



AMATEUR UP & COMING - PROHIBITED SKILLS LIST

- We have tried to be as comprehensive as possible but are aware some skills may not be listed or have an alternative name
- Please check with us if you are unsure of anything not listed which may not be permitted
- POC = point of contact

	PROHIBITED SKILL S	PERMITTED SKILLS
ELITE TRICKS	Dead Lifts	
	✗ Any Ayesha dead lifts ✗ Muscle up to Ayesha <i>Includes from the floor or aerial</i>	✓ Ayesha / any grip ✓ Hunter Press ✓ Aerial Shouldermount
	Inverted tricks with only ankles/feet + 1 other POC	
	✗ Dangerous bridge ✗ Reiko with one hand	✓ Brass Bridge ✓ Reiko mount with 2 hands
	A split holding with only 1 elbow &/or + 1 other POC	
	✗ Broken Split, Satellite, etc ✗ Elbow Hold Frontal Split	✓ Satellite - bottom hand on pole ✓ Pegasus
	Advanced Moves with only 2 POC	
	✗ Starfish ✗ Includes Russian Split	✓ Cupid / Chinese knee hold/ Maxi ✓ Baby Russian / knot grip russin
EXTREME FLEXIBILITY	Advanced off the pole acro or dance	
	✗ Full flips, saults, no handed cartwheel ✗ Freestanding handstand off the pole held > 2 seconds ✗ Fouettes, etc	✓ Cartwheel (1 or 2 hands) ✓ Pole Handstands ✓ Pirouette
	Moves with very high levels of back/shoulder flexibility	
	Any split move > 180 degrees / Oversplit	
	✗ Rainbow Marchenko / Octopus ✗ Eagle, Inverted Eagle, Bird of Paradise, ✗ Spatchcock (including Elbow spatchcock) ✗ Bui bend, Moony ✗ Extended Allegra, Cherry Ribbon, ✗ Full Satellite, Full Teardrop Split, etc	✓ Brass Monkey ✓ Jade, Allegra, J-Allegra ✓ Splits with 3+ POC <i>eg. Diamond split, Middle splits, Cupid split, Lightning bolt split, Keem Split / Plus sign</i>
	Any move where the whole body comes off the pole	
	✗ Somersault style flips on or off the pole ✗ Full flips off pole with no hand contact, ✗ Brass monkey / Sneaky V flip ✗ Fonji or kamikaze ✗ Ayesha regrips / pops (where one hand releases fully)	<i>Flip with 1 hand remaining on pole</i> ✓ Butterfly / jasmine flip ✓ Hangglider flip ✓ Shouldermount flip or Jump off <i>Must be less than < 1.5m from floor</i>
	Phoenix, etc	
DYNAMIC TRICKS	✗ Twisted, true or cup grip Phoenix -from floor or aerial ✗ Any Flyby ✗ Flic flac / Leap of faith to Ayesha - from floor or aerial ✗ Aerial Handspring	✓ Ragdoll / Flying Cat ✓ Pantera Climbs ✓ Flic Flac straight to handstand ✓ Handspring from floor
	Advanced or Elite dynamic drops	
	✗ Montanaro bridge drop ✗ Titanic Drop ✗ Iguana Drop	✓ Ball drop, ✓ Holly Drop ✓ Tumble with pole contact