse Extension		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands and one heel</li> <li>- <b>Arm position:</b> both arms are fully extended</li> <li>- <b>Grip:</b> top hand is in cup grip</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> inverted. Heel of leg opposite to the top hand is on the pole, creating a twist in the hips</li> </ul>
S43	Flag Grip Side Passé		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both arms, both hands, chest</li> <li>- <b>Arm position/grip:</b> flag grip</li> <li>- <b>Leg position:</b> upper leg is fully extended, lower leg is in passé</li> <li>- <b>Body position:</b> upper body and leg are parallel to the floor</li> </ul>
S44	Forearm Grip Inverted Pencil		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> torso, inside forearm, outside hand, bicep (optional)</li> <li>- <b>Arm position/grip:</b> forearm grip</li> <li>- <b>Leg position:</b> both legs are fully extended in pencil position</li> <li>- <b>Body position:</b> inverted</li> </ul>

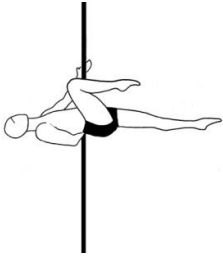

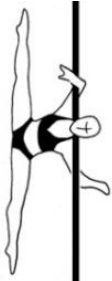
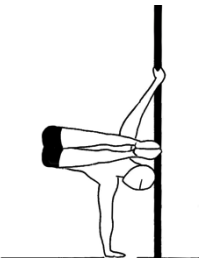
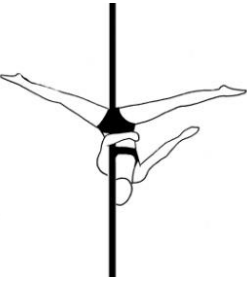
Code No.	Name	Element	Tech. Value	Criteria
S45	Forearm Grip Inverted Straddle		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> torso, inside forearm, outside hand, bicep (optional)</li> <li>- <b>Arm position/grip:</b> forearm grip</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position</li> <li>- <b>Body position:</b> inverted</li> </ul>
S46	Hiphold Half Split		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside waist, hip, inside leg, no foot or ankle contact</li> <li>- <b>Arm position/grip:</b> arms in fixed position of choice with no contact with the pole or the body</li> <li>- <b>Leg position:</b> outside leg is fully extended, inside leg is bent, position is held through pressure of the inside leg against the pole, and is not hooked at the knee</li> <li>- <b>Body position:</b> angled, head downwards towards the floor. Entire body should be in a straight line</li> </ul>
S47	Superpassé		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> thigh of one leg, inside thigh and calf of other leg</li> <li>- <b>Arm position/grip:</b> one arm is extended with the hand holding the opposite leg (which is wrapped around the pole), other arm is in fixed position of choice</li> <li>- <b>Leg position:</b> one leg is fully extended, other leg is bent around the pole</li> <li>- <b>Body position:</b> horizontal</li> </ul>
S48	Chest Press		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, chest, neck, and chin (optional)</li> <li>- <b>Arm position/grip:</b> arms are bent in cup grip</li> <li>- <b>Leg position:</b> both legs are bent, feet directly above the hips, no contact with the pole</li> <li>- <b>Body position:</b> inverted, with the entire body on the same side of the pole</li> </ul>
S49	Elbow Grip Straddle		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand and one elbow</li> <li>- <b>Arm position/grip:</b> one arm is fully extended and holding the pole above the head, other arm is in elbow grip</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position</li> <li>- <b>Body position:</b> inverted</li> </ul>
S50	Elbow Hold Passé		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> upper elbow, lower hand, back of neck, lower shoulder (optional)</li> <li>- <b>Arm position:</b> top arm is in elbow grip, bottom arm is bent and holding the pole</li> <li>- <b>Grip:</b> elbow grip (in upper arm)</li> <li>- <b>Leg position:</b> upper leg is fully extended and parallel to the floor, lower leg is in passé</li> <li>- <b>Body position:</b> entire body is parallel to the floor</li> </ul>

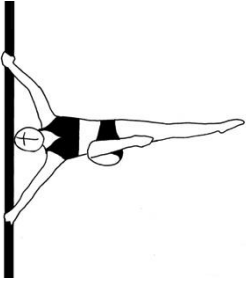
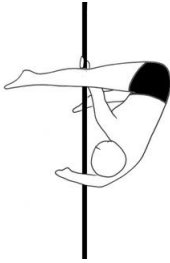
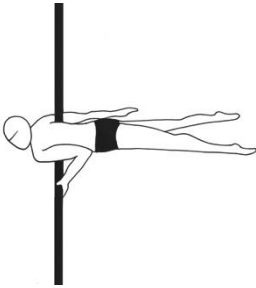
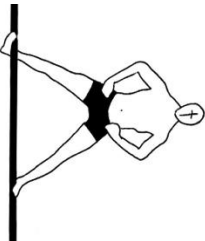
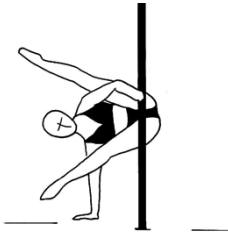
Code No.	Name	Element	Tech. Value	Criteria
S51	Flag Grip Pencil		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both arms, both hands, chest</li> <li>- <b>Arm position/grip:</b> flag grip</li> <li>- <b>Leg position:</b> both legs are fully extended and closed</li> <li>- <b>Body position:</b> body is at a 90° angle to the pole</li> </ul>
S52	Forearm Grip Butterfly		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> hands, forearms, chest (optional), one ankle, bicep (optional)</li> <li>- <b>Arm position/grip:</b> arms are bent and in forearm grip</li> <li>- <b>Leg position:</b> both legs are bent, ankle of opposite leg to upper arm is in contact with the pole, other leg is in fixed position of choice</li> <li>- <b>Body position:</b> body is facing forwards, hips are away from the pole</li> </ul>
S53	Janeiro		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one arm, back</li> <li>- <b>Arm position:</b> outside hand has no contact with the pole and is in a fixed position</li> <li>- <b>Grip:</b> flag grip</li> <li>- <b>Leg position:</b> both legs are fully extended and open</li> <li>- <b>Body position:</b> back is to the pole and hip is on the elbow</li> </ul>
S54	No Hands Superman		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside thighs, at least one foot</li> <li>- <b>Arm position/grip:</b> arms in fixed position of choice with no contact with the pole</li> <li>- <b>Leg position:</b> both legs are bent and holding pole at the inner thighs and at least one foot, legs are not crossed, thighs are parallel to the floor. Feet are in contact with each other.</li> <li>- <b>Body position:</b> upper body is in a back arched position</li> </ul>
S55	Shoulder Mount Plank Straddle		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds in the final position (shoulder mount plank with legs in straddle position)</li> <li>- <b>Points of contact:</b> both hands, one shoulder, (neck optional)</li> <li>- <b>Arm position:</b> arms are bent</li> <li>- <b>Grip:</b> grip of choice</li> <li>- <b>Leg position:</b> final position is both legs are fully extended in straddle position</li> <li>- <b>Body position:</b> body is at a 90° angle to the pole in the final position, body completes a controlled lift or lower into the final position without momentum</li> </ul>
S56	Back Support Plank Thigh Hold		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside calf and thigh of inside leg, side of waist, one hand</li> <li>- <b>Arm position:</b> outside arm is in back support grip, inside arm is in fixed position of choice with no contact with the pole</li> <li>- <b>Grip:</b> back support</li> <li>- <b>Leg position:</b> outside leg is fully extended, inside leg is bent and has contact with the pole</li> <li>- <b>Body position:</b> body, inside arm and outside leg are parallel to the floor</li> </ul>

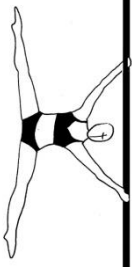
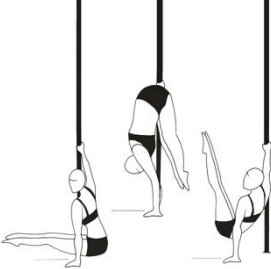
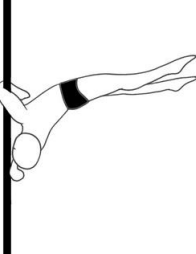
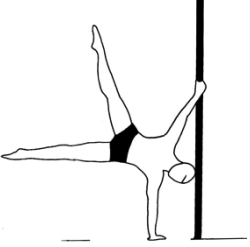
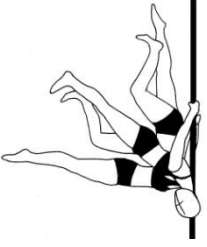
Code No.	Name	Element	Tech. Value	Criteria
S58	Butterfly Extended Twist One Hand		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand, opposite foot, shin (optional)</li> <li>- <b>Arm position/grip:</b> one arm is extended and holding the pole above the head, the other arm is in fixed position of choice with no contact with the pole</li> <li>- <b>Leg position:</b> both legs are fully extended, one foot has contact with the pole, opposite leg is extended away from the pole</li> <li>- <b>Body position:</b> inverted</li> </ul>
S59	Elbow Grip Half Split 2		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> hand of lower arm, forearm of lower arm (optional), crook of elbow of upper arm, torso</li> <li>- <b>Arm position/grip:</b> top arm is in elbow grip, lower arm is fully extended</li> <li>- <b>Leg position:</b> half split where the extended leg is horizontal</li> <li>- <b>Body position:</b> inverted</li> </ul>
S60	Flag Grip Handstand Flag		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> underarm of inside arm and hand, side of chest</li> <li>- <b>Arm position/grip:</b> outside arm is fully extended in contact with the floor; inside arm is in flag grip</li> <li>- <b>Leg position:</b> both legs are fully extended, parallel to the floor, hips and legs are closed</li> <li>- <b>Body position:</b> facing downwards</li> </ul>
S61	Iguana Elbow Hold Janeiro		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds.</li> <li>- <b>Points of contact:</b> one arm (but no hand contact), back of shoulder, glutes, thigh (optional), face (optional)</li> <li>- <b>Arm position / grip:</b> inside arm is in elbow grip position, outside arm in position of choice with no contact with the pole.</li> <li>- <b>Leg position:</b> fully extended.</li> <li>- <b>Body position:</b> inverted bent to the side.</li> </ul>
S62	Iron X		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position:</b> both arms are fully extended</li> <li>- <b>Grip:</b> grip of choice, excluding cup grip</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position, hips are naturally aligned to body position, legs are even</li> <li>- <b>Body position:</b> upper body is at a 90° angle to the pole and facing in the same direction</li> </ul>
S63	Janeiro Plank		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, inside arm, side of torso</li> <li>- <b>Arm position:</b> inside arm is in flag grip, outside arm is in fixed position of choice with contact with the pole above the body</li> <li>- <b>Grip:</b> flag grip</li> <li>- <b>Leg position:</b> both legs are fully extended and open</li> <li>- <b>Body position:</b> body is facing downwards and is at a 90° angle to the pole</li> </ul>

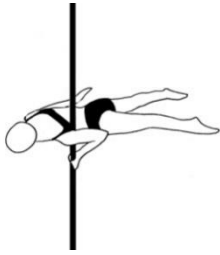
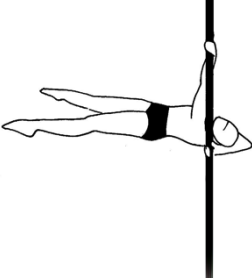
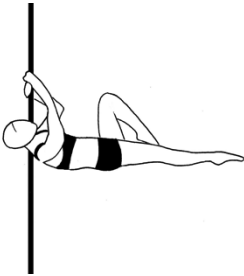
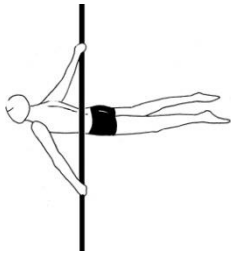
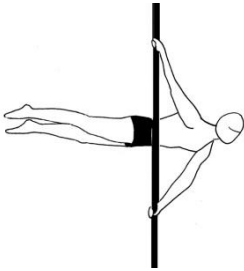
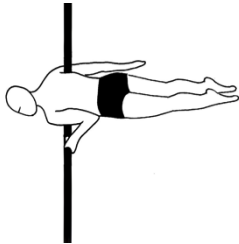


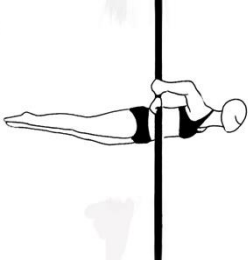
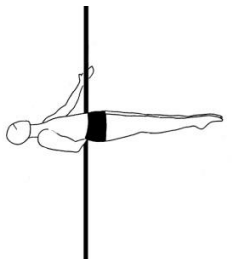
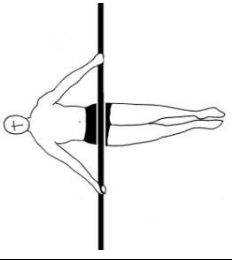
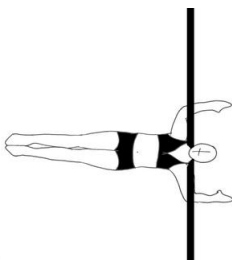
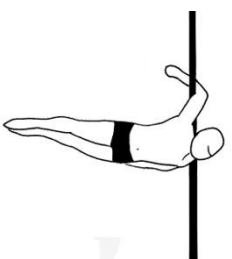
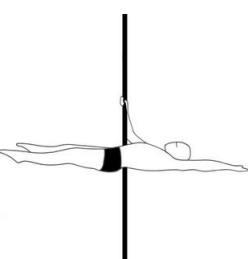
Code No.	Name	Element	Tech. Value	Criteria
S64	One Handed Handspring Straddle		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand and forearm (optional), shoulder (optional), bicep of other arm, neck, one leg (optional), head</li> <li>- <b>Arm position/grip:</b> arms are fully extended. One hand is holding the pole, other hand is holding the opposite leg at ankle/calf</li> <li>- <b>Leg position:</b> both legs are fully extended and open in a straddle position, and parallel to the floor.</li> <li>- <b>Body position:</b> inverted</li> </ul>
S65	Reverse Flag Straddle		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands (optional), elbow of upper arm, forearm of lower arm, back</li> <li>- <b>Arm position/grip:</b> both arms are bent and holding the pole behind the body</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position, hips are naturally aligned to body position, legs are even</li> <li>- <b>Body position:</b> torso is at a 90° angle to the pole</li> </ul>
S66	Shoulder Stand Floor Based Straddle		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand, one shoulder, (neck optional)</li> <li>- <b>Arm position:</b> top arm is bent and in contact with the pole, bottom arm is fully extended and in contact with the floor.</li> <li>- <b>Grip:</b> top hand in cup grip position</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position, parallel to the floor</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Starting position:</b> with a minimum of one foot and one hand on the floor, deadlift (without any momentum) into a shoulder stand floor-based straddle</li> </ul>
S67	Back Grip Plank Straddle		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> hands, side of torso</li> <li>- <b>Arm position:</b> arms are bent, holding the pole behind the back</li> <li>- <b>Grip:</b> basic grip</li> <li>- <b>Leg position:</b> both legs are fully extended and open</li> <li>- <b>Body position:</b> parallel to the floor</li> </ul>
S68	Back Grip Plank Thigh Hold		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> -outside hand, waist, inside of thigh and calf of inside leg</li> <li>- <b>Arm position:</b> outside arm is bent and hand is holding the pole above the body. inside arm is in a fixed position of choice with no contact with the pole or the body</li> <li>- <b>Grip:</b> basic or cup grip (outside hand)</li> <li>- <b>Leg position:</b> inside leg is bent, outside leg is fully extended, shin of inside leg and outside leg are parallel to the floor</li> <li>- <b>Body position:</b> upper body is horizontal, facing downwards</li> </ul>

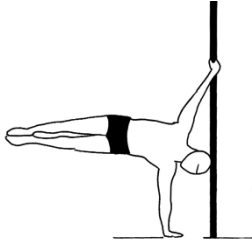
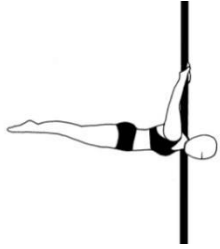
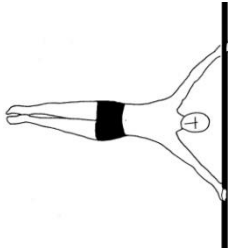
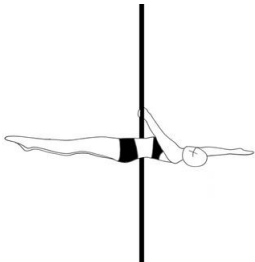
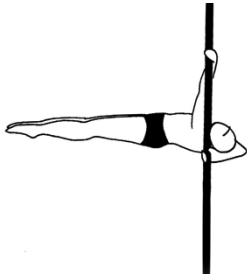
Code No.	Name	Element	Tech. Value	Criteria
S69	Back Support Plank Outside Leg Passé		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, waist, forearm has no contact with the pole.</li> <li>- <b>Grip:</b> back support</li> <li>- <b>Leg position:</b> inside leg is fully extended, outside leg is in passé</li> <li>- <b>Body position:</b> back and full length of the body is at a 90° angle to the pole</li> </ul>
S70	Cross Grip Tulip		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands only</li> <li>- <b>Arm position:</b> both arms fully extended, and crossed over each other</li> <li>- <b>Grip:</b> cross grip</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position</li> <li>- <b>Body position:</b> legs, pelvis and body are on the same side of the pole without any contact to the pole or hands, upper body is at a 90° angle to the pole</li> </ul>
S71	Elbow/Neck Hold Straddle		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of both elbows and back of neck, shoulders (optional), biceps/triceps (optional)</li> <li>- <b>Arm position:</b> both elbows are around the pole (wrapping from behind the pole) on either side of the head</li> <li>- <b>Grip:</b> elbow grip (both arms)</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position, hips are naturally aligned to body position, legs are even</li> <li>- <b>Body position:</b> torso is at a 90° angle to the pole</li> </ul>
S72	Handstand Plank Jack Knife		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand and wrist, top of head optional</li> <li>- <b>Arm position/grip:</b> both arms are fully extended; top hand is in contact with the pole, bottom hand is in contact with the floor.</li> <li>- <b>Leg position:</b> legs are in a closed pike position and feet are above head, legs are parallel to the floor</li> <li>- <b>Body position:</b> torso is horizontal</li> <li>- <b>Starting position:</b> from the floor</li> <li>- <b>Please refer to the glossary:</b> Starting position from the floor</li> </ul>
S73	Iguana Elbow Hold Straddle No Hands		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one shoulder, one elbow, back/shoulder, glutes (optional), head (optional)</li> <li>- <b>Arm position:</b> one arm is holding the pole behind the body at the elbow, the other arm is in a fixed position of choice with no contact with the pole</li> <li>- <b>Grip:</b> elbow grip</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position, and on same side of the pole as the body</li> <li>- <b>Body position:</b> inverted</li> </ul>

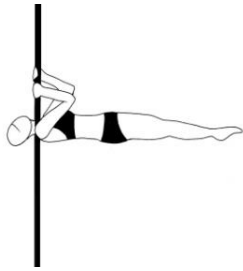
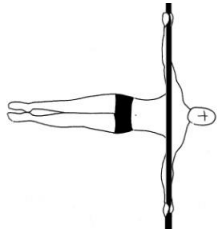
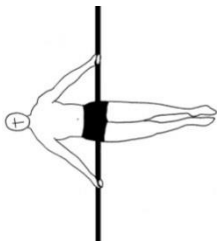
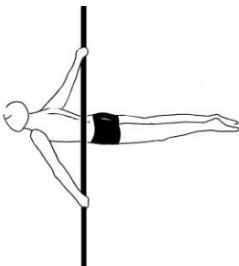
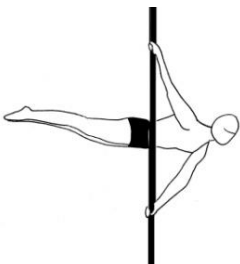
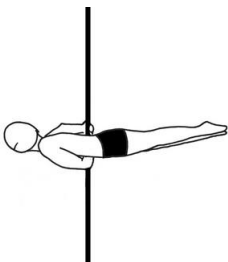
Code No.	Name	Element	Tech. Value	Criteria
S74	Iron Flag Bottom Leg Passé		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position:</b> both arms are fully extended</li> <li>- <b>Grip:</b> grip of choice</li> <li>- <b>Leg position:</b> upper leg is fully extended, lower leg is in passé</li> <li>- <b>Body position:</b> full upper body and upper leg at a 90° angle to the pole in straight line and facing in the same direction, with a tolerance of not more of 20°</li> </ul>
S75	Forearm Balance Straddle		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> hand of upper arm, forearm of lower arm</li> <li>- <b>Arm position/grip:</b> top arm is in twisted grip, lower arm has the forearm pressed against the pole</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position</li> <li>- <b>Body position:</b> inverted</li> </ul>
S76	Underarm Flag Plank Open Legs		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand, and the underarm of the opposite arm</li> <li>- <b>Arm position:</b> inside arm is extended and in contact with the pole at the underarm, outside arm is bent and the hand is in contact with the pole</li> <li>- <b>Grip:</b> inside arm in underarm grip, outside arm in flag grip</li> <li>- <b>Leg position:</b> both legs are fully extended and open</li> <li>- <b>Body position:</b> body and both legs facing downwards at 90° to the pole</li> </ul>
S77	X Pose		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both feet, ankle of top leg (optional)</li> <li>- <b>Arm position/grip:</b> arms in fixed position of choice with no contact with the pole</li> <li>- <b>Leg position:</b> both legs are fully extended</li> <li>- <b>Body position:</b> torso is at 90° to the pole</li> </ul>
S78	Wenson Straddle		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand</li> <li>- <b>Arm position/grip:</b> top arm is bent and in contact with the pole, bottom arm is fully extended and in contact with the floor</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position (with no contact to the pole or floor). The upper leg should be supported on the upper part of the triceps/shoulder of the arm on the same side. There must be no leg contact with the pole.</li> <li>- <b>Body position:</b> upper body is parallel to the floor</li> <li>- <b>Starting position:</b> from the floor</li> <li>- <b>Please refer to the glossary:</b> Starting position from the floor</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
S79	Cupgrip X		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position:</b> bottom arm is fully extended; top arm may be extended or bent.</li> <li>- <b>Grip:</b> Top hand in cup grip</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position, hips are naturally aligned to body position, legs are even</li> <li>- <b>Body position:</b> upper body is at a 90° angle to the pole and facing in the same direction</li> </ul>
S80	Floor Based Clock		0.9	<ul style="list-style-type: none"> <li>- <b>Points of contact:</b> one hand</li> <li>- <b>Arm position/grip:</b> hand of top arm is in contact with the pole, hand of bottom arm is in contact with the floor, inside arm (optional), shoulder (optional)</li> <li>- <b>Leg position:</b> both legs are extended and closed</li> <li>- <b>Body position:</b> rotating</li> <li>- <b>Starting position:</b> in a starting fixed position of choice with one hand on the pole and one hand on the floor, perform a complete 360° rotation of the body to return to the starting position</li> </ul>
S81	Forearm Balance Plank		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of the elbow of upper arm, forearm of lower arm</li> <li>- <b>Arm position/grip:</b> top arm is in elbow grip, lower arm has the forearm pressed against the pole</li> <li>- <b>Leg position:</b> both legs are fully extended, parallel to the floor, legs open</li> <li>- <b>Body position:</b> inverted</li> </ul>
S82	Handstand Plank Side Split		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand, top of head (optional)</li> <li>- <b>Arm position/grip:</b> both arms are fully extended; top arm is in contact with the pole, bottom arm is in contact with the floor.</li> <li>- <b>Leg position:</b> both legs are fully extended and open in a straddle position</li> <li>- <b>Body position:</b> body angle and lower leg are parallel to the floor</li> <li>- <b>Starting position:</b> from the floor</li> <li>- <b>Please refer to the glossary:</b> Starting position from the floor</li> </ul>
S83	Iguana Airwalk		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> walk a minimum of 2 seconds, final position - Iguana horizontal – must be held for a brief moment</li> <li>- <b>Points of contact:</b> hands, neck, shoulder</li> <li>- <b>Arm position:</b> upper arm is fully extended, lower arm can be bent, arms holding the pole behind the back in iguana position</li> <li>- <b>Grip:</b> basic grip</li> <li>- <b>Leg position:</b> walking motion</li> <li>- <b>Body position:</b> starting position is inverted, in final position the full length of the body is parallel to the floor, including legs as well</li> <li>- <b>Starting position:</b> From an inverted vertical position perform a slow and steady descent to a 90° angle to the pole</li> </ul>

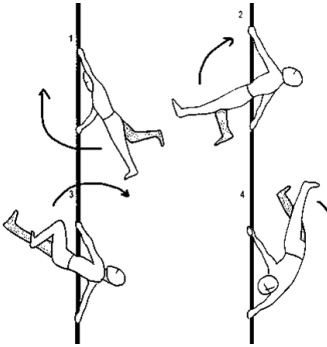
Code No.	Name	Element	Tech. Value	Criteria
S84	Janeiro Plank One Hand		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside arm, side of torso</li> <li>- <b>Arm position:</b> Inside arm is bent with underarm and hand on the pole, outside arm is in fixed position of choice with no contact with the pole</li> <li>- <b>Grip:</b> flag grip</li> <li>- <b>Leg position:</b> both legs are fully extended and open</li> <li>- <b>Body position:</b> body is facing downwards at 90° to the pole</li> </ul>
S85	One Shoulder Side Plank Legs Open		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside arm, hand of outside arm, shoulder, neck (optional)</li> <li>- <b>Arm position/grip:</b> inside arm is fully extended and in contact with the pole, outside arm is bent with the hand holding the pole behind the head</li> <li>- <b>Leg position:</b> both legs are fully extended, parallel to the floor and open</li> <li>- <b>Body position:</b> body is at 90° to the pole</li> </ul>
S86	Shoulder Mount Plank Passé Hold		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, one shoulder</li> <li>- <b>Arm position:</b> arms are bent</li> <li>- <b>Grip:</b> grip of choice</li> <li>- <b>Leg position:</b> one leg is fully extended, other leg is in passé at a 90° to the pole</li> <li>- <b>Body position:</b> body and extended leg are at 90° to the pole</li> <li>- <b>Starting position:</b> from an aerial shoulder mount, deadlift or lower into plank</li> </ul>
S87	Split Grip Reverse Plank Legs Open		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, side of waist</li> <li>- <b>Arm position:</b> both arms are fully extended, inside arm is at the bottom, outside arm is at the top</li> <li>- <b>Grip:</b> split grip (reverse)</li> <li>- <b>Leg position:</b> both legs are fully extended and open</li> <li>- <b>Body position:</b> body is facing downwards at 90° to the pole</li> </ul>
S88	Split Grip Side Plank Legs Open		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, side of waist</li> <li>- <b>Arm position:</b> both arms are fully extended, inside arm is at the top, outside arm is at the bottom</li> <li>- <b>Grip:</b> split grip</li> <li>- <b>Leg position:</b> both legs are fully extended and open</li> <li>- <b>Body position:</b> body is facing downwards at 90° to the pole</li> </ul>
S89	Underarm Flag Plank Closed Legs		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand one underarm</li> <li>- <b>Arm position:</b> inside arm is extended and in contact with the pole at the underarm, outside arm is bent and the hand is in contact with the pole</li> <li>- <b>Grip:</b> inside arm in underarm grip</li> <li>- <b>Leg position:</b> both legs are fully extended, hips and legs are closed</li> <li>- <b>Body position:</b> body and both legs are facing downwards at 90° to the pole</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
S90	Back Grip Plank		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, inside waist</li> <li>- <b>Arm position:</b> arms are bent, holding the pole behind the back</li> <li>- <b>Grip:</b> basic grip</li> <li>- <b>Leg position:</b> both legs are fully extended, parallel to the floor, hips and legs are closed</li> <li>- <b>Body position:</b> body is at 90° to the pole</li> </ul>
S91	Back Support Plank		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, waist, forearm has no contact with the pole</li> <li>- <b>Grip:</b> back support grip</li> <li>- <b>Leg position:</b> both legs are fully extended, parallel to the floor, hips and legs are closed</li> <li>- <b>Body position:</b> body is at 90° to the pole</li> </ul>
S92	Cupgrip Plank		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, hips</li> <li>- <b>Arm position:</b> both arms are fully extended</li> <li>- <b>Grip:</b> top hand is in cup grip</li> <li>- <b>Leg position:</b> both legs are fully extended, hips and legs are closed</li> <li>- <b>Body position:</b> body is at 90° to the pole</li> </ul>
S93	Elbow/Neck Hold Plank		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of both elbows, back of neck, both biceps and shoulders (optional)</li> <li>- <b>Arm position:</b> both elbows are around the pole (wrapping from behind the pole) on either side of the head</li> <li>- <b>Grip:</b> elbow grip (both arms)</li> <li>- <b>Leg position:</b> both legs are fully extended, parallel to the floor, hips and legs are closed</li> <li>- <b>Body position:</b> entire body (from head to feet) is at 90° to the pole and facing the same direction</li> </ul>
S94	Elbow Plank		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> upper elbow, neck, lower shoulder (optional)</li> <li>- <b>Arm position:</b> upper arm is in contact with the pole at the crook of the elbow, lower arm is fully extended next to the body and not in contact with the pole</li> <li>- <b>Grip:</b> elbow grip</li> <li>- <b>Leg position:</b> both legs are fully extended, parallel to the floor, hips and legs are closed</li> <li>- <b>Body position:</b> body is at 90° to the pole</li> </ul>
S95	Forearm Supported Plank		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> side of torso, inside hand and forearm</li> <li>- <b>Arm position/grip:</b> inside arm is bent and holds the pole, outside arm is in a fixed position of choice with no contact with the pole or the body</li> <li>- <b>Leg position:</b> both legs are fully extended and open, parallel to the floor</li> <li>- <b>Body position:</b> upper body is parallel to the floor, facing upwards</li> </ul>








Code No.	Name	Element	Tech. Value	Criteria
S96	Handstand Plank		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand, (top of head optional)</li> <li>- <b>Arm position/grip:</b> both arms are fully extended; top arm is in contact with the pole, bottom arm is in contact with the floor</li> <li>- <b>Leg position:</b> both legs are fully extended, parallel to the floor, hips and legs are closed</li> <li>- <b>Body position:</b> entire body is at 90° to the pole</li> <li>- <b>Starting position:</b> from the floor</li> <li>- <b>Please refer to the glossary:</b> Starting position from the floor</li> </ul>
S97	Iguana Horizontal		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds in the final position</li> <li>- <b>Points of contact:</b> both hands, one shoulder, (neck optional)</li> <li>- <b>Arm position:</b> lower arm can be bent, upper arm is fully extended, holding the pole behind the back in iguana position</li> <li>- <b>Grip:</b> basic grip</li> <li>- <b>Leg position:</b> both legs are fully extended, parallel to the floor, hips and legs are closed</li> <li>- <b>Body position:</b> entire body is at 90° to the pole</li> <li>- <b>Starting position:</b> from an aerial position, deadlift or lower to a 90° horizontal angle to the pole, parallel to the floor</li> </ul>
S98	Iron Pencil		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position:</b> both arms are fully extended</li> <li>- <b>Grip:</b> top hand in cup grip</li> <li>- <b>Leg position:</b> both legs are fully extended, parallel to the floor, hips and legs are closed</li> <li>- <b>Body position:</b> entire body (from head to feet) is at 90° to the pole and facing in the same direction</li> </ul>
S99	One Handed Plank		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> side of torso, outside hand</li> <li>- <b>Arm position:</b> outside hand holds the pole above the body, inside arm is in a fixed position of choice with no contact with the pole or the body</li> <li>- <b>Grip:</b> outside hand is in cup grip or basic grip</li> <li>- <b>Leg position:</b> both legs are fully extended and parallel to the floor</li> <li>- <b>Body position:</b> facing upwards, shoulders are in line with the hips</li> </ul>
S100	One Shoulder Side Plank Legs Closed		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside arm, hand of outside arm, shoulder, (neck optional)</li> <li>- <b>Arm position/grip:</b> inside arm is fully extended and in contact with the pole, outside arm is bent with the hand holding the pole behind the head</li> <li>- <b>Leg position:</b> both legs are fully extended, parallel to the floor, hips and legs are closed</li> <li>- <b>Body position:</b> entire body is at 90° to the pole</li> </ul>






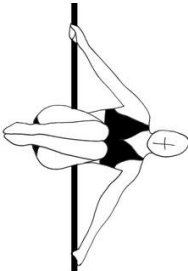
Code No.	Name	Element	Tech. Value	Criteria
S101	Shoulder Mount Plank		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, one shoulder, (neck optional)</li> <li>- <b>Arm position:</b> arms are bent</li> <li>- <b>Grip:</b> cup grip or basic grip</li> <li>- <b>Leg position:</b> both legs are fully extended, parallel to the floor, hips and legs are closed</li> <li>- <b>Body position:</b> back and legs are at 90° to the pole</li> <li>- <b>Starting position:</b> from an aerial shoulder mount position, deadlift or lower into plank</li> </ul>
S102	Split Grip Flag		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both arms, both hands, chest</li> <li>- <b>Arm position:</b> both arms are fully extended</li> <li>- <b>Grip:</b> split grip</li> <li>- <b>Leg position:</b> both legs are fully extended, parallel to the floor, hips and legs are closed</li> <li>- <b>Body position:</b> entire body is at 90° to the pole</li> </ul>
S103	Split Grip Leg Through Plank		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, lower part of the glutes have contact with the pole</li> <li>- <b>Arm position:</b> both arms are fully extended</li> <li>- <b>Grip:</b> split grip</li> <li>- <b>Leg position:</b> both legs are fully extended, parallel to the floor, hips and legs are closed</li> <li>- <b>Body position:</b> entire body (head to feet) is straight and at 90° to the pole</li> </ul>
S104	Split Grip Reverse Plank		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, inside lower torso</li> <li>- <b>Arm position:</b> both arms are fully extended, inside arm is at the bottom, outside arm is at the top</li> <li>- <b>Grip:</b> split grip (reverse)</li> <li>- <b>Leg position:</b> both legs are fully extended, parallel to the floor, hips and legs are closed</li> <li>- <b>Body position:</b> entire body is facing downwards, at 90° to the pole</li> </ul>
S105	Split Grip Side Plank		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, inside lower torso</li> <li>- <b>Arm position:</b> both arms are fully extended, inside arm is at the top, outside arm is at the bottom</li> <li>- <b>Grip:</b> split grip</li> <li>- <b>Leg position:</b> both legs are fully extended, parallel to the floor, hips and legs are closed</li> <li>- <b>Body position:</b> entire body is facing downwards at 90° to the pole</li> </ul>
S106	Torso Support Plank		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, side of torso</li> <li>- <b>Arm position / grip:</b> bottom arm is supporting the body in front of the torso with hand in contact with the pole, upper arm is bent with the hand holding the pole above the body</li> <li>- <b>Leg position:</b> both legs are fully extended, parallel to the floor, hips and legs are closed</li> <li>- <b>Body position:</b> entire body is facing downwards at 90° to the pole</li> </ul>


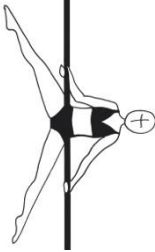



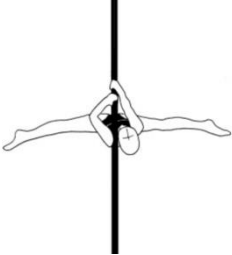



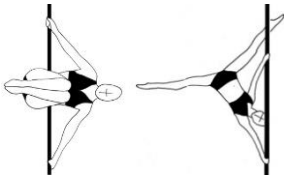
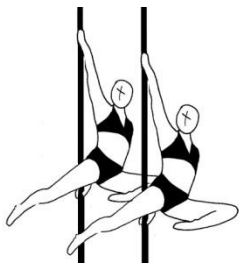
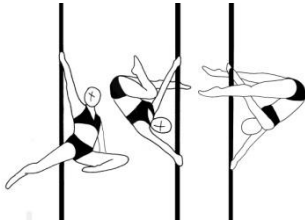
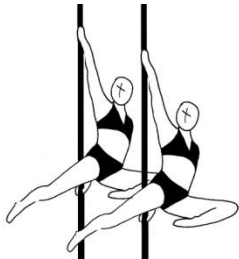
Code No.	Name	Element	Tech. Value	Criteria
S107	720° Air Walk		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> walk a minimum of 2 rotations</li> <li>- <b>Points of contact:</b> both hands, waist (optional), wrist (optional)</li> <li>- <b>Arm position/grip:</b> split grip</li> <li>- <b>Leg position:</b> starting in an upright position of choice, extended away from the pole. Perform a complete 360° rotation of the entire body (legs, hips, and torso) above the head, to return to the starting position, and repeat.</li> <li>- <b>Body position:</b> upright moving through to inverted</li> </ul>

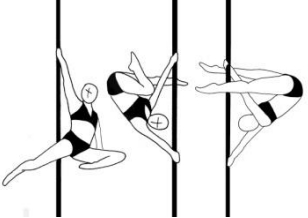
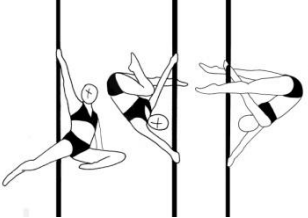
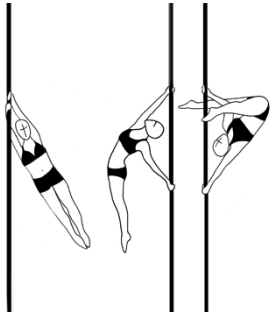
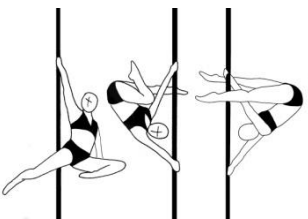
## SPINS ON STATIC POLE

