International Pole Sports Federation

World Pole Sports Championships

Code of Points 2015

www.polesports.org

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Introduction

The IPSF scoring system is broken down into four parts; Technical Presentation Bonus, Technical Presentation Deduction, Artistic and Choreography Presentation, and Compulsory. Athletes will be judged in all four sections during their routine, therefore, the athlete who shows the most strength in all four sections will be awarded the most points as a final score. (Final score is a combination of compulsory score + technical presentation bonus + technical presentation deduction + artistic and choreography presentation). It is important an athlete incorporates all sections into their routine to be awarded the most points. The scoring system not only encourages and promotes a well-balanced routine but also a well-trained and well-rounded athlete. For the competitive year 2015/2016 all athletes (including doubles) need to use one spinning and one static pole (see rules and regulations on configuration).

Listed is a short summary of what judges will be looking for in an athlete’s routine as an overview. A detailed layout of all four sections is in this document to enable athletes to put together their routine and gaining them the most points.

- The set amount of compulsory elements for the chosen competitive category
- Compulsory bonuses:
  - Performing a single compulsory element on a static pole and making it spin
  - Combining compulsory elements on a spinning pole
  - Combining compulsory elements on a static pole and making them spin
  - Combination of two compulsory elements without making contact with the floor; both partners must change position (doubles)
  - Performing a single flying partner compulsory element with momentum on a spinning pole (doubles)
  - Performing a synchronised parallel compulsory element on either one or two static poles and making it spin (doubles)
- Combining spins with other spins or elements / in synchronicity (doubles)
- Dynamic combinations / Synchronised parallel dynamic combinations (doubles)
- Acrobatic catches / in synchronicity (doubles)
- Flip out / flip on
- Flip (starting and ending on same pole)
- Partner catch / throw from pole to partner or partner to pole (doubles)
- Flexibility elements
- Strength elements
- Spins
- Climbs
- Drops / in synchronicity (doubles)
- Re-grips / in synchronicity (doubles)
- Jump-out / jump-on / in synchronicity (doubles)
- Pole transitions
- Partner dynamic combinations (doubles)
- Synchronised parallel / interlocking and balance elements (doubles)
- Flying partner elements (doubles)
- Partner supported elements (doubles)
- Balance partner elements (doubles)
- Floor based partner elements (doubles)
- Clean lines and good execution
- Originality of all the above
- Stage choreography and good use of the stage
- One dance sequence on the floor between 7-10 seconds / in synchronicity (doubles)
- One acrobatic element on the floor / in synchronicity (doubles)

Please see Rules and Regulations for restrictions on music, hair, makeup, costume and grip aids.

Note: Athletes will be penalised for not adhering to the IPSF rules, regulations and the Ethical Code of Conduct.
Definitions:

20° (degree) tolerance
The compulsory element will still be valid if the executed angle/degree of the body varies no more than maximum 20° to the required angle/degree. If allowed, this will be indicated in the minimum requirements. E.g. a strength element with a requirement of a 90° body angle to the pole and parallel to the floor is executed at a 70° angle, body not fully parallel to the floor, will still be valid and awarded points. However deductions will be made in execution.

*Please note: Masters 50+ are allotted a 20° tolerance on all angles and splits for compulsory strength and flexibility elements.

Aerial dead lift (DL)
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 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.

*Please note: compulsory strength elements cannot be used as a compulsory aerial dead lift

Angles of elements presented
Elements not performed at angles clearly visible for the judges to see full execution, will be deducted points.

Artistic and Choreography Bonuses
(0 = Poor, 0.5= Slight, 1 = Good, 1.5 = Very good and 2 = Extreme)
This refers to the extent or amount the particular criteria are 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 = 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 = Extreme, refers to an excessive amount, almost the entire routine

Balance based partner elements (Doubles BLN 1-6)
Balance based partner elements refer to elements that cannot be performed without both partners and where the partners are in different positions. (Exception BLN1)

Balance strength partner elements (Doubles BLN 7-15)
Balance strength partner elements refer to elements that cannot be performed without both partners, where the partners are in different positions and one of the partners is in a strength position.

Changing positions (Doubles)
Changing positions refers to changing the whole position of the body on the pole e.g. from an upright to an inverted position.

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 may 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.

*Please note: compulsory strength elements cannot be used as a compulsory dead lift

Floor based partner elements (Doubles FLR 1-9)
This includes partner elements on the floor where either one or both partners are standing and or lying.
**Floor work**
Floor work is defined as all movement performed on the floor where the athlete is not in a standing position. This may include movements where the athlete is in contact to the pole.

**Flying partner elements (Doubles FLY 1-13)**
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.

**Holding a position for two seconds**
A compulsory element will be counted from the time the athlete is in the required position. The 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.

**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.

**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**
(0 = Simple, 0.5= Moderate, 1 = Difficult, 1.5= Very difficult and 2 = 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 = 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 = 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.

**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.

**Partner supported elements (Doubles PSM 1-8)**
Partner supported elements refers to elements where one partner is fully supporting the other partner. Both partners may have contact to the pole, however only one partner is using the pole for support.

**Poor presentation of the element**
This refers to elements not showing the full execution of the element, or elements presented showing an unfavourable part of the body.

**Reverse grab**
Back is facing pole during spin.
Spin
The position of the spin on a static pole must be held for a full 360° rotation. The position of the spin on spinning pole must be held for a full 720° rotation. The transition in and out of the compulsory spin will not count towards the required minimum rotation.

Stage work
Stage work is every movement performed around the stage without touching the pole. This includes all floor work where the athlete is not in contact to the pole.

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 balancing elements (Doubles SYN 7-10)
Synchronised balancing elements refer to elements that cannot be performed without both partners, where both partners are in the same synchronised position.

Synchronised interlocking elements (Doubles SYN 4-6)
Synchronised interlocking elements refer to both partners connecting together though contact by hooking/joining to form a synchronised position on the pole. See definition under synchronisation.

Synchronised parallel elements (Doubles SYN 1-3)
A synchronised parallel element refers to both partners performing in either the same 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.

Transition
A transition is a linking move between spins, floor work, inverts and lifts.

Technical Presentation Bonus
A maximum of 25.00 points can be awarded in the technical presentation bonus. This section is to judge the level of difficulty of all pole tricks, combinations of pole tricks, 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 fill out a Technical Presentation Bonus Form noting the bonus moves in the order they will be performed. 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):**

Acrobatic catches: AC
Acrobatic catches are defined as a release of all contact from the pole for a brief moment and re-gripping “catching” the pole. An athlete may either move up or down along the pole and/or change directions/positions when performing a catch. +0.5 (Max 1 pt)

Combining spins with other spins on spinning pole: SP/SP
Refers to all spins combined with a spin on a spinning pole (see definition on spins). Each spin position in this combination must rotate a full 720° before changing into the next spin position, and the transition must be direct. The spin is counted from when the position is fixed. +0.5 (Max 2 pts)
Combining spins with other spins on static pole: SP/ST
Refers to all spins combined with a spin on a static pole (see definition on spins). Each spin must rotate for a minimum of 360° and the transition must be direct. +0.5 (Max 2 pts)

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

Drops: D
A rapid controlled descent of the pole, which must be a minimum of a 1 (one) metre drop. There is to be no hand contact to the pole during the drop. +0.2 (Max 1 pt)

Dynamic combinations on spinning or static pole: DC
Dynamic combinations refer to a combination of two different dynamic movements where the body is in a powerful control of momentum. The athlete must demonstrate a high level of control of centrifugal force where at least one part of the body releases from the pole. E.g. dynamic movements can be drops, acrobatic catches, leg switches, body switches, 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 leg change into a body change and repeats this combination 3 times, only the first two leg and body changes will be awarded as a dynamic combination. Another example would be if an athlete executes a fonji six times (from shoulder mount to brass monkey/flag grip counts as one movement), only the first four fonjis (2 combinations) will be awarded. +0.5 (Max 3 pts)

Flip-out / Flip-on: FO
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 to either the pole or the floor. Flips may be executed forwards, backwards or sideways. Twists are prohibited (see penalties). +1.0 (Max 1 pt)

Jump-out / Jump-on: JO
Jump-out refers to a jump executed from a starting position on the pole, ending in a position on the floor. A jump-on refers to a jump executed from a starting position on the floor ending in a position on the pole. Jump distance must be a minimum of 1 (one) metre. +0.2 (Max 1.2 pts)

Pole flip (starting and ending on same pole): F
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 pole. A flip must fully rotate with head over heels and without contact to either the pole or the floor. Pole flips may be executed forwards, backwards or sideways. Twists are prohibited (see penalties). +1.5 (Max 1.5 pts)

Re-grips: RG
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. The re-grip is necessary in order to not fall out of the position. There is to be no body contact to the pole other than the grip positions. +0.2 (Max 0.8 pts)

Doubles - Singular Bonus Points (awarded per time):
*Note: All explanations in singles above apply to doubles

Acrobatic catches in synchronicity: AC/SYN
Both partners are to perform the acrobatic catches in synchronicity. +0.5 (Max 1 pt)

Flip-out / Flip on: FO
Only one of the partners must execute the flip-out / flip-on to receive the bonus. +1.0 (Max 1 pt)

Combining spins with other spins in synchronicity: SP/SYN
Both partners are to perform the spins to receive the bonus. These spins may be performed on either one or two spinning or static poles (see definition on spins). +0.5 (Max 1 pt)
Combining spins with other elements in synchronicity: SP/E/SYN
Both partners are to perform the spins to receive the bonus. These spins may be performed on either the same pole or two separate poles (see definition on spins). The element must be briefly held in a fixed position. +0.5 (Max 1 pt)