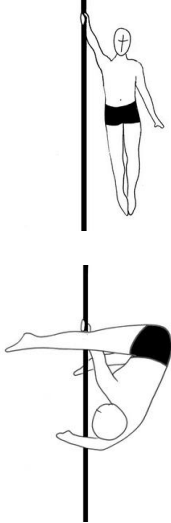
Code No.	Name	Element	Tech. Value	Criteria
ST1	Back Hook Spin		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 360° rotation</li> <li>- <b>Points of contact:</b> both hands, crook of knee and thigh of inside leg</li> <li>- <b>Grip:</b> wide basic grip</li> <li>- <b>Leg position:</b> diamond</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Direction of spin:</b> backwards</li> </ul>
ST2	Fireman Spin		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 360° rotation</li> <li>- <b>Points of contact:</b> both hands, both ankles</li> <li>- <b>Grip:</b> wide basic grip</li> <li>- <b>Leg position:</b> both legs are bent and are in contact with the pole at the ankles</li> <li>- <b>Body position:</b> upright</li> </ul>
ST3	Front Hook Spin		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 360° rotation</li> <li>- <b>Points of contact:</b> both hands, crook of knee and thigh of inside leg</li> <li>- <b>Grip:</b> wide basic grip</li> <li>- <b>Leg position:</b> diamond</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Direction of spin:</b> forwards</li> </ul>
ST4	Outside Heel on Pole Stag Spin		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 360° rotation</li> <li>- <b>Points of contact:</b> both hands, one heel of foot</li> <li>- <b>Grip:</b> split grip</li> <li>- <b>Leg position:</b> legs are in stag position, parallel to floor</li> <li>- <b>Body position:</b> upright</li> </ul>
ST5	Chair Spin		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 360° rotation</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Grip:</b> wide basic grip</li> <li>- <b>Leg position:</b> chair position at 90° angle</li> <li>- <b>Body position:</b> upright</li> </ul>
ST6	Cradle Spin Tuck 1		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 360° rotation</li> <li>- <b>Points of contact:</b> both hands, hips, and tops of thighs</li> <li>- <b>Grip:</b> split grip</li> <li>- <b>Leg position:</b> tucked around the pole</li> <li>- <b>Body position:</b> horizontal</li> </ul>
ST7	Forwards Stag Spin		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 360° rotation</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Grip:</b> wide basic grip</li> <li>- <b>Leg position:</b> legs are in a stag position</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Direction of spin:</b> forwards</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
ST8	Knee Hook Spin		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 360° rotation</li> <li>- <b>Points of contact:</b> both hands, back of one knee, thighs, crook of knee and calf of upper leg (optional)</li> <li>- <b>Arm position:</b> inside arm extended and holds the pole above the inside knee, outside hand in fixed position of choice</li> <li>- <b>Grip:</b> wide basic grip</li> <li>- <b>Leg position:</b> inside leg is bent in front of pole, outside leg is fully extended behind pole</li> <li>- <b>Body position:</b> upright</li> </ul>
ST9	Back Spin Attitude		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 360° rotation</li> <li>- <b>Points of contact:</b> outside hand, inside forearm (optional) and hand</li> <li>- <b>Grip:</b> forearm grip</li> <li>- <b>Leg position:</b> legs are in attitude position, parallel to floor</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Direction of spin:</b> backwards</li> </ul>
ST10	Body Spiral Reverse Grab		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 360° rotation in the final position</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position:</b> reverse spin starting with one arm on the pole into a split grip</li> <li>- <b>Grip:</b> split grip</li> <li>- <b>Leg position:</b> legs are in a stag position in the final position</li> <li>- <b>Body position:</b> upright at an angle away from the pole</li> </ul>
ST11	Carousel Diamond		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 360° rotation</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position:</b> both arms are fully extended</li> <li>- <b>Grip:</b> grip of choice</li> <li>- <b>Leg position:</b> diamond</li> <li>- <b>Body position:</b> upright</li> </ul>
ST12	Chair Spin Pike		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 360° rotation</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position:</b> both arms extended</li> <li>- <b>Grip:</b> grip of choice</li> <li>- <b>Leg position:</b> both legs fully extended and closed in pike position, parallel to floor</li> <li>- <b>Body position:</b> upright</li> </ul>
ST13	Cradle Spin Tuck 2		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 360° rotation</li> <li>- <b>Points of contact:</b> both hands, hips, and tops of thighs</li> <li>- <b>Grip:</b> split grip</li> <li>- <b>Leg position:</b> tucked around the pole</li> <li>- <b>Body position:</b> 90° to the pole</li> </ul>

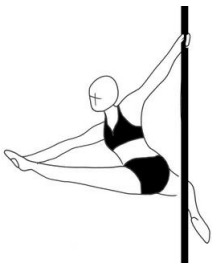





Code No.	Name	Element	Tech. Value	Criteria
ST14	Body Spiral One Hand		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 360° rotation</li> <li>- <b>Points of contact:</b> inside arm and hand, back</li> <li>- <b>Arm position:</b> inside hand has contact with the pole</li> <li>- <b>Grip:</b> underarm grip</li> <li>- <b>Leg position:</b> both legs are bent</li> <li>- <b>Body position:</b> upright</li> </ul>
ST15	Cradle Spin Straddle		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 360° rotation</li> <li>- <b>Points of contact:</b> both hands, hips, thighs (optional)</li> <li>- <b>Grip:</b> split grip</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position</li> <li>- <b>Body position:</b> upper body is parallel to the floor</li> </ul>
ST16	Reverse Grab Pencil		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 360° rotation</li> <li>- <b>Points of contact:</b> both hands, both arms, back of shoulders, back of head (optional)</li> <li>- <b>Arm position:</b> reverse spin starting with one hand on the pole into a twisted grip hand position</li> <li>- <b>Grip:</b> twisted grip</li> <li>- <b>Leg position:</b> both legs finish in a fully extended pencil position</li> <li>- <b>Body position:</b> extended in a pencil position at an angle away from the pole</li> </ul>
ST17	Split Grip Straddle		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 360° rotation</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Grip:</b> split grip</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position above the hips</li> <li>- <b>Body position:</b> upright</li> </ul>
ST18	Reverse Grab Straddle into Pencil		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 360° rotation</li> <li>- <b>Points of contact:</b> both hands, wrist (optional)</li> <li>- <b>Arm position:</b> reverse spin starting with one arm on the pole into a split grip</li> <li>- <b>Grip:</b> split grip</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position, then pencil</li> <li>- <b>Body position:</b> upright, angle away from pole</li> </ul>
ST19	Spinning into a Shoulder Mount Straddle		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 360° rotation</li> <li>- <b>Points of contact:</b> both hands, one shoulder</li> <li>- <b>Arm position:</b> arms are bent</li> <li>- <b>Grip:</b> grip of choice</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position, parallel to floor</li> <li>- <b>Body position:</b> horizontal</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
ST20	Cup Grip Spin Pencil		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 360° rotation</li> <li>- <b>Points of contact:</b> both hands, one wrist (optional), no forearm contact</li> <li>- <b>Arm position:</b> top arm fully extended, bottom arm may be slightly bent</li> <li>- <b>Grip:</b> both hands in cup grip</li> <li>- <b>Leg position:</b> both legs fully extended and closed</li> <li>- <b>Body position:</b> extended in a pencil position at an angle away from the pole</li> </ul>
ST21	Cradle Spin Tuck into Extended Butterfly		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 360° rotation, where the rotation must be maintained until the butterfly extension is fully extended</li> <li>- <b>Points of contact:</b> both hands, hips, top of thighs, transitioning to both hands, one ankle</li> <li>- <b>Grip:</b> split grip</li> <li>- <b>Leg position:</b> tuck position followed by split position</li> <li>- <b>Body position:</b> criteria of Cradle Spin Tuck and Butterfly extension apply (refer to ST13 and S22)</li> </ul>
ST22	Double Reverse Grab Body Spiral 1		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> both hands, wrist</li> <li>- <b>Arm position:</b> reverse spin starting with one hand on the pole, hand re-grips the pole and reverse spin is repeated without making contact with the floor</li> <li>- <b>Grip:</b> split grip (second time only)</li> <li>- <b>Leg position:</b> legs in fixed position of choice</li> <li>- <b>Body position:</b> upright at an angle away from the pole</li> </ul>
ST23	Phoenix Spin 1		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 360° rotation, where the handspring should still spin</li> <li>- <b>Points of contact:</b> both hands, wrist</li> <li>- <b>Arm position:</b> reverse spin starting with one hand on the pole into a twisted grip handspring without making contact with the floor</li> <li>- <b>Grip:</b> twisted grip</li> <li>- <b>Leg position:</b> legs finish in a fixed position of choice</li> <li>- <b>Body position:</b> body moves into inverted position after handspring</li> </ul>
ST24	Double Reverse Grab Body Spiral 2		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> both hands, wrist</li> <li>- <b>Arm position:</b> reverse spin starting with one hand on the pole, hand re-grips the pole and reverse spin is repeated without making contact with the floor</li> <li>- <b>Grip:</b> split grip (both times)</li> <li>- <b>Leg position:</b> legs in fixed position of choice</li> <li>- <b>Body position:</b> upright at an angle away from the pole</li> </ul>



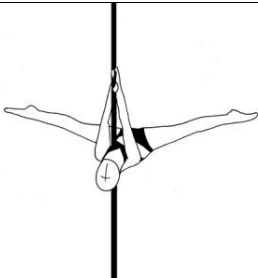



Code No.	Name	Element	Tech. Value	Criteria
ST25	Double Reverse Grab Into Phoenix 1		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation, where the handspring should still spin</li> <li>- <b>Points of contact:</b> both hands, wrist</li> <li>- <b>Arm position:</b> criteria of Double reverse grab body spiral 1 applies (refer to ST22), finishing in a twisted grip lift handspring without making contact with the floor</li> <li>- <b>Grip:</b> twisted grip – in final position</li> <li>- <b>Leg position:</b> fixed leg position of choice</li> <li>- <b>Body position:</b> upright transitioning to inverted</li> </ul>
ST26	Phoenix Spin 2		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 360° rotation, where the handspring should still spin</li> <li>- <b>Points of contact:</b> both hands, wrist</li> <li>- <b>Arm position:</b> reverse spin starting with one hand on the pole into a twisted grip dead lift handspring without making contact with the floor</li> <li>- <b>Grip:</b> twisted grip</li> <li>- <b>Leg position:</b> legs finish in a fixed leg position of choice</li> <li>- <b>Body position:</b> back is to the pole for the reverse spin, body moves into inverted position after handspring without changing direction (i.e., turning back), hips must face upwards.</li> </ul>
ST27	Chinese Grip Phoenix		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation, where the handspring should still spin</li> <li>- <b>Points of contact:</b> both hands, one wrist (optional), no forearm contact</li> <li>- <b>Arm position:</b> starts with both hands in cup grip, lower hand re-grips the pole while continuing to spin in cup grip, lift without making contact with the floor</li> <li>- <b>Grip:</b> cup grip –in pencil with both hands, only with top hand in inverted position</li> <li>- <b>Leg position:</b> spin begins in pencil (see ST20 for minimum criteria), and finishes in a fixed leg position of choice</li> <li>- <b>Body position:</b> pencil position for spin, inverted for final position</li> </ul>
ST28	Double Reverse Grab Into Phoenix 2		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation, where the handspring should still spin</li> <li>- <b>Points of contact:</b> both hands, wrist</li> <li>- <b>Arm position:</b> criteria of Double reverse grab body spiral 2 applies (refer to ST24), finishing in a twisted grip lift handspring without making contact with the floor</li> <li>- <b>Grip:</b> twisted grip – in final position</li> <li>- <b>Leg position:</b> fixed leg position of choice</li> <li>- <b>Body position:</b> upright transitioning to inverted</li> </ul>

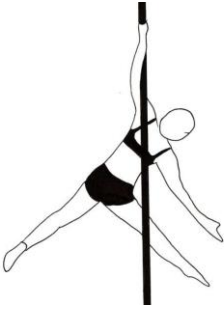
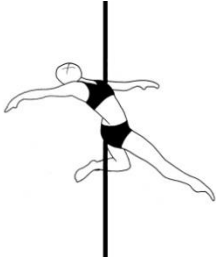
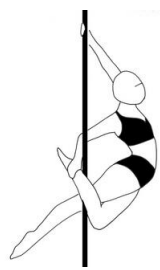
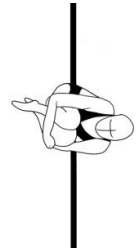

Code No.	Name	Element	Tech. Value	Criteria
ST29	Forearm Balance Handspring Spin	 <p>The diagram illustrates the Forearm Balance Handspring Spin in two stages. The top illustration shows a gymnast in an upright position, standing on one hand with the other hand on a vertical pole. The bottom illustration shows the gymnast in an inverted position, with their body horizontal and supported by their forearm on the pole, performing a handspring spin.</p>	1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation where the handspring should still spin</li> <li>- <b>Points of contact:</b> one hand in one handed spin; one forearm and one hand with wrist/forearm (optional) in final position</li> <li>- <b>Arm position/grip:</b> starts with one handed spin position, outside hand grips the pole in basic grip. Then, while continuing to spin, lift into a forearm balance handspring position, with top hand in twisted grip and bottom forearm pressed against the pole. Lift without making contact with the floor.</li> <li>- <b>Leg position:</b> spin begins in pencil, and finishes in a fixed leg position of choice</li> <li>- <b>Body position:</b> upright position in one handed spin, inverted in a forearm balance handspring (S75) in the final position</li> </ul>


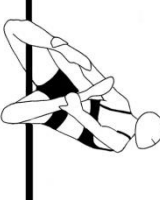

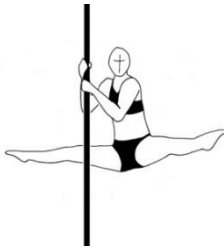

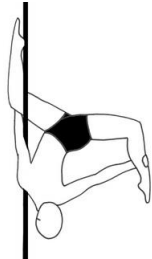
## SPINS ON SPINNING POLE


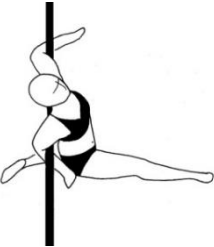
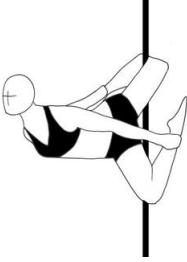


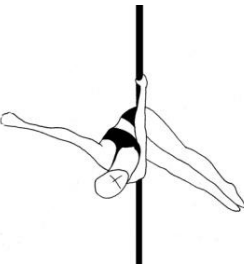
Code No.	Name	Element	Tech. Value	Criteria
SP1	Back Hook Twist Spin		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> crook of one knee, opposite hand</li> <li>- <b>Arm position:</b> outside arm is extended and holds the pole behind the body, inside arm is extended and holds the foot of the opposite leg</li> <li>- <b>Leg position:</b> the inside leg is bent around the pole, the outside leg is fully extended in front of the body</li> <li>- <b>Body position:</b> upright</li> </ul>
SP2	Fireman Spin Chair		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> both hands, both knees</li> <li>- <b>Grip:</b> wide basic grip</li> <li>- <b>Leg position:</b> thighs are parallel to the floor and legs closed</li> <li>- <b>Body position:</b> upright</li> </ul>
SP3	Helix Spin		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> crook of knee of outside leg, hand of inside arm, inside arm (optional), waist</li> <li>- <b>Arm position:</b> Inside hand holds pole from behind outside knee, outside hand holds inside foot</li> <li>- <b>Leg position:</b> outside leg grips the pole in the crook of the knee, inside leg is bent</li> <li>- <b>Body position:</b> inverted</li> </ul>
SP4	Outside Knee Hang Closed Fang 1		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> crook of one knee and one thigh</li> <li>- <b>Arm position/grip:</b> both hands hold the legs at ankle/shin</li> <li>- <b>Leg position:</b> fang position</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Starting position:</b> with a minimum of one foot on the floor</li> </ul>
SP5	Pencil Forearm Grip		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> both hands, one forearm</li> <li>- <b>Arm position:</b> one arm in forearm grip, other arm fully extended and in contact with the pole above the other hand.</li> <li>- <b>Grip:</b> forearm grip</li> <li>- <b>Leg position:</b> both legs are fully extended and closed in pencil position</li> <li>- <b>Body position:</b> upright</li> </ul>
SP6	Twisted Spin		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> full length of one leg, calf, thigh, and crook of knee of other leg, hips, side of torso, back, neck (optional)</li> <li>- <b>Arm position/grip:</b> arms are in fixed position of choice, no hand contact with the pole</li> <li>- <b>Leg position:</b> one leg is fully extended alongside the pole, other leg is bent around the pole</li> <li>- <b>Body position:</b> upright, head is on same side of the pole as the foot of bent leg</li> </ul>





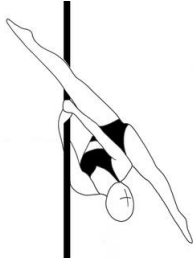
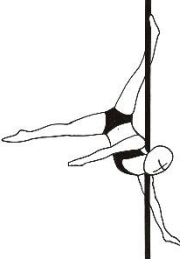



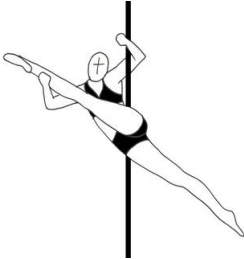
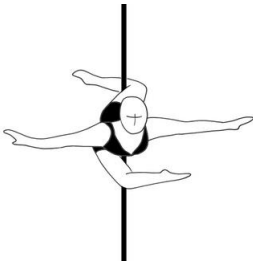


Code No.	Name	Element	Tech. Value	Criteria
SP7	Ballerina		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> inner thighs, calf, one hand, inner arm, side of torso, back</li> <li>- <b>Arm position/grip:</b> inner arm is wrapped around the pole behind the body, outer arm is bent holding the pole at the level of the head or higher</li> <li>- <b>Leg position:</b> seated position with legs bent and tucked to one side of the pole</li> <li>- <b>Body position:</b> upright</li> </ul>
SP8	Carousel Spin Elbow Grip		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> one elbow and one hand</li> <li>- <b>Arm position:</b> upper elbow holds the pole, lower arm is fully extended and in contact with the pole</li> <li>- <b>Grip:</b> elbow grip</li> <li>- <b>Leg position:</b> diamond</li> <li>- <b>Body position:</b> upright</li> </ul>
SP9	Inverted Straddle 2		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> both hands, side of torso</li> <li>- <b>Arm position/grip:</b> basic grip</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position, parallel to floor</li> <li>- <b>Body position:</b> inverted</li> </ul>
SP10	Seated Side Tuck		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> inner thighs</li> <li>- <b>Arm position/grip:</b> arms wrap tucked legs</li> <li>- <b>Leg position:</b> tuck, with pole between inner thighs in a seated position</li> <li>- <b>Body position:</b> body is at a 90° angle to the pole</li> </ul>
SP11	Underarm Hold		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> inside underarm, inner upper thigh, inside knee, outside foot, shin/calf of outside leg (optional)</li> <li>- <b>Arm position:</b> arms in fixed position of choice with no hand contact with the pole. Only inside arm has contact with the pole</li> <li>- <b>Grip:</b> underarm grip</li> <li>- <b>Leg position:</b> one leg is fully extended along the pole, the other knee is bent</li> <li>- <b>Body position:</b> upright</li> </ul>
SP12	Vortex Spin		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> crook of elbow of inside arm, inner thigh of inside leg, calf of outside leg</li> <li>- <b>Arm position:</b> hands are clasped above and behind the head. Crook of inside elbow is in contact with the pole.</li> <li>- <b>Grip:</b> elbow grip.</li> <li>- <b>Leg position:</b> both legs are fully extended</li> <li>- <b>Body position:</b> upright</li> </ul>






Code No.	Name	Element	Tech. Value	Criteria
SP13	Wrap Grip Spin		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> back of one shoulder and the same arm</li> <li>- <b>Arm position:</b> one arm is in wrap grip, other arm is in fixed position of choice with no contact with the pole</li> <li>- <b>Grip:</b> wrap grip</li> <li>- <b>Leg position:</b> in fixed position of choice with no contact with the pole</li> <li>- <b>Body position:</b> upright</li> </ul>
SP14	Body Spiral No Hands		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> inside underarm, inside knee and back of thigh</li> <li>- <b>Arm position/grip:</b> arms in fixed position of choice with no hand contact with the pole. Only inside arm has contact with the pole</li> <li>- <b>Grip:</b> underarm grip</li> <li>- <b>Leg position:</b> outside leg is fully extended, inside leg wraps the pole at knee</li> <li>- <b>Body position:</b> upright with back lean</li> </ul>
SP15	Clef Spin		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> outside hand, inside elbow and forearm, thigh and knee of inside leg, calf of outside leg</li> <li>- <b>Arm position/grip:</b> outside hand is holding the pole above the head, inside arm is in elbow grip position and holding the ankle of the outside leg</li> <li>- <b>Leg position:</b> inside leg is fully extended, outside leg is bent and crossed in front of the inside leg</li> <li>- <b>Body position:</b> upright, torso facing away from the pole</li> </ul>
SP16	Cradle Spin Tuck No Hands		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> hips, torso, top of thighs</li> <li>- <b>Arm position/grip:</b> arms are wrapped around legs</li> <li>- <b>Leg position:</b> tucked</li> <li>- <b>Body position:</b> body is at a 90° angle to the pole</li> </ul>
SP17	Inverted Bodyspiral		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> inside arm and hand, outside elbow, back of shoulder and upper arm of outside arm, crook of elbow, side of torso, back, crook of inside knee and thigh of outside leg</li> <li>- <b>Arm position/grip:</b> inside arm is holding pole, elbow of outside arm is in contact with the pole</li> <li>- <b>Leg position:</b> inside leg is in passé in front of pole, outside leg is fully extended behind the pole</li> <li>- <b>Body position:</b> inverted</li> </ul>

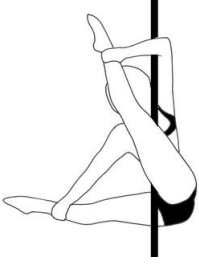




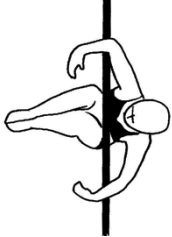
Code No.	Name	Element	Tech. Value	Criteria
SP18	Inverted Thigh Hold Tuck		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> inner thighs, torso</li> <li>- <b>Arm position/grip:</b> arms wrap around the legs with no contact with the pole</li> <li>- <b>Leg position:</b> inverted tuck</li> <li>- <b>Body position:</b> inverted with the back facing downwards</li> </ul>
SP19	Outside Knee Hang Closed Fang 2		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> one knee and one thigh</li> <li>- <b>Arm position/grip:</b> both hands hold the legs at ankle/shin level</li> <li>- <b>Leg position:</b> fang position</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Starting position:</b> aerial position on the pole</li> </ul>
SP20	Seahorse		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> one hand (with second hand optional), one crook of knee and back of thigh, ankle (optional), glutes</li> <li>- <b>Arm position:</b> at least one hand is holding the pole above the head, the other arm is in a fixed position of choice</li> <li>- <b>Grip:</b> basic or cup grip</li> <li>- <b>Leg position:</b> one leg grips the pole in the crook of the knee and along the back of the thigh, the other leg is crossed over the first leg with optional ankle contact with the pole</li> <li>- <b>Body position:</b> upright, facing away from the pole</li> </ul>
SP21	Straddle Spin 2 Hands Up		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position/grip:</b> basic grip</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position, parallel to the floor or higher than hips</li> <li>- <b>Body position:</b> upright</li> </ul>
SP22	Broken Doll		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> heel/ankle of outside leg, side of torso, back, at least one arm, no hand contact</li> <li>- <b>Arm position/grip:</b> arms are fully extended in fixed position of choice, same arm and leg are in contact with the pole</li> <li>- <b>Leg position:</b> both legs are bent</li> <li>- <b>Body position:</b> inverted</li> </ul>
SP23	Butterfly Twist No Hands		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> one leg, chest, opposite arm (no hand contact), same shoulder (optional)</li> <li>- <b>Arm position/grip:</b> one arm is bent and around the pole with hand holding the opposite knee/thigh, other arm is fully extended and hand holding shin/ankle/foot of back leg</li> <li>- <b>Leg position:</b> one leg is bent around the pole, the other leg is bent backwards</li> <li>- <b>Body position:</b> inverted</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
SP24	Cradle Spin Pike No Hands		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> hips, torso, thighs</li> <li>- <b>Arm position/grip:</b> both arms are wrapped around the legs with no contact with the pole</li> <li>- <b>Leg position:</b> both legs are fully extended and closed in pike position</li> <li>- <b>Body position:</b> wrapped around the pole and parallel to the floor</li> </ul>
SP25	Elbow Spin Attitude		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> crook of both elbows, shoulder blades</li> <li>- <b>Arm position:</b> both elbows hold the pole, with no hand contact with the pole</li> <li>- <b>Grip:</b> elbow grip</li> <li>- <b>Leg position:</b> both legs in attitude, parallel to the floor</li> <li>- <b>Body position:</b> back is to the pole</li> </ul>
SP26	Gargoyle Spin		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> calf and crook of knee of upper leg, back of thigh of lower leg, knee (optional)</li> <li>- <b>Arm position/grip:</b> arms are fully extended, and hands hold the foot/ankle/shin of opposite legs</li> <li>- <b>Leg position:</b> both legs are bent</li> <li>- <b>Body position:</b> facing downwards, upper body is in a horizontal position</li> </ul>
SP27	Iguana Fang		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> both hands, one shoulder, thighs/ glutes optional</li> <li>- <b>Arm position:</b> iguana arm position</li> <li>- <b>Grip:</b> basic grip</li> <li>- <b>Leg position:</b> both legs are bent in fang position</li> <li>- <b>Body position:</b> inverted, back arch</li> </ul>
SP28	Inverted Stand Spin		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> one leg, chest, opposite arm (no hand contact), same shoulder (optional)</li> <li>- <b>Arm position/grip:</b> one arm is bent and around the pole with hand holding the opposite knee/thigh, other arm is in fixed position of choice without contact with the pole or the body</li> <li>- <b>Leg position:</b> one leg is bent around the pole, other leg is fully extended and parallel to the pole</li> <li>- <b>Body position:</b> inverted</li> </ul>
SP29	Meathook Pike Spin		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> one hand and arm, shoulder (optional), thighs, hips, torso</li> <li>- <b>Arm position/grip:</b> inside arm is fully extended and holding pole, outside arm is in a fixed position of choice with no contact with the pole</li> <li>- <b>Leg position:</b> both legs are fully extended and closed in a pike position</li> <li>- <b>Body position:</b> wrapped around the pole</li> </ul>

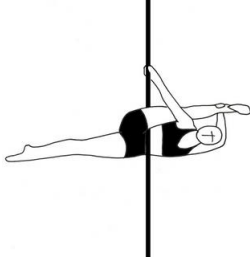




Code No.	Name	Element	Tech. Value	Criteria
SP30	Pencil Spin Basic Grip		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position/grip:</b> basic grip</li> <li>- <b>Leg position:</b> both legs are fully extended and closed in pencil position</li> <li>- <b>Body position:</b> upright and parallel to the pole</li> </ul>
SP31	Split Grip Leg Through Spin		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> both hands, one calf, ankle (optional)</li> <li>- <b>Arm position/Grip:</b> both arms are fully extended in split grip position. One arm is above the leg, while the other arm is below the leg, and has contact with the same side leg.</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> upright</li> </ul>
SP32	Underarm Meathook Straddle Spin		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> underarm of inside arm, torso, thighs</li> <li>- <b>Arm position/grip:</b> both arms are fully extended, outside arm is in a fixed position of choice, inside arm is in underarm grip</li> <li>- <b>Leg position:</b> both legs are fully extended in a straddle position</li> <li>- <b>Body position:</b> inverted</li> </ul>
SP33	Vertical Half Split Spin		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> forearm of the inside arm, crook of elbow (optional), full length of the front leg, thigh and knee of the back leg, pelvis</li> <li>- <b>Arm position:</b> the inside arm is wrapped around the pole and holding the front leg at the ankle/calf. The outside arm is fully extended, and the hand is holding the foot/ankle of the back leg.</li> <li>- <b>Grip:</b> wrap grip</li> <li>- <b>Leg position:</b> half split position with front leg fully extended and in contact with the pole, and back leg bent</li> <li>- <b>Body position:</b> upright</li> </ul>
SP34	Wrap Grip Straddle Spin		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> both hands, inside arm, inside leg</li> <li>- <b>Arm position/grip:</b> inside arm is in a wrap grip position. Outside arm is extended.</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position. Inside leg is in contact with the pole. Outside leg is in contact with the body.</li> <li>- <b>Body Position:</b> inverted</li> </ul>
SP35	Butterfly Extended Twist No Hands		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> one foot and ankle/shin, one shoulder and neck, back (optional)</li> <li>- <b>Arm position/grip:</b> arms are in a fixed position of choice with no contact with the pole</li> <li>- <b>Leg position:</b> both legs are fully extended, one foot has contact with the pole, opposite leg is extended away from the pole</li> <li>- <b>Body position:</b> inverted</li> </ul>



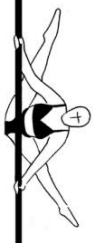



Code No.	Name	Element	Tech. Value	Criteria
SP36	Elbow Hold Inverted Scissor		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> crook of the outside elbow, both thighs, side of torso, back, back of the neck, outside shoulder</li> <li>- <b>Arm position/grip:</b> the inside arm is fully extended with the hand holding the opposite (top) leg. The outside arm is wrapped around the pole above the head, with the hand holding the ankle of the inside leg. No hands have contact with the pole.</li> <li>- <b>Leg position:</b> both legs are fully extended, the top leg is parallel to the floor</li> <li>- <b>Body position:</b> inverted</li> </ul>
SP37	Elbow Hold Split Spin		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> inside elbow (including bicep and forearm), back, glutes (optional)</li> <li>- <b>Arm position:</b> one arm in elbow grip, other arm is holding the opposite leg at ankle/calf</li> <li>- <b>Leg position:</b> both legs are fully extended in split position, with the front foot higher than the hips</li> <li>- <b>Body position:</b> upright</li> </ul>
SP38	Gargoyle Spin No Hands		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> calves, crook of knees, back of thighs</li> <li>- <b>Arm position/grip:</b> arms are fully extended without contact with the pole or the body</li> <li>- <b>Leg position:</b> both legs are bent</li> <li>- <b>Body position:</b> facing downwards, upper body is in a horizontal position</li> </ul>
SP39	Icarus Spin		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> crook of the knee of the inside leg, underarm of the outside arm, back of shoulder of inside arm, neck (optional)</li> <li>- <b>Arm position:</b> back of the shoulder of inside arm on pole. Outside arm in position of choice with underarm in contact with the pole.</li> <li>- <b>Leg position:</b> inside leg grips pole in the crook of the knee, outside leg in position of choice</li> <li>- <b>Body position:</b> upright</li> </ul>
SP40	Muse Spin		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> hands and one foot, calf (optional)</li> <li>- <b>Arm position:</b> arms are fully extended, and hands are in contact with the pole. One of the hands must hold the pole between the legs.</li> <li>- <b>Grip:</b> grip of choice</li> <li>- <b>Leg position:</b> both legs are fully extended</li> <li>- <b>Body position:</b> forward fold where head is lower than hips</li> </ul>

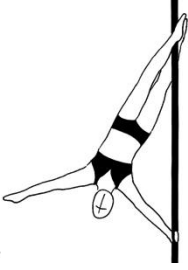

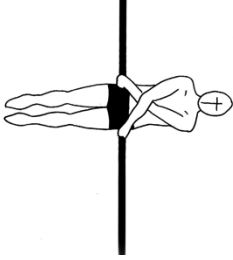
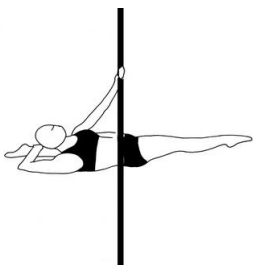
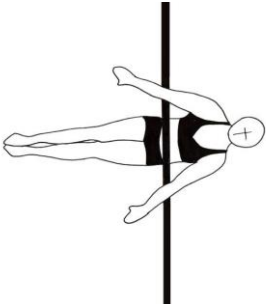

Code No.	Name	Element	Tech. Value	Criteria
SP41	One Handed Handspring Scissor		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> one hand and forearm (optional), shoulder (optional), bicep of other arm, neck, calf of back leg, front leg (optional), head</li> <li>- <b>Arm position/grip:</b> arms are fully extended. One hand is holding the pole, other hand is holding the opposite leg at ankle/calf.</li> <li>- <b>Leg position:</b> both legs are fully extended and open in a scissor position.</li> <li>- <b>Body position:</b> inverted</li> </ul>
SP42	Vertical Split Spin		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> inside arm including hand, outside forearm/wrist, torso, both legs, bottom foot, top foot (optional)</li> <li>- <b>Arm position/grip:</b> the inside hand is holding the pole above the head, the outside arm is bent and holding the ankle of the opposite leg</li> <li>- <b>Leg position:</b> both legs are fully extended in a split position</li> <li>- <b>Body position:</b> upright</li> </ul>
SP43	Back Arch Scissor Spin		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> side of torso, inside elbow, hip, and thigh (optional)</li> <li>- <b>Arm position/grip:</b> inside arm is in elbow grip with the arm holding the torso. The outside arm is fully extended holding the same side leg at shin/ankle</li> <li>- <b>Leg position:</b> legs are fully extended with no foot contact with the pole</li> <li>- <b>Body position:</b> back arch</li> </ul>
SP44	Brass Ring		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> crook of one knee, thighs, glutes, pelvis (optional), one shoulder (optional), one arm, head, and neck (optional)</li> <li>- <b>Arm position/grip:</b> both hands hold the legs at feet/ankles</li> <li>- <b>Leg position:</b> both legs are bent. The pole is not between the legs (i.e., legs are both on the same side of the pole).</li> <li>- <b>Body position:</b> inverted, back arch, back is facing the pole</li> </ul>
SP45	Elbow Spin		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> crook of one elbow</li> <li>- <b>Arm position:</b> one arm in elbow grip, other arm is in fixed position of choice with no contact with the pole</li> <li>- <b>Grip:</b> elbow grip</li> <li>- <b>Leg position:</b> front leg is bent, back leg is fully extended</li> <li>- <b>Body position:</b> upright at an angle away from the pole</li> </ul>

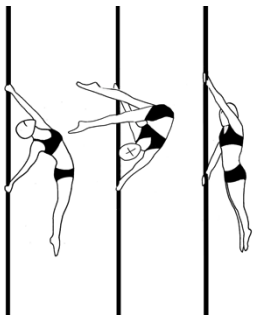
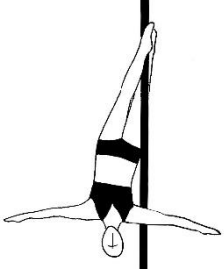

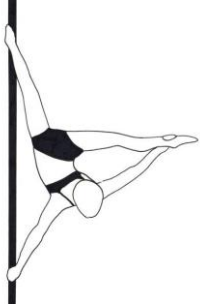
Code No.	Name	Element	Tech. Value	Criteria
SP46	Elbow Hold Upright Scissor		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> crook of outside elbow, both thighs, side of torso, back, back of neck, back of outside shoulder (optional)</li> <li>- <b>Arm position/grip:</b> inside arm is fully extended and holding the opposite (bottom) leg. The outside arm is wrapped around the pole above the head, with the hand holding the ankle of the inside leg. No hands have contact with the pole.</li> <li>- <b>Leg position:</b> both legs are fully extended, bottom leg is parallel to the floor</li> <li>- <b>Body position:</b> upright</li> </ul>
SP47	Hand Based Split Spin		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> both arms and hands, one foot, upper back</li> <li>- <b>Arm position:</b> upper arm is fully extended and holds the pole, lower arm wraps around the pole.</li> <li>- <b>Leg position:</b> lower foot balances on lower hand, legs are in a split position of choice</li> <li>- <b>Body position:</b> torso facing away from the pole</li> </ul>
SP48	One Handed Muse Spin		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> sole of one foot, same side hand, same calf (optional)</li> <li>- <b>Arm position:</b> both arms are fully extended. One arm is holding the pole between the legs. The other arm is in a fixed position of choice with no contact with the pole.</li> <li>- <b>Grip:</b> basic grip</li> <li>- <b>Leg position:</b> both legs are fully extended and open</li> <li>- <b>Body position:</b> forward fold where head is lower than hips</li> </ul>
SP49	Parallel Split Spin		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position:</b> both arms are fully extended</li> <li>- <b>Grip:</b> wide basic grip</li> <li>- <b>Leg position:</b> both legs are fully extended in split position, parallel to the pole</li> <li>- <b>Body position:</b> upright</li> </ul>
SP50	Tuck Through Spin Pike		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> both hands, back of both legs</li> <li>- <b>Arm position:</b> arms have no contact with the legs</li> <li>- <b>Grip:</b> split grip</li> <li>- <b>Leg position:</b> both legs are fully extended in a closed pike position or crossed</li> <li>- <b>Body position:</b> body and legs are in front of the pole at a 90° angle to the pole</li> </ul>
SP51	Cradle Spin No Hands		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> hips and tops of thighs</li> <li>- <b>Arm position/grip:</b> arms have no contact with the body or the pole</li> <li>- <b>Leg position:</b> tucked (legs closed)</li> <li>- <b>Body position:</b> body is at a 90° angle to the pole</li> </ul>



Code No.	Name	Element	Tech. Value	Criteria
SP52	Cradle Split		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> one hand, hips, front of torso, one thigh</li> <li>- <b>Arm position:</b> one arm is fully extended, and the hand is holding the pole, the other arm is bent, and the hand is holding the opposite leg at the ankle</li> <li>- <b>Grip:</b>-basic grip</li> <li>- <b>Leg position:</b> both legs are fully extended in split position, in a straight line and parallel to the floor</li> <li>- <b>Body position:</b> parallel to the floor</li> </ul>
SP53	Cupgrip Pencil		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position:</b> top arm fully extended, bottom arm slightly bent</li> <li>- <b>Grip:</b> both hands are in a cup grip position</li> <li>- <b>Leg position:</b> both legs are fully extended in pencil position</li> <li>- <b>Body position:</b> upright at an angle away from the pole</li> </ul>
SP54	Reverse Butterfly Extension		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> one arm, shoulder, foot, the ankle, and shin of top leg</li> <li>- <b>Arm position/grip:</b> both arms are fully extended, with inside arm holding the pole, and the outside arm holding the outside leg</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> inverted</li> </ul>
SP55	Titanic Support		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> one leg, thigh of other leg, one shoulder/side of neck (optional), glutes, foot (optional)</li> <li>- <b>Arm position/grip:</b> both arms are fully extended back, and have no contact with the pole</li> <li>- <b>Leg position:</b> both legs are fully extended</li> <li>- <b>Body position:</b> upright, upper body in back arch</li> </ul>
SP56	Twisted Ballerina Split		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> inside leg, opposite underarm, back, neck (optional)</li> <li>- <b>Arm position:</b> Inside arm is in a fixed position of choice with underarm in contact with the pole only. Outside arm is fully extended, holding outside leg over the head at shin level.</li> <li>- <b>Leg position:</b> inside leg is fully extended, leg and foot in contact with the pole. Outside leg is bent backwards with foot above the head in a ring position and held by the opposite hand.</li> <li>- <b>Body position:</b> upright, back is arched</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
SP57	Twisted Brass Ring		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> inside leg, glute (optional), shoulder, upper arm, neck, head (optional).</li> <li>- <b>Arm position/grip:</b> arms are fully extended. One arm is holding opposite foot over the head, the other arm is behind the body, holding opposite ankle</li> <li>- <b>Leg position:</b> crook of inside knee is hooked around the pole, outside leg is stretched over the head or in ring position</li> <li>- <b>Body position:</b> inverted, back arch</li> </ul>
SP58	Closed Cross Bow		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> both hands, hips, front of torso, thighs (optional)</li> <li>- <b>Arm position:</b> Both arms are fully extended</li> <li>- <b>Grip:</b> split grip</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position in front of the pole and behind the arms, legs are in contact with the triceps</li> <li>- <b>Body position:</b> upper body is parallel to the floor</li> </ul>
SP59	Cross Bow 2 Hands on Pole		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position/grip:</b> split grip</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position with no contact with the pole</li> <li>- <b>Body position:</b> 90° angle to the pole</li> </ul>
SP60	Elbow Grip Vertical Split		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> both calves (knees and thighs optional), top ankle and foot of the lower leg, elbow, inside arm</li> <li>- <b>Arm position:</b> inside arm wraps around pole at elbow, outside arm in position of choice with no contact with the pole.</li> <li>- <b>Grip:</b> elbow grip</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> inverted</li> </ul>
SP61	Inverted Split Spin		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> underarm of inside arm, outside leg, foot of outside leg, lower back (optional), glutes (optional)</li> <li>- <b>Arm position:</b> both hands are holding the ankle of the inside leg</li> <li>- <b>Grip:</b> inside underarm grip</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> inverted</li> </ul>
SP62	One Handed Spin		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> one hand</li> <li>- <b>Arm position/grip:</b> inside arm is extended and in contact with the pole, outside arm in a fixed position of choice with no contact with the pole</li> <li>- <b>Leg position:</b> both legs are fully extended and closed in pencil position</li> <li>- <b>Body position:</b> upright, away from the pole, parallel to the pole</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
SP63	Supported Sailor		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> both ankles, one shin and one calf, one hand, one foot (optional)</li> <li>- <b>Arm position/grip:</b> inside arm fully extended and in contact with the pole, outside arm in a fixed position of choice with no contact with the pole</li> <li>- <b>Leg position:</b> fully extended and closed</li> <li>- <b>Body position:</b> inverted and extended</li> </ul>
SP64	Teardrop Variation		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> both arms and hands, one shoulder, head (optional), both calves</li> <li>- <b>Arm position/grip:</b> one arm fully extended, other arm can be bent.</li> <li>- <b>Leg position:</b> legs are closed and fully extended</li> <li>- <b>Position of body:</b> inverted, back bend, chest is facing downwards</li> </ul>
SP65	Crossed Hands Plank		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> hip flexors and both hands</li> <li>- <b>Arm position/grip:</b> cross grip</li> <li>- <b>Leg position:</b> both legs are fully extended and closed, parallel to the floor</li> <li>- <b>Body position:</b> 90° angle to the pole</li> </ul>
SP66	Horizontal Split Spin		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> one hand, side of torso, forearm (optional)</li> <li>- <b>Arm position:</b> outside arm is fully extended, inside arm is bent and holding the opposite leg at the ankle</li> <li>- <b>Grip:</b> basic grip</li> <li>- <b>Leg position:</b> both legs are fully extended in a split position and parallel to the floor, and no contact with the pole</li> <li>- <b>Body position:</b> torso is horizontal</li> </ul>
SP67	No Hands Plank Spin		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> torso and both forearms/elbows</li> <li>- <b>Arm position/grip:</b> no hand contact, both arms are fully extended</li> <li>- <b>Leg position:</b> both legs are fully extended, parallel to the floor, hips and legs are closed</li> <li>- <b>Body position:</b> entire body (head to feet) is straight and at 90° to the pole, with a tolerance of not more of 20°</li> </ul>
SP68	One Handed Parallel Split Spin		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> only one hand</li> <li>- <b>Arm position:</b> inside arm is fully extended and in contact with the pole, outside arm is bent, holding the opposite leg above the head</li> <li>- <b>Grip:</b> basic grip</li> <li>- <b>Leg position:</b> both legs are fully extended in split position, parallel to the pole</li> <li>- <b>Body position:</b> upright, away from the pole, parallel to the pole</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
SP69	Pole Based Clock		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position/grip:</b> grip of choice</li> <li>- <b>Leg position:</b> starting in an upright position, legs and hips make a circular rotation (fan kick/flair) passing through an inverted position with the hips above the head, ending in pike position (jack knife) over the head for 2 times</li> <li>- <b>Body position:</b> upright/inverted</li> </ul>
SP70	Sailor		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> one triceps, both ankles, one shin and one calf, one foot (optional)</li> <li>- <b>Arm position/grip:</b> inside arm is extended, and the triceps has contact with the pole; outside arm is in fixed position of choice with no contact with the pole.</li> <li>- <b>Leg position:</b> fully extended and closed</li> <li>- <b>Body position:</b> inverted and extended</li> </ul>
SP71	Split Grip Contortion Spin		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> both hands, shin of top leg, crook of the knee of the bottom leg</li> <li>- <b>Arm position:</b> upper hand holds pole above shin of upper leg, Lower hand holds pole below the lower thigh</li> <li>- <b>Grip:</b> split grip.</li> <li>- <b>Leg position:</b> lower leg must be extended, with shin of the top leg is in contact with the pole</li> <li>- <b>Body position:</b> upright, facing away from the pole</li> </ul>
SP72	Supported Sailor Back Bend		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 720° rotation</li> <li>- <b>Points of contact:</b> one hand, foot, and shin of the same leg</li> <li>- <b>Arm position/grip:</b> both arms are fully extended. Inside hand is holding the pole above the head, the outside hand is holding the same leg at ankle/shin level</li> <li>- <b>Leg position:</b> both legs are fully extended. Foot and shin of inside leg have contact with the pole, outside leg is extended to the back</li> <li>- <b>Body position:</b> inverted and suspended away from the pole, back is in a back arch</li> </ul>

## **DEADLIFTS**

### **DEAD LIFT (DL)**

A dead lift is defined by the starting position of the body. The feet must touch the floor before going into the dead lift. The body should be extended away from the pole before moving into the dead lift.

The pole should NOT be used to assist the dead lift and the legs should not be used to create momentum or a swinging/kicking motion. The dead lift must end in a fully inverted position. A dead lift can be performed on either the static or spinning pole.

**a - Lowest point value** is for a dead lift (from the floor) with bent legs

**b - Second point value** is for a dead lift (from the floor) with both legs fully extended and open

**c - Third point value** is for a dead lift (from the floor) with both legs fully extended and closed

### **AERIAL DEAD LIFT (ADL)**

An aerial dead lift is defined by the starting position of the body. No parts of the body must be in contact with the floor. The body should be fixed and suspended away from the pole and the legs parallel to the pole before moving into the aerial dead lift. Legs must be closed before starting the deadlift. The pole should NOT be used to assist the dead lift and the legs should not be used to create momentum or a swing motion. A dead lift must end in a fully inverted position. A dead lift can be performed on either the static or spinning pole and can be performed from a static position or from a spin.

**a - Fourth point value** is for an aerial dead lift with bent legs

**b - Fifth point value** is for an aerial dead lift with both legs fully extended and open







**c - Sixth point value** is for an aerial dead lift with both legs fully extended and closed




When indicating the specific dead lift on the compulsory form by indicating a Dead lift (DL) versus Aerial Dead lift (ADL), the number of the lift, and the letter representing which dead lift has been chosen (a, b, or c), for example ADL3c, DL8a.

For the (b) deadlifts: Please note that athletes must have open legs during the deadlift until they reach an inverted position, at which point they will be allowed to close their legs.

For (c) deadlifts: Please note that athletes must have closed legs during the deadlift until they reach an inverted position, at which point they will be allowed to open their legs.

## DEAD LIFTS

Code No.	Name	Element	Tech. Value	Criteria
DL1/ ADL1	Dead lift from shoulder mount grip		a - 0.1 b - 0.2 c - 0.3 a - 0.4 b - 0.5 c - 0.7	- <b>Points of contact:</b> both hands, one shoulder - <b>Arm position/grip:</b> both hands grip of choice
DL2/ ADL2	Dead lift from twist grip		a - 0.2 b - 0.3 c - 0.4 a - 0.5 b - 0.6 c - 0.7	- <b>Points of contact:</b> both hands - <b>Arm position/grip:</b> twisted grip
DL3/ ADL3	Dead lift from flag grip		a - 0.2 b - 0.3 c - 0.4 a - 0.5 b - 0.6 c - 0.8	- <b>Points of contact:</b> inside arm, outside hand, forearm, underarm, side of torso (optional) - <b>Arm position/grip:</b> flag grip - <b>Body position:</b> body is facing downwards
DL4/ ADL4	Dead lift from forearm handspring		a - 0.2 b - 0.3 c - 0.4 a - 0.5 b - 0.6 c - 0.8	- <b>Points of contact:</b> bottom forearm, top hand - <b>Arm position/grip:</b> forearm grip - <b>Starting position:</b> upright
DL5/ ADL5	Dead lift from iguana grip		a - 0.2 b - 0.3 c - 0.4 a - 0.5 b - 0.6 c - 0.8	- <b>Points of contact:</b> both hands, back, back of head (optional) - <b>Arm position:</b> top arm is fully extended, lower arm can be bent and holding the pole in an inverted position behind the back - <b>Grip:</b> basic grip
DL6/ ADL6	Dead lift from neck hold		a - 0.3 b - 0.4 c - 0.5 a - 0.6 b - 0.7 c - 0.9	- <b>Points of Contact:</b> neck, both arms - <b>Arm position:</b> both arms are fully extended - <b>Grip:</b> twisted grip

Code No.	Name	Element	Tech. Value	Criteria
DL7/A DL7	Dead lift from cup grip		a - 0.4 b - 0.5 c - 0.6 a - 0.7 b - 0.8 c - 1.0	- <b>Points of contact:</b> both hands - <b>Arm position/grip:</b> top hand is in cup grip
DL8/ ADL8	Dead lift from elbow hold		a - 0.4 b - 0.5 c - 0.6 a - 0.7 b - 0.8 c - 1.0	- <b>Points of contact:</b> one elbow, upper back, neck, shoulder - <b>Arm position:</b> top arm is in elbow grip, bottom arm is in fixed position of choice with no contact with the pole or the other arm. - <b>Grip:</b> elbow grip
ADL9	Aerial Basic Invert		a - 0.1 b - 0.2 c - 0.3	- <b>Points of Contact:</b> side of torso, arms, glutes (optional) - <b>Arm position/grip:</b> basic grip  <i>* Please note: no floor-based version.</i>






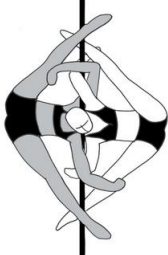
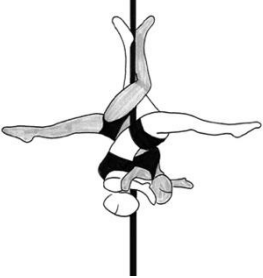

## COMPULSORY DOUBLES

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


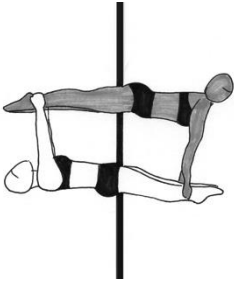
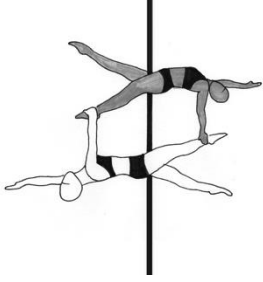

<b>SYNCHRONISED PARALLEL ELEMENTS</b>				
Code No.	Name	Element	Tech. Value	Criteria
<b>SYN1</b>	Different Direction to the Pole OR Horizontal Position OR Vertical to the Pole OR Mirror Image		<b>0.1/ 1.0</b>	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- This element must be a Flexibility or Strength element chosen from the singles compulsory elements. The same element must be used for all except mirror image (which is defined here as mirror image on a point).</li> <li>- Partners must be parallel to each other.</li> <li>- In the event that the mirror image version of SYN 1 is performed, where two parallel elements consist of different elements, the Technical Value of the element with the lower value will apply.</li> <li>- Please include the element code as well in the compulsory form (e.g., SYN1/F10 or SYN1/S40, etc.). Please indicate only the name(s) of the individual element to be performed.</li> <li>- This may be performed on either the same pole or on 2 separate poles.</li> </ul>



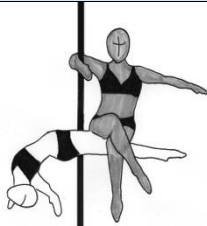
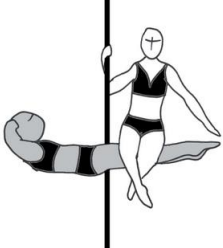




## SYNCHRONISED INTERLOCKING ELEMENTS

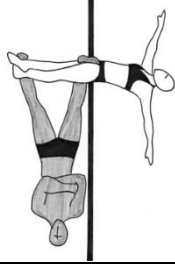

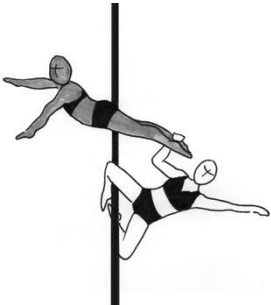


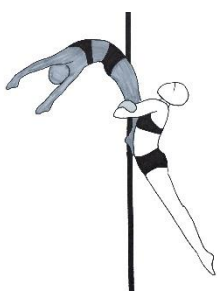
Code No.	Name	Element	Tech. Value	Criteria
<b>SYN2</b>	Floor Based Position 1		<b>0.4</b>	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Partners locked together in a synchronised interlocking inverted floor-based position</li> <li>- Legs must be in a fixed position of choice. Hand or arm contact with the floor only</li> <li>- Partners must be facing each other</li> </ul>
<b>SYN3</b>	Floor Based Position 2		<b>0.5</b>	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Partners locked together in a synchronised interlocking inverted floor-based position</li> <li>- Legs must be in a fixed position of choice. Hand or arm contact with the floor only</li> <li>- Partners must be in a mirror image of each other and must face away from each other</li> </ul>
<b>SYN4</b>	Upright Aerial Position		<b>0.5</b>	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Partners locked together in a synchronised interlocking upright aerial position on the pole</li> <li>- Legs/body/arms must be in a fixed position of choice</li> <li>- Partners must be in a mirror image of each other</li> </ul>
<b>SYN5</b>	Horizontal Aerial Position 1		<b>0.6</b>	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Partners locked together in a synchronised interlocking horizontal aerial position on the pole. Both torsos are in horizontal position</li> <li>- Legs/body/arms must be in a fixed position of choice</li> <li>- Partners must be in a mirror image of each other</li> </ul>
<b>SYN6</b>	Inverted Aerial Position		<b>0.6</b>	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Partners locked together in a synchronised interlocking inverted aerial position on the pole</li> <li>- Legs/body/arms must be in a fixed position of choice</li> <li>- Partners must be in a mirror image of each other</li> </ul>
<b>SYN7</b>	Horizontal Aerial Position 2		<b>1.0</b>	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Partners locked together in a synchronised interlocking horizontal aerial position on the pole. At least one arm should be interlocked. Both torsos are in horizontal position</li> <li>- Legs/body/arms must be in a fixed position of choice</li> <li>- Partners must be in a mirror image of each other</li> </ul>


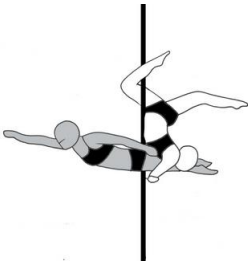
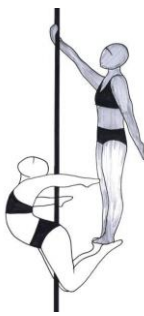
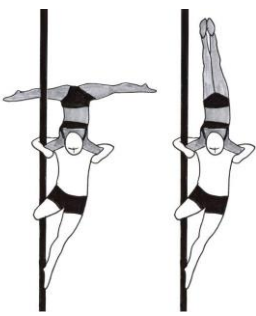
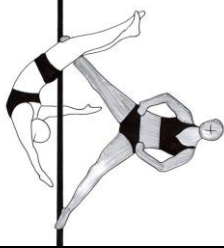
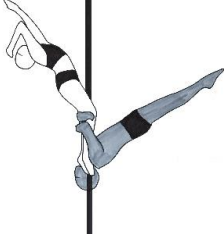
## SYNCHRONISED BALANCE BASED PARTNER ELEMENTS

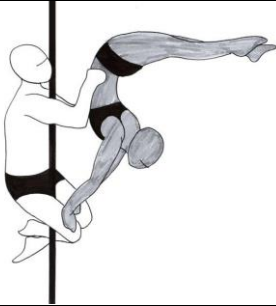


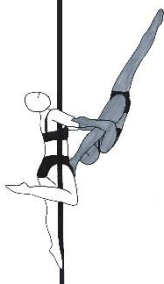
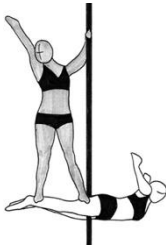

Code No.	Name	Element	Tech. Value	Criteria
<b>SYN8</b>	Balance in Upright Position		<b>0.4</b>	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- An upright element with partners facing each other based on balance and cannot be performed without one or the other partner</li> <li>- Partners are in a mirror image of each other</li> </ul>
<b>SYN9</b>	Balance Facing Each Other		<b>0.6</b>	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- An element facing each other based on balance and cannot be performed without one or the other partner</li> <li>- Partners are in a mirror image of each other</li> </ul>
<b>SYN10</b>	Balance in Same Direction		<b>0.6</b>	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- An element based on balance and cannot be performed without one or the other partner</li> <li>- Partners are facing the same direction</li> <li>- Partners are in a mirror image of each other</li> </ul>
<b>SYN11</b>	Balance Facing Away From Each Other		<b>0.7</b>	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- An element with partners facing away from each other based on balance and cannot be performed without one or the other partner</li> <li>- Partners are in a mirror image of each other</li> </ul>

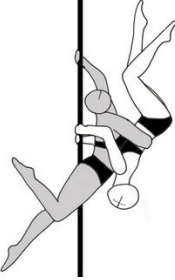

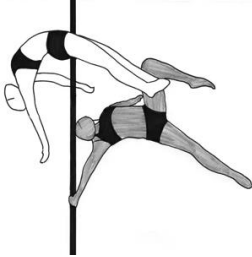
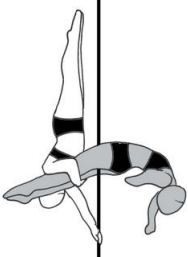
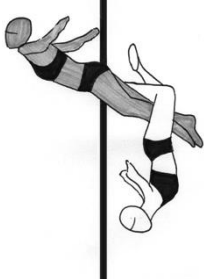
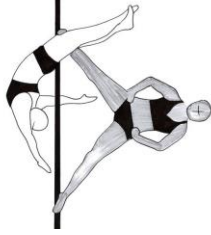
## BALANCE BASED PARTNER ELEMENTS

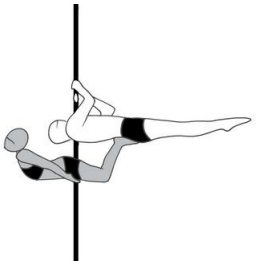



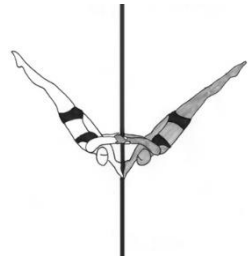
Code No.	Name	Element	Tech. Value	Criteria
BLN1	Layback Position 1		0.2	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The lower partner is in a layback position holding with the legs only</li> <li>- The upper partner is either standing or seated on the lower partner holding the pole with one hand or elbow only</li> <li>- Both partners must have contact with the pole</li> </ul>
BLN2	Horizontal Balance		0.3	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The lower partner is in a horizontal position facing upwards holding the pole with the thighs only.</li> <li>- The upper partner is either standing or sitting on the lower partner holding the pole with one hand and/or arm only</li> <li>- Both partners must have contact with the pole</li> </ul>
BLN3	Layback Position 2		0.3	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The upper partner is in a layback position holding with the legs only</li> <li>- The lower partner is in an upright fixed position of choice holding pole with one hand only, supports the upper partner with other hand</li> <li>- Both partners must have contact with the pole</li> </ul>
BLN4	Layback Balance		0.3	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Lower partner is in a layback position (S17/S27) and has contact with the pole with the legs only. Lower partner's arms are extended and both hands in contact with the top partner's foot/feet only.</li> <li>- The other partner is in an upright position of choice balancing on the lower partner's hands, and only one crook of elbow and/or one hand is in contact with the pole.</li> <li>- Both partners must have contact with the pole</li> </ul>
BLN5	Seated Balance 1		0.3	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds.</li> <li>- The lower partner is in an upright seated position.</li> <li>- The upper partner is in an inverted position of choice balancing on the lower partner. Only shin/calf and feet can be in contact with the pole.</li> <li>- Both partners have contact with the pole.</li> </ul>
BLN6	Shoulder Mount Balance 1		0.3	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds.</li> <li>- The upper partner is in an upright position with the back arched and no hand or arm contact with the pole.</li> <li>- The lower partner performs a shoulder mount straddle position - the lower partner supports and holds the upper partner at knee level with elbows/arms.</li> <li>- Both partners must have contact with the pole - hand contact is not allowed.</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
BLN7	Horizontal Inverted Position		0.4	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The upper partner is in a position facing upwards and parallel to the floor holding with the thighs only with a 40° tolerance on the body</li> <li>- The lower partner is in an inverted flying fixed position of choice holding the upper partner with one or two feet only</li> <li>- Only one partner has contact with the pole</li> </ul>
BLN8	Shoulder Mount Balance 2		0.4	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The lower partner is in a shoulder mount position and holding the upper partner by pushing him/her up by the legs with his/her legs</li> <li>- Bottom partner: torso and legs must be fully extended in a straight line.</li> <li>- Both partners must have contact with the pole</li> </ul>
BLN9	Superman And Knee Hold Position		0.4	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The upper partner is in a superman position holding with the legs only, hips and legs are parallel to the floor</li> <li>- The lower partner is in a knee hold position supports the upper with hand</li> <li>- Both partners must have contact with the pole</li> </ul>
BLN10	X Pose Balance 1		0.4	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds.</li> <li>- The supporting partner is in an upright position of choice with a back bend, and with only legs in contact with the pole - no floor contact.</li> <li>- The supported partner is in an X pose position, balanced on the supporting partner. The supported partner may have pole contact, but not in a way that would support their weight.</li> </ul>
BLN11	Handstand Position		0.5	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The lower partner is in a horizontal position facing upwards holding with the thighs only with a 40° tolerance on the body angle, the upper partner is in an inverted handstand position with the body leaning against the pole</li> <li>- No hand/arm contact with the pole.</li> <li>- Both partners must have contact with the pole.</li> </ul>
BLN12	Pencil Hug Balance		0.5	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds.</li> <li>- The upper partner is in an upright position with the back arched. Only legs have contact with the pole (no hip contact).</li> <li>- The lower partner performs a Pole Hug Pencil position. The criteria of Pole Hug Pencil apply (refer to S5).</li> <li>- The lower partner supports and holds the upper partner at knee level with elbows/arms.</li> <li>- Both partners must have contact with the pole.</li> </ul>

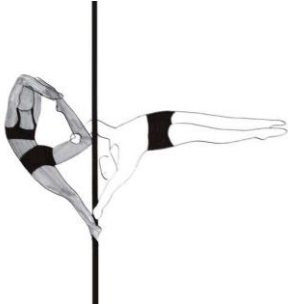

Code No.	Name	Element	Tech. Value	Criteria
BLN13	Shoulder Mount Balance 3		0.5	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The lower partner is in a shoulder mount position and holding the upper partner by pushing him/her up by the hips with his/her legs</li> <li>- Bottom partner: torso and legs must be fully extended in a straight line.</li> <li>- Both partners must have contact with the pole</li> </ul>
BLN14	Superman Position 1		0.5	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Lower partner is in superman position with legs parallel to the floor. Hands have no contact with the pole.</li> <li>- The upper partner is in inverted position, has contact with the pole and is balancing on the lower partner's legs. Upper partner may not have both legs in contact with the pole.</li> <li>- Both partners have contact with the pole.</li> </ul>
BLN15	Titanic Balance 1		0.5	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The lower partner is in a titanic position where the legs are bent. The glutes and the legs can be in contact with the pole, shoulder/neck contact is optional. No hand/arm and feet contact with the pole.</li> <li>- The upper partner is standing on the lower partner's feet and holding the pole with one hand or elbow only.</li> <li>- Both partners must have contact with the pole.</li> </ul>
BLN16	Cupid Balance 1		0.6	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- An interlocking balance element with both partners in contact with the pole</li> <li>- The lower partner performs a cupid position with elbow grip</li> <li>- The upper partner performs a shoulder stand balancing on the lower partner. Legs are fully extended in a fixed position of choice. Torso is parallel to the pole</li> <li>- Partners facing in different directions</li> <li>- Both partners may have contact with the pole, but no hand contact.</li> </ul>
BLN17	Layback – X Pose Balance 1		0.6	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Upper partner is in layback position with no hand contact with the pole</li> <li>- Lower partner performs an X pose where the torso is horizontal, and the top foot is between the legs of upper partner</li> <li>- Both partners may have contact with the pole</li> </ul>
BLN18	Shoulder Mount Plank Balance		0.6	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds.</li> <li>- The upper partner is in an upright position with the back is arched. Only legs have contact with the pole (no hip contact).</li> <li>- The lower partner performs a shoulder mount plank (with arms around partner) with a 45 degree angle to the pole.</li> <li>- Both partners must have contact with the pole.</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
BLN19	Handstand Balance 1		0.7	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds.</li> <li>- The supporting partner is in an upright position of choice.</li> <li>- The supported partner is in a fixed handstand position of choice with no contact with the pole, balancing on the supporting partner.</li> <li>- Only the supporting partner has contact with the pole.</li> </ul>
BLN20	Handstand Plank Position		0.7	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The lower partner is in a horizontal plank position facing upwards holding with the thighs only, the upper partner is in an inverted handstand position with the body leaning against the pole</li> <li>- No hand/arm contact with the pole.</li> <li>- Both partners must have contact with the pole.</li> </ul>
BLN21	Horizontal Plank Inverted Position		0.7	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- An element with partners positioned in different directions</li> <li>- The catching partner is horizontal plank position facing upwards holding with the thighs only</li> <li>- The flying partner is in an inverted flying fixed position of choice holding the upper partner with one or two feet only</li> <li>- Only one partner has contact with the pole.</li> </ul>
BLN22	Russian Split Balance		0.7	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds.</li> <li>- The supporting partner is in an Underarm hold (see SP11 for minimum requirements - spin not required)</li> <li>- The supported partner is in a Russian split position, with a minimum split angle of 180° (body does not have to be parallel) - the Russian split is to be performed against the supporting partners' body.</li> <li>- Only the supporting partner has contact with the pole.</li> </ul>
BLN23	Superman Position 2		0.7	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The lower partner is in a superman position holding with the legs only, hips and legs are parallel to the floor</li> <li>- The upper partner is either standing on the lower partner holding the pole with one hand or elbow only</li> <li>- Both partners must have contact with the pole</li> </ul>
BLN24	Superman Position 3		0.7	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The lower partner is in a superman position holding with the legs only, hips and legs are parallel to the floor</li> <li>- The upper partner is either seated on the lower partner holding the pole with one hand or elbow only</li> <li>- Both partners must have contact with the pole</li> </ul>





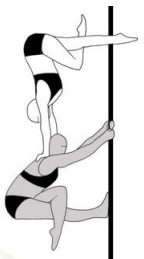
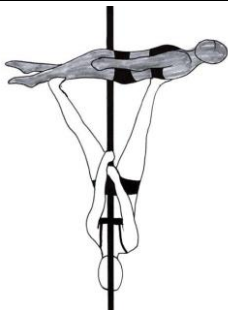
Code No.	Name	Element	Tech. Value	Criteria
BLN25	Superman Support		0.7	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Supporting partner is in a superman position with one hand in contact with the pole (optional), and is holding the torso of the supported partner</li> <li>- Supported partner is in an inverted position of choice holding to the pole with hands only</li> <li>- Both partners must have contact with the pole</li> </ul>
BLN26	Titanic Balance 2		0.7	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Upper partner performs a titanic position, where the legs, and glutes can be in contact with the pole. No hand/arm and feet contact with the pole.</li> <li>- Lower partner holds the legs/feet of catching partner and must be in an inverted fixed position of choice or must at least have the feet lifted above the head</li> <li>- Both partners must have contact with the pole</li> </ul>
BLN27	Layback Arch Balance 1		0.8	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Upper partner is in layback position with no hand contact with the pole</li> <li>- Lower partner must perform any strength element and have only one point of contact with the pole</li> <li>- Both partners may have contact with the pole and each other</li> </ul>
BLN28	Layback Arch Balance 2		0.8	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- One partner is in layback position with no hand contact with the pole.</li> <li>- The other partner is in an inverted position balancing on the partner's legs with only one hand in contact with the pole. Legs are parallel to the pole.</li> <li>- Both partners must have contact with the pole</li> </ul>
BLN29	Superman Position 4		0.8	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The upper partner is in a superman position holding with the legs only</li> <li>- The lower partner is in inverted position holding the upper partner with the legs only and has no contact with the pole</li> <li>- Only the upper partner has contact with the pole</li> </ul>
BLN30	Layback – X Pose Balance 2		0.9	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Upper partner is in layback position with no hand contact with the pole</li> <li>- Lower partner performs an X pose where the torso is at a 90 angle to the pole and the top foot is between the legs of upper partner</li> <li>- Both partners may have contact with the pole</li> </ul>

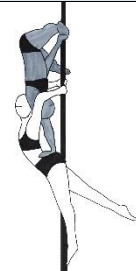
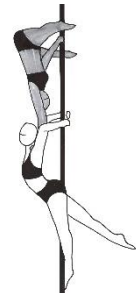


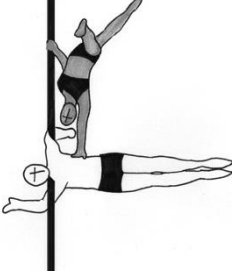
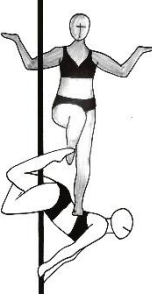
Code No.	Name	Element	Tech. Value	Criteria
BLN31	No Hands Superman Support		0.9	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The lower partner is in a no hands superman position, holding the upper partner with feet. Legs are not crossed and only the feet can be in contact with the upper partner.</li> <li>- The upper partner performs a shoulder mount plank (see minimum requirements S101) balancing on the lower partners' feet.</li> <li>- Only the upper partner can have hand contact with the pole, both partners have contact with the pole.</li> </ul>
BLN32	Shoulder Mount Position 1		0.9	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The lower partner is in a shoulder mount pencil position, where the legs are fully extended.</li> <li>- The upper partner is balancing on the lower partner's feet with body parallel to the pole and fully extended. Only hands can be in contact with the pole.</li> <li>- Both partners must have contact with the pole</li> </ul>
BLN33	Titanic Balance 3		0.9	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The lower partner is in a titanic position where the legs are bent, and the legs and glutes must be in contact with the pole.</li> <li>- The upper partner is in a headstand position, balancing on the lower partner's feet and holding the pole with the hands only. The body is parallel to the pole.</li> <li>- Both partners must have contact with the pole.</li> </ul>
BLN34	Chest Balance		1.0	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds.</li> <li>- Supported partner is a chest stand position, balanced on the supporting partner's chest, and only has contact with the pole their hands.</li> <li>- Supporting partner in an upright position with no hand or foot contact with the pole.</li> <li>- Both partners must have contact with the pole.</li> </ul>
BLN35	Double Russian Split		1.0	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Both partners perform a Russian split</li> <li>- Only feet have contact with the pole</li> <li>- Both partners are holding hands only, not the pole</li> <li>- Partners must be in a mirror image</li> <li>- Both partners must have contact with the pole.</li> </ul>

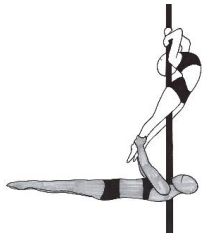
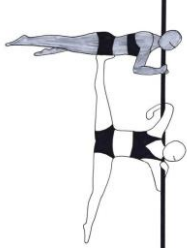
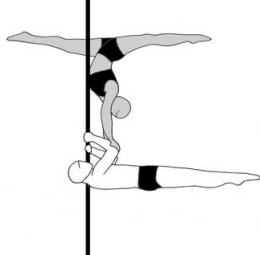

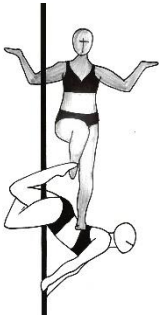




Code No.	Name	Element	Tech. Value	Criteria
BLN36	Elbow Hold Balance 1		1.0	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The catching partner performs any strength element, where the body is fully extended, and hips are parallel to the floor. The legs are fully extended, closed, and parallel to the floor and only one hand and elbow/arm are in contact with the pole.</li> <li>- The flying partner must be in a fixed position of choice with only one foot in contact with the pole and facing away from the catching partner.</li> <li>- Both partners must have contact with the pole.</li> </ul>
BLN37	Layback Balance Element, Partner Upright Position		1.0	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- One of the partners is in a layback position and has contact with the pole with the legs only</li> <li>- The other partner is in inverted handstand position and has no contact with the pole</li> <li>- Both partners have fully extended arms and legs</li> <li>- Only one partner has contact with the pole.</li> </ul>

## BALANCE SUPPORT PARTNER ELEMENTS


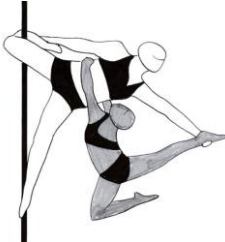




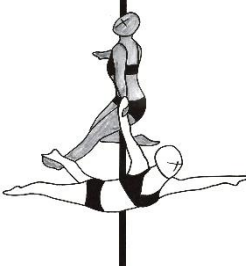
Code No.	Name	Element	Tech. Value	Criteria
BLN38	Seated Balance 2		0.2	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds.</li> <li>- The upper partner is in an upright seated position, no hand contact is allowed.</li> <li>- The lower partner is in an inverted position, mirroring the top partner (except arms).</li> <li>- Both partners must have contact with the pole.</li> </ul>
BLN39	Seated Balance 3		0.2	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds.</li> <li>- The lower partner is in an upright seated position.</li> <li>- The upper partner is in an inverted position of choice balancing on the lower partner.</li> <li>- Both partners have contact with the pole.</li> </ul>
BLN40	Knee Hold Support		0.4	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The lower partner is in a Knee hold position (minimum requirements apply)</li> <li>- The upper partner is standing on the lower partner and holding the pole with arm only (grip of choice)</li> <li>- Both partners must have contact with the pole</li> <li>- Criteria of Knee hold apply (refer to S26)</li> </ul>
BLN41	Standing Balance		0.4	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds.</li> <li>- Both partners have contact with the pole.</li> <li>- The lower partner performs an upright position of choice with no contact with the floor.</li> <li>- The other partner is in inverted handstand position balancing on the lower partner only with one hand contact with the pole.</li> <li>- Both partners must have contact with the pole.</li> </ul>
BLN42	Handstand Balance 2		0.6	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Supporting partner is holding on to the pole in an upright position.</li> <li>- Supported partner has contact with the pole only with one foot/ankle and is balancing on the supporting partner in an inverted position.</li> <li>- Both partners must have at least 1 leg parallel to the floor.</li> <li>- Both partners must have contact with the pole</li> </ul>
BLN43	Iguana Balance		0.6	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The supporting partner performs an inverted fixed position of choice with iguana arm position.</li> <li>- The supported partner must be in a horizontal fixed position of choice balancing on the lower partner's feet without hand or arm contact with the pole.</li> <li>- Both partners must have contact with the pole.</li> </ul>




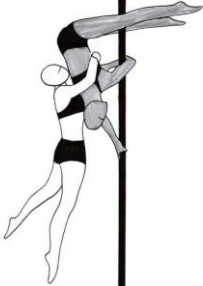

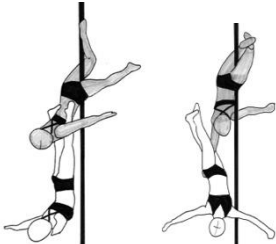

Code No.	Name	Element	Tech. Value	Criteria
BLN44	Titanic Balance 4		0.6	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The lower partner performs a titanic position with hand contact, where the one leg, glutes, one foot and hands can be in contact with the pole.</li> <li>- The other partner is in inverted handstand position balancing on the lower partner and only one hand is in contact with the pole.</li> <li>- Both partners must have contact with the pole.</li> </ul>
BLN45	Titanic Balance 5		0.7	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The lower partner performs a titanic position, where the one leg, glutes, one foot are in contact with the pole; hands and/or neck/shoulder may be in contact with the pole.</li> <li>- The other partner is in inverted handstand position balancing on the shoulder of lower partner and only one hand is in contact with the pole (with forearm / elbow contact optional).</li> <li>- Both partners must have contact with the pole.</li> </ul>
BLN46	Iron X Position 1		0.8	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The lower partner performs an Iron X (see minimum requirements), upper body is parallel to the floor, the upper partner is in upright fixed position of choice</li> <li>- Both partners must only have contact with the pole with their hands</li> <li>- Criteria of Iron X applies (refer to S62)</li> </ul>
BLN47	Split Hold Balance		0.8	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The lower partner is in a split position of choice.</li> <li>- The upper partner is in inverted handstand position balancing on the lower partner with hand/arm contact with the pole.</li> <li>- Both partners have contact with the pole.</li> <li>- Angle of split: a minimum 180°</li> </ul>
BLN48	Strength Hold Balance		0.8	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The lower partner performs any strength element, where the body is parallel to the floor.</li> <li>- The upper partner is in inverted handstand position balancing on the lower partner with hand/arm contact with the pole.</li> <li>- Both partners must have contact with the pole.</li> </ul>
BLN49	Thigh/Outside Knee Hang Support 1		0.8	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The lower partner performs a supported thigh /outside knee hang with both hands on the pole and arms are extended</li> <li>- The upper partner is in upright fixed position of choice with no contact with the pole and is standing on the lower partner upper back with at least one foot</li> <li>- Only the lower partner must have contact with the pole</li> </ul>

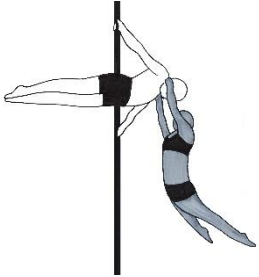
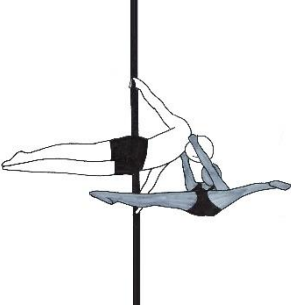
Code No.	Name	Element	Tech. Value	Criteria
BLN50	Titanic Balance 6		0.8	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Upper partner performs a titanic position, where the legs, hands and glutes can be in contact with the pole, no feet contact with the pole.</li> <li>- Bottom partner holds the legs/feet of catching partner and must be in a horizontal fixed position of choice and must be at 90° to the pole</li> <li>- Both partners must have contact with the pole</li> </ul>
BLN51	Elbow Hold Balance 2		0.9	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The supporting partner performs an elbow/neck hold straddle with lower forearm on the pole and torso parallel to the floor.</li> <li>- The supported partner must be in a horizontal fixed plank position of choice balancing on the lower partner's upper foot.</li> <li>- Both partners must have contact with the pole.</li> </ul>
BLN52	Handstand Plank Balance		0.9	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The lower partner is in a shoulder mount position, with body and legs parallel to the floor</li> <li>- The upper partner is in a handstand split position balancing on the lower partner. Both legs are fully extended. Upper partner has no hand or arm contact with the pole.</li> <li>- Both partners have contact with the pole</li> </ul>
BLN53	Iron X position 2		0.9	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The lower partner performs an Iron X (see minimum requirements), upper body is parallel to the floor.</li> <li>- The upper partner is in an inverted fixed position of choice with torso parallel to the pole.</li> <li>- Both partners must only have contact with the pole with their hands</li> <li>- Criteria of Iron X applies (refer to S62)</li> </ul>
BLN54	Thigh/Outside Knee Hang Support 2		0.9	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The lower partner performs a supported thigh /outside knee hang with both hands on the pole and arms are extended</li> <li>- The upper partner is in upright fixed position of choice with no contact with the pole and is standing on the lower partner upper back with one foot only</li> <li>- Only the lower partner must have contact with the pole</li> </ul>
BLN55	Vertical Jade Balance		0.9	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds.</li> <li>- The lower partner performs a Vertical Jade. Criteria of Vertical Jade applies (refer to F88).</li> <li>- The other partner is in inverted handstand position balancing on the lower partner's upper foot, and only has contact with the pole with one hand.</li> <li>- Both partners must have contact with the pole.</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
BLN56	Iron X position 3		1.0	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The lower partner performs an Iron X (see minimum requirements for an iron x), where the upper body is parallel to the floor</li> <li>- The upper partner is standing in upright fixed position of choice on the lower partner with no contact with the pole</li> <li>- Only the lower partner must have contact with the pole</li> <li>- Criteria of Iron X applies (refer to S62)</li> </ul>

## FLYING PARTNER ELEMENTS – ONLY ONE PARTNER CAN HAVE CONTACT WITH THE POLE



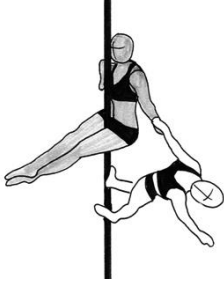


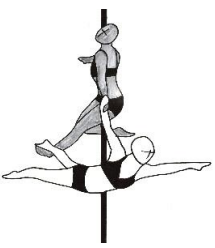
Code No.	Name	Element	Tech. Value	Criteria
FLY1	Seated Position 1		0.1	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner is in a seated position</li> <li>- One hand or elbow has contact with the pole and feet contact is allowed.</li> <li>- Flying partner must be in an upright fixed position of choice</li> <li>- Only one partner has contact with the pole</li> </ul>
FLY2	Cupid Hang		0.3	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner is in a cupid position, foot or ankle can be held</li> <li>- Flying partner is in an upright fixed position of choice</li> <li>- Only one partner has contact with the pole</li> </ul>
FLY3	Seated Position 2		0.3	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner is in a seated position</li> <li>- One hand or elbow has contact with the pole, feet contact is not allowed.</li> <li>- Flying partner must be in an upright fixed position of choice</li> <li>- Only one partner has contact with the pole</li> </ul>
FLY4	Seated Position 3		0.5	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Only one partner has contact with the pole</li> <li>- Catching partner is in a seated position</li> <li>- One hand or elbow has contact with the pole</li> <li>- Flying partner must be in an inverted fixed position of choice.</li> <li>- Only the catching partner has contact with the pole.</li> </ul>
FLY5	Inside Knee Hang 1		0.6	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner is in an inverted inside knee hang</li> <li>- Flying partner holds outside leg of catching partner and must be in an upright fixed position of choice or must at least have the feet lifted above the head</li> <li>- Only one partner has contact with the pole</li> </ul>
FLY6	Seated Position 4		0.6	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner is in a seated position</li> <li>- One hand or elbow has contact with the pole</li> <li>- Flying partner must be in an inverted fixed position of choice</li> <li>- Only one partner has contact with the pole</li> </ul>
FLY7	Seated Position 5		0.6	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds.</li> <li>- Catching partner is in a seated position.</li> <li>- One hand or elbow has contact with the pole.</li> <li>- Flying partner must be in a horizontal fixed position of choice.</li> <li>- Only one partner has contact with the pole.</li> </ul>




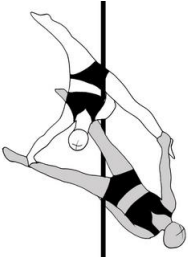


Code No.	Name	Element	Tech. Value	Criteria
FLY8	Thigh/Outside Knee Hang 1		0.6	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner is in an inverted thigh / outside knee hold position</li> <li>- Flying partner may be in an upright fixed position of choice</li> <li>- Only one partner has contact to the pole</li> </ul>
FLY9	Inside Knee Hang 2		0.7	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner is in an inverted inside knee hang</li> <li>- Flying partner holds outside leg of catching partner and must be in an inverted fixed position of choice.</li> <li>- Only one partner has contact with the pole</li> </ul>
FLY10	Only Hands Holding		0.7	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds.</li> <li>- Catching partner is holding with hands and inside underarm with no leg contact with the pole</li> <li>- Flying partner must be in a fixed position of choice</li> <li>- Only one partner has contact with the pole</li> </ul>
FLY11	Elbow Grip Straddle Hang		0.8	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner is in an Elbow grip straddle</li> <li>- Flying partner must be in an upright fixed position of choice with no contact with the pole</li> <li>- Only one partner has contact with the pole</li> <li>- Criteria of Elbow grip straddle apply (refer to S49)</li> </ul>
FLY12	Iguana Split Hang		0.8	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner is in an inverted split position of choice with iguana grip.</li> <li>- Flying partner holds the leg of catching partner and must be in an inverted fixed position of choice</li> <li>- Only one partner has contact with the pole</li> </ul>
FLY13	Thigh/Outside Knee Hang 2		0.8	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner is in an inverted thigh / outside knee hang position</li> <li>- Flying partner must be in an inverted fixed position of choice or must at least have feet lifted above the head</li> <li>- Only one partner has contact with the pole</li> </ul>
FLY14	Split Hang 1		0.9	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner is in a split position of choice</li> <li>- Angle of split: a minimum of 180°</li> <li>- Flying partner holds leg of catching partner and must be in an inverted fixed position of choice or must at least have the feet lifted above the head</li> <li>- Only one partner has contact with the pole</li> </ul>

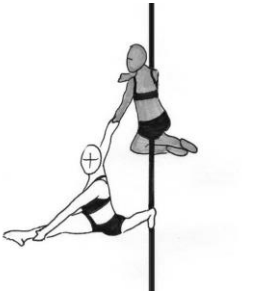
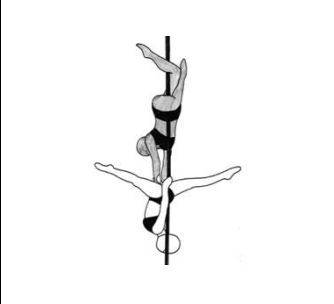
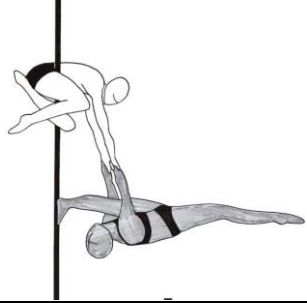
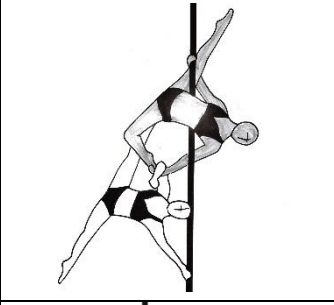
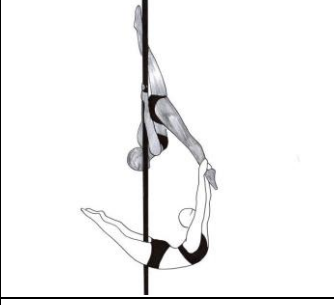
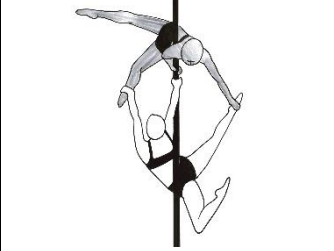
Code No.	Name	Element	Tech. Value	Criteria
FLY15	Split grip reverse plank hang 1		1.0	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- An element with partners positioned in different directions</li> <li>- The catching partner is in a split grip reverse plank position (refer to minimum requirements of S104) with a 20° tolerance</li> <li>- The flying partner is in an upright fixed position of choice</li> <li>- Only one partner has contact with the pole</li> </ul>
FLY16	Split grip reverse plank hang 2		1.0	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- An element with partners positioned in different directions</li> <li>- The catching partner is in a split grip reverse plank position (refer to minimum requirements of S104) with a 20° tolerance</li> <li>- Flying partner must be in a horizontal split fixed position of choice</li> <li>- Angle of split: a minimum of 180°</li> <li>- Only one partner has contact with the pole</li> </ul>

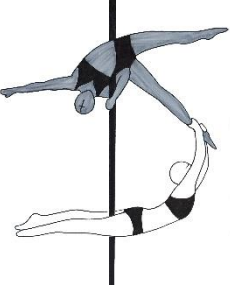

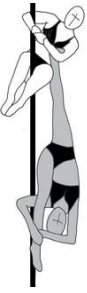
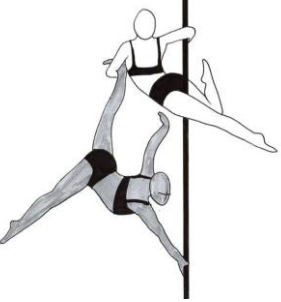
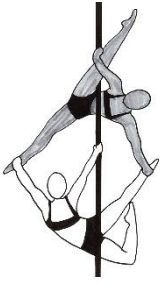
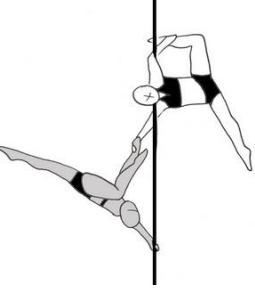


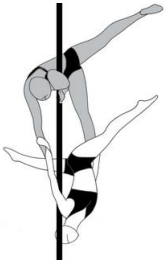
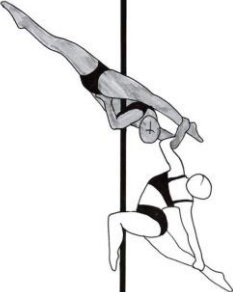
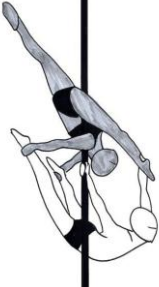
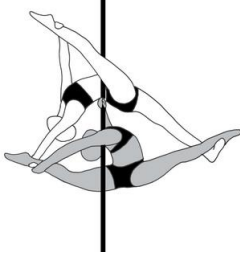

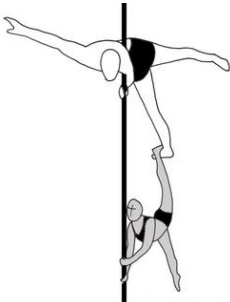
## FLYING PARTNER ELEMENTS – BOTH PARTNERS MUST HAVE CONTACT WITH THE POLE

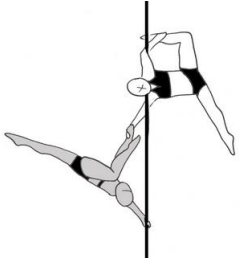

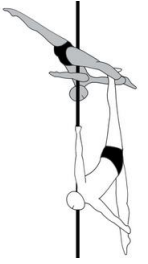

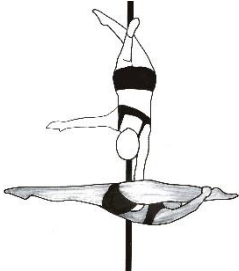
Code No.	Name	Element	Tech. Value	Criteria
FLY17	Elbow grip seated position		0.2	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner is in an elbow grip seated position</li> <li>- Flying partner must be in a fixed position of choice</li> <li>- Criteria of Elbow grip seat apply (refer to S3)</li> <li>- Both partners have contact with the pole.</li> </ul>
FLY18	Seated Position 6		0.2	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner is in a seated position</li> <li>- One hand or elbow has contact with the pole</li> <li>- Flying partner must be in an inverted fixed position of choice.</li> <li>- Both partners have contact with the pole.</li> </ul>
FLY19	Seated Position 7		0.3	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner is in a seated position</li> <li>- The flying partner must be in a fixed position of choice</li> <li>- Both partners have contact with the pole.</li> </ul>
FLY20	Inverted thigh hold		0.4	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner is in an inverted thigh outside knee hold position</li> <li>- Flying partner is in a layback position with one leg extended and other leg in passé</li> <li>- Flying partner must not have legs crossed</li> <li>- Both partners have no hand contact with the pole, and have contact with the pole</li> </ul>
FLY21	Layback Position 3		0.4	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner is in a layback position</li> <li>- The flying partner must be in a fixed position of choice</li> <li>- Both partners have contact with the pole.</li> </ul>
FLY22	Seated Position 8		0.4	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner is in a seated position</li> <li>- One hand or elbow has contact with the pole</li> <li>- Flying partner must be in a horizontal fixed position of choice</li> <li>- Both partners have contact with the pole</li> </ul>

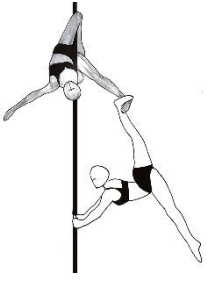
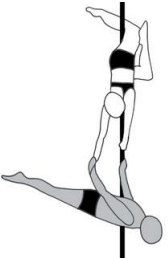


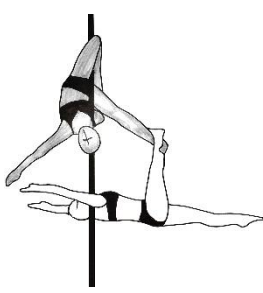
Code No.	Name	Element	Tech. Value	Criteria
FLY23	Superman Hang 1		0.4	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner is in a superman position elbow grip is allowed.</li> <li>- Flying partner must be in an inverted split position of choice, only with hands contact with the pole. Hands must be lower than the head.</li> <li>- Both partners must have contact with the pole.</li> </ul>
FLY24	Allegra Half Split Hang 1		0.5	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The upper partner is in an Allegra half split 1 position (refer to F11).</li> <li>- Minimum split angle for Allegra half split:160°</li> <li>- The lower partner must have only one point of contact with one hand on the pole.</li> <li>- Both partners must have contact with the pole.</li> </ul>
FLY25	Hanging Balance		0.5	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The catching partner is holding the lower partner at the shoulder and has contact with the pole only with hands and wrists.</li> <li>- The flying partner has contact with the pole only with feet.</li> <li>- The whole body of both partners must be fully extended.</li> <li>- Both partners must have contact with the pole</li> </ul>
FLY26	Hip Hold Straddle Hang		0.5	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner is in an inverted hip hold straddle position</li> <li>- Flying partner must be in an inverted position of choice</li> <li>- Both partners have contact with the pole and each other</li> </ul>
FLY27	Outside Knee Hang Position		0.5	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner is in an inverted outside knee hang position</li> <li>- Flying partner must be in an inverted fixed position of choice</li> <li>- Both partners have contact with the pole and each other</li> </ul>
FLY28	Remi Hang		0.5	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner is in Remi layback position (S29) holding the legs of the flying partner</li> <li>- The flying partner must be in a fixed position of choice and has contact with the pole at least with the hands</li> <li>- Both partners have contact with the pole.</li> </ul>

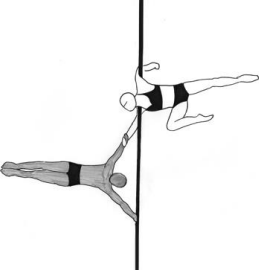
Code No.	Name	Element	Tech. Value	Criteria
FLY29	Seated Position 9		0.5	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Both partners have contact with the pole</li> <li>- Catching partner is in a seated position</li> <li>- The flying partner must be in an upright fixed split position of choice</li> <li>- Angle of split: a minimum of 180°</li> <li>- Both partners have contact with the pole.</li> </ul>
FLY30	Thigh/Outside Knee Hang 3		0.5	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner in an inverted thigh / outside knee hang position</li> <li>- Flying partner must be in an inverted fixed split position of choice</li> <li>- Both partners have contact with the pole.</li> </ul>
FLY31	Upright Split Position		0.5	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner in a seated position with no hand contact with the pole.</li> <li>- Flying partner must be in an inverted fixed split position of choice</li> <li>- Angle of split: a minimum of 160°</li> <li>- Both partners have contact with the pole.</li> </ul>
FLY32	Allegra Half Split Hang 2		0.6	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The upper partner is in an Allegra half split 2 position (refer to F22).</li> <li>- Minimum split angle for Allegra half split: 180°</li> <li>- The lower partner must have only one point of contact with one hand on the pole.</li> <li>- Both partners must have contact with the pole.</li> </ul>
FLY33	Iguana - Superman Hang		0.6	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner is in a split position of choice with iguana arm position.</li> <li>- Flying partner performs a superman with no hand contact with the pole, holding the catching partner's lower leg.</li> <li>- Both partners have contact with the pole.</li> </ul>
FLY34	Janeiro Hang		0.6	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner is in a Janeiro position, holding the leg of the flying partner</li> <li>- Flying partner hangs on catching partner's lower leg in a fixed position of choice with only one hand in contact with the pole</li> <li>- Both partners have contact with the pole.</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
FLY35	Janeiro Superman Hang		0.6	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner performs a Janeiro.</li> <li>- Flying partner performs a superman with no hand contact with the pole, holding the catching partner's lower leg.</li> <li>- Criteria of Janeiro apply (refer to S53)</li> <li>- Both partners have contact with the pole.</li> </ul>
FLY36	Thigh/Outside Knee Hang 4		0.6	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner in an inverted thigh / outside knee hang position holding flying partner's leg</li> <li>- Flying partner must be in an upright position of choice, no hand contact with the pole</li> <li>- Both partners have contact with the pole.</li> </ul>
FLY37	Seated Position 10		0.6	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner is in a seated position, with one hand or elbow in contact with the pole</li> <li>- Flying partner must be in an inverted fixed split position of choice</li> <li>- Angle of split: a minimum of 160°</li> <li>- Both partners have contact with the pole.</li> </ul>
FLY38	Superman Hang 2		0.6	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner is in a superman position elbow grip is allowed.</li> <li>- Flying partner must be in an inverted split position of choice and only with one hand contact with the pole. Hand must be lower than the head.</li> <li>- Both partners must have contact with the pole.</li> </ul>
FLY39	Allegra Split Hang		0.7	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The upper partner is in an Allegra split 2 (refer to F12) position.</li> <li>- Minimum split angle for Allegra split: 180°</li> <li>- The lower partner must have only one point of contact with one hand on the pole.</li> <li>- Both partners have contact with the pole.</li> </ul>
FLY40	Elbow Hold Hang 2		0.7	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Upper partner executes an elbow grip strength position of choice</li> <li>- Lower partner executes an inverted strength position of choice</li> <li>- Both partners balance each other by holding hands</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
FLY41	Janeiro Inverted Hang		0.7	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner is in a Janeiro position, holding one arm/hand of the flying partner</li> <li>- Flying partner hangs on catching partner's arm/hand and lower leg in an inverted fixed position of choice with only arm/back contact (optional) with the pole. No leg contact allowed.</li> <li>- Both partners have contact with the pole</li> </ul>
FLY42	Split Hang 2		0.7	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner is in a split position of choice</li> <li>- Angle of split: a minimum of 180°</li> <li>- Flying partner holds the arm or leg of catching partner in a fixed position of choice with no hand contact with the pole.</li> <li>- Both partners must have contact with the pole.</li> </ul>
FLY43	Split Hang 3		0.7	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner is in a split position of choice</li> <li>- Angle of split: a minimum of 180°</li> <li>- Flying partner is in a fixed position of choice with contact with the pole.</li> <li>- Both partners have contact with the pole</li> </ul>
FLY44	Split Hang 4		0.7	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner is in a split position of choice</li> <li>- Flying partner must be in a fixed upright split position of choice</li> <li>- Angle of splits: a minimum of 180° for both partners</li> <li>- Both partners have contact with the pole</li> </ul>
FLY45	Thigh/Outside Knee Hang 5		0.7	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner in an inverted thigh / outside knee hang position</li> <li>- Flying partner must be in an inverted fixed split position of choice</li> <li>- Angle of splits: a minimum of 180°</li> <li>- Both partners have contact with the pole</li> </ul>
FLY46	Janeiro Split Hang		0.8	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The catching partner is in a Janeiro position.</li> <li>- The flying partner is in a split position balancing on the catching partner's lower foot, and has contact with the pole with hands only. Hands must be lower than the head.</li> <li>- Angle of splits: a minimum 180°</li> <li>- Both partners have contact with the pole.</li> </ul>





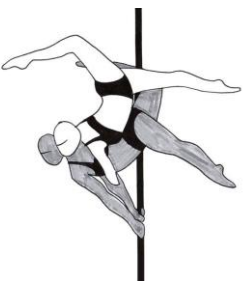
Code No.	Name	Element	Tech. Value	Criteria
FLY47	Elbow Hold Hang 3		0.8	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Both partners balance each other by holding hands</li> <li>- Upper partner executes an elbow grip split position of choice</li> <li>- Lower partner executes an inverted split position of choice</li> <li>- Split angle: a minimum of 160° for both partners</li> <li>- Both partners have contact with the pole.</li> </ul>
FLY48	Only Hands Holding Split		0.8	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner is holding with hands and inside underarm.</li> <li>- Flying partner must be in a horizontal split fixed position of choice</li> <li>- Angle of split: a minimum of 180°</li> <li>- Both partners have contact with the pole</li> </ul>
FLY49	Split Hang 5		0.8	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner is in a split position of choice</li> <li>- Flying partner is in an inverted, vertical split position of choice and has contact with Catching partner with one leg only</li> <li>- Angle of splits: a minimum of 180° for both partners</li> <li>- Both partners have contact with the pole</li> </ul>
FLY50	Superman V Position		0.8	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner is in a Superman V position</li> <li>- Criteria of Superman V apply (refer to F69)</li> <li>- Flying partner must be in an inverted fixed position of choice</li> <li>- Both partners have contact with the pole</li> <li>-</li> </ul>
FLY51	Thigh/Outside Knee Hang 6		0.8	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner is in an inverted thigh / outside knee hang position</li> <li>- Flying partner must be in a horizontal split fixed position of choice</li> <li>- Angle of split: a minimum of 180°</li> <li>- Both partners have contact with the pole and each other</li> </ul>

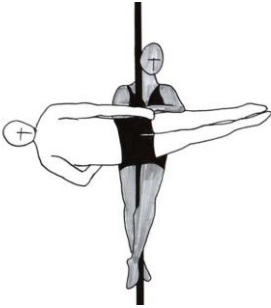


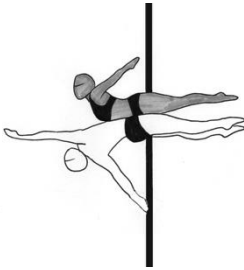

Code No.	Name	Element	Tech. Value	Criteria
FLY52	Thigh/Outside Knee Hang 7		0.8	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The upper partner is in an inverted thigh / outside knee hold position.</li> <li>- The lower partner must only have contact with hands on the pole. Hands must be lower than the head.</li> <li>- Partners must use one foot to be in contact with each other.</li> <li>- Both partners must have contact with the pole.</li> </ul>
FLY53	Thigh/Outside Knee Hang 8		0.8	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner is in an inverted outside knee hold position</li> <li>- Flying partner is in a horizontal fixed position of choice</li> <li>- Both partners have contact with the pole</li> </ul>
FLY54	Inside Knee Hang 3		0.9	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Catching partner is in an inverted inside knee hang</li> <li>- Flying partner must be in fixed position of choice with only one foot in contact with the pole and facing away from the pole (refer to glossary)</li> <li>- Both partners have contact with the pole</li> </ul>
FLY55	Inside Knee Hang 4		0.9	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The upper partner is in an Allegra half split position where the inside leg can be bent.</li> <li>- Minimum split angle for Allegra half split: 180°</li> <li>- The lower partner has one hand on the pole and one point of contact (optional). Full length of the body must be parallel to the floor.</li> <li>- Both partners must have contact with the pole.</li> </ul>
FLY56	Thigh/Outside Knee Hang 9		0.9	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The upper partner is in an inverted thigh / outside knee hold position.</li> <li>- The lower partner must only have contact with the pole on their shoulder (neck contact is optional).</li> <li>- Partners must use one foot to be in contact with each other.</li> <li>- Both partners must have contact with the pole.</li> </ul>





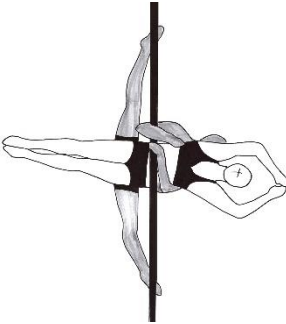
Code No.	Name	Element	Tech. Value	Criteria
FLY57	Elbow Grip/Iron Pencil		1.0	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Both partners balance each other by holding hands</li> <li>- Upper partner executes an elbow hold passé (see minimum criteria for elbow hold passé (S50)) with no hand contact with the pole</li> <li>- Lower partner executes iron pencil (see minimum requirements for iron pencil (S98), where the top hand is holding onto the upper partner instead of the pole)</li> <li>- Both partners have contact with the pole.</li> </ul>



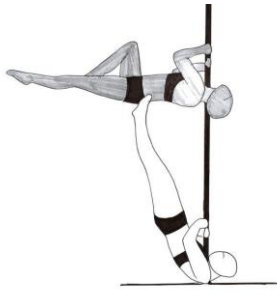


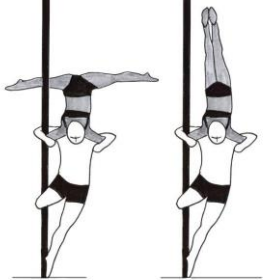
## PARTNER SUPPORTED ELEMENTS


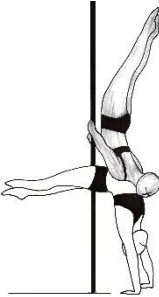
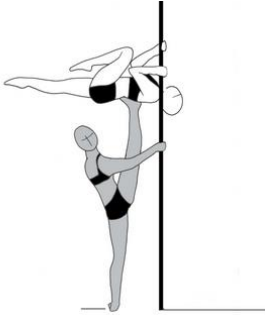

Code No.	Name	Element	Tech. Value	Criteria
PSE1	Basic Invert Hold 1		0.1	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Supporting partner is in a basic invert position with no hand contact with the pole</li> <li>- Supported partner is in an upright position of choice with no hand or leg contact with the pole</li> <li>- Both partners must have contact with the pole</li> </ul>
PSE2	Basic Invert Hold 2		0.2	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Supporting partner is in a basic invert position with no hand contact with the pole</li> <li>- Supported partner is in an invert position of choice with no hand or leg contact with the pole</li> <li>- Both partners must have contact with the pole</li> </ul>
PSE3	Upright Hanging Support 1		0.3	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- One of the partners is holding on to the pole in an upright position with soles on the pole and extended legs</li> <li>- Supported partner has contact with the pole only with one hand and is positioned on the supporting partner</li> <li>- Both partners must have contact with the pole</li> </ul>
PSE4	Seated Support		0.4	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Both partners are upright</li> <li>- The supporting partner is in a seated or standing position on the pole and supporting the other partner</li> <li>- The supported partner is lying on the supporting partners' arm/leg. The supported partner may have pole contact, but not in a way that would support their weight.</li> </ul>
PSE5	Extended Brass Monkey Support 1		0.4	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- One partner performs an extended brass monkey.</li> <li>- Other partner is in a fixed position of choice and have contact with the pole and is positioned on the supporting partner.</li> <li>- Both partners have contact with the pole.</li> <li>- Criteria of Extended brass monkey apply (refer to S14)</li> </ul>

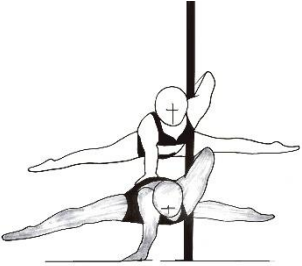
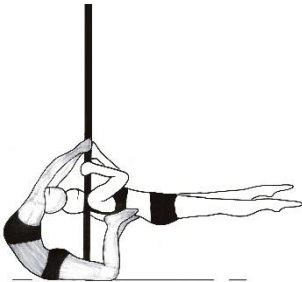

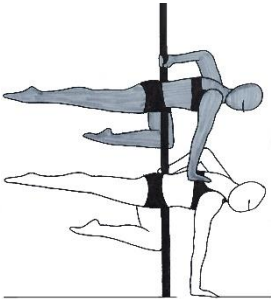
Code No.	Name	Element	Tech. Value	Criteria
PSE6	Standing Support		0.5	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- One partner is in an upright position of choice and holding the other partner by the hands or arms only</li> <li>- Other partner must perform any strength element, where the torso is parallel to the floor</li> <li>- Both partners must have contact with the pole - hand contact is not allowed</li> </ul>
PSE7	Upright Standing Support		0.5	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Supported partner is in an inverted position with no leg contact with the pole</li> <li>- Supporting partner is in an upright position of choice, arms are wrapped around the upper body of the supported partner</li> <li>- Both partners must have contact with the pole</li> </ul>
PSE8	Ballerina Support		0.6	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Supporting partner is in a ballerina position</li> <li>- Supported partner must be in a fixed position of choice on the supporting partner's back leg/glutes/torso without hand or leg contact with the pole</li> <li>- Both partners must have contact with the pole</li> </ul>
PSE9	Horizontal Support		0.7	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- Both partners are holding on to the pole in lying position.</li> <li>- The supporting partner has hand contact with the pole, the supported partner has no hand contact with the pole.</li> <li>- Both partners must be in a horizontal position</li> </ul>
PSE10	Upright Hanging Support 2		0.7	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- One of the partners is holding on to the pole in an upright position.</li> <li>- Supported partner has no contact with the pole and is positioned on the supporting partner</li> <li>- Only one partner has contact with the pole</li> </ul>

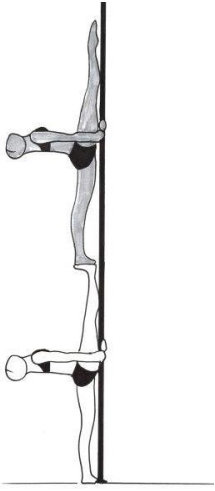
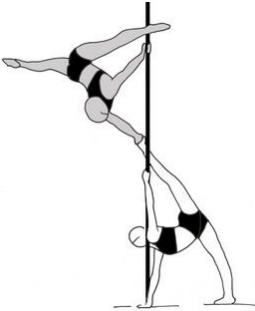
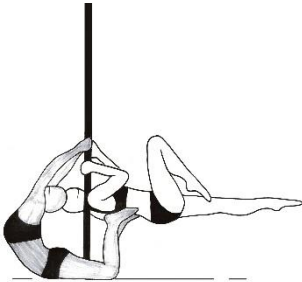
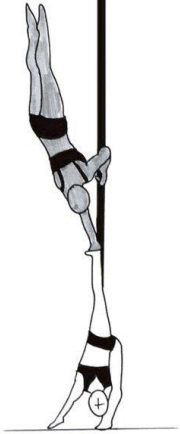
Code No.	Name	Element	Tech. Value	Criteria
PSE11	Extended Brass Monkey Support 2		0.6	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- One partner performs an Extended brass monkey.</li> <li>- Other partner is in a fixed position of choice with no contact with the pole and is positioned on the supporting partner</li> <li>- Only one partner has contact with the pole</li> <li>- Criteria of Extended brass monkey apply (refer to S14)</li> </ul>
PSE12	Hanging on Two Hands Support 1		0.8	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- One of the partners is holding on to the pole with the hands only in an upright position</li> <li>- Supported partner is facing the pole and is in contact with the pole without holding on with legs or arms, and is held only by the pressure from the supporting partner</li> <li>- Both partners have contact with the pole.</li> </ul>
PSE13	Hanging on Two Hands Support 2		0.8	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- One of the partners is holding to the pole with the hands only in an upright position</li> <li>- Supported partner has the back to the pole without arm or hand contact and is held only by the pressure from the supporting partner</li> <li>- Both partners have contact with the pole.</li> </ul>
PSE14	Hanging From One Hand Support		1.0	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- One of the partners is holding the pole with only one hand in an upright position.</li> <li>- Supported partner is facing the pole and is in contact with the pole without holding with legs or arms</li> <li>- The supported partner is held only by the pressure from the holding partner</li> <li>- Both partners have contact with the pole.</li> </ul>
PSE15	Straddle Support		1.0	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- One of the partners is holding the pole in a straddle position with upper elbow, lower hand, forearm, and soles of the feet. Upper body must be at a 90° angle to the pole.</li> <li>- Supported partner is facing the pole, legs and body must be at a 90° angle to the pole and fully extended.</li> <li>- The supported partner is held only by the pressure from the supporting partner with no arm or hand contact.</li> <li>- Both partners have contact with the pole.</li> </ul>


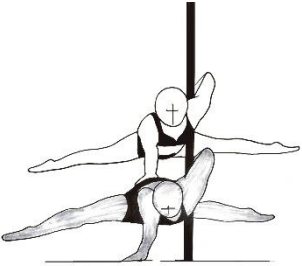
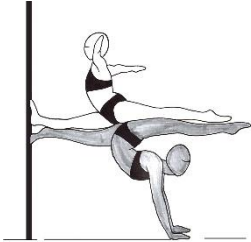
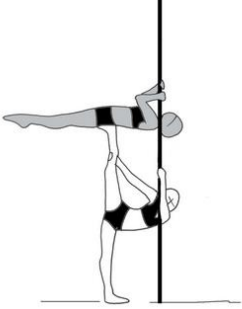
## POLE BASED FLOOR PARTNER ELEMENTS

Code No.	Name	Element	Tech. Value	Criteria
FLR1	Shoulder Mount Position 2		0.2	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The lower partner is holding the upper partner by pushing him/her up by the glutes with feet and has contact with the floor.</li> <li>- The upper partner must be parallel to the floor and in contact with the pole with one shoulder and hands.</li> <li>- Both partners have to be fully extended where the arms can be bent.</li> <li>- Both partners must have contact with the pole.</li> </ul>
FLR2	X Pose Balance 2		0.2	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds.</li> <li>- An element with partners positioned in different directions.</li> <li>- The lower partner performs an upright position of choice with contact with the floor.</li> <li>- The other partner is in X pose position balancing on the lower partner without contact with the pole.</li> <li>- Only one partner has contact with the pole.</li> </ul>
FLR3	Upright Handstand Balance		0.3	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds.</li> <li>- An element with partners positioned in different directions.</li> <li>- The lower partner performs an upright position of choice with contact with the floor.</li> <li>- The other partner is in inverted handstand position balancing on the lower partner and has contact with the pole only with one hand.</li> <li>- Both partners have contact with the pole.</li> </ul>
FLR4	Cupid Balance 2		0.4	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- An interlocking balance element with both partners in contact with the pole</li> <li>- The lower partner performs a cupid position with elbow grip on the floor.</li> <li>- The upper partner performs a shoulder stand balancing on the lower partner. Legs are fully extended in a fixed position of choice. Torso is parallel to the pole</li> <li>- Partners facing in different directions</li> <li>- Both partners may have contact with the pole, but no hand contact.</li> <li>- Only the lower partner has contact with the floor with one foot</li> </ul>

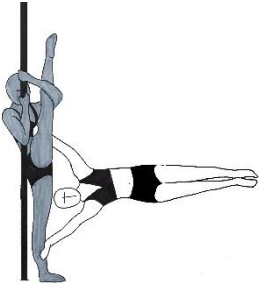

Code No.	Name	Element	Tech. Value	Criteria
FLR5	Floor Arch Plank Balance 1		0.4	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- An element with partners positioned in different directions</li> <li>- The lower partner is in a superman crescent on the floor with bent legs, the other partner performs a Shoulder mount straddle (S31 see minimum requirements for straddle position) balancing on the lower partners' feet.</li> <li>- The lower partner has contact with the floor with the hips and thighs and supporting the upper partner at the lower back with the feet.</li> <li>- Both partners have contact with the pole.</li> </ul>
FLR6	Bridge Balance		0.5	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- An element with partners positioned in different directions.</li> <li>- The lower partner performs a floor-based bridge (refer to minimum requirements), where the legs are parallel to the floor. The other partner is in an inverted chest-stand position balancing on the lower partner and only hand contact with the pole.</li> <li>- The lower partner has contact with the pole with thighs only and with the floor with hands only.</li> <li>- Both partners have contact with the pole.</li> </ul>
FLR7	Split Balance 1		0.5	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The lower partner performs a floor based fixed split position of choice</li> <li>- Angle of split: a minimum of 160°</li> <li>- The upper partner must be horizontal to the floor and in contact with the pole with one shoulder and both hands, balancing on the lower partners' foot</li> <li>- Only the lower partner can have contact with the floor with one foot and one hand (optional).</li> <li>- Both partners have contact with the pole.</li> </ul>
FLR8	Standing Inverted Balance 1		0.5	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- An interlocking strength element with one partner in contact with the pole and floor</li> <li>- The balancing partner can be in an inverted fixed position of choice, without contact with the floor</li> <li>- The standing partner must be in an upright position of choice with contact with the floor and the pole</li> <li>- Angle of split: a minimum of 160°</li> <li>- Only one partner has contact with the pole.</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
FLR9	Straddle Plank Balance 1		0.5	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds.</li> <li>- Partners perform the same strength element:</li> <li>- The lower partner performs a floor-based balance element only one hand and side of torso in contact with the pole, and only one point of contact with the floor.</li> <li>- The upper partner must perform the same element balancing on the lower partner and only one hand and side of torso in contact with the pole, and only one point of contact with the lower partner.</li> <li>- Partners must be parallel to the floor and each other with a 20-degree tolerance and facing the same direction.</li> <li>- Both partners have contact with the pole.</li> </ul>
FLR10	Floor Arch Plank Balance 2		0.6	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- An element with partners positioned in different directions</li> <li>- The lower partner is in a superman crescent on the floor with bent legs, the other partner performs a Shoulder mount plank straddle (S55 see minimum requirements) balancing on the lower partners' feet.</li> <li>- The lower partner has contact with the floor with the hips and thighs and supporting the upper partner at the lower back with the feet.</li> <li>- Both partners have contact with the pole.</li> </ul>
FLR11	Handstand Balance 3		0.6	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- An element with partners positioned in different directions.</li> <li>- The lower partner performs a handstand, where the body and legs are parallel to the pole and inside arm and leg/foot are in contact with the pole.</li> <li>- The other partner must be in a horizontal fixed position of choice balancing on the lower partner's feet.</li> <li>- The lower partner has contact with the floor with one hand only.</li> <li>- Both partners must have contact with the pole.</li> </ul>
FLR12	Passé Plank Balance		0.6	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds.</li> <li>- Partners perform the same strength element.</li> <li>- The lower partner performs a floor-based balance element only one hand, inside leg and side of torso in contact with the pole.</li> <li>- The upper partner must perform the same element balancing on the lower partner and only one hand, inside leg and side of torso in contact with the pole.</li> <li>- Partners must be parallel to the floor and to each other, and facing the same direction.</li> <li>- Both partners have contact with the pole.</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
FLR13	Split Balance 2		0.6	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds.</li> <li>- Partners perform the same flexibility element.</li> <li>- The lower partner performs a floor based split element where the legs and the arms are fully extended, and the torso is parallel to the floor.</li> <li>- The upper partner must perform the same element balancing on the lower partner's foot.</li> <li>- Partners must be parallel to each other and facing the same direction.</li> <li>- Only the lower partner has contact with the floor.</li> <li>- Angle of splits: minimum 180° for both partners</li> <li>- Both partners have contact with the pole.</li> </ul>
FLR14	Split Balance 3		0.6	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- The lower partner performs a floor based fixed split position of choice. Only the lower partner can have contact with the floor with one foot and one hand (optional).</li> <li>- The other partner is in an inverted split position balancing on the lower partner's upper foot and has contact with the pole with one elbow/hand/forearm only and one foot/ankle (optional).</li> <li>- Angle of splits: minimum 180° for both partners</li> <li>- Both partners have contact with the pole.</li> </ul>
FLR15	Floor Arch Plank Balance 3		0.7	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- An element with partners positioned in different directions</li> <li>- The lower partner is in a superman crescent on the floor with bent legs, the other partner performs a shoulder mount plank passé (S86 see minimum requirements) balancing on the lower partners' feet.</li> <li>- The lower partner has contact with the floor with the hips and thighs and supporting the upper partner at the shoulder blades with the feet.</li> <li>- Both partners have contact with the pole.</li> </ul>
FLR16	Split Balance 4		0.7	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds.</li> <li>- An element with partners positioned in different directions.</li> <li>- The lower partner performs a floor based fixed split position of choice.</li> <li>- Angle of split: a minimum of 180°</li> <li>- The other partner is in inverted handstand position balancing on the lower partner's upper foot and has contact with the pole with one elbow or forearm/hand only.</li> <li>- Only the lower partner can have contact with the floor with one foot and one hand (optional).</li> <li>- Both partners have contact with the pole.</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
FLR17	Standing Inverted Balance 2		0.7	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- An interlocking strength element with one partner in contact with the pole and floor</li> <li>- The balancing partner can be in an inverted fixed position of choice, without contact with the floor</li> <li>- The standing partner must perform a vertical split element and be contact with the pole</li> <li>- Angle of split: a minimum of 180°</li> <li>- Only one partner has contact with the pole.</li> </ul>
FLR18	Straddle Plank Balance 2		0.7	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds.</li> <li>- Partners perform the same strength element.</li> <li>- The lower partner performs a floor-based balance element only one hand and side of torso in contact with the pole, and only one point of contact with the floor.</li> <li>- The upper partner must perform the same element balancing on the lower partner and only one hand and side of torso in contact with the pole, and only one point of contact with the lower partner.</li> <li>- Partners must be parallel to the floor and to each other, and facing the same direction.</li> <li>- Both partners have contact with the pole.</li> </ul>
FLR19	Split Balance 5		0.8	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- A handstand element based on balance and cannot be performed without one or the other partner</li> <li>- Supporting partner is in a handstand position, with legs in a 180° split. Only point of contact with the pole is one foot.</li> <li>- Supported partner is in a split position on top of the supporting partner. Only point of contact with the pole is one foot.</li> <li>- Both partners have contact with the pole.</li> </ul>
FLR20	Split Balance 6		0.8	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds.</li> <li>- The lower partner performs a floor based front split element where the torso is parallel to the floor.</li> <li>- Angle of split: a minimum of 160°.</li> <li>- The upper partner performs a shoulder mount plank horizontal (S101 see minimum requirements) balancing on the lower partner's foot.</li> <li>- Both partners have contact with the pole.</li> </ul>



Code No.	Name	Element	Tech. Value	Criteria
FLR21	Standing Horizontal Balance		0.9	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- An interlocking strength element with one partner in contact with the pole and floor</li> <li>- The balancing partner must be in a fixed position of choice where the entire body is parallel to the floor, without contact with the floor</li> <li>- The standing partner must perform a vertical split element and be contact with the pole</li> <li>- Angle of split: a minimum of 180°</li> <li>- Only one partner has contact with the pole.</li> </ul>
FLR22	Strength Hold Position		0.9	<ul style="list-style-type: none"> <li>- Hold the position for 2 seconds</li> <li>- An element with partners positioned in different directions</li> <li>- The lower partner performs any strength element, where the body is parallel to the floor and only one hand is in contact with the floor.</li> <li>- The upper partner is in inverted handstand position balancing on the lower partner with hand/arm contact with the pole and no contact with the floor.</li> <li>- Both partners have contact with the pole.</li> </ul>

## Compulsory Score Form

*Instructions on how to fill in the compulsory score form: a deduction of -1 is made for an incorrectly completed form. Please note: the form should be typed in Microsoft Word, using black print. Only the official IPSF compulsory form is allowed to be submitted. A deduction of -1 will be made for the use of the incorrect form.*

### Naming the form:

Country\_Discipline\_Division\_Category\_Compulsory form\_First name\_Last name

### Athlete(s):

Insert the full name (First Name and Last Name) of the athlete in the case of singles, or the names of both the athletes (First Name and Last Name) in the case of doubles. Please list first name first, and last name second.

### Country/Region:

Insert the country and region of the athlete's or athletes' origin. For International competitions, the athlete must only indicate their country. For National and Open competitions, the athlete must also indicate their region / province / county.

Please refer to the following link for the list of regions in your country:

<http://www.polesports.org/federation-members/ipsf-regions/>

### Division:

Insert the division that the athlete(s) will be competing in from the following options: Amateur, Professional or Elite. Please refer to the Rules & Regulations for the full division breakdown.

### Category:

Insert the category that the athlete(s) will be competing in from the following options: Pre-Novice, Novice Male, Novice Female, Junior Male, Junior Female, Novice Doubles, Junior Doubles, Youth Doubles, Senior 18+ Men, Senior 18+ Women, Senior 30+ Men, Senior 30+ Women, Master 40+ Men, Master 40+ Women, Master 50+ Men, Master 50+ Women, Master 60+ Men, Master 60+ Women, Doubles Women/Women, Doubles Men/Men, Doubles Men/Women, Para Pole PPMP1, Para Pole PPMP2, Para Pole PPLD1, Para Pole PPLD2, Para Pole PPD3, Para Pole PPD4, Para Pole PPVI.

### Date:

Insert the date of submission of the form. If a new form is submitted, the new submission date must be inserted.

### Federation:

Insert the IPSF-endorsed National Federation the athlete is representing. In the event that an IPSF-endorsed National Federation has yet to be established, leave this field blank.

### Element No:

This refers to the compulsory elements the athlete(s) must perform in their routine.

Element No. 1 = first compulsory element performed in routine.

Element No. 2 = second compulsory element performed in routine, etc.

### Element Code No:

It is important to list the element codes as indicated in the Code of Points, in the correct order of sequence as they will be executed in the routine. If an athlete chooses to combine two compulsory elements, they should write this in the same box. The element performed first in the combination, should be listed first. In such a case, it is important to leave the next line blank before filling in the next compulsory element, in order for the number of compulsory elements to correspond correctly to the element no. (See example score forms).

Doubles: Code No. SYN1 is to be written together with the Code No. of the chosen singles compulsory element e.g., SYN1/F45  
Judges will always look for the element by the element code. This also applies if the wrong element name is written.

### Element Name:

It is important to fill in the Element Name as it appears in the Code of Points. This must correspond exactly to the Code number in the Code of Points. If the element name does not correctly correspond to the element number written on the form, the element number indicated is the element that will be judged, and the athlete will receive a penalty for not completing the form correctly.

**Compulsory Bonus Code** (if applicable):

Athletes should complete this section should they choose to perform a compulsory bonus.

Example of entering three (3) compulsory elements as a bonus:

Element Code No: F76 + F36 + F66

Element Name: Dragon Tail Fang + Split Grip Leg Through Split + Oversplit on Pole

Description of Bonuses: CBS1

Technical Value: 0.8 + 0.5 + 0.7

Technical Value (T.V.) on Bonuses: +1.0 +1.0

Bonus elements must be written together, on the same line. An element line must be left blank when a bonus is included (see element nos. 10/11 on the singles compulsory form below). If three elements are combined for bonus, two lines must be left blank (see element nos. 6/7/8 on the singles compulsory form below).

**Technical Value:**

The athlete(s) must fill in the technical value of the compulsory element as specified in the Code of Points. It is important for the athlete to fill in the correct technical value corresponding to the element they have chosen. If an athlete chooses to combine two compulsory elements, they should write the two technical values in the same box. The element performed first in the combination should be listed first.

\*Doubles: The Technical Value of Code number SYN1, is to be taken from the chosen singles compulsory element e.g., SYN1/F57 = Technical Value of +0.7

**Technical Value (T.V.) on Bonuses:**

The athlete must fill in the technical value of compulsory bonuses specified in the Code of Points, should they choose to perform a bonus on a compulsory element or combination of compulsory elements. It is important for the athlete to fill in the correct technical value corresponding to the compulsory bonus chosen.

**Athlete(s) Signature:** The form must be signed, or the athlete(s) name(s) must be typed in.

**Coach's Signature:** Should athlete(s) have an IPSF-recognised coach, their signature may be added. In the case of a Pre-Novice, Novice or Junior athlete, a parent(s)' or legal guardian(s)' signature is required if the athlete does not have an IPSF-recognised coach. In the case where doubles youth athletes do not have the same parents (i.e., are siblings) and are not represented by the same IPSF coach, we must have a parent or legal guardian signature for each of them.

Please refer to the coaches register to confirm whether your coach is registered as an IPSF-recognized coach:

<http://www.polesports.org/courses/register/certified-coaches/>

EXAMPLE ON HOW TO FILL IN THE COMPULSORY SINGLES SCORE SHEET



## COMPULSORY FORM

Please complete form in order of sequence as in routine. Please use black print.

Athletes: First Name and Last Name						Date: 32 December 2032		
Country: Australia			Region: New South Wales			Federation: APSF		
Division: Elite			Category: Junior Female			Judge Name:		
Element No	Element Code No	Element Name	Compulsory Bonus Code (if applicable)	Technical Value	Compulsory Bonus Value	Score (Judge only)	Bonus Points (Judge only)	Notes (Judge only)
1	ADL1b	Dead Lift from Shoulder Mount Grip		0.5				
2	S78	Wenson Straddle		0.8				
3	ST23	Phoenix Spin 1		0.7				
4	F30	Hip Hold Split 2	CBS3	0.5	+1.0			
5	S69	Back Support Plank Outside Leg Passé		0.8				
6	F76 + F36 + F66	Dragon Tail Fang + Split Grip Leg Through Split 2 + Oversplit on Pole	CBS1	0.8 + 0.5 + 0.7	+0.5 +0.5			
7								
8								
9	SP25	Elbow Spin Attitude		0.5				
10	S62 + S58	Iron X + Butterfly Extended Twist One Hand	CBS2	0.7 + 0.7	+2.0			
11								
Compulsory form not filled in correctly								
Wrong order of sequence								
<b>TOTAL SCORE</b>								
Athletes' signature: First Name and Last Name				Coaches signature: IPSF Coach or Parent/Legal Guardian (for athletes under 18 years of age) only				

EXAMPLE ON HOW TO FILL IN THE COMPULSORY DOUBLES SCORE SHEET



## COMPULSORY FORM

Please complete form in order of sequence as in routine. Please use black print.

Athlete 1: First Name and Last Name					Date: 32 December 2032			
Athlete 2: First Name and Last Name								
Country: Australia			Region: New South Wales			Federation: APSF		
Division: Elite			Category: Doubles Senior (Women/Men)			Judge Name:		
Element No	Element Code No	Element Name	Compulsory Bonus Code (if applicable)	Technical Value	Compulsory Bonus Value	Score (Judge only)	Bonus Points (Judge only)	Notes (Judge only)
1	ADL2b	Dead Lift From Twist Grip		0.6				
2	SYN1/ S62 + BLN22	Iron X + Russian Split Balance	CBD1	0.7 + 0.7	+1.0			
3								
4	BLN29	Superman Position 4		0.8				
5	SYN4	Upright Aerial Position	CBD3	0.5	+1.0			
6	FLY9 + FLY48	Inside Knee Hang 2 + Only Hands Holding Split	CBD2 + CBD1	0.7 + 0.8	+1.0 +1.0			
7								
8	FLY39	Allegra Split Hang	CBD2	0.7	+1.0			
9	SYN11	Balance Facing Away From Each Other		0.7				
10	FLR17	Standing Inverted Balance 2		0.7				
11	PSE13	Hanging On Two Hands Support 2		0.8				
Compulsory form not filled in correctly								
Wrong order of sequence								
<b>TOTAL SCORE</b>								
Athletes' signature: First Name and Last Name First Name and Last Name					Coaches signature: IPSF Coach or Parents/Legal Guardians (for athletes under 18 years of age) only			

## Technical Bonus Form

*Instructions on how to fill in the technical bonus score form: a deduction of -1 is made for an incorrectly completed form. Please note: the form should be typed in Microsoft Word, using **black print**. Only the official IPSF technical bonus form is allowed to be submitted. A deduction of -1 will be made for the use of the incorrect form.*

### **Naming the form:**

Country\_Discipline\_Division\_Category\_Technical Bonus Form\_First name\_Last name

### **Athlete(s):**

Insert the full name (First Name and Last Name) of the athlete in the case of singles, or the names of both the athletes (First Name and Last Name) in the case of doubles. Please list first name first, and last name second.

### **Country/Region:**

Insert the country and region of the athlete's or athletes' origin. For International competitions, the athlete must only indicate their country. For National and Open competitions, the athlete must also indicate their region / province / county.

Please refer to the following link for the list of regions in your country:

<http://www.polesports.org/federation-members/ipsf-regions/>

### **Division:**

Insert the division that the athlete(s) will be competing in from the following options: Amateur, Professional or Elite. Please refer to the Rules & Regulations for the full division breakdown.

### **Category:**

Insert the category that the athlete(s) will be competing in from the following options: Pre-Novice, Novice Male, Novice Female, Junior Male, Junior Female, Novice Doubles, Junior Doubles, Youth Doubles, Senior 18+ Men, Senior 18+ Women, Senior 30+ Men, Senior 30+ Women, Master 40+ Men, Master 40+ Women, Master 50+ Men, Master 50+ Women, Master 60+ Men, Master 60+ Women, Doubles Women/Women, Doubles Men/Men, Doubles Men/Women, Para Pole PPMP1, Para Pole PPMP2, Para Pole PPLD1, Para Pole PPLD2, Para Pole PPD3, Para Pole PPD4, Para Pole PPVI.

### **Date:**

Insert the date of submission of the form. If a new form is submitted, the new submission date must be inserted.

### **Federation:**

Insert the IPSF-endorsed National Federation the athlete is representing. In the event that an IPSF-endorsed National Federation has yet to be established, leave this field blank.

### **Order:**

This refers to the technical bonuses the athlete chooses to perform in their routine.

Order No. 1 = first technical bonus performed in routine.

Order No. 2 = second technical bonus performed in routine, etc.

### **Bonus Code:**

The athlete(s) must fill in the Bonus Code that correlates with the bonuses they want to perform, as specified in the Code of Points. It is important to list the Bonuses in the correct order of sequence, as they will be executed in their routine. If an athlete chooses to combine two or more technical bonuses, they should write these in the same box. Combinations of 2 or 3 technical bonuses can be written on the same row; long sequences of technical bonuses can be written over several rows. The technical bonus performed first in the combination should be listed first. (See the example score forms).

\* The bonuses and their codes are to be found in the technical bonus section under singular bonuses.

### **Technical Value:**

The athlete(s) must fill in the technical value of the technical bonus as specified in the Code of Points. It is important for the athlete to fill in the correct technical value corresponding to the technical bonus they have chosen. If an athlete chooses to combine two or more technical bonuses, they should write the technical values in the same box. The technical bonus performed first in the combination, should be listed first.

\* The bonuses and their technical values are to be found in the technical bonus section under singular bonuses.

**Athlete(s) Signature:** The form must be signed, or the athlete(s) name(s) must be typed in.

**Coach's Signature:** Should athlete(s) have an IPSF-recognised coach, their signature may be added. In the case of a Pre-Novice, Novice or Junior athlete, a parent(s)' or legal guardian(s)' signature is required if the athlete does not have an IPSF-recognised coach. In the case where doubles youth athletes do not have the same parents (i.e., are siblings) and are not represented by the same IPSF coach, we must have a parent or legal guardian signature for each of them.

Please refer to the coaches register to confirm whether your coach is registered as an IPSF-recognized coach:

<http://www.polesports.org/courses/register/certified-coaches/>

EXAMPLE ON HOW TO FILL IN THE SINGLES TECHNICAL BONUS SCORE SHEET



## SINGLES TECHNICAL BONUS FORM

Please complete form in order of sequence as in routine. Add extra lines if necessary. Please use black print.

Athlete: First Name and Last Name			Date: 32 December 2032	
Country: Australia		Region: New South Wales		Federation: APSF
Division: Elite		Category: Junior Female		Judge:
Order	Bonus code	Bonus TV	Score (judge only)	Notes (judge only)
1	JO	0.2		
2	SP/SP/ST	1.0		
3	JO + JO	0.2 + 0.2		
4	AC + AC (DC) + D + JO	0.5 + 0.5 + 0.5 + 0.2 + 0.2		
5	JO (DC)	0.2 + 0.5		
6	SP/SP/SP	1.0		
7	RG + RG	0.2 + 0.2		
8	RG (DC)	0.2 + 0.5		
9	CF	0.5		
10				
11				
12				
13				
14				
15				
<b>Singular bonus total (Maximum +15)</b>			+	
<b>Overall Bonus Points (judges only)</b>				
0 = simple, 0.5 = moderate, 1.0 =difficult, 1.5 = very difficult, 2.0 = extremely difficult				
			Score (judge only)	Notes (judge only)
Flexibility elements		<b>Max +2</b>		
Strength elements		<b>Max +2</b>		
Spins		<b>Max +2</b>		
Pole transitions		<b>Max +2</b>		
Climbs		<b>Max +2</b>		
<b>Overall bonus total (Maximum +10)</b>			+	
Form filled in incorrectly		-1	-	
<b>TOTAL</b>			<b>Max 25</b>	
Athletes' signature: First Name and Last Name			Coaches signature: IPSF Coach or Parent/Legal Guardian (For athletes under 18 years of age) only	



EXAMPLE ON HOW TO FILL IN THE DOUBLES TECHNICAL BONUS SCORE SHEET



## DOUBLES TECHNICAL BONUS FORM

Please complete form in order of sequence as in routine. Add extra lines if necessary. Please use black print.

Athlete 1: First Name and Last Name			Date: 32 December 2032	
Athlete 2: First Name and Last Name				
Country: Australia		Region: New South Wales		Federation: APSF
Division: Elite		Category: Doubles Senior (Women/Men)		Judge:
Order	Bonus code	Bonus TV	Score (judge only)	Notes (judge only)
1	AC/SYN + AC/SYN (DC/SYN)	0.5 + 0.5 + 0.5		
2	JO/SYN + JO/SYN	0.2 + 0.2		
3	FO	1.0		
4	SP/E/SYN	0.5		
5	JO/SYN + SP/SYN	0.2 + 0.5		
6	PCT	0.4		
7	DC/SYN	0.5		
8				
9				
10				
11				
12				
13				
14				
15				
<b>Singular bonus total (Maximum +10)</b>			+	
<b>Overall Bonus Points (judges only)</b>				
0 = simple, 0.5 = moderate, 1.0 =difficult, 1.5 = very difficult, 2.0 = extremely difficult				
			Score (judge only)	Notes (judge only)
Synchronized parallel / interlocking elements		<b>Max +2</b>		
Flying partner elements		<b>Max +2</b>		
Balance elements		<b>Max +2</b>		
Flexibility elements		<b>Max +2</b>		
Strength elements		<b>Max +2</b>		
Pole transitions		<b>Max +2</b>		
Climbs		<b>Max +2</b>		
<b>Overall bonus total (Maximum +14)</b>			+	
Both partners catch and fly equally in the routine		+1	+	
Form filled in incorrectly		-1	-	
<b>TOTAL</b>		<b>Max 25</b>		
Athletes' signature: First Name and Last Name First Name and Last Name			Coaches signature: IPSF Coach or Parents/Legal Guardians (For athletes under 18 years of age) only	

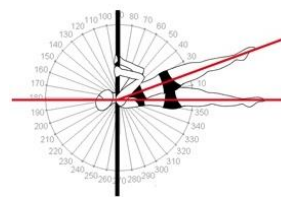
## Glossary:

### 20° (degree) tolerance

The 20° tolerance is only applicable where stated in the minimum requirements. The elements will still be valid if the executed angle/degree of the body varies no more than maximum 20° to the required angle/degree. E.g., If an element with a requirement of a 90° body angle to the pole is executed at a 70° angle, this will still be valid provided all other minimum requirements have been met.

**\*Please note:** Master 50+ are allotted a 20° tolerance on all angles and splits for compulsory strength and flexibility elements unless a tolerance has already been allotted to the element.

**\*\*Please note:** Master 60+ are allotted a 20° tolerance on all angles and splits for compulsory strength, flexibility and spin elements unless a tolerance has already been allotted to the element.



### Aerial dead lift (ADL)

An aerial dead lift is defined by the starting position of the body. No parts of the body must be in contact with the floor. The body should be suspended away from the pole and the legs parallel to the pole before moving into the aerial dead lift. The pole should NOT be used to assist the dead lift and the legs should not be used to create momentum or a swing motion. A dead lift must end in a fully inverted position. These elements can be performed on either the static or spinning pole and can be performed from a static position or from a spin. For doubles this must be a synchronised aerial dead lift performed by both partners.

### Aerial position

Aerial position refers to the position where the athlete has contact with the pole only and no contact with the floor. In case of a doubles element, the partners can have contact with each other and the pole as well, but no contact with the floor.

### Angled away

The body is angled/rotated away from the pole, but is not quite facing away from the pole (i.e., 180° rotated).

### Balance based partner elements (Doubles BLN 1 - 37)

Balance based partner elements refer to elements where both partners are balancing each other position actively. Both partners must be on the same pole in contact with each other.

### Balance support partner elements (Doubles BLN 38 – 56)

Balance support partner elements refer to elements where one partner is balancing its position using the other partner as support. Both partners must be on the same pole in contact with each other.

### Beginning of the music

The beginning of the music is defined as the first note of the music being used. Athletes are allowed to use a tone/beep that is not part of their actual music to indicate the start of the routine. This tone/beep may be up to 3 seconds before the start of the routine.

### Changing positions (Changing body position)

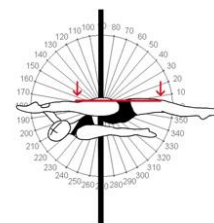
Changing positions refers to changing the whole position of the body on the pole e.g., from an upright to an inverted position, changing sides of the pole, changing directions facing the pole, changing directions vertically and horizontally. A change in points of contact is also required.

### Categories

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

### Correct angle in splits

The angle/degree of a split is measured by the lines formed by the inner thighs in alignment with the hips to the knees.

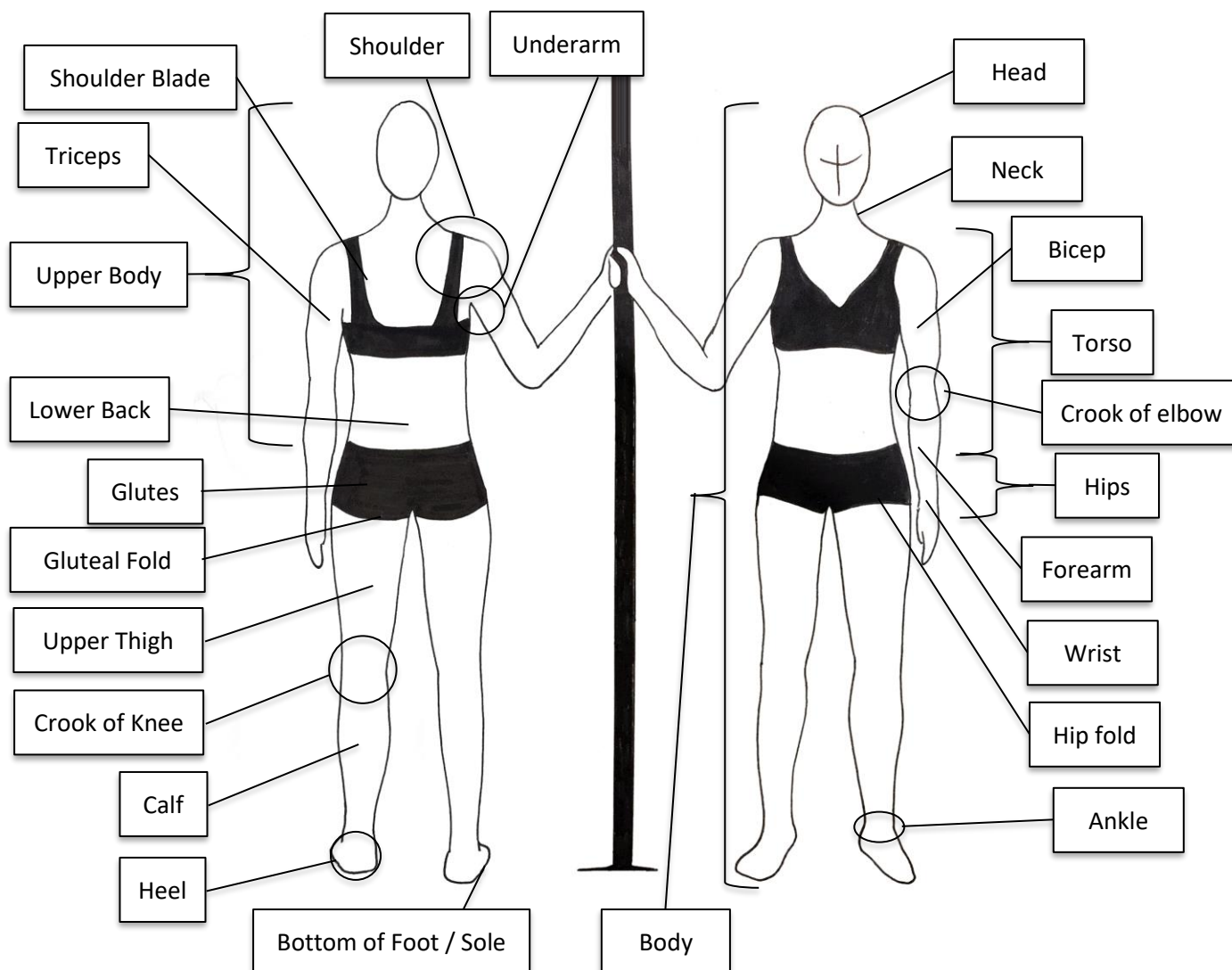


### Dead lift (DL)

A dead lift is defined by the starting position of the body. The feet must touch the floor before going into the dead lift. The body should extend away from the pole before moving into the dead lift. The pole should NOT be used to assist the dead lift and the legs should not be used to create momentum or a swing motion. A dead lift must end in a fully inverted position. Dead lift can be performed either on the static or spinning pole. For doubles this must be a synchronised dead lift performed by both partners.

**Description of body**

Below, please find a diagram and definitions indicating the regions of the body referred to in the minimum requirements. Please note that the below serves as a reference guide only, and is not intended to be 100% anatomically correct.



<p><b>Hand:</b> from fingertips to wrist  <b>Lower arm:</b> from wrist to elbow  <b>Upper arm:</b> from elbow to shoulder  <b>Arm:</b> from wrist to shoulder</p>	<p><b>Foot:</b> from toes to ankle  <b>Lower leg:</b> from ankle to knee  <b>Shin:</b> from ankle to knee, front of Lower leg  <b>Calf:</b> from ankle to knee, back of Lower leg  <b>Upper leg/Thigh:</b> from knee to hip bone  <b>Leg:</b> from ankle to hip bone</p>
<p><b>Body:</b> from head to toes  <b>Upper body:</b> from head to hips including head  <b>Torso:</b> from shoulders to hips</p>	

	<p><b>Fully extended arm</b></p>		<p><b>Fully extended leg</b></p>
	<p><b>Micro bent arm (Extended arm)</b></p>		<p><b>Micro bent leg (Extended leg)</b></p>
	<p><b>Bent arm</b></p>		<p><b>Bent leg</b></p>

**Direct transition**

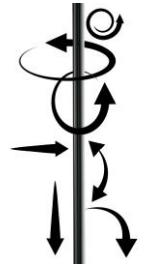
A direct transition is one in which the athlete moves from one element to another with minimal time in between the movements, as well as minimal contact to the pole (or partner in the case of doubles). The athlete should not hold any additional elements during the transition, and the transition should be continuous with no breaks or pauses. The movement must be continuous.

**Division**

These are the divisions under which athletes can compete at IPSF endorsed National Pole Sports Championships. These are dependent on skill level and experience.

**Dynamic Movement**

A dynamic movement (pole or floor-based) is a fast movement that has force and where the body is in a powerful control of momentum - the athlete cannot stop halfway. The athlete must demonstrate a high level of control of centripetal force where at least one part of the body releases from the pole. Once the athlete is able to stop, the movement is over, e.g., drops, acrobatic catches, jump-outs, cartwheels, back flips etc.

**Facing away position**

Facing away position refers to a position where the upper body of the athlete is rotated away from the pole or the partner at a 180° angle and the back is facing to the pole or the partner.

**Fixed Position**

A fixed position is when an element is held without movement, wobbling, or slipping of any body parts (for example wrist rotations whilst in an element). The element must be fixed completely, with no movement of the body at all, to be judged.

**Floor work**

Floor work is defined as all movement performed on the floor with no contact with the pole. Floor work is therefore meant only to be used for transition from pole to pole, for presentation and expression of the music and for recovery from performances. Time on the floor may be used for dance elements and basic gymnastics elements only and should not be a gymnastics performance.

**Flying partner elements (Doubles FLY 1 57)**

This includes partner lifts when one partner is holding the other who is either touching or not touching the pole. In order to display the highest Level of Difficulty (LOD) to the judges, the athletes must perform lifts that consist of difficult strength or flexibility elements.

**Full length of the body**

The full length of the body encompasses the head, torso, legs, and feet.

**Horizontal position**

The horizontal position is only applicable where stated in the minimum requirements. The elements will be valid if the executed angle/degree of the body varies no more than maximum 20° (degrees) to the parallel position.

**Holding a position for two seconds**

A compulsory element will be counted from the time the athlete is in the required position. The final position must be fixed for two seconds. The transition in and out of the compulsory element will not be counted towards the holding of a position. Please note this is intended for fair judging, enabling athletes to show correct form, body execution and strength on compulsory elements but not to deter from flow of movement.

**Interlocking position (Doubles)**

Interlocking position refers to the position where the same limb (at least one arm or one leg) of the partners is hooked around the pole and each other. Partners must be in contact with the pole and with each other.

**Inverted position**

Inverted position refers to the position where the hips are higher than the shoulders, and the shoulders are higher than or level with the head.

**Layback**

The layback is when only the inner thighs grip the pole with the back towards the pole. The chest must be in a lower position than the legs and hips. There is to be no hand contact with the pole.

**Legal Guardian**

A legal guardian is a person who has been appointed by a court or otherwise has the legal authority (and the corresponding duty) to care for the personal and property interests of another person.

## LOC

LOC refers to the **Level of Creativity** of a routine. An athlete shows creativity by producing or using original and innovative ideas to create their routine. The higher the level of creativity, the more points are awarded for this element.

**(0 = Poor, 0.5= Slight, 1 = Good, 1.5 = Very good and 2 = Extreme)**

This refers to the extent or amount the particular criteria is found throughout an athlete's routine.

- 0 = Poor, refers to an almost non-existing amount
- 0.5 = Slight, refers to a small amount, less than half of the routine
- 1.0 = Good, refers to a fair amount, approximately half of the routine
- 1.5 = Very good, refers to a good amount, more than half of the routine
- 2.0 = Refers to almost the entire routine

## LOD

LOD refers to the **Level of Difficulty** of an element. The higher the level of difficulty, the more points are awarded for this element.

### LOD under Overall Bonuses (Technical Bonus)

**(0 = Simple, 0.5= Moderate, 1.0 = Difficult, 1.5= Very difficult and 2.0 = Extremely Difficult):**

This refers to the overall level of a particular type of element throughout an athlete's routine.

- 0 = Simple, refers to elements with a technical value of 0.1 - 0.2
- 0.5 = Moderate, refers to elements with a technical value of 0.3 - 0.4
- 1.0 = Difficult, refers to elements with a technical value of 0.5 - 0.6
- 1.5 = Very difficult, refers to elements with a technical value of 0.7 - 0.8
- 2.0 = Extremely difficult, refers to elements with a technical value of 0.9 - 1.0

## Majority

This refers to the main percentage of a certain aspect in an athlete's routine e.g., 70% or more.

## Mirror Image

This refers to partners in doubles performing an identical move, as a reflection of each other in a mirror where the partners have the same points of contact and the extended body parts are parallel to each other with not more than 20° tolerance. This includes a mirror on a plane (where, for example, the same legs connect around the pole), a mirror on a point (where, for example, the opposite legs connect around the pole), or mirror in parallel (where both partners perform the same element in the same direction) – please see examples below.

Example of different mirror image positions:



Mirror image on a plane



Mirror image on a point



Mirror image in parallel

## Momentum in a spin

Momentum refers to the speed acquired when performing a spin. Good momentum in a spin means the rotation is at a high velocity, which pulls the body away from the pole. Lack of momentum in a spin means the rotation is at a low velocity, leaving the body close to the pole. Momentum for doubles refers to there being a constant rotation without the spin slowing down for a minimum of 720° for it to be considered as momentum in a spin.

## Parallel body position

Parallel body position refers to the imaginary line through the middle of the whole body. This line must be at a 90° angle to the pole or to the floor, dependent on the individual element requirements.

## Partner supported elements (Doubles PSE 1 - 15)

Partner supported elements refers to elements where one partner is fully supporting the other partner by carrying their weight. The supported partner is positioned on top of the supporting partner or held by pressure against the pole. The supported partner cannot be in an active balancing position or gripping the pole for support, unless otherwise specified.

## Pole-based floor partner elements (Doubles FLR 1 - 22)

This includes partner elements on the floor where either one or both partners are in contact with the floor and each other. At least one partner must be in contact with the pole.

### **Poor presentation of the element**

This refers to elements executed with poor positioning or a poor angle to the judges so the element cannot be seen fully. This also refers to elements presented showing an unfavourable part of the body.

### **Spin**

The final position of the spin on a static pole must be fixed for a full 360° rotation. The final position of the spin on spinning pole must be fixed for a full 720° rotation. The transition in and out of the compulsory spin will not count towards the required minimum rotation. Spins may be performed in clockwise or anti-clockwise directions. It is also important to note that for spin combinations in the technical bonus section, each spin must be completed correctly to be awarded a bonus.

### **Starting position from the floor**

Starting position from the floor refers to the position where at least one foot or one hand is on the floor, and the athlete transitions into the element with a direct and continuous transition, without stopping. The athlete is to have no pole contact before the transition.

### **Synchronisation / synchronicity (Doubles)**

Synchronisation / synchronicity refers to the synchronisation of the overall performance. This includes on and off the pole, around the pole and the stage area as well as how well the partners work together throughout the whole performance. Synchronisation also refers to the execution level of the partner tricks or combinations. This can either be both athletes on one pole or on two separate poles performing a mirror image of the trick or combination. In order to display the highest LOD to the judges, the athletes must be in unison in timing, execution, and range of movement.

### **Synchronised balanced elements (Doubles SYN 8-11)**

Synchronised balancing elements refer to elements that cannot be performed without both partners, where both partners are in the same synchronised position, and are in mirror image.

### **Synchronised interlocking elements (Doubles SYN 2-7)**

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

### **Synchronised parallel elements (Doubles SYN 1)**

This element must be chosen from the flexibility or strength elements in the singles section. A synchronised parallel element refers to both partners performing in either the same direction, the opposite direction or as a mirror image on the pole. Both options must be performed at the same angle to the pole. This can either be both athletes on one pole or on two separate poles. See definition under synchronisation.

### **Throw on to the pole (Doubles)**

Both partners must begin on the floor. The catcher must throw the flyer onto the pole with force. There must be a moment when the flying partner is not in contact with the floor, partner, or pole before landing on the pole. A throw should have momentum from the throwing partner as well as the partner being thrown – it should not be a partner assisted jump.

### **Transition**

A transition is a linking movement between spins, floor work, stage work, inverts, and lifts. A direct transition is one that incorporates the least amount of movement and time from one element to another. It requires a smooth transition with no unnecessary movements.

### **Upright position**

Upright position refers to the position where the hips are lower than the shoulders, and the upper body is not horizontal.

**For further details or clarification of any points in this document, please contact [aerialsports@polesports.org](mailto:aerialsports@polesports.org).**

National / Regional Championships  
Pole Sport  
Rules and Regulations

SP38



[www.polesports.org](http://www.polesports.org)



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## Definitions

**Athlete** refers to the person invited to participate in the competition.

**Category** refers to the age groups and gender in each division.

**Competition** refers to all IPSF endorsed competitions.

**Discipline** refers to the specific competition in which the athlete is competing. For example, Aerial Pole Sports, Pole Sports, Artistic Pole, Ultra Pole, Artistic Aerial Hoop and Aerial Hoop Sports are each a separate discipline.

**Division** refers to the levels of difficulty within the competition.

**Document** refers to this entire document.

**IPSF** refers to the International Pole Sports Federation.

**Organiser** refers to the organiser of an IPSF endorsed competition.

**Routine** refers to the athlete's programme from the start to the finish and includes spins, transitions, inverts, holds, poses, tricks, lifts, acrobatics, gymnastics, slides, climbs, catches, drops, splits, and floor work.

**WPAC** refers to the World Pole and Aerial Championships, which covers all disciplines.

**WPSC** refers to the World Pole Sports Championships.

## Eligibility

### 1. DIVISION

- Amateur
- Professional
- Elite

#### 1.1 Amateur

Athletes who have basic experience and who are able to only choose elements with the lowest technical values, may apply to participate in the Amateur division. No applicant is allowed to enter the Amateur division if they have:

- Competed in a Professional or Elite division in any past years of any national IPSF Pole Sports competition and/or
- Placed twice in the top 3 places in an Amateur division of a national IPSF Pole Sports competition in the past years and/or
- Is or has been an instructor / teacher / trainer in pole sport / pole dance / pole fitness and/or
- Has received financial compensation for pole performances or promotions.

#### 1.2 Professional

Athletes who have a good amount of experience and who are able to choose elements with higher technical value may apply to compete in the Professional division if they are:

- Students of intermediate/advanced classes and/or
- Are, or have been instructors / teachers / trainers and/or
- Athletes who have competed in a Professional division of a national IPSF Pole Sports competition in any of past years and/or
- Athletes who have placed twice in any of the top 3 places in an Amateur division in any past years of a national IPSF Pole Sports competition and/or
- Athletes who have received financial compensation for pole performances or promotions.