Drops in synchronicity: D/SYN
Both partners are to perform the drops in synchronicity. +0.2 (Max 1 pt)

Jump-out / Jump-on in synchronicity: JO/SYN
Both partners are to execute the jump-out / jump-on in synchronicity. +0.2 (Max 1.2 pts)

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

Partner dynamic combinations: PDC
Both partners are to work off of each other, with each other, and use each other to achieve their dynamic movements for this combination. +0.5 (Max 1 pt)

Re-grips in synchronicity: RG/SYN
Both partners are to execute the re-grips in synchronicity. +0.2 (Max 1 pt)

Synchronised parallel dynamic combinations on spinning or static pole: DC/SYN
These are to be performed parallel to each other and fully synchronised. +0.5 (Max 1 pt)

SINGLES - OVERALL BONUS POINTS (AWARDED ONE TIME):
Level of difficulty (LOD) refers to the elements and combinations of elements. (See definition on 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
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, etc. Max +2

<table>
<thead>
<tr>
<th>Climb Examples</th>
<th>Arm climb</th>
<th>Outside leg hang climb</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Arm climb without elbow</td>
<td>Side climb</td>
</tr>
<tr>
<td></td>
<td>Basic climb</td>
<td>Walking climb</td>
</tr>
<tr>
<td></td>
<td>Caterpillar climb</td>
<td></td>
</tr>
</tbody>
</table>

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

Max +2
Flexibility movements
Flexibility refers to the flexibility of the legs, back, 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, which are flowing and balanced within the routine. Max +2

Pole transitions
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. Max +2

Spins
The position of the spin must be held for the defined amount of rotation indicated in the criteria of each spin. The transition in and out of the spin will not count towards the required minimum rotation. See definition on spins page 6. Max +2

Strength elements
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. Max +2

DOUBLES - OVERALL BONUS POINTS (AWARDED ONE TIME):
*Note: All explanations in singles above apply to doubles. The LOD of each partner will be averaged for a final score.

Climbs
The climbs of both partners will be taken into account and averaged. Max +2

Flexibility elements
The flexibility of both partners will be taken into account and averaged. Max +2

Floor based partner elements
See definition on page 4. Max +2

Flying partner elements
See definition on page 5. Max +2

Pole Transitions
The transitions of both partners will be taken into account and averaged. Max +2

Strength elements
The strength of both partners will be taken into account and averaged. Max +2

Synchronised parallel / interlocking and balance elements
See definition on page 6. Max +2

ADDITIONAL BONUS POINTS (Doubles only):
Doubles will be awarded bonus points for:
• Both partners show they can catch and fly equally in the routine. +1

Technical Presentation Deductions
A maximum of 25.00 points can be deducted in technical presentation deduction. 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, e.g. a minimum of one aerial dead lift. The number of points deducted is dependent on the level of infringement. Movements are broken down into the following sections:
SINGLES/DOUBLES - SINGULAR DEDUCTIONS (DEDUCTED PER TIME):

Drying hands on costume, body, pole or floor and or adjusting hair or costume
Drying or wiping sweaty, dirty or oily hands on costume, body, pole or floor and or wiping hair away from face or neck, pulling at or fixing costume. -1

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. The difference between a fall and drop is a control aspect. -3

Lack of synchronicity of element (Doubles)
Lack of synchronicity of an element refers to the partners executing an element uncoordinated and not in unison 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. -0.2
• 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. -0.2
• 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. -0.2
• Posture – Correct body alignment should be used on and off the pole. No uncontrolled movements. -0.2
• Body placement – The body should be in the correct position for the trick and in relation to the pole. -0.2

Poor presentation of the element
See definition on page 5. -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 may be only for a brief moment and the athlete is able to correct their positioning almost instantly. -1

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

Excessive repetition of elements
This refers to elements that re-occur throughout the routine which do not demand any additional effort to repeat. This is not to be confused with repeated elements, which demand a huge amount of strength showing a high level of athleticism. -2

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. The athlete should be able to perform spins on both poles in both an inverted and upright position. Athletes with a high skill level are able to spin on both poles equally giving the appearance of no difference between the static and spinning poles. (see definition on momentum). -2 / -2
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. -3

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. For doubles they must also work simultaneously on two separate poles in a synchronised manner. -2

Using less than 70% of the pole
All athletes will incur deduction points if they fail to use the full height of the pole, a minimum of two (2) times during their routine. For doubles only one of the partners needs use the full height of the pole. -2

Artistic and Choreography Presentation

A maximum of 20.00 points can be awarded in artistic and choreography presentation. This section is to judge 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. They 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. Choreography presentation is defined by all movements performed around the pole, stage area, or stage surface, but not in contact with the pole. The judges will assess the athlete’s ability to perform dance and gymnastic choreography that is performed with imagination, flow, and flair.

All work where the athlete is not in contact to