No applicants are allowed to enter the Professional division who have:

- Competed in the Elite division in any past years of a national IPSF Pole Sports competition and/or
- Placed twice in the top 3 places in a Professional division in previous national IPSF Pole Sports competitions

\*Please note: Professional athletes, who place in the top 3, may compete in the same division for a second year.



### 1.3 Elite

The Elite division is for top athletes who are able to choose elements with the highest technical value, and who strive to compete with other top athletes and become a part of their national team to represent their country. Elite athletes are typically:

- Students of advanced classes and/or
- Instructors / teachers / trainers, both past and present and/or
- Athletes who have competed in an Elite division in any previous national IPSF Pole Sports competitions and/or
- Athletes who have placed twice in the top 3 places in a Professional division in the past years of a national IPSF Pole Sports competition.

All open competitions will offer the Elite division across all categories. Professional and amateur categories may be available to athletes competing in open competitions at the discretion of the competition organiser.

## 2. CATEGORIES

Each of the following Elite categories must be opened at national level for WPSC qualification.

- Senior 18+ Women
- Senior 18+ Men
- Senior 30+ Women
- Senior 30+ Men
- Master 40+ Women
- Master 40+ Men
- Master 50+ Women
- Master 50+ Men
- Master 60+ Women
- Master 60+ Men
- Junior Female
- Junior Male
- Novice Female\*
- Novice Male\*
- Pre-Novice\*
- Novice Doubles
- Junior Doubles
- Youth Doubles \*\*
- Senior Doubles (Men/Men) \*\*\*
- Senior Doubles (Women/Men) \*\*\*
- Senior Doubles (Women/women) \*\*\*
- Para Pole\*\*\*\*

*\*Pre-Novice & Novice categories: Athletes aged 6 – 9 years old must compete at an Amateur level as Pre-Novice athletes. Athletes aged 10 – 14 years of age may compete at an Amateur or Elite level as Novice athletes. A 9-year-old athlete may compete at a Novice Elite level in regional and national competitions only if they will be 10 years old on the first day of the WPSC.*

*\*\* Youth Doubles is a mixed age category for athletes aged 10 – 17 – i.e., one junior and one novice athlete. These athletes follow the requirements of Novice Doubles.*

*\*\*\*Senior Doubles are for athletes aged 18+ on the first day of the WPSC.*

*\*\*\*\*Please see Addendum 3 for all rules and requirements that are applicable to Para Pole athletes.*

## 3. AGE

Age eligibility for each category is determined by the athlete's age at the end of the competitive year, on the first day of the World Pole Sports Championship.

- Pre-Novice – Ages 6-9 on the first day of the WPSC
- Novice - Ages 10-14 on the first day of the WPSC
- Junior - Ages 15-17 on the first day of the WPSC
- Senior 18+ - Ages 18-29 on the first day of the WPSC
- Senior 30+ - Ages 30-39 on the first day of the WPSC
- Master 40+ - Age 40-49 on the first day of the WPSC
- Master 50+ - Age 50-59 on the first day of the WPSC
- Master 60+ - Age 60+ on the first day of the WPSC
- Doubles – Novice, Junior and Senior rules apply. For mixed aged groups, the minimum age for Elite athletes applies.

*\*Example: A junior athlete will be 17 years old for the regional and national competitions in his/her country but will be 18 years old by the first day of the WPSC - this athlete must compete in the Senior men/women category for both the regional and national competitions (regardless of whether or not they wish to compete at the WPSC). A junior athlete who competes as an Elite may compete at a Professional level when they turn 18, should they choose to do so, for 1 year.*

**\*\*Please note athletes competing under the wrong age category will face disqualification.**

#### **4. ATHLETE SELECTION PROCESS**

- 4.1. All applicants of national competitions must have citizenship or residency of the country they are competing in except when competing in Open Championships.
- 4.2. Deadlines must be strictly adhered to. If an athlete is late in submitting their application to compete, they will not be allowed to compete. All athletes will be given deductions for late forms and late music.
- 4.3. Athlete participation is by qualification, i.e., preliminaries or regional heats. The selection process can be specified by the Organiser of the national competition.
- 4.4. Athletes must be in the correct age category.
- 4.5. The athlete's position in the running order will be determined by a random draw. This will be recorded by the competition organiser. In the case of an athlete performing in multiple categories (e.g., Senior doubles Women/Men and Senior 18+ Women), the competition organiser reserves the right to place the athlete (i.e., not randomising their position in the running order) to take this into account.
- 4.6. Athlete(s) may only restart their performance in the following cases:
  - A technical fault with the music.
  - A health and safety fault e.g., a problem with unsafe equipment such as a pole falling or cleaning fluid on the floor. This does not include slippery poles, since this is subjective to each athlete.
  - At the discretion of the head judge.

*\*Please note: If an athlete chooses to continue their performance regardless of the technical fault (for example music), they will not be allowed to restart their performance.*

- 4.7. Winners are the athletes with the highest scores in their competitive categories. Should two athletes have the same final score, the athlete with the highest technical deduction points will be declared the winner. Should two athletes have the same final total technical deduction score, the athlete with the highest score in technical bonus will be declared the winner.
- 4.8. The title of National Pole Sports Champion 20XX or Open Pole Sports Champion 20XX (if applicable) in all categories will be a lifetime title unless a sanction has been placed on the athlete.
- 4.9. Athletes who place 1<sup>st</sup> in the Elite category in an IPSF endorsed national competition will automatically qualify to compete at the WPSC. The 2<sup>nd</sup> placed athlete in the Elite category will qualify, provided that they meet the minimum score requirement as determined by the IPSF every year. The minimum point requirement as awarded at the qualifying National/Open competition for the current competition season is 25 points for all categories except for Senior Men, Senior Women, and all Senior Doubles; for these three categories, the minimum point requirement is 30 points. The 3<sup>rd</sup> and 4<sup>th</sup> placed athlete can be accepted to WPSC as reserve athletes in the event that the 1<sup>st</sup> and/or 2<sup>nd</sup> placed athlete is unable to compete at the WPSC. The minimum point requirements may be adjusted by the IPSF at any time at their discretion. Athletes will be informed in a timely manner by the competition organiser if this is the case.
- 4.10. Athletes from countries that do not have a national competition are permitted to compete in an open competition to qualify for the WPSC. The two athletes with the highest scores for their country will qualify for the WPSC. This will be determined after the final open competition in the competition season.

## Application Process

### 5. INITIAL APPLICATION

Failure to comply with the following may result in disqualification from the competition. (See also Head Judges Penalties in the Code of Points.)

- 5.1. All qualified athletes must:
- Download an application form from the organisers' website, and complete, sign and return the application form to the organisers' email address by the deadline. If this is not available on the website, please contact the organiser for an application form. This also applies to athletes entering an open competition.
  - Pay the application fee, which is non-refundable. Application fees and payment details can be found on the application form.
  - Send their music in mp3 format to the email address provided in the application pack, by the specified deadline (See Head Judges Penalties in the Code of points).
  - Submit their compulsory form by the deadline specified by the organiser. (See Head Judges Penalties in the Code of points). Athletes may change their compulsory forms between the preliminaries and the finals. The new forms must be submitted within one hour of the conclusion of the preliminaries or by a time stated by the competition organiser  
*\*Please note: In the event of form changes between preliminaries and finals, handwritten forms will not be accepted unless specified by the organiser. Signatures may be typed.*
  - Provide information about their legal gender. A copy of their birth certificate must be submitted upon request.
  - Should athletes wish for their forms to be checked by the Head Judge for accuracy, an additional cost will be charged. The date for submission of forms for checking will always be two (2) weeks before the final submission of forms for competition. Please use the official channels as communicated.
- 5.2. All applications must be completed in the national language of the host country (or the language determined by the competition organiser). All applications for open competitions should be completed in English.
- 5.3. All athletes should be fit, healthy, and in the case of female athletes, not knowingly pregnant. Upon request, an athlete may be required to produce documentation from a doctor as confirmation of good health and fitness level. All information will be treated confidentially.
- 5.4. All athletes wishing to use grip gloves are required to produce a letter from their doctor written within the competition season year confirming that the athlete suffers from hyperhidrosis (sweaty hands) or similar.
- 5.5. All athletes must disclose if they have been previously disqualified from any IPSF competition.
- 5.6. Athletes may only compete in a national competition if they have citizenship and / or residency in that country. In the case of dual citizenship, athletes may only represent one country in the WSPC. Athletes wishing to change their country of representation must allow for one competitive year to pass before the changeover. Doubles athletes may only represent one country, and both athletes would be required to provide this proof of residency and to adhere to these conditions. It is also important to note that, should one of the Doubles athletes have competed for a specific country in the particular year of competition (or the year before that), both athletes must compete under that country's flag. Athletes may only compete in one National competition in a competition year.
- 5.7. Applicants under the age of 18 may only apply for participation in the competition by way of written permission signed by a parent(s) or by a legal guardian(s). Documentation must be provided upon request.
- 5.8. Applications will not be fully processed if they do not meet all of the above requirements by the given deadlines.

### 6. MUSIC CHOICE

- 6.1. Athletes have a personal choice of music; this can be a mix of various music and artists.
- 6.2. The music must be instrumental only. Lyrics/words in any language or dialect are not permitted, and no religious connotation is permitted. Vocals may only be permitted if used as an instrumental accompaniment and no words are being sung.
- 6.3. The same music can be used for both the preliminaries and finals.
- 6.4. Music must be submitted by the specified deadlines, or a penalty will apply. If music has not been received 48 hours before the start of the competition, the athlete will be disqualified.

- 6.5. Music must be submitted to the competition organiser in MP3 format, or the format specified by the competition organiser by the given deadline, and must be named using the name and category of the athlete.
- 6.6. A copy in CD or USB stick format must be clearly labelled with the athlete's name and category and submitted at time of registration. Failure to do so may result in the athlete not competing.

## **7. SCORE SHEETS**

- 7.1. Athletes must adhere to the following rules:
  - Athletes must complete compulsory forms and technical bonus forms by the given deadlines.
  - Forms must be completed in black print and typed; handwritten copies will not be accepted unless specified otherwise by the competition organiser.
  - Athletes must sign each form; coaches may also add their signature.
  - A penalty of -1 will be given for each day that either of the forms is late, up to a maximum of -5 points; after which the athlete will be disqualified.
  - Forms must be completed in black ink, and must be typed into the Microsoft Word documents as provided – any other format will receive a deduction. Signatures are added electronically (and can be typed in).
  - Forms must be submitted to the competition organiser by the given deadlines.

## **Registration Process**

### **8. ATHLETE REGISTRATION**

An athlete who does not show up to registration without a legitimate reason the athlete will be banned from all IPSF-endorsed competitions everywhere in the world for a period of one year. Names of banned athletes will be published on [www.polesports.org](http://www.polesports.org). Athletes may only cancel participation, without being penalised, a minimum of 21 working days prior to the competition. Exceptions are made for medical reasons and emergencies, in which case medical documentation and proof of travel ticket must be provided to the Organiser for confirmation a minimum of one day prior to the competition. Athletes not presenting themselves on the day of registration due to an emergency will have a maximum of seven days after the competition has ended to provide necessary proof of documentation. No exceptions will be made. *See also: IPSF No Show Policy (attached below).*

- 8.1. All athletes must arrive and register at the time designated by the Organiser unless prior written permission is received.
- 8.2. In the case where the country of an athlete's origin uses both a passport and an identity card, both documents should be presented.
- 8.3. All athletes, including doubles, must provide proof of citizenship, residency or working visa of the country they are competing in (or representing in the case of an Open Championships). Proof must be in the accepted form of the country, e.g., green card, passport, ID card, residency papers, etc.
- 8.4. All athletes must sign a confirmation of the following at the time of registration:
  - Rules and Regulations were read and accepted.
  - The IPSF Code of Ethics was read, accepted and the athlete agrees to behave in a manner befitting a professional sports person.
  - All expenses incurred by the athlete are the responsibility of the athlete and not of the Organiser.
  - Waiver of all image rights and agreement that the images can be used for promotion of pole sports around the world by the IPSF and/or National Federations belonging to the IPSF. Athletes will not receive any compensation for photos and videos taken during the event.
  - To be interviewed, filmed and or photographed by the media approved by the Organiser.
  - To take part in anti-doping testing in accordance with the WADA Code.
  - To enter the National or Open Championships at their own risk. Any injuries or accidents that may occur are the responsibility of the athlete and not of the Organiser or the IPSF.
  - To respect and follow rehearsal and performance times.
  - To wear their club/regional tracksuit at all times except during their performance.
  - To be present at the medal ceremony unless a medical emergency has occurred which prevents attendance.
- 8.5. Athletes found to be causing disruptions to the competition may incur penalties or be disqualified in accordance with the published IPSF Rules and Regulations.
- 8.6. Athletes who do not arrive on the registration day will receive a -1 Head Judge deduction.

- 8.7. Please note that all IPSF competition venues are non-smoking venues –smoking will not be permitted in a 100m radius of the venue.

## Competing

These rules apply to all IPSF competitions.

### 9. PERFORMANCE TIME

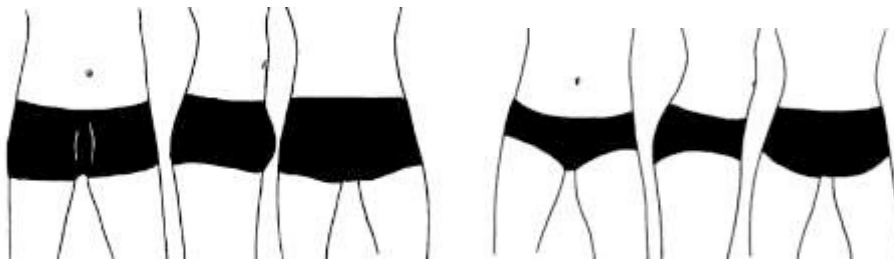
Athletes must adhere to the following rules:

- 9.1. In Seniors/Doubles/Masters/Junior categories, routines are to last a minimum of three minutes and fifty seconds (3.50) and a maximum of four (4) minutes.
- 9.2. In the Pre-Novice, Novice, Doubles Novice and Doubles Youth category routines are to last a minimum of three minutes and twenty seconds (3.20) and a maximum of three minutes and thirty seconds (3.30).
- 9.3. The first note of music indicates the start.
- 9.4. The last note of music indicates the end. The last note should not exceed the allotted time in the given category.
- 9.5. Failure to meet the minimum or exceed the maximum time requirements will be penalised by a -3/-5 deduction, dependent on the severity.

### 10. COSTUME

Costumes must be appropriate for competitive athletic sports. They must fully cover the pelvis and gluteal area for all athletes and the breast area for female athletes. Athletes will be penalised by a deduction should they not adhere to the following costume requirements:

- 10.1. Costume must be of a sporting nature.
- 10.2. Costume must be skin-tight in order for body alignment to be seen and judged correctly.
- 10.3. A two-piece or a cut-away leotard is allowed for all athletes; a one-piece bottom is allowed for men only.
- 10.4. The top must fully cover the breast area for women and show no added or unnecessary cleavage. It should be no less than a crop top with a strap size (defined as the part of the costume that attaches the front of the costume to the back of the costume, typically over the shoulder) of no less than ten (10) millimetres in width. Halter style tops are also permitted. A neckline of no lower than eighty (80) millimetres from the lowest part of the collarbone is permitted. Please note that lace-up tops (similar to corset styles) are not permitted.
- 10.5. Men should wear a vest, crop top, cut away leotard or be bare-chested.
- 10.6. The cut of the bottoms must be no higher than the fold of the hip in front (where the thigh and the hip meet) and must cover the pelvic bones fully. They must fully cover the gluteal area. There must be no cut-outs – i.e., sections of fabric missing on the bottoms.
- 10.7. Shorts should be no less than sports shorts, leotards or sports knickers that are appropriate attire for competitive sports. Shorts must cover the gluteal crease all the way across the body (i.e., the fold formed where the gluteal area and the thigh meet must be covered).



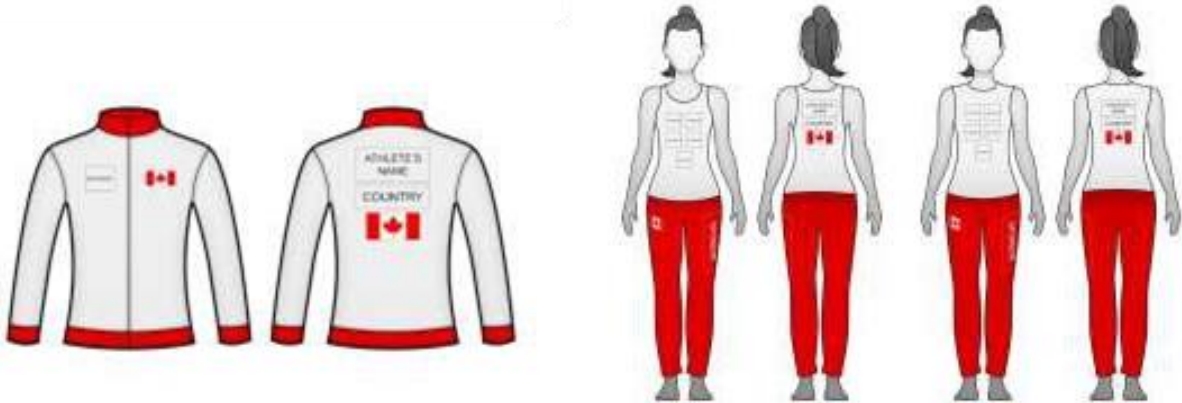
Male shorts

Female shorts

- 10.8. Long shorts or leggings may be worn, provided they are skin-tight, and the fabric does not add extra grip.
- 10.9. A skirt is allowed for women if it does not fall lower than 3cm below the pelvic area so as not to deter the athlete from having leg grip on the pole. The skirt must sit on the hip and may not protrude outwards. Ballet tutus and tutu like skirts with netting are not permitted.
- 10.10. Clothing that is used for extra grip on the body, hands or feet is forbidden unless medical documentation is provided.

- 10.11. All decorations must be fixed on the costume (non-detachable) and no added accessories and/or props are permitted. Any and all accessories that may jeopardise the safety and/or distract from the performance of the athlete are not permitted. This includes piercings, loose hairpieces, earrings, bracelets, necklaces, and any other jewellery. No neck accessories or wrist bands are allowed. Any pieces of fabric attached to the costume may not fall lower than 3cm below the pelvic area.
- 10.12. Medical taping may not be used except for medical tapes in a skin colour. Any joint support must be pre-approved, with medical documentation.
- 10.13. Shoes: the athlete may perform either bare foot or with skin-coloured gymnastic/dance sole protectors. Heels, ballet shoes/slippers and/or slipper-like footwear are not permitted.
- 10.14. Costumes should not include:
- Underwear.
  - Items of clothing that give the illusion of underwear are prohibited.
  - Nude / skin colour fabric cannot be the same colour as the athletes' actual skin tone.
  - Implied nudity is prohibited (this includes nude mesh fabrics).
  - Lace and mesh fabrics are permitted as long as they do not imply nudity or give the illusion of underwear.
  - Swimwear or bikinis.
  - Transparent clothing that does not cover the breast, pelvis, and gluteal area.
  - Leather, latex, PVC, or rubber.
  - Jewellery and piercings of any kind; small stud earrings and a small ear plug are permitted.
  - Anything that interferes with the performance or can be considered a health and safety issue.
  - Face paint on the entire face.
  - Body paint or oil on any part of the body. (Make up and embellishment may be worn on the face only.)
  - Props such as hats and canes and anything that is not considered attached to the costume.
  - Hoods cannot be attached to costumes.
- 10.15. Additional requirements:
- Costumes for all may include sequins and diamantes; tassels or tassel-like attachments or fringing must be kept to a minimum, must not be longer than 3cm and is only allowed to cover material.
  - Decorations for Youth category (Pre-Novice, Novice and Junior) should be age and costume appropriate.
- 10.16. It is expressly forbidden to perform in anything other than sporting attire. Costumes, or any part thereof, must not be intentionally removed. Failure to adhere to these rules may result in disqualification.
- 10.17. Costumes must be free from sponsor logos or lettering / text.
- 10.18. All athletes and their IPSF-registered coaches must have tracksuits according to the requirements set out below:
- Tracksuits must be sports tracksuits and must include matching trousers (leggings are not allowed), t-shirt/tank top and a jacket. Hoodies/hood-style tops are not allowed.
  - Under hot weather conditions it is acceptable to wear the t-shirt or tank top instead of the jacket except during the medal ceremony.
  - National Tracksuits for use during WPSC must follow the rules set out in the Rules & Regulations for the WPSC as stated in Addendum 2.
  - Trainers must be worn with tracksuits. Bare feet are also permissible. No other shoes are permitted.
  - Members representing the same team must all wear the same tracksuit. Should the athlete not be representing a specific team/club/school/studio/region, the athlete will be required to purchase a Federation tracksuit (this is not the same as a National Tracksuit).
  - Team/ club/school/studio/region logos must be worn on the tracksuit, either on the front or the back. The size of the logo cannot be more than 10x10cm.
  - One individual sponsor's logo might be worn on the jacket and up to five (5) sponsor logos may be worn on the t-shirt/tank top. The size of the logos cannot be larger than 10x10cm, and must be smaller than the team/club/school/studio/region logo.
  - When the brand of the tracksuit is visible, the same rules apply as to the sponsor logos - that is that the size of the logos cannot be larger than 10x10cm, and must be smaller than the team/club/school/studio/region logo. Additionally, when the brand logo is visible, the tracksuit may then only contain an additional four (4) Sponsors' logos on the t-shirt/tank top. The brand logo can be additional to the one (1) sponsor logo allowed on the jacket.
  - Sponsor logos may not take a place of prominence over the studio logo.

- The athlete's name is permitted on the tracksuit and on the t-shirt/tank top; the letter height must not be taller than 10cm.
- Other logos, imagery and writing cannot be displayed on the tracksuit.
- Athletes competing in the Open competitions will be required to wear their national tracksuits. All Open athletes representing the same country must coordinate and wear the same tracksuit. Please contact the IPSF if you need assistance with coordinating this.
- Only athletes and IPSF recognised coaches are permitted to wear the official tracksuit.
- No handbags / bags of any kind are allowed on the kiss and cry or on stage during the medal ceremony.



### **11. HAIR AND MAKEUP**

*\*Please note: Failure to adhere to the following restrictions will result in a deduction.*

- 11.1. Hair should be pulled back and up away from the face and neck so that full facial features, facial expression, and neck alignment are clearly visible to the judges. There should be no distraction by the need to wipe hair away from the face or neck.
- 11.2. Makeup for the Youth category is only to be used to highlight natural features and therefore should only be applied lightly. The one exception to this rule is if the routine is theme orientated.
- 11.3. Make up for adults may be worn to reflect their performance. This may include but is not limited to eyelashes, embellishments, and rhinestones. Face paint is allowed on not more than half of the face. It is also forbidden to wear a mask, wear face paint on the entire face, or body paint of any kind.
- 11.4. Wigs are prohibited.

### **12. GRIPS:**

- 12.1. Any grip product can be used except for the banned list available on the IPSF website. Please be advised that NO products are to be applied to the pole. Grip aids may only be applied to the athlete's body. Please refer to the IPSF website for the full, updated list.
- 12.2. Grip gloves may only be used with medical documentation (as stated above under section 10: Costumes).

### **13. STAGE**

- 13.1 The stage has a minimum of three (3) metres clearance in front, side and behind each pole. There are between 2.90 and 3.10 metres between the poles.

### **14. POLES**

- 14.1. Competition poles are 45mm brass poles, four (4) metres of usable height and made of one piece.
- 14.2. The spinning pole is placed on the right-hand side and the static pole on the left-hand side of the stage from the spectators' view. All athletes must use the same configuration.

14.3. Cleaning of the poles:

- The poles will be cleaned before each athlete competes by at least of two (2) pole cleaners (one or two per pole). Poles will be cleaned in their entirety; first with a grease remover, then with a dry towel/cloth.
- Athletes are allowed to check the poles before they compete and may ask for a second cleaning.
- Athletes may clean the poles themselves if they prefer but must use the cleaning products provided by the organiser.
- Athletes are prohibited from cleaning the poles with their own cleaning products. The only exception to this rule is where the athlete experiences severe allergies and requires a specialised cleaning product, in which case medical documentation must be provided.

**15. FILMING**

- 15.1. All athletes confirm that, by taking part in the National or Open Championships, they waive all rights of filming and photography and will not receive any compensation for photos and videos taken during the event. All athletes must agree that their images can be used for advertising, training, promotional and commercial purposes by the IPSF and / or National Federations belonging to the IPSF.
- 15.2. All athletes agree to be interviewed, filmed and or photographed by IPSF approved media.
- 15.3. All athletes must agree to filming/photography at any event in which they appear before, during or after the competition, that is related to the competition (such as workshops, interviews, performances, etc.)
- 15.4. Filming and photography are not permitted in the changing areas unless with the express permission of the Organiser.
- 15.5. All photography and footage remain the property of the Organiser.

**Judging**

**16. JUDGES AND JUDGING SYSTEM**

- 16.1. Once judging has finished and all immediate appeals and complaints have been processed, no further adjustments will be made to the results.  
*\*See: system of complaints and appeals.*
- 16.2. Scores from preliminaries and finals are not added together.
- 16.3. Judges must be separated from the athletes and spectators at all times.
- 16.4. Judges and athletes will be disqualified if they are found discussing any matters together at any time during the competition.
- 16.5. Judges may not compete in the same year in which they are judging. Similarly, judges may not be IPSF recognised coaches at competitions in the same year in which they are judging. Competition organisers / federation committee members may not compete, judge or be an IPSF recognised coach at the competition they are hosting (unless extenuating circumstances are presented to the IPSF executive in writing).

	Athlete	Coach	Chaperone	Judge	Head Judge	Competition Organiser	Federation President
Athlete	X	X	X	BLACK		RED	RED
Coach	X	X	X	BLACK		RED	RED
Chaperone	X	X	X	BLACK		RED	RED
Judge	BLACK			X	X	RED	RED
Head Judge	BLACK			X	X	RED	RED
Competition Organiser	BLACK			RED	RED	X	X
Federation President	RED	RED	RED	RED	RED	X	X

The schedule above will give you an overview of what is acceptable to have cross over (in GREEN), not acceptable to cross over at all (BLACK), subject to discussion by the IPSF executive and the below caveats (RED).



- 16.6 The Federation president may compete IF the IPSF Executive is informed no later than 3 months before the competition, and the following caveats are met:
- The Federation president must have no interaction with judges or athletes
  - The Federation president must have no interaction with athlete forms / music / costumes or have any confidential information related to this
  - The Federation president must not announce / visually represent the federation at your competition
  - The Federation president must compete first in order to assist for the rest of the weekend
  - The Federation president must provide proof of the existence of an organizing committee who has all interaction with judges and athletes
  - The Federation president must provide proof that the actual competition organizer is completely in charge of everything related to the competition

**If these rules are broken, the Federation president will face a penalty and possible suspension.**

## **17. PENALTIES**

An athlete can be penalised by the Head Judge during the competition for the following infringements:

*\*See also: Head Judge Penalties*

- 17.1. Breaking the rules, regulations, and code of ethics. Penalties are dependent on the infringement.
- 17.2. Providing false or inaccurate information on the application form. Penalties are dependent on the infringement.
- 17.3. Unsporting or anti-social behaviour.
- 17.4. Failure to meet the minimum or exceed the maximum requirements of the routine time.
- 17.5. Touching the rigging or truss system while competing. This includes touching the backdrop on the stage.
- 17.6. Directly contacting the audience from the stage (such as gestures, talking to the spectators etc.).
- 17.7. Inappropriate choreography, costume, hair, and makeup (as specified above). Penalties are dependent on the gravity of infringement.
- 17.8. Presence of jewellery and props (as specified above).
- 17.9. Not complying with the tracksuit requirements or wearing an inappropriate tracksuit (as specified above).
- 17.10. Arriving late to registration and rehearsals (or not arriving at all) without prior agreement.
- 17.11. Arriving late backstage before competing.
- 17.12. Arriving late to the stage when announced.
- 17.13. Athletes caught being cued from off-stage during their performance (this includes being cued from the audience).
- 17.14. Athletes and/or their coaches/representatives approaching the Judges' table and/or room or obstructing Judges' view at any point during the competition.
- 17.15. Head Judges reserve the right to apply penalties at any point during the competition, or afterwards if they deem so necessary. Should this result in a change in podium position, the organiser will amend and award the medals correctly as necessary.

## **18. RESULTS**

- 18.1. All results are collated via computer.
- 18.2. Results will be collated and provided in accordance with the National Scoring Information.
- 18.3. Preliminary results will be given to athletes when their scores are announced.
- 18.4. Athletes must wait for their scores in the designated area. Only IPSF-registered coaches are permitted to accompany the athletes. Athletes and coaches must be dressed in their tracksuits while awaiting results.
- 18.5. Athletes and coaches should not bring bags onto the kiss and cry area or onto the stage with them. A safe place will be provided by the competition organiser for athletes' belongings.
- 18.6. All results will be listed on the organisers' website within twenty-four (24) hours of the medal awards being given.
- 18.7. All athletes who qualify for WPSC will be listed on the IPSF website within twenty-four (24) hours.

## **19. AWARDS**

- 19.1. At the National Championships, each athlete competes for the title of National Pole Sports Champion 20XX. At the Open Championships, each athlete competes for the title of Open Pole Sports Champion 20XX.
- 19.2. Only sporting training shoes or bare feet are permitted on stage at the medal ceremony.
- 19.3. The winner from each category in each division will receive a gold medal.
- 19.4. The second and third placed athlete will receive a silver and bronze medal respectively.
- 19.5. All other athletes will receive a certificate of participation.
- 19.6. Cash or other gifts must not be given other than by way of endorsements or sponsorships. All sponsorship agreements offered in relation to athletes will be announced by the Organiser before the competition, as soon as possible after the agreement has been made and before the finals of the competition begin.

## **20. COACHES**

- 20.1. In order to be an IPSF-registered coach, the coach must have completed at least a Code of Points course as well as an Anatomy qualification (which includes warm up and cool down, and has an exam incorporated in the course - this can be either a university course or the IPSF Anatomy, Physiology and Biomechanics course). A coaching course is also highly recommended. The coach should then submit these qualifications to the IPSF and will be required to pay a registration fee. This fee is applicable per year.
- 20.2. All coaches that sign the athletes' compulsory and technical bonus forms must be IPSF-registered coaches. Only the IPSF-recognised coach who signs the forms will be considered the athlete's coach, and thus only this coach will be afforded the privileges that accompany the title.
- 20.3. All coaches must complete their certification a minimum of 2 weeks before the competition at which they wish to represent their athlete. Coaches must submit this proof 2 weeks before the competition (in other words, should the coach be doing a course which requires exams to be marked, the timelines of this course must be respected; for all IPSF courses where video exams are undertaken, 2 weeks must be given to mark the video exam).
- 20.4. The coach must be dressed in the matching tracksuit of their club/school (Nationals) or country (at International competitions).
- 20.5. Only an IPSF-registered coach may accompany the athlete on the Kiss and Cry couch, and they, like the athlete, must be dressed in their tracksuit and trainers/bare feet only.
- 20.6. Youth athletes (any athlete under the age of 18) may have an IPSF-registered coach with them on the Kiss and Cry couch, even if this coach is not their registered coach for the competition.
- 20.7. Coaches may face sanctions should they contravenes any of the rules and regulations for or on behalf their athlete.

## **21. DISQUALIFICATION**

An athlete can be disqualified before, during or after the competition. The IPSF also reserves the right to revoke the title of an athlete for the following infringements:

- 21.1. Breaking the rules and regulations or code of ethics. Disqualification is dependent on the infringement.
- 21.2. Providing false or inaccurate information on the application form. Disqualification is dependent on the infringement.
- 21.3. Unsporting behaviour or bringing the competition, Organiser, or the IPSF into disrepute.
- 21.4. Threatening the life or health of an athlete, organiser, judge, or spectator.
- 21.5. Failing to come to the stage.
- 21.6. Using prohibited grips.
- 21.7. Inappropriate choreography, costume, hair, and makeup (as specified above). Disqualification is dependent on the infringement.
- 21.8. Intentionally removing items of clothing during their performance.
- 21.9. Intentionally using the rigging or truss system as part of their performance.
- 21.10. Any unauthorised person accompanying the athlete on stage.
- 21.11. Directly contacting the judging panel to discuss the competition, or directly or indirectly influencing the judging decision prior to or during the competition.

- 21.12. Using vulgar language or gestures towards any IPSF official.
- 21.13. Testing positive for controlled substances (see Medical and Doping Regulations).
- 21.14. Refusing to undergo an anti-doping test when requested to do so.
- 21.15. Athletes may face a ban should there be any severe contravention of rules.

## **Medical and Doping Regulations**

### **22. DOPING SANCTIONS**

All Elite athletes and IPSF recognised coaches are required to complete the WADA Certification regarding anti-doping. It is strongly recommended that amateur and professional athletes also complete this training. In the case of athletes under the age of 18 must have a parent(s) or legal guardian(s) complete this training. In the case of a positive result or the refusal of doping control, the following penalties shall apply as final:

- 22.1. An athlete with a positive out-of-competition test is automatically suspended for the rest of the championship and no replacement for him/her is allowed.
- 22.2. The points awarded to a team with a doped athlete are not valid.
- 22.3. An athlete with a positive test will be suspended from all IPSF endorsed competitions for a period outlined in the WADA Code.
- 22.4. A positive result for anabolic steroids will result in suspension from all IPSF endorsed competitions for a period of four years. A doped athlete will not be awarded a medal or title.
- 22.5. In all positive doping cases, the recommendations of WADA shall have precedence over any disciplinary action by the IPSF.
- 22.6. Athletes with an anti-doping sanction may have previously-won titles taken away from them.

### **23. SEX REASSIGNMENT IN SPORT**

The IPSF has adopted the guidelines, recommendations, rules, and regulations of the IOC Medical Commission - Sex Reassignment in Sport. Please refer to the latest IOC regulation in this regard.

It is understood that a confidential case-by-case evaluation will occur. In case that the gender of a competing athlete is questioned, the medical delegate (or equivalent) of the relevant sporting body shall have the authority to take all appropriate measures for the determination of the gender of an athlete.

## **Rights and responsibilities**

### **24. RIGHTS AND RESPONSIBILITIES OF THE ATHLETES**

- 24.1. All athletes must read the rules, regulations, and any updates.
- 24.2. All athletes must conduct themselves in accordance with the IPSF rules, regulations, and Code of Ethics.
- 24.3. All athletes must sign the IPSF Code of Ethics and behave accordingly.
- 24.4. Athletes under the age of 18 should have an approved chaperone (parent/authorized legal representative/IPSF recognised coach) with signing authority.
- 24.5. All athletes are required to carry identification documents to the competition.
- 24.6. All athletes are fully responsible for their personal health condition and ability to compete. To avoid injury, no athletes should undertake elements they are not fully confident and secure in.
- 24.7. All athletes enter the National or Open Championships at their own risk and understand that any injuries or accidents that may occur are their responsibility.
- 24.8. All athletes must attend the opening ceremony and preliminary results ceremony (if applicable) unless a medical emergency has occurred that prevents attendance, or unless they are one of the first 2 athletes to compete. All finalists must attend the medal ceremony unless a medical emergency has occurred.
- 24.9. Use of alcohol or banned or controlled substances before or during the competition is strictly prohibited.
- 24.10. All athletes must agree to take part in anti-doping testing in accordance with the WADA Code. For a list of prohibited substances please see <https://www.wada-ama.org>. Failure to supply a testing sample when requested to do so will result in the athlete being disqualified from the competition, a revocation of any title won and the possibility of a ban from further IPSF competitions.

- 24.11. All expenses incurred by the athlete are the responsibility of the athlete and not the Organiser. Confirmation of this will require a signature at the time of registration.
- 24.12. Athletes who are entering an international open championship are required to purchase/acquire the relevant visa for entry into the country where the competition is being held. If the athlete requires assistance in this regard, he or she should please contact the competition organiser.
- 24.13. All athletes have the right to receive all available public information regarding the scoring system or to the competition in general which can be found on the IPSF website: [www.polesports.org](http://www.polesports.org).
- 24.14. During the preliminaries and finals:
  - All athletes must compete with their same gender category except in the case of doubles and if a category is mixed.
  - Athletes should be backstage two athletes prior to competing.
  - Athletes must start off stage and wait to be announced before walking out on to the stage.

## **25. RIGHTS AND RESPONSIBILITIES OF THE ORGANISER**

The IPSF and/or Organiser reserve the right to the following:

- 25.1. To alter the rules and regulations of the competition or its attachments at any time. Any change will be announced immediately on [www.polesports.org](http://www.polesports.org).
- 25.2. To refer to the Head Judge any athlete in breach of the rules and regulations or code of ethics for the consideration of penalties or disqualification.
- 25.3. To refer to the Head Judge any judge in breach of the rules and regulations or code of ethics for the consideration of disqualification.
- 25.4. To decide on any decisions not already addressed in the rules and regulations and code of ethics prior to or during the competition.
- 25.5. The Organiser will provide basic first aid in the case of an incident or accident and medical assistance in the event of a more serious injury. The medical representative has the final decision on whether the athlete's injury should prevent them from entering or continuing the competition.
- 25.6. The IPSF and the Organiser cannot be held responsible for loss or damage to athletes' or officials' items.

### **The Organiser is required to:**

- 25.7. Publish all competition criteria as stated above.
- 25.8. Announce all changes regarding the competition on the competition organisers' website.
- 25.9. Provide rooms for athletes to change and warm up in, with toilet facilities which are separate from those being used by judges and spectators.
- 25.10. Provide a separate area for youth athletes to change in or a fixed time slot for the changing rooms to be for their sole use.
- 25.11. Check the installation of the poles and test them.
- 25.12. Give athletes a chance to practice with the poles before the start of the competition.
- 25.13. Arrange the cleaning of the poles before each performance.
- 25.14. Provide the judges with all necessary information concerning the competition.
- 25.15. Provide interim first aid in the case of an incident or accident.
- 25.16. Provide anti-doping testing in accordance with the WADA Code ([www.wada-ama.org](http://www.wada-ama.org)).

## **Complaints and appeals**

### **26. SCORING SYSTEM**

- 26.1. For complaints about scores, athletes may lodge an appeal regarding their scores within 10 minutes of the athletes' personal scores being announced in accordance with the IPSF national scoring appeals procedure. After this time, scores will not be overturned. There is a cost involved, which will be returned should the complaint or appeal be upheld.  
\*See: *IPSF National Scoring Information below.*
- 26.2. Further complaints about any other issue must be made in writing to the competition organiser within 7 working days.

- 26.3. For more information, please contact the competition organiser.
- 26.4. The process for contesting is as follows:
- 26.4.1. Indicate your intent to contest within 10 minutes of the announcement of your score.
  - 26.4.2. You will be allowed access to watch your video by the competition organiser to determine whether you do want to go ahead with your contesting. You will be allowed 5 minutes to watch your video. You will be allowed to watch your video alone or with your IPSF-recognised coach and a technical support person, if necessary (technical support person relating to equipment and not athlete/competition related). Youth and Para athletes may have their chaperone watch with them.
  - 26.4.3. A non-refundable deposit will be required to watch the video. This price will be determined by the competition organiser in collaboration with the IPSF.
  - 26.4.4. Once you have determined that you do want to contest, you will be required to pay the contesting fee as determined by the competition organiser in conjunction with the IPSF. The competition organiser will communicate the process for this.
  - 26.4.5. Please note that this fee will be applicable per judging section – i.e., you will be required to pay for each section you wish to contest. For example, if you wish to contest both Compulsories and Technical Deductions, you will be required to pay separately for each of these.
  - 26.4.6. Once your payment has been received, the Head Judge of the competition will manage your contest. This will only happen once confirmation of payment has been received. The Head Judge will judge the video privately, and explain the decisions afterwards, if necessary.
  - 26.4.7. Should your contest / complaint be upheld, the competition organiser will refund your payment. Should your score / results remain the same or go down, your money will not be refunded.
  - 26.4.8. Your score will be updated at the earliest convenience of the competition organiser, and will be done before the final medal ceremony.
  - 26.4.9. The contesting judge's decision is final, and no negotiation will be entered into.

## **IPSF Scoring System (Contesting)**

This is information for athletes and coaches about the scoring system used for National Championships and will explain how the scores will be given, when final results will be announced and extra information you need to know.

### **Personal scores**

Your total scores will be announced within ten minutes of completing your routine. After you have competed, you are required to wait with your coach/chaperone in your tracksuit to hear your scores. You will be given your scores for each section.

### **Finals**

The results for all categories on finals day will be announced at the end of the competition at the award ceremony. Athletes are expected to be dressed in their tracksuits and ready to go to the stage when called approximately 15 minutes after the last athlete has competed. Each category will be invited to the stage and the winners will be announced with their total scores. All total scores will also be posted on the competition website and WPSC qualifying athletes on the IPSF world ranking.

### **Feedback**

No feedback will be given regarding individual routines; all the videos will be online as soon as possible after the competition for athletes and coaches to self-assess their performances.

### **Guidance on your scores**

**Compulsory** – A low score indicates the minimum requirements of the elements were not met, an element was missing, or elements were in the wrong order. Points will not be awarded for any element that is on the border. The elements need to be executed correctly in accordance with all of the minimum requirements.

**Technical Bonus** – A low score may indicate a lack of tricks executed in accordance with Code of Points requirements, a low level of difficulty of all the moves chosen in the routine, or both.

**Technical Deduction** – A low score mostly indicates poor execution of moves and lines plus specific requirements either not being met or occurring as stated in the Code of Points.

**Artistic and Choreography** – A low score indicates lower scores in sections such as flow, confidence, costume etc.

### **Your scores**

Should you have a complaint about your score in a specific section, you are entitled to contest the score you were awarded provided you register your complaint within 10 minutes of receiving your scores. Only complaints regarding specific sections will be permitted within 10 minutes. Please follow the correct procedure on the Scoring Complaints document if you wish to contest your scores.

### **Fees – as determined by the National Federation and the IPSF**

There is a fee for registering a complaint about scores, should any scores be amended upwards (i.e., the contest is successful), the fee will be immediately returned to the athlete. The fee must be paid before the Head Judge starts with evaluating the contested section(s). The fee is payable upon registration of the complaint by cash, PayPal, or credit/debit card only to the National Federation (for National or Open competitions) or the IPSF (For Worlds competitions) – the competition organiser will organise payment facilities. The fee is payable per section being contested.

## **IPSF COMPETITIONS NO-SHOW POLICY**

### **Purpose**

This policy outlines the International Pole Sports Federation's (IPSF) approach to athletes who apply for competitions both nationally and internationally and don't attend the events.

### **Context**

This policy has been introduced as a result of the frequency of occasions where competitors do not attend and compete at competitions, they have entered without informing the competition organisers. This policy will help to eliminate the following problems:

- Preventing other athletes from participating in competitions
- Causing delays to the organisers
- Disappointing sporting fans and spectators
- Disrupting competition schedules
- Creating difficulties with sponsors

### **Expectations for Informing Competition Organisers**

Athletes who are unable to attend competitions they have entered need to adhere to at least **one** of the following expectations depending on the reason for non-attendance and how long before the competition athletes wish to cancel their attendance:

1. Athletes are expected to inform national and international competition organisers that they will not be attending. The time limit for this is **three weeks** before the date of competition. It is the athlete's responsibility to know the cut-off date
2. Athletes who have to cancel their attendance after the cut-off date **must** inform the competition organisers as soon as possible (it is acceptable for someone to do this on their behalf). A medical certificate (with a copy translated into English if the original certificate isn't in English) must be submitted to the competition organiser.
3. Athletes who do not have a medical reason for not attending at short notice will need to submit their reasons to the competition organiser to be assessed by the IPSF Executive Committee to decide if the reason is acceptable. If not, the sanctions below will be applied to the athlete.

### **IPSF Notification Procedures**

1. Athletes have up to **seven days** after the competition date to submit the appropriate as stated above.
2. If a form is not submitted after **seven days**, the IPSF will write to the athlete explaining they are now being registered as a **no-show**.
3. If there is no response the IPSF will register the athlete as a no-show with the current sanctions (detailed below).
4. To register an appeal, the athlete must do so within **seven days** from receipt of the notification of being registered as a no-show. An appeal will be assessed by the IPSF Executive Committee.

### **Sanctions**

Athletes who do not satisfy the criteria for non-attendance at an IPSF national or international competition will be registered as a no-show athlete and will be banned from all regional, national, and international competitions for a period of one year from the date of the competition. All details (names and competition) will be published on the IPSF's national and international websites.

## ADDENDUM 1

### PROHIBITED ELEMENTS/MOVEMENTS

These elements and movements are completely prohibited and are additional to prohibited movements and elements listed in the Code of Points. This prohibition is subject to an agreement with FIG regarding coexistence of the two bodies, and is directly from the FIG Aerobic Gymnastics Code of Points (along with stipulations regarding other gymnastics codes already listed in this document). Please note the penalties that will apply per infringement. If in doubt, please visit the IPSF website for links to the videos of these elements (or use the links below).

<b>PROHIBITED ELEMENTS/MOVEMENTS</b>		
<b>CODE NR.</b>	<b>NAME</b>	<b>LINK</b>
A 184	EXPLOSIVE A-FRAME	<a href="https://www.fig-aerobic.com/A-184-EXPLOSIVE-A-FRAME_a600.html">https://www.fig-aerobic.com/A-184-EXPLOSIVE-A-FRAME_a600.html</a>
A 186	EXPLOSIVE A-FRAME ½ TURN	<a href="https://www.fig-aerobic.com/A-186-EXPLOSIVE-A-FRAME-TURN_a602.html">https://www.fig-aerobic.com/A-186-EXPLOSIVE-A-FRAME-TURN_a602.html</a>
A 194	EXPLOSIVE A-FRAME TO SPLIT	<a href="https://www.fig-aerobic.com/A-194-EXPLOSIVE-A-FRAME-TO-SPLIT_a1144.html">https://www.fig-aerobic.com/A-194-EXPLOSIVE-A-FRAME-TO-SPLIT_a1144.html</a>
A 196	EXPLOSIVE A-FRAME ½ TURN TO SPLIT	<a href="https://www.fig-aerobic.com/A-196-EXPLOSIVE-A-FRAME-TURN-TO-SPLIT_a1042.html">https://www.fig-aerobic.com/A-196-EXPLOSIVE-A-FRAME-TURN-TO-SPLIT_a1042.html</a>
A 198	EXPLOSIVE A-FRAME ½ TURN ½ TWIST TO BACK SUPPORT	<a href="https://www.fig-aerobic.com/A-198-EXPLOSIVE-A-FRAME-TURN-TWIST-TO-BACK-SUPPORT_a1145.html">https://www.fig-aerobic.com/A-198-EXPLOSIVE-A-FRAME-TURN-TWIST-TO-BACK-SUPPORT_a1145.html</a>
A 205	EXPLOSIVE A-FRAME TO WENSON	<a href="https://www.fig-aerobic.com/A-205-EXPLOSIVE-A-FRAME-TO-WENSON_a601.html">https://www.fig-aerobic.com/A-205-EXPLOSIVE-A-FRAME-TO-WENSON_a601.html</a>
A 206	EXPLOSIVE A-FRAME TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-206-EXPLOSIVE-A-FRAME-TO-LIFTED-WENSON_a1146.html">https://www.fig-aerobic.com/A-206-EXPLOSIVE-A-FRAME-TO-LIFTED-WENSON_a1146.html</a>
A 207	EXPLOSIVE A-FRAME ½ TURN TO WENSON	<a href="https://www.fig-aerobic.com/A-207-EXPLOSIVE-A-FRAME-TURN-TO-WENSON_a603.html">https://www.fig-aerobic.com/A-207-EXPLOSIVE-A-FRAME-TURN-TO-WENSON_a603.html</a>
A 208	EXPLOSIVE A-FRAME ½ TURN TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-208-EXPLOSIVE-A-FRAME-TURN-TO-LIFTED-WENSON_a604.html">https://www.fig-aerobic.com/A-208-EXPLOSIVE-A-FRAME-TURN-TO-LIFTED-WENSON_a604.html</a>
A 215	STRADDLE CUT	<a href="https://www.fig-aerobic.com/A-215-STRADDLE-CUT_a607.html">https://www.fig-aerobic.com/A-215-STRADDLE-CUT_a607.html</a>
A 216	STRADDLE CUT TO L-SUPPORT	<a href="https://www.fig-aerobic.com/A-216-STRADDLE-CUT-TO-L-SUPPORT_a608.html">https://www.fig-aerobic.com/A-216-STRADDLE-CUT-TO-L-SUPPORT_a608.html</a>
A 217	STRADDLE CUT TO STRADDLE V-SUPPORT	<a href="https://www.fig-aerobic.com/A-217-STRADDLE-CUT-TO-STRADDLE-V-SUPPORT_a1147.html">https://www.fig-aerobic.com/A-217-STRADDLE-CUT-TO-STRADDLE-V-SUPPORT_a1147.html</a>
A 218	STRADDLE CUT TO V-SUPPORT	<a href="https://www.fig-aerobic.com/A-218-STRADDLE-CUT-TO-V-SUPPORT_a609.html">https://www.fig-aerobic.com/A-218-STRADDLE-CUT-TO-V-SUPPORT_a609.html</a>
A 219	STRADDLE CUT ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/A-219-STRADDLE-CUT-TWIST-TO-PUSH-UP_a610.html">https://www.fig-aerobic.com/A-219-STRADDLE-CUT-TWIST-TO-PUSH-UP_a610.html</a>
A 220	STRADDLE CUT ½ TWIST TO WENSON OR LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-220-STRADDLE-CUT-TWIST-TO-WENSON-OR-LIFTED-WENSON_a611.html">https://www.fig-aerobic.com/A-220-STRADDLE-CUT-TWIST-TO-WENSON-OR-LIFTED-WENSON_a611.html</a>
A 225	HIGH V-SUPPORT TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/A-225-HIGH-V-SUPPORT-TO-FRONTAL-SPLIT_a1149.html">https://www.fig-aerobic.com/A-225-HIGH-V-SUPPORT-TO-FRONTAL-SPLIT_a1149.html</a>
A 226	HIGH V-SUPPORT REVERSE CUT TO SPLIT	<a href="https://www.fig-aerobic.com/A-226-HIGH-V-SUPPORT-REVERSE-CUT-TO-SPLIT_a614.html">https://www.fig-aerobic.com/A-226-HIGH-V-SUPPORT-REVERSE-CUT-TO-SPLIT_a614.html</a>
A 227	HIGH V SUPPORT ½ TURN TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/A-227-HIGH-V-SUPPORT-TURN-TO-FRONTAL-SPLIT_a615.html">https://www.fig-aerobic.com/A-227-HIGH-V-SUPPORT-TURN-TO-FRONTAL-SPLIT_a615.html</a>
A 228	HIGH V-SUPPORT REVERSE CUT ½ TURN TO SPLIT	<a href="https://www.fig-aerobic.com/A-228-HIGH-V-SUPPORT-REVERSE-CUT-TURN-TO-SPLIT_a1150.html">https://www.fig-aerobic.com/A-228-HIGH-V-SUPPORT-REVERSE-CUT-TURN-TO-SPLIT_a1150.html</a>



A 237	HIGH V-SUPPORT ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/A-237-HIGH-V-SUPPORT-TWIST-TO-PUSH-UP_a620.html">https://www.fig-aerobic.com/A-237-HIGH-V-SUPPORT-TWIST-TO-PUSH-UP_a620.html</a>
A 239	HIGH V- SUPPORT ½ TWIST TO WENSON	<a href="https://www.fig-aerobic.com/A-239-HIGH-V-SUPPORT-TWIST-TO-WENSON_a618.html">https://www.fig-aerobic.com/A-239-HIGH-V-SUPPORT-TWIST-TO-WENSON_a618.html</a>
A 240	HIGH V- SUPPORT ½ TWIST TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-240-HIGH-V-SUPPORT-TWIST-TO-LIFTED-WENSON_a619.html">https://www.fig-aerobic.com/A-240-HIGH-V-SUPPORT-TWIST-TO-LIFTED-WENSON_a619.html</a>
A 309	FLAIR 1/1 TWIST AIRBORNE TO PU	<a href="https://www.fig-aerobic.com/A-309-FLAIR-1-1-TWIST-AIRBORNE-TO-PU_a1160.html">https://www.fig-aerobic.com/A-309-FLAIR-1-1-TWIST-AIRBORNE-TO-PU_a1160.html</a>
A 310	FLAIR ½ TURN, 1/1 TWIST AIRBORNE TO PU (PIMPA) OR TO WENSON (KIM)	<a href="https://www.fig-aerobic.com/A-310-FLAIR-TURN-1-1-TWIST-AIRBORNE-TO-PU-PIMPA-OR-TO-WENSON-KIM_a1161.html">https://www.fig-aerobic.com/A-310-FLAIR-TURN-1-1-TWIST-AIRBORNE-TO-PU-PIMPA-OR-TO-WENSON-KIM_a1161.html</a>
A 326	FLAIR TO WENSON	<a href="https://www.fig-aerobic.com/A-326-FLAIR-TO-WENSON_a625.html">https://www.fig-aerobic.com/A-326-FLAIR-TO-WENSON_a625.html</a>
A 327	FLAIR ½ TURN TO WENSON	<a href="https://www.fig-aerobic.com/A-327-FLAIR-TURN-TO-WENSON_a626.html">https://www.fig-aerobic.com/A-327-FLAIR-TURN-TO-WENSON_a626.html</a>
A 328	FLAIR 1/1 TURN TO WENSON	<a href="https://www.fig-aerobic.com/A-328-FLAIR-1-1-TURN-TO-WENSON_a627.html">https://www.fig-aerobic.com/A-328-FLAIR-1-1-TURN-TO-WENSON_a627.html</a>
A 329	FLAIR 1/1 SPINDLE TO WENSON	<a href="https://www.fig-aerobic.com/A-329-FLAIR-1-1-SPINDLE-TO-WENSON_a1044.html">https://www.fig-aerobic.com/A-329-FLAIR-1-1-SPINDLE-TO-WENSON_a1044.html</a>
A 337	FLAIR TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-337-FLAIR-TO-LIFTED-WENSON_a629.html">https://www.fig-aerobic.com/A-337-FLAIR-TO-LIFTED-WENSON_a629.html</a>
A 338	FLAIR ½ TURN TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-338-FLAIR-TURN-TO-LIFTED-WENSON_a630.html">https://www.fig-aerobic.com/A-338-FLAIR-TURN-TO-LIFTED-WENSON_a630.html</a>
A 339	FLAIR 1/1 TURN TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-339-FLAIR-1-1-TURN-TO-LIFTED-WENSON_a631.html">https://www.fig-aerobic.com/A-339-FLAIR-1-1-TURN-TO-LIFTED-WENSON_a631.html</a>
A 364	HELICOPTER	<a href="https://www.fig-aerobic.com/A-364-HELICOPTER_a637.html">https://www.fig-aerobic.com/A-364-HELICOPTER_a637.html</a>
A 365	HELICOPTER TO WENSON	<a href="https://www.fig-aerobic.com/A-365-HELICOPTER-TO-WENSON_a641.html">https://www.fig-aerobic.com/A-365-HELICOPTER-TO-WENSON_a641.html</a>
A 366	HELICOPTER TO LIFTED WENSON BOTH SIDE	<a href="https://www.fig-aerobic.com/A-366-HELICOPTER-TO-LIFTED-WENSON-BOTH-SIDE_a1282.html">https://www.fig-aerobic.com/A-366-HELICOPTER-TO-LIFTED-WENSON-BOTH-SIDE_a1282.html</a>
A 368	HELICOPTER 1/1 TWIST AIRBORNE TO PU	<a href="https://www.fig-aerobic.com/A-368-HELICOPTER-1-1-TWIST-AIRBORNE-TO-PU_a1163.html">https://www.fig-aerobic.com/A-368-HELICOPTER-1-1-TWIST-AIRBORNE-TO-PU_a1163.html</a>
A 374	HELICOPTER TO SPLIT	<a href="https://www.fig-aerobic.com/A-374-HELICOPTER-TO-SPLIT_a640.html">https://www.fig-aerobic.com/A-374-HELICOPTER-TO-SPLIT_a640.html</a>
A 375	HELICOPTER 1/2 TURN TO SPLIT	<a href="https://www.fig-aerobic.com/A-375-HELICOPTER-1-2-TURN-TO-SPLIT_a1162.html">https://www.fig-aerobic.com/A-375-HELICOPTER-1-2-TURN-TO-SPLIT_a1162.html</a>
B 104	STRADDLE SUPPORT 1/1 TURN	<a href="https://www.fig-aerobic.com/B-104-STRADDLE-SUPPORT-1-1-TURN_a650.html">https://www.fig-aerobic.com/B-104-STRADDLE-SUPPORT-1-1-TURN_a650.html</a>
B 106	STRADDLE SUPPORT 2/1 TURN OR MORE	<a href="https://www.fig-aerobic.com/B-106-STRADDLE-SUPPORT-2-1-TURN-OR-MORE_a652.html">https://www.fig-aerobic.com/B-106-STRADDLE-SUPPORT-2-1-TURN-OR-MORE_a652.html</a>
B 114	1 ARM STRADDLE SUPPORT	<a href="https://www.fig-aerobic.com/B-114-1-ARM-STRADDLE-SUPPORT_a653.html">https://www.fig-aerobic.com/B-114-1-ARM-STRADDLE-SUPPORT_a653.html</a>
B 115	1 ARM ½ TURN STRADDLE SUPPORT	<a href="https://www.fig-aerobic.com/B-115-1-ARM-TURN-STRADDLE-SUPPORT_a654.html">https://www.fig-aerobic.com/B-115-1-ARM-TURN-STRADDLE-SUPPORT_a654.html</a>
B 116	1 ARM 1/1 TURN STRADDLE SUPPORT (LACATUS)	<a href="https://www.fig-aerobic.com/B-116-1-ARM-1-1-TURN-STRADDLE-SUPPORT-LACATUS_a655.html">https://www.fig-aerobic.com/B-116-1-ARM-1-1-TURN-STRADDLE-SUPPORT-LACATUS_a655.html</a>
B 117	1 ARM 1 1/2 TURN STRADDLE SUPPORT	<a href="https://www.fig-aerobic.com/B-117-1-ARM-1-1-2-TURN-STRADDLE-SUPPORT_a656.html">https://www.fig-aerobic.com/B-117-1-ARM-1-1-2-TURN-STRADDLE-SUPPORT_a656.html</a>
B 124	STRADDLE / L SUPPORT 1/1 TURN	<a href="https://www.fig-aerobic.com/B-124-STRADDLE-L-SUPPORT-1-1-TURN_a1180.html">https://www.fig-aerobic.com/B-124-STRADDLE-L-SUPPORT-1-1-TURN_a1180.html</a>

B 126	STRADDLE / L SUPPORT 2/1 TURN (MOLDOVAN)	<a href="https://www.fig-aerobic.com/B-126-STRADDLE-L-SUPPORT-2-1-TURN-MOLDOVAN_a1181.html">https://www.fig-aerobic.com/B-126-STRADDLE-L-SUPPORT-2-1-TURN-MOLDOVAN_a1181.html</a>
B 134	L-SUPPORT 1/1 TURN	<a href="https://www.fig-aerobic.com/B-134-L-SUPPORT-1-1-TURN_a664.html">https://www.fig-aerobic.com/B-134-L-SUPPORT-1-1-TURN_a664.html</a>
B 136	L-SUPPORT 2/1 TURN OR MORE	<a href="https://www.fig-aerobic.com/B-136-L-SUPPORT-2-1-TURN-OR-MORE_a666.html">https://www.fig-aerobic.com/B-136-L-SUPPORT-2-1-TURN-OR-MORE_a666.html</a>
B 145	STRADDLE V-SUPPORT 1/1 TURN	<a href="https://www.fig-aerobic.com/B-145-STRADDLE-V-SUPPORT-1-1-TURN_a672.html">https://www.fig-aerobic.com/B-145-STRADDLE-V-SUPPORT-1-1-TURN_a672.html</a>
B 147	STRADDLE V-SUPPORT 2/1 TURN	<a href="https://www.fig-aerobic.com/B-147-STRADDLE-V-SUPPORT-2-1-TURN_a674.html">https://www.fig-aerobic.com/B-147-STRADDLE-V-SUPPORT-2-1-TURN_a674.html</a>
B 157	V-SUPPORT 1/1 TURN	<a href="https://www.fig-aerobic.com/B-157-V-SUPPORT-1-1-TURN_a677.html">https://www.fig-aerobic.com/B-157-V-SUPPORT-1-1-TURN_a677.html</a>
B 159	V-SUPPORT 2/1 TURN	<a href="https://www.fig-aerobic.com/B-159-V-SUPPORT-2-1-TURN_a679.html">https://www.fig-aerobic.com/B-159-V-SUPPORT-2-1-TURN_a679.html</a>
B 170	HIGH V-SUPPORT 1/1 TURN	<a href="https://www.fig-aerobic.com/B-170-HIGH-V-SUPPORT-1-1-TURN_a1187.html">https://www.fig-aerobic.com/B-170-HIGH-V-SUPPORT-1-1-TURN_a1187.html</a>
B 186	STRADDLE PLANCHE	<a href="https://www.fig-aerobic.com/B-186-STRADDLE-PLANCHE_a695.html">https://www.fig-aerobic.com/B-186-STRADDLE-PLANCHE_a695.html</a>
B 187	STRADDLE PLANCHE TO PUSH UP	<a href="https://www.fig-aerobic.com/B-187-STRADDLE-PLANCHE-TO-PUSH-UP_a696.html">https://www.fig-aerobic.com/B-187-STRADDLE-PLANCHE-TO-PUSH-UP_a696.html</a>
B 200	PLANCHE TO LIFTED WENSON BACK TO STRADDLE PLANCHE	<a href="https://www.fig-aerobic.com/B-200-PLANCHE-TO-LIFTED-WENSON-BACK-TO-STRADDLE-PLANCHE_a1262.html">https://www.fig-aerobic.com/B-200-PLANCHE-TO-LIFTED-WENSON-BACK-TO-STRADDLE-PLANCHE_a1262.html</a>
B 208	STRADDLE PLANCHE TO LIFTED WENSON BOTH SIDES	<a href="https://www.fig-aerobic.com/B-208-STRADDLE-PLANCHE-TO-LIFTED-WENSON-BOTH-SIDES_a1190.html">https://www.fig-aerobic.com/B-208-STRADDLE-PLANCHE-TO-LIFTED-WENSON-BOTH-SIDES_a1190.html</a>
B 210	STRADDLE PLANCHE TO LIFTED WENSON BOTH SIDES BACK TO STRADDLE PLANCHE	<a href="https://www.fig-aerobic.com/B-210-STRADDLE-PLANCHE-TO-LIFTED-WENSON-BOTH-SIDES-BACK-TO-STRADDLE-PLANCHE_a1191.html">https://www.fig-aerobic.com/B-210-STRADDLE-PLANCHE-TO-LIFTED-WENSON-BOTH-SIDES-BACK-TO-STRADDLE-PLANCHE_a1191.html</a>
B 218	PLANCHE	<a href="https://www.fig-aerobic.com/B-218-PLANCHE_a699.html">https://www.fig-aerobic.com/B-218-PLANCHE_a699.html</a>
B 219	PLANCHE TO PUSH-UP	<a href="https://www.fig-aerobic.com/B-219-PLANCHE-TO-PUSH-UP_a700.html">https://www.fig-aerobic.com/B-219-PLANCHE-TO-PUSH-UP_a700.html</a>
B 220	PLANCHE TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/B-220-PLANCHE-TO-LIFTED-WENSON_a701.html">https://www.fig-aerobic.com/B-220-PLANCHE-TO-LIFTED-WENSON_a701.html</a>
C 108	3/1 AIR TURNS	<a href="https://www.fig-aerobic.com/C-108-3-1-AIR-TURNS_a769.html">https://www.fig-aerobic.com/C-108-3-1-AIR-TURNS_a769.html</a>
C 118	2 ½ AIR TURNS TO SPLIT	<a href="https://www.fig-aerobic.com/C-118-2-AIR-TURNS-TO-SPLIT_a774.html">https://www.fig-aerobic.com/C-118-2-AIR-TURNS-TO-SPLIT_a774.html</a>
C 119	3/1 AIR TURN TO SPLIT	<a href="https://www.fig-aerobic.com/C-119-3-1-AIR-TURN-TO-SPLIT_a775.html">https://www.fig-aerobic.com/C-119-3-1-AIR-TURN-TO-SPLIT_a775.html</a>
C 153	GAINER ½ TWIST TO SPLIT	<a href="https://www.fig-aerobic.com/C-153-GAINER-TWIST-TO-SPLIT_a792.html">https://www.fig-aerobic.com/C-153-GAINER-TWIST-TO-SPLIT_a792.html</a>
C 156	GAINER 1 ½ TWIST TO SPLIT	<a href="https://www.fig-aerobic.com/C-156-GAINER-1-TWIST-TO-SPLIT_a793.html">https://www.fig-aerobic.com/C-156-GAINER-1-TWIST-TO-SPLIT_a793.html</a>
C 159	GAINER 2 ½ TWIST TO SPLIT	<a href="https://www.fig-aerobic.com/C-159-GAINER-2-TWIST-TO-SPLIT_a1210.html">https://www.fig-aerobic.com/C-159-GAINER-2-TWIST-TO-SPLIT_a1210.html</a>
C 144	GAINER ½ TWIST	<a href="https://www.fig-aerobic.com/C-144-GAINER-TWIST_a789.html">https://www.fig-aerobic.com/C-144-GAINER-TWIST_a789.html</a>
C 147	GAINER 1 ½ TWIST	<a href="https://www.fig-aerobic.com/C-147-GAINER-1-TWIST_a790.html">https://www.fig-aerobic.com/C-147-GAINER-1-TWIST_a790.html</a>
C 150	GAINER 2 ½ TWIST	<a href="https://www.fig-aerobic.com/C-150-GAINER-2-TWIST_a1209.html">https://www.fig-aerobic.com/C-150-GAINER-2-TWIST_a1209.html</a>
C 193	TUCK JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-193-TUCK-JUMP-TO-SPLIT_a807.html">https://www.fig-aerobic.com/C-193-TUCK-JUMP-TO-SPLIT_a807.html</a>
C 194	½ TURN TUCK JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-194-TURN-TUCK-JUMP-TO-SPLIT_a808.html">https://www.fig-aerobic.com/C-194-TURN-TUCK-JUMP-TO-SPLIT_a808.html</a>

C 325	STRADDLE JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-325-STRADDLE-JUMP-TO-SPLIT_a863.html">https://www.fig-aerobic.com/C-325-STRADDLE-JUMP-TO-SPLIT_a863.html</a>
C 326	½ TURN STRADDLE JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-326-TURN-STRADDLE-JUMP-TO-SPLIT_a864.html">https://www.fig-aerobic.com/C-326-TURN-STRADDLE-JUMP-TO-SPLIT_a864.html</a>
C 327	1/1 TURN STRADDLE JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-327-1-1-TURN-STRADDLE-JUMP-TO-SPLIT_a865.html">https://www.fig-aerobic.com/C-327-1-1-TURN-STRADDLE-JUMP-TO-SPLIT_a865.html</a>
C 328	1 ½ TURN STRADDLE JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-328-1-TURN-STRADDLE-JUMP-TO-SPLIT_a1224.html">https://www.fig-aerobic.com/C-328-1-TURN-STRADDLE-JUMP-TO-SPLIT_a1224.html</a>
C 336	STRADDLE JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-336-STRADDLE-JUMP-TO-PUSH-UP_a866.html">https://www.fig-aerobic.com/C-336-STRADDLE-JUMP-TO-PUSH-UP_a866.html</a>
C 337	½ TURN STRADDLE JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-337-TURN-STRADDLE-JUMP-TO-PUSH-UP_a867.html">https://www.fig-aerobic.com/C-337-TURN-STRADDLE-JUMP-TO-PUSH-UP_a867.html</a>
C 338	1/1 TURN STRADDLE JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-338-1-1-TURN-STRADDLE-JUMP-TO-PUSH-UP_a868.html">https://www.fig-aerobic.com/C-338-1-1-TURN-STRADDLE-JUMP-TO-PUSH-UP_a868.html</a>
C 339	1 ½ TURN STRADDLE JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-339-1-TURN-STRADDLE-JUMP-TO-PUSH-UP_a1225.html">https://www.fig-aerobic.com/C-339-1-TURN-STRADDLE-JUMP-TO-PUSH-UP_a1225.html</a>
C 347	STRADDLE JUMP ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/C-347-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a869.html">https://www.fig-aerobic.com/C-347-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a869.html</a>
C 348	½ TURN STRADDLE JUMP ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/C-348-TURN-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a870.html">https://www.fig-aerobic.com/C-348-TURN-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a870.html</a>
C 349	1/1 TURN STRADDLE JUMP ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/C-349-1-1-TURN-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a1226.html">https://www.fig-aerobic.com/C-349-1-1-TURN-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a1226.html</a>
C 350	1 ½ TURN STRADDLE JUMP ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/C-350-1-TURN-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a1227.html">https://www.fig-aerobic.com/C-350-1-TURN-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a1227.html</a>
C 365	FRONTAL SPLIT JUMP TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/C-365-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a877.html">https://www.fig-aerobic.com/C-365-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a877.html</a>
C 366	½ TURN FRONTAL SPLIT JUMP TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/C-366-TURN-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a878.html">https://www.fig-aerobic.com/C-366-TURN-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a878.html</a>
C 367	1/1 TURN FRONTAL SPLIT JUMP TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/C-367-1-1-TURN-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a879.html">https://www.fig-aerobic.com/C-367-1-1-TURN-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a879.html</a>
C 368	1 1/2 TURN FRONTAL SPLIT JUMP TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/C-368-1-1-2-TURN-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a1234.html">https://www.fig-aerobic.com/C-368-1-1-2-TURN-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a1234.html</a>
D 250	BALANCE 3/1 TURNS TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-250-BALANCE-3-1-TURNS-TO-FREE-VERTICAL-SPLIT_a1202.html">https://www.fig-aerobic.com/D-250-BALANCE-3-1-TURNS-TO-FREE-VERTICAL-SPLIT_a1202.html</a>
C 376	FRONTAL SPLIT JUMP TO PUSH UP (SHUSHUNOVA)	<a href="https://www.fig-aerobic.com/C-376-FRONTAL-SPLIT-JUMP-TO-PUSH-UP-SHUSHUNOVA_a880.html">https://www.fig-aerobic.com/C-376-FRONTAL-SPLIT-JUMP-TO-PUSH-UP-SHUSHUNOVA_a880.html</a>
C 377	FRONTAL SPLIT JUMP ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/C-377-FRONTAL-SPLIT-JUMP-TWIST-TO-PUSH-UP_a881.html">https://www.fig-aerobic.com/C-377-FRONTAL-SPLIT-JUMP-TWIST-TO-PUSH-UP_a881.html</a>
C 378	½ TURN FRONTAL SPLIT JUMP 1/2 TWIST TO PU	<a href="https://www.fig-aerobic.com/C-378-TURN-FRONTAL-SPLIT-JUMP-1-2-TWIST-TO-PU_a882.html">https://www.fig-aerobic.com/C-378-TURN-FRONTAL-SPLIT-JUMP-1-2-TWIST-TO-PU_a882.html</a>
C 379	1/1 TURN FRONTAL SPLIT JUMP ½ TWIST TO PU	<a href="https://www.fig-aerobic.com/C-379-1-1-TURN-FRONTAL-SPLIT-JUMP-TWIST-TO-PU_a1235.html">https://www.fig-aerobic.com/C-379-1-1-TURN-FRONTAL-SPLIT-JUMP-TWIST-TO-PU_a1235.html</a>
C 395	SPLIT JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-395-SPLIT-JUMP-TO-SPLIT_a896.html">https://www.fig-aerobic.com/C-395-SPLIT-JUMP-TO-SPLIT_a896.html</a>
C 396	½ TURN SPLIT JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-396-TURN-SPLIT-JUMP-TO-SPLIT_a897.html">https://www.fig-aerobic.com/C-396-TURN-SPLIT-JUMP-TO-SPLIT_a897.html</a>
C 397	1/1 TURN SPLIT JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-397-1-1-TURN-SPLIT-JUMP-TO-SPLIT_a898.html">https://www.fig-aerobic.com/C-397-1-1-TURN-SPLIT-JUMP-TO-SPLIT_a898.html</a>
C 398	1 ½ TURN SPLIT JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-398-1-TURN-SPLIT-JUMP-TO-SPLIT_a1020.html">https://www.fig-aerobic.com/C-398-1-TURN-SPLIT-JUMP-TO-SPLIT_a1020.html</a>

C 406	SPLIT JUMP SWITCH TO SPLIT	<a href="https://www.fig-aerobic.com/C-406-SPLIT-JUMP-SWITCH-TO-SPLIT_a899.html">https://www.fig-aerobic.com/C-406-SPLIT-JUMP-SWITCH-TO-SPLIT_a899.html</a>
C 407	½ TURN SPLIT JUMP SWITCH TO SPLIT	<a href="https://www.fig-aerobic.com/C-407-TURN-SPLIT-JUMP-SWITCH-TO-SPLIT_a1237.html">https://www.fig-aerobic.com/C-407-TURN-SPLIT-JUMP-SWITCH-TO-SPLIT_a1237.html</a>
C 408	1/1 TURN SPLIT JUMP SWITCH TO SPLIT	<a href="https://www.fig-aerobic.com/C-408-1-1-TURN-SPLIT-JUMP-SWITCH-TO-SPLIT_a900.html">https://www.fig-aerobic.com/C-408-1-1-TURN-SPLIT-JUMP-SWITCH-TO-SPLIT_a900.html</a>
C 409	1 ½ TURN SPLIT JUMP SWITCH TO SPLIT (ENGEL)	<a href="https://www.fig-aerobic.com/C-409-1-TURN-SPLIT-JUMP-SWITCH-TO-SPLIT-ENGEL_a1238.html">https://www.fig-aerobic.com/C-409-1-TURN-SPLIT-JUMP-SWITCH-TO-SPLIT-ENGEL_a1238.html</a>
C 416	SPLIT JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-416-SPLIT-JUMP-TO-PUSH-UP_a903.html">https://www.fig-aerobic.com/C-416-SPLIT-JUMP-TO-PUSH-UP_a903.html</a>
C 417	½ TURN SPLIT JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-417-TURN-SPLIT-JUMP-TO-PUSH-UP_a904.html">https://www.fig-aerobic.com/C-417-TURN-SPLIT-JUMP-TO-PUSH-UP_a904.html</a>
C 418	1/1 TURN SPLIT JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-418-1-1-TURN-SPLIT-JUMP-TO-PUSH-UP_a905.html">https://www.fig-aerobic.com/C-418-1-1-TURN-SPLIT-JUMP-TO-PUSH-UP_a905.html</a>
C 419	1 ½ TURN SPLIT JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-419-1-TURN-SPLIT-JUMP-TO-PUSH-UP_a1239.html">https://www.fig-aerobic.com/C-419-1-TURN-SPLIT-JUMP-TO-PUSH-UP_a1239.html</a>
C 435	SWITCH SPLIT LEAP TO SPLIT	<a href="https://www.fig-aerobic.com/C-435-SWITCH-SPLIT-LEAP-TO-SPLIT_a908.html">https://www.fig-aerobic.com/C-435-SWITCH-SPLIT-LEAP-TO-SPLIT_a908.html</a>
C 436	SWITCH SPLIT LEAP ½ TURN TO SPLIT	<a href="https://www.fig-aerobic.com/C-436-SWITCH-SPLIT-LEAP-TURN-TO-SPLIT_a909.html">https://www.fig-aerobic.com/C-436-SWITCH-SPLIT-LEAP-TURN-TO-SPLIT_a909.html</a>
C 446	SWITCH SPLIT LEAP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-446-SWITCH-SPLIT-LEAP-TO-PUSH-UP_a910.html">https://www.fig-aerobic.com/C-446-SWITCH-SPLIT-LEAP-TO-PUSH-UP_a910.html</a>
C 476	SCISSORS LEAP TO SPLIT	<a href="https://www.fig-aerobic.com/C-476-SCISSORS-LEAP-TO-SPLIT_a947.html">https://www.fig-aerobic.com/C-476-SCISSORS-LEAP-TO-SPLIT_a947.html</a>
C 477	SCISSORS LEAP ½ TURN TO SPLIT	<a href="https://www.fig-aerobic.com/C-477-SCISSORS-LEAP-TURN-TO-SPLIT_a916.html">https://www.fig-aerobic.com/C-477-SCISSORS-LEAP-TURN-TO-SPLIT_a916.html</a>
C 478	SCISSORS LEAP 1/1 TURN TO SPLIT	<a href="https://www.fig-aerobic.com/C-478-SCISSORS-LEAP-1-1-TURN-TO-SPLIT_a917.html">https://www.fig-aerobic.com/C-478-SCISSORS-LEAP-1-1-TURN-TO-SPLIT_a917.html</a>
C 487	SCISSORS LEAP ½ TURN SWITCH TO SPLIT (MARCHENKOV)	<a href="https://www.fig-aerobic.com/C-487-SCISSORS-LEAP-TURN-SWITCH-TO-SPLIT-MARCHENKOV_a918.html">https://www.fig-aerobic.com/C-487-SCISSORS-LEAP-TURN-SWITCH-TO-SPLIT-MARCHENKOV_a918.html</a>
C 488	SCISSORS LEAP 1/1 TURN SWITCH TO SPLIT	<a href="https://www.fig-aerobic.com/C-488-SCISSORS-LEAP-1-1-TURN-SWITCH-TO-SPLIT_a1241.html">https://www.fig-aerobic.com/C-488-SCISSORS-LEAP-1-1-TURN-SWITCH-TO-SPLIT_a1241.html</a>
C 497	SCISSORS LEAP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-497-SCISSORS-LEAP-TO-PUSH-UP_a919.html">https://www.fig-aerobic.com/C-497-SCISSORS-LEAP-TO-PUSH-UP_a919.html</a>
C 498	SCISSORS LEAP ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/C-498-SCISSORS-LEAP-TWIST-TO-PUSH-UP_a920.html">https://www.fig-aerobic.com/C-498-SCISSORS-LEAP-TWIST-TO-PUSH-UP_a920.html</a>
C 500	SCISSORS LEAP 1/1 TWIST TO PUSH UP (NEZEZON)	<a href="https://www.fig-aerobic.com/C-500-SCISSORS-LEAP-1-1-TWIST-TO-PUSH-UP-NEZEZON_a921.html">https://www.fig-aerobic.com/C-500-SCISSORS-LEAP-1-1-TWIST-TO-PUSH-UP-NEZEZON_a921.html</a>
C 505	SCISSORS KICK ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/C-505-SCISSORS-KICK-TWIST-TO-PUSH-UP_a923.html">https://www.fig-aerobic.com/C-505-SCISSORS-KICK-TWIST-TO-PUSH-UP_a923.html</a>
C 506	½ TURN SCISSORS KICK ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/C-506-TURN-SCISSORS-KICK-TWIST-TO-PUSH-UP_a924.html">https://www.fig-aerobic.com/C-506-TURN-SCISSORS-KICK-TWIST-TO-PUSH-UP_a924.html</a>
C 555	½ TWIST OFF AXIS JUMP TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/C-555-TWIST-OFF-AXIS-JUMP-TO-FRONTAL-SPLIT_a1246.html">https://www.fig-aerobic.com/C-555-TWIST-OFF-AXIS-JUMP-TO-FRONTAL-SPLIT_a1246.html</a>
C 556	1/1 TWIST OFF AXIS JUMP TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/C-556-1-1-TWIST-OFF-AXIS-JUMP-TO-FRONTAL-SPLIT_a1247.html">https://www.fig-aerobic.com/C-556-1-1-TWIST-OFF-AXIS-JUMP-TO-FRONTAL-SPLIT_a1247.html</a>
C 558	1 ½ TWIST OFF AXIS JUMP TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/C-558-1-TWIST-OFF-AXIS-JUMP-TO-FRONTAL-SPLIT_a1248.html">https://www.fig-aerobic.com/C-558-1-TWIST-OFF-AXIS-JUMP-TO-FRONTAL-SPLIT_a1248.html</a>
C 566	½ TWIST OFF AXIS JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-566-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a1249.html">https://www.fig-aerobic.com/C-566-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a1249.html</a>

C 567	1/1 TWIST OFF AXIS JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-567-1-1-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a1250.html">https://www.fig-aerobic.com/C-567-1-1-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a1250.html</a>
C 569	1 ½ TWIST OFF AXIS JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-569-1-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a1251.html">https://www.fig-aerobic.com/C-569-1-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a1251.html</a>
C 570	2/1 TWIST OFF AXIS JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-570-2-1-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a931.html">https://www.fig-aerobic.com/C-570-2-1-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a931.html</a>
C 584	BUTTERFLY	<a href="https://www.fig-aerobic.com/C-584-BUTTERFLY_a932.html">https://www.fig-aerobic.com/C-584-BUTTERFLY_a932.html</a>
C 587	BUTTERFLY 1/1 TWIST	<a href="https://www.fig-aerobic.com/C-587-BUTTERFLY-1-1-TWIST_a933.html">https://www.fig-aerobic.com/C-587-BUTTERFLY-1-1-TWIST_a933.html</a>
C 590	BUTTERFLY 2/1 TWIST	<a href="https://www.fig-aerobic.com/C-590-BUTTERFLY-2-1-TWIST_a934.html">https://www.fig-aerobic.com/C-590-BUTTERFLY-2-1-TWIST_a934.html</a>
D 146	3/1 TURNS	<a href="https://www.fig-aerobic.com/D-146-3-1-TURNS_a715.html">https://www.fig-aerobic.com/D-146-3-1-TURNS_a715.html</a>
D 157	3/1 TURNS TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-157-3-1-TURNS-TO-VERTICAL-SPLIT_a720.html">https://www.fig-aerobic.com/D-157-3-1-TURNS-TO-VERTICAL-SPLIT_a720.html</a>
D 168	3/1 TURNS TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-168-3-1-TURNS-TO-FREE-VERTICAL-SPLIT_a725.html">https://www.fig-aerobic.com/D-168-3-1-TURNS-TO-FREE-VERTICAL-SPLIT_a725.html</a>
D 189	3/1 TURNS WITH LEG AT HORIZONTAL	<a href="https://www.fig-aerobic.com/D-189-3-1-TURNS-WITH-LEG-AT-HORIZONTAL_a1197.html">https://www.fig-aerobic.com/D-189-3-1-TURNS-WITH-LEG-AT-HORIZONTAL_a1197.html</a>
D 200	3/1 TURNS WITH LEG AT HORIZONTAL TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-200-3-1-TURNS-WITH-LEG-AT-HORIZONTAL-TO-VERTICAL-SPLIT_a1198.html">https://www.fig-aerobic.com/D-200-3-1-TURNS-WITH-LEG-AT-HORIZONTAL-TO-VERTICAL-SPLIT_a1198.html</a>
D 228	BALANCE 3/1 TURNS	<a href="https://www.fig-aerobic.com/D-228-BALANCE-3-1-TURNS_a1050.html">https://www.fig-aerobic.com/D-228-BALANCE-3-1-TURNS_a1050.html</a>
D 239	BALANCE 3/1 TURNS TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-239-BALANCE-3-1-TURNS-TO-VERTICAL-SPLIT_a1200.html">https://www.fig-aerobic.com/D-239-BALANCE-3-1-TURNS-TO-VERTICAL-SPLIT_a1200.html</a>

### LIMITED ELEMENTS/MOVEMENTS

The following elements and movements are limited, meaning that they may not be performed more than once per routine, and are additional to prohibited movements and elements listed in the Code of Points. This means that athletes may perform each movement no more than once per routine. This limitation is subject to an agreement with FIG regarding coexistence of the two bodies, and is directly from the FIG Aerobic Gymnastics Code of Points (along with stipulations regarding other gymnastics codes already listed in this document). Please note the penalties that will apply per infringement.

Additional to the below elements, the following are also limited to one of each kind of per movement per routine only:

- Pivots (as in rhythmic gymnastics, specifically horizontal, attitude and needle pivots)
- Walkovers (forwards and backwards, including starting on the floor)
- Capoeira movements
- Cartwheels of any kind
- Round-offs

As a general rule, no elements/movements with a turn of more than 720° are allowed.

If in doubt, please visit the IPSF website for links to the videos of these elements (or use the links below).

<b>LIMITED ELEMENTS</b>		
<b>CODE NR.</b>	<b>NAME</b>	<b>LINK</b>
A 265	DOUBLE LEG 1/1 CIRCLE (1 OR 2)	<a href="https://www.fig-aerobic.com/A-265-DOUBLE-LEG-1-1-CIRCLE-1-OR-2_a622.html">https://www.fig-aerobic.com/A-265-DOUBLE-LEG-1-1-CIRCLE-1-OR-2_a622.html</a>
A 266	DOUBLE LEG 1/1 CIRCLE TO WENSON	<a href="https://www.fig-aerobic.com/A-266-DOUBLE-LEG-1-1-CIRCLE-TO-WENSON_a1152.html">https://www.fig-aerobic.com/A-266-DOUBLE-LEG-1-1-CIRCLE-TO-WENSON_a1152.html</a>
A 267	DOUBLE LEG 1/1 CIRCLE 1/2 TWIST TO WENSON	<a href="https://www.fig-aerobic.com/A-267-DOUBLE-LEG-1-1-CIRCLE-1-2-TWIST-TO-WENSON_a623.html">https://www.fig-aerobic.com/A-267-DOUBLE-LEG-1-1-CIRCLE-1-2-TWIST-TO-WENSON_a623.html</a>
A 268	DOUBLE LEG 1/1 CIRCLE 1/1 TURN TO WENSON	<a href="https://www.fig-aerobic.com/A-268-DOUBLE-LEG-1-1-CIRCLE-1-1-TURN-TO-WENSON_a1153.html">https://www.fig-aerobic.com/A-268-DOUBLE-LEG-1-1-CIRCLE-1-1-TURN-TO-WENSON_a1153.html</a>
A 277	DOUBLE LEG 1/1 CIRCLE TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-277-DOUBLE-LEG-1-1-CIRCLE-TO-LIFTED-WENSON_a1154.html">https://www.fig-aerobic.com/A-277-DOUBLE-LEG-1-1-CIRCLE-TO-LIFTED-WENSON_a1154.html</a>
A 278	DOUBLE LEG 1/1 CIRCLE 1/2 TURN TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-278-DOUBLE-LEG-1-1-CIRCLE-1-2-TURN-TO-LIFTED-WENSON_a1155.html">https://www.fig-aerobic.com/A-278-DOUBLE-LEG-1-1-CIRCLE-1-2-TURN-TO-LIFTED-WENSON_a1155.html</a>
A 279	DOUBLE LEG 1/1 CIRCLE 1/1 TURN TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-279-DOUBLE-LEG-1-1-CIRCLE-1-1-TURN-TO-LIFTED-WENSON_a1156.html">https://www.fig-aerobic.com/A-279-DOUBLE-LEG-1-1-CIRCLE-1-1-TURN-TO-LIFTED-WENSON_a1156.html</a>
A 285	DOUBLE LEG 1/1 CIRCLE TO SPLIT	<a href="https://www.fig-aerobic.com/A-285-DOUBLE-LEG-1-1-CIRCLE-TO-SPLIT_a1157.html">https://www.fig-aerobic.com/A-285-DOUBLE-LEG-1-1-CIRCLE-TO-SPLIT_a1157.html</a>
A 287	DOUBLE LEG 1/1 CIRCLE 1/1 TURN TO SPLIT	<a href="https://www.fig-aerobic.com/A-287-DOUBLE-LEG-1-1-CIRCLE-1-1-TURN-TO-SPLIT_a1158.html">https://www.fig-aerobic.com/A-287-DOUBLE-LEG-1-1-CIRCLE-1-1-TURN-TO-SPLIT_a1158.html</a>
A 305	FLAIR (1 OR 2)	<a href="https://www.fig-aerobic.com/A-305-FLAIR-1-OR-2_a624.html">https://www.fig-aerobic.com/A-305-FLAIR-1-OR-2_a624.html</a>
A 315	FLAIR TO SPLIT	<a href="https://www.fig-aerobic.com/A-315-FLAIR-TO-SPLIT_a633.html">https://www.fig-aerobic.com/A-315-FLAIR-TO-SPLIT_a633.html</a>
A 317	FLAIR 1/1 TURN TO SPLIT	<a href="https://www.fig-aerobic.com/A-317-FLAIR-1-1-TURN-TO-SPLIT_a634.html">https://www.fig-aerobic.com/A-317-FLAIR-1-1-TURN-TO-SPLIT_a634.html</a>
A 319	FLAIR + AIR FLAIR (1 OR 2)	<a href="https://www.fig-aerobic.com/A-319%EF%BC%9AFLAIR-AIR-FLAIR-1-OR-2_a635.html">https://www.fig-aerobic.com/A-319%EF%BC%9AFLAIR-AIR-FLAIR-1-OR-2_a635.html</a>
A 320	FLAIR + AIR FLAIR (1 OR 2) + FLAIR	<a href="https://www.fig-aerobic.com/A-320%EF%BC%9AFLAIR-AIR-FLAIR-1-OR-2-FLAIR_a636.html">https://www.fig-aerobic.com/A-320%EF%BC%9AFLAIR-AIR-FLAIR-1-OR-2-FLAIR_a636.html</a>

A 330	FLAIR BOTH SIDES	<a href="https://www.fig-aerobic.com/A-330-FLAIR-BOTH-SIDES_a628.html">https://www.fig-aerobic.com/A-330-FLAIR-BOTH-SIDES_a628.html</a>
C 103	1/1 AIR TURN	<a href="https://www.fig-aerobic.com/C-103-1-1-AIR-TURN_a765.html">https://www.fig-aerobic.com/C-103-1-1-AIR-TURN_a765.html</a>
C 105	2/1 AIR TURNS	<a href="https://www.fig-aerobic.com/C-105-2-1-AIR-TURNS_a767.html">https://www.fig-aerobic.com/C-105-2-1-AIR-TURNS_a767.html</a>
C 113	1/2 AIR TURN TO SPLIT	<a href="https://www.fig-aerobic.com/C-113-1-2-AIR-TURN-TO-SPLIT_a770.html">https://www.fig-aerobic.com/C-113-1-2-AIR-TURN-TO-SPLIT_a770.html</a>
C 114	1/1 AIR TURN TO SPLIT	<a href="https://www.fig-aerobic.com/C-114-1-1-AIR-TURN-TO-SPLIT_a771.html">https://www.fig-aerobic.com/C-114-1-1-AIR-TURN-TO-SPLIT_a771.html</a>
C 115	1 ½ AIR TURN TO SPLIT	<a href="https://www.fig-aerobic.com/C-115-1-AIR-TURN-TO-SPLIT_a772.html">https://www.fig-aerobic.com/C-115-1-AIR-TURN-TO-SPLIT_a772.html</a>
C 116	2/1 AIR TURNS TO SPLIT	<a href="https://www.fig-aerobic.com/C-116-2-1-AIR-TURNS-TO-SPLIT_a773.html">https://www.fig-aerobic.com/C-116-2-1-AIR-TURNS-TO-SPLIT_a773.html</a>
C 182	TUCK JUMP	<a href="https://www.fig-aerobic.com/C-182-TUCK-JUMP_a802.html">https://www.fig-aerobic.com/C-182-TUCK-JUMP_a802.html</a>
C 184	1/1 TURN TUCK JUMP	<a href="https://www.fig-aerobic.com/C-184-1-1-TURN-TUCK-JUMP_a804.html">https://www.fig-aerobic.com/C-184-1-1-TURN-TUCK-JUMP_a804.html</a>
C 186	2/1 TURNS TUCK JUMP	<a href="https://www.fig-aerobic.com/C-186-2-1-TURNS-TUCK-JUMP_a806.html">https://www.fig-aerobic.com/C-186-2-1-TURNS-TUCK-JUMP_a806.html</a>
C 223	COSSACK JUMP	<a href="https://www.fig-aerobic.com/C-223-COSSACK-JUMP_a816.html">https://www.fig-aerobic.com/C-223-COSSACK-JUMP_a816.html</a>
C 225	1/1 TURN COSSACK JUMP	<a href="https://www.fig-aerobic.com/C-225-1-1-TURN-COSSACK-JUMP_a818.html">https://www.fig-aerobic.com/C-225-1-1-TURN-COSSACK-JUMP_a818.html</a>
C 227	2/1 TURNS COSSACK JUMP	<a href="https://www.fig-aerobic.com/C-227-2-1-TURNS-COSSACK-JUMP_a820.html">https://www.fig-aerobic.com/C-227-2-1-TURNS-COSSACK-JUMP_a820.html</a>
C 264	PIKE JUMP	<a href="https://www.fig-aerobic.com/C-264-PIKE-JUMP_a836.html">https://www.fig-aerobic.com/C-264-PIKE-JUMP_a836.html</a>
C 266	1/1 TURN PIKE JUMP	<a href="https://www.fig-aerobic.com/C-266-1-1-TURN-PIKE-JUMP_a838.html">https://www.fig-aerobic.com/C-266-1-1-TURN-PIKE-JUMP_a838.html</a>
C 268	2/1 TURNS PIKE JUMP	<a href="https://www.fig-aerobic.com/C-268-2-1-TURNS-PIKE-JUMP_a1219.html">https://www.fig-aerobic.com/C-268-2-1-TURNS-PIKE-JUMP_a1219.html</a>
C 314	STRADDLE JUMP	<a href="https://www.fig-aerobic.com/C-314-STRADDLE-JUMP_a859.html">https://www.fig-aerobic.com/C-314-STRADDLE-JUMP_a859.html</a>
C 316	1/1 TURN STRADDLE JUMP	<a href="https://www.fig-aerobic.com/C-316-1-1-TURN-STRADDLE-JUMP_a861.html">https://www.fig-aerobic.com/C-316-1-1-TURN-STRADDLE-JUMP_a861.html</a>
C 318	2/1 TURNS STRADDLE JUMP	<a href="https://www.fig-aerobic.com/C-318-2-1-TURNS-STRADDLE-JUMP_a1223.html">https://www.fig-aerobic.com/C-318-2-1-TURNS-STRADDLE-JUMP_a1223.html</a>
C 354	FRONTAL SPLIT JUMP	<a href="https://www.fig-aerobic.com/C-354-FRONTAL-SPLIT-JUMP_a875.html">https://www.fig-aerobic.com/C-354-FRONTAL-SPLIT-JUMP_a875.html</a>
C 356	1/1 TURN FRONTAL SPLIT JUMP	<a href="https://www.fig-aerobic.com/C-356-1-1-TURN-FRONTAL-SPLIT-JUMP_a1229.html">https://www.fig-aerobic.com/C-356-1-1-TURN-FRONTAL-SPLIT-JUMP_a1229.html</a>
C 358	2/1 TURNS FRONTAL SPLIT JUMP	<a href="https://www.fig-aerobic.com/C-358-2-1-TURNS-FRONTAL-SPLIT-JUMP_a1230.html">https://www.fig-aerobic.com/C-358-2-1-TURNS-FRONTAL-SPLIT-JUMP_a1230.html</a>
C 384	SPLIT JUMP	<a href="https://www.fig-aerobic.com/C-384-SPLIT-JUMP_a892.html">https://www.fig-aerobic.com/C-384-SPLIT-JUMP_a892.html</a>
C 386	1/1 TURN SPLIT JUMP	<a href="https://www.fig-aerobic.com/C-386-1-1-TURN-SPLIT-JUMP_a894.html">https://www.fig-aerobic.com/C-386-1-1-TURN-SPLIT-JUMP_a894.html</a>
C 388	2/1 TURNS SPLIT JUMP	<a href="https://www.fig-aerobic.com/C-388-2-1-TURNS-SPLIT-JUMP_a1236.html">https://www.fig-aerobic.com/C-388-2-1-TURNS-SPLIT-JUMP_a1236.html</a>

C 424	SWITCH SPLIT LEAP	<a href="https://www.fig-aerobic.com/C-424-SWITCH-SPLIT-LEAP_a906.html">https://www.fig-aerobic.com/C-424-SWITCH-SPLIT-LEAP_a906.html</a>
C 465	SCISSORS LEAP	<a href="https://www.fig-aerobic.com/C-465-SCISSORS-LEAP_a912.html">https://www.fig-aerobic.com/C-465-SCISSORS-LEAP_a912.html</a>
C 466	SCISSORS LEAP ½ TURN	<a href="https://www.fig-aerobic.com/C-466-SCISSORS-LEAP-TURN_a913.html">https://www.fig-aerobic.com/C-466-SCISSORS-LEAP-TURN_a913.html</a>
C 467	SCISSORS LEAP 1/1 TURN	<a href="https://www.fig-aerobic.com/C-467-SCISSORS-LEAP-1-1-TURN_a914.html">https://www.fig-aerobic.com/C-467-SCISSORS-LEAP-1-1-TURN_a914.html</a>
C 545	1/2 TWIST OFF AXIS JUMP	<a href="https://www.fig-aerobic.com/C-545-1-2-TWIST-OFF-AXIS-JUMP_a1244.html">https://www.fig-aerobic.com/C-545-1-2-TWIST-OFF-AXIS-JUMP_a1244.html</a>
C 546	1/1 TWIST OFF AXIS TUCK JUMP	<a href="https://www.fig-aerobic.com/C-546-1-1-TWIST-OFF-AXIS-TUCK-JUMP_a925.html">https://www.fig-aerobic.com/C-546-1-1-TWIST-OFF-AXIS-TUCK-JUMP_a925.html</a>
C 548	1 ½ TWIST OFF AXIS JUMP	<a href="https://www.fig-aerobic.com/C-548-1-TWIST-OFF-AXIS-JUMP_a1245.html">https://www.fig-aerobic.com/C-548-1-TWIST-OFF-AXIS-JUMP_a1245.html</a>
C 549	2/1 TWIST OFF AXIS JUMP	<a href="https://www.fig-aerobic.com/C-549-2-1-TWIST-OFF-AXIS-JUMP_a928.html">https://www.fig-aerobic.com/C-549-2-1-TWIST-OFF-AXIS-JUMP_a928.html</a>
D 142	1/1 TURN	<a href="https://www.fig-aerobic.com/D-142-1-1-TURN_a710.html">https://www.fig-aerobic.com/D-142-1-1-TURN_a710.html</a>
D 144	2/1 TURNS	<a href="https://www.fig-aerobic.com/D-144-2-1-TURNS_a713.html">https://www.fig-aerobic.com/D-144-2-1-TURNS_a713.html</a>
D 153	1/1 TURN TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-153-1-1-TURN-TO-VERTICAL-SPLIT_a716.html">https://www.fig-aerobic.com/D-153-1-1-TURN-TO-VERTICAL-SPLIT_a716.html</a>
D 155	2/1 TURNS TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-155-2-1-TURNS-TO-VERTICAL-SPLIT_a718.html">https://www.fig-aerobic.com/D-155-2-1-TURNS-TO-VERTICAL-SPLIT_a718.html</a>
D 164	1/1 TURN TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-164-1-1-TURN-TO-FREE-VERTICAL-SPLIT_a721.html">https://www.fig-aerobic.com/D-164-1-1-TURN-TO-FREE-VERTICAL-SPLIT_a721.html</a>
D 166	2/1 TURNS TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-166-2-1-TURNS-TO-FREE-VERTICAL-SPLIT_a723.html">https://www.fig-aerobic.com/D-166-2-1-TURNS-TO-FREE-VERTICAL-SPLIT_a723.html</a>
D 185	1/1 TURN WITH LEG AT HORIZONTAL	<a href="https://www.fig-aerobic.com/D-185-1-1-TURN-WITH-LEG-AT-HORIZONTAL_a737.html">https://www.fig-aerobic.com/D-185-1-1-TURN-WITH-LEG-AT-HORIZONTAL_a737.html</a>
D 187	2/1 TURNS WITH LEG AT HORIZONTAL	<a href="https://www.fig-aerobic.com/D-187-2-1-TURNS-WITH-LEG-AT-HORIZONTAL_a739.html">https://www.fig-aerobic.com/D-187-2-1-TURNS-WITH-LEG-AT-HORIZONTAL_a739.html</a>
D 196	1/1 TURN WITH LEG AT HORIZONTAL TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-196-1-1-TURN-WITH-LEG-AT-HORIZONTAL-TO-VERTICAL-SPLIT_a740.html">https://www.fig-aerobic.com/D-196-1-1-TURN-WITH-LEG-AT-HORIZONTAL-TO-VERTICAL-SPLIT_a740.html</a>
D 198	2/1 TURNS WITH LEG AT HORIZONTAL TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-198-2-1-TURNS-WITH-LEG-AT-HORIZONTAL-TO-VERTICAL-SPLIT_a745.html">https://www.fig-aerobic.com/D-198-2-1-TURNS-WITH-LEG-AT-HORIZONTAL-TO-VERTICAL-SPLIT_a745.html</a>
D 207	1/1 TURN WITH LEG AT HORIZONTAL TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-207-1-1-TURN-WITH-LEG-AT-HORIZONTAL-TO-FREE-VERTICAL-SPLIT_a742.html">https://www.fig-aerobic.com/D-207-1-1-TURN-WITH-LEG-AT-HORIZONTAL-TO-FREE-VERTICAL-SPLIT_a742.html</a>
D 209	2/1 TURNS WITH LEG AT HORIZONTAL TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-209-2-1-TURNS-WITH-LEG-AT-HORIZONTAL-TO-FREE-VERTICAL-SPLIT_a744.html">https://www.fig-aerobic.com/D-209-2-1-TURNS-WITH-LEG-AT-HORIZONTAL-TO-FREE-VERTICAL-SPLIT_a744.html</a>
D 224	BALANCE 1/1 TURN	<a href="https://www.fig-aerobic.com/D-224-BALANCE-1-1-TURN_a727.html">https://www.fig-aerobic.com/D-224-BALANCE-1-1-TURN_a727.html</a>
D 226	BALANCE 2/1TURNS	<a href="https://www.fig-aerobic.com/D-226-BALANCE-2-1TURNS_a729.html">https://www.fig-aerobic.com/D-226-BALANCE-2-1TURNS_a729.html</a>
D 235	BALANCE 1/1 TURN TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-235-BALANCE-1-1-TURN-TO-VERTICAL-SPLIT_a730.html">https://www.fig-aerobic.com/D-235-BALANCE-1-1-TURN-TO-VERTICAL-SPLIT_a730.html</a>



D 237	BALANCE 2/1 TURNS TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-237-BALANCE-2-1-TURNS-TO-VERTICAL-SPLIT_a732.html">https://www.fig-aerobic.com/D-237-BALANCE-2-1-TURNS-TO-VERTICAL-SPLIT_a732.html</a>
D 246	BALANCE 1/1 TURN TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-246-BALANCE-1-1-TURN-TO-FREE-VERTICAL-SPLIT_a733.html">https://www.fig-aerobic.com/D-246-BALANCE-1-1-TURN-TO-FREE-VERTICAL-SPLIT_a733.html</a>
D 248	BALANCE 2/1 TURNS TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-248-BALANCE-2-1-TURNS-TO-FREE-VERTICAL-SPLIT_a735.html">https://www.fig-aerobic.com/D-248-BALANCE-2-1-TURNS-TO-FREE-VERTICAL-SPLIT_a735.html</a>
D 264	ILLUSION	<a href="https://www.fig-aerobic.com/D-264-ILLUSION_a746.html">https://www.fig-aerobic.com/D-264-ILLUSION_a746.html</a>
D 265	ILLUSION TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-265-ILLUSION-TO-VERTICAL-SPLIT_a747.html">https://www.fig-aerobic.com/D-265-ILLUSION-TO-VERTICAL-SPLIT_a747.html</a>
D 266	ILLUSION TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-266-ILLUSION-TO-FREE-VERTICAL-SPLIT_a748.html">https://www.fig-aerobic.com/D-266-ILLUSION-TO-FREE-VERTICAL-SPLIT_a748.html</a>
D 276	DOUBLE ILLUSION	<a href="https://www.fig-aerobic.com/D-276-DOUBLE-ILLUSION_a753.html">https://www.fig-aerobic.com/D-276-DOUBLE-ILLUSION_a753.html</a>
D 277	DOUBLE ILLUSION TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-277-DOUBLE-ILLUSION-TO-VERTICAL-SPLIT_a754.html">https://www.fig-aerobic.com/D-277-DOUBLE-ILLUSION-TO-VERTICAL-SPLIT_a754.html</a>
D 278	DOUBLE ILLUSION TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-278-DOUBLE-ILLUSION-TO-FREE-VERTICAL-SPLIT_a755.html">https://www.fig-aerobic.com/D-278-DOUBLE-ILLUSION-TO-FREE-VERTICAL-SPLIT_a755.html</a>
D 285	FREE ILLUSION	<a href="https://www.fig-aerobic.com/D-285-FREE-ILLUSION_a749.html">https://www.fig-aerobic.com/D-285-FREE-ILLUSION_a749.html</a>
D 286	FREE ILLUSION TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-286-FREE-ILLUSION-TO-VERTICAL-SPLIT_a750.html">https://www.fig-aerobic.com/D-286-FREE-ILLUSION-TO-VERTICAL-SPLIT_a750.html</a>
D 287	FREE ILLUSION TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-287-FREE-ILLUSION-TO-FREE-VERTICAL-SPLIT_a751.html">https://www.fig-aerobic.com/D-287-FREE-ILLUSION-TO-FREE-VERTICAL-SPLIT_a751.html</a>
D 297	FREE DOUBLE ILLUSION	<a href="https://www.fig-aerobic.com/D-297-FREE-DOUBLE-ILLUSION_a756.html">https://www.fig-aerobic.com/D-297-FREE-DOUBLE-ILLUSION_a756.html</a>
D 298	FREE DOUBLE ILLUSION TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-298-FREE-DOUBLE-ILLUSION-TO-VERTICAL-SPLIT_a757.html">https://www.fig-aerobic.com/D-298-FREE-DOUBLE-ILLUSION-TO-VERTICAL-SPLIT_a757.html</a>
D 299	FREE DOUBLE ILLUSION TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-299-FREE-DOUBLE-ILLUSION-TO-FREE-VERTICAL-SPLIT_a758.html">https://www.fig-aerobic.com/D-299-FREE-DOUBLE-ILLUSION-TO-FREE-VERTICAL-SPLIT_a758.html</a>

## **ADDENDUM 2**

### **WORLD POLE SPORTS COMPETITION RULES**

The rules below are to serve as an addendum to the National Rules and apply to the WPSC competition. These rules are to be read alongside the National rules. Where there is a contradiction between these rules and the National rules, these rules take precedence for WPSC.

Please note that all communication with the competition organiser will be conducted via [athletes@polesports.org](mailto:athletes@polesports.org).

## **Eligibility**

### **1. DIVISION - ELITE**

- Only Elite athletes qualifying in IPSF endorsed competitions are eligible to qualify for WPSC.
- Athletes placing first (1st) and second (2nd) in an Elite category at National Championships will automatically qualify to the WPSC.
- Reserve Elite athletes may apply to WPSC in the case of a qualified athlete being unable to attend/compete.

### **2. CATEGORIES**

Each of the following Elite categories will be included at the WPSC as determined by and at the discretion of the IPSF. Only two athletes may represent each country in all categories.

- Senior 18+ Women
- Senior 18+ Men
- Senior 30+ Women
- Senior 30+ Men
- Master 40+ Women
- Master 40+ Men
- Master 50+ Women
- Master 50+ Men
- Master 60+ Women
- Master 60+ Men
- Junior Female
- Junior Male
- Novice Female
- Novice Male
- Doubles Novice
- Doubles Junior
- Doubles Youth
- Doubles Senior (Men/Men)
- Doubles Senior (Women/Men)
- Doubles Senior (Women/women)
- Para Pole

### **4. ATHLETE SELECTION PROCESS**

- 4.1 All applicants of WPSC must have citizenship or residency of the country they are representing.
- 4.3 Athlete participation is by qualification at a National or Open Championships.
- 4.8 The title of World Pole Sports Champion 20XX in all categories will be a lifetime title unless a sanction has been placed on the athlete.
- 4.9 Only two athletes per category are permitted to represent each country.
- 4.10 The second or third runner up (3rd and 4th athlete) can be accepted to WPSC as reserve athletes. (Reserve athletes must apply under the same conditions to the WPSC)

## Application Process

### 5. INITIAL APPLICATION

- 5.1. All qualified athletes must:
- Fill in the on-line application form. The link will be provided in the application pack sent to each qualifying athlete
- 5.2 All applications must be completed in English.
- 5.6 Athletes must represent the country they qualified in at their national competition, or the country that was declared at an open competition. In the case of dual citizenship, athletes may only represent one country in the WPSC. Athletes wishing to change their country of representation must allow for one competitive year to pass before the changeover. Doubles athletes may only represent one country, and both athletes would be required to provide this proof and adhere to these conditions. It is also important to note that, should one of the Doubles athletes have competed for a specific country in the particular year of competition (or the year before that), both athletes must compete under the flag of this country.
- 5.9. Should one athlete in a doubles partnership be injured before the WPSC, and thus not able to compete (having submitted a doctors' letter), no replacement of the doubles partner will be permitted. The doubles pair would be required to withdraw should one partner be unable to compete.

### 6. MUSIC CHOICE

- 6.5. Music must be submitted in MP3 format by the given deadline as stated in the Welcome Pack to athletes@polesports.org.
- 6.7. Should the athlete wish to have their CD or USB returned, they must indicate this during the rehearsal time, and please collect this from reception within an hour of the final category on the final day of competition.

## Registration Process

### 8. ATHLETE REGISTRATION

- 8.2. All athletes must bring their passport with one (1) photocopy of it to provide at registration. If in the country of athlete's origin both a passport and an identity card are used, both should be brought with them.
- 8.4. All athletes must sign a confirmation of the following at the time of registration:
- All expenses incurred by the athlete are the responsibility of the athlete and not of the IPSF.
  - To be interviewed, filmed and or photographed by the media approved by the IPSF.
  - To enter the World Pole Sports Championships at their own risk. Any injuries or accidents that may occur are the responsibility of the athlete and not of the Organiser or the IPSF.
  - To wear their national tracksuit at all times except for during their performance.
- 8.8. All athletes must provide evidence of personal accident insurance / medical cover if applicable that covers them for the duration of the competition. This should start the day of the WPSC rehearsals and be valid during whole competition. Please provide this in English or provide a translation with the original.

## Competing

### **10. COSTUME**

10.15. The flag of the country being represented may be worn on the costume but may be no bigger than 10x10cm.

10.18. Only athletes and IPSF-registered coaches may wear the National tracksuit. All athletes and IPSF-registered coaches should have tracksuits according to the requirements, and the following rules must be observed:

- Athletes must wear a tracksuit representing their country.
- Tracksuits must include matching trousers (leggings are not allowed), t-shirt/tank top and a jacket. Hoodies/hood-style tops are not allowed.
- In hot weather, it is acceptable to wear the t-shirt or tank top instead of the jacket except during the medal ceremony.
- One individual sponsor's logo may be worn on the jacket and up to five (5) sponsor logos may be worn on the t-shirt/tank top. The size of the logos cannot be more than 10x10cm.
- National teams must ensure that all athletes have the same matching tracksuits. National federation logos can be worn. The size of the logo cannot be more than 10x10cm
- Other logos, imagery and writing cannot be displayed on the tracksuit.
- Athletes representing the same country must all wear the same tracksuit. Where there is no federation in the country being represented (i.e., athletes qualified through Open competitions), athletes must coordinate to wear the same tracksuit. Please contact the IPSF if you require assistance in coordinating this.
- Only athletes and IPSF recognised coaches are permitted to wear the official tracksuit.
- The flag of the country being represented may be worn on the tracksuit and t-shirt/tank top. The flag should not be larger than 10cm in height.
- Sponsor logos may not be bigger than the flag of the country being represented and should not take a place of prominence over the flag or federation logo.
- The athlete's name and county name are permitted on the tracksuit and on the t-shirt/tank top; the letter height must not be taller than 10cm.

### **19. AWARDS**

19.1 At the WPSC, each athlete competes for the title of World Pole Sports Champion 20XX.

### **20. COACHES**

20.8 At the World Championships, the IPSF will accept one National Coach per sports discipline per country, who will take responsibility for the entire team representing their country. This Coach will be required to complete the required training (which includes the Level 2 Code of Points for Coaches) and will receive all coach-related privileges at the World Championships.

## **ADDENDUM 3**

### **PARA POLE**

**The rules below are to serve as an addendum to the IPSF Code of Points and the National Rules and apply to the Para Pole division. These rules and amendments are to be read alongside the IPSF Code of Points and the National rules (and Addendum 2 when applicable to WPSC).**

Challenging the interests of para-sport is the threat of one-sided and predictable competition, in which the least impaired athlete always wins. To prevent this, para-athletes are placed in categories for competition based on their impairment - these are called sport classes. The IPC classification system determines which athletes are eligible to compete in a sport and how athletes are grouped together for competition. This, to a certain extent, is similar to grouping athletes by age, gender, or weight.

In para-sport, athletes are grouped by the degree of activity limitation resulting from the impairment. Different sports require athletes to perform different activities. As sports require different activities, the impact of the impairment on each sport also differs (sourced from Classification Model Rules for Para Sports, January 2017- IPC International Paralympics Comité, available at [www.paralympic.org/classification](http://www.paralympic.org/classification)). Therefore, to minimise the impact of impairment on pole sport performance, classification is now pole sport specific.

In Pole Sports, the IPSF has selected the following eligible conditions to be part of Para Pole with further classifications and rule modifications:

1. Impaired muscle power:
  - a. Group one: PPMP1 – Able to walk
  - b. Group two: PPMP2 – Use of wheelchair
2. Limb deficiency:
  - a. Group one: PPLD1 -Absence of one arm, amputation, or congenital limb deficiency above the elbow
  - b. Group two: PPLD2 - Absence of one leg, amputation, or congenital limb deficiency above the knee
  - c. Group three: PPD3 -Absence of one arm, amputation, or congenital limb deficiency below the elbow
  - d. Group four: PPD4 - Absence of one leg, amputation, or congenital limb deficiency below the knee.
3. Vision impairment:
  - a. Group PPVI: legally blind

### ***Description of eligible impairments accordingly to the International Paralympic Organisation:***

1.- Impaired muscle power: Reduced force generated by muscles or muscle groups, such as muscles of one limb or the lower half of the body, as caused, for example, by spinal cord injuries, spina bifida or polio.

2.- Limb deficiency: Total or partial absence of bones or joints as a consequence of trauma (e.g., car accident), illness (e.g., bone cancer) or congenital limb deficiency (e.g., dysmelia).

3.- Visual impairment: Vision is impacted by either an impairment of the eye structure, optical nerves or optical pathways, or the visual cortex. A visual capacity of 5% or less.

### *PARA POLE CATEGORY CRITERIA:*

- There is no limit on age.
- Only singles are allowed to participate; there is no doubles category.
- Only Elite division will be open for competition.
- The Para Pole Athlete must provide documentation supporting their eligibility to compete in their respective Para Pole category.

The following amendments and exceptions have been made for the Para Pole division:

- Compulsories:
  - o Para Pole athletes will be required to adhere to the same criteria as amateur division in terms of number of elements chosen, the eligible point range allowed and the range of elements to choose from.
  - o In addition, a 20° tolerance is allowed on all flexibility and strength elements.
- Technical deductions:
  - o Singular deductions:
    - Poor execution and incorrect lines will not be judged for any Para Pole athletes.
    - Poor transition in and out of elements and on and off the pole will also not be judged for any Para Pole athletes.
  - o Overall deductions:
    - The criteria for total height of pole is amended for Para Pole athletes - this category will only be required to use 50% height of the pole.
- For the limb deficiency group: the use of prosthetics will be allowed.
- For visual impairment:
  - o Visually impaired athletes will be required to wear a plain black blindfold that covers the vision of the athlete and thus bring their visual capacity to the same level as that of the other athletes in this category.
  - o Additionally, the athletes' coaches will be allowed to cue the athlete from off-stage during the routine. This will be strictly regulated, and only the following will be allowed:
    - The angle of the elements in relation to the judges using the numbers of the clock (For example turn to 3 o'clock etc.) will be allowed.
    - Words as right and left, floor and roof, and distance to the poles will be permitted for the safety of the athlete.
    - The coach and the athlete will also be required to provide and use an emergency word like STOP, in case of danger, falling off the stage, or the athlete colliding with the poles.
    - Any other kind of cueing from off-stage (for example regarding the lines of the toes and knees, holding 2 seconds, or spins of 360 and 720) will be penalised by the head judge.
- All Para Pole athletes will be required to present a doctor's certificate to the competition organiser prior to the competition, certifying that they qualify for their particular division, and may be required to provide further information if requested.
- Para athletes are allowed to have a chaperone if necessary. This is not mandatory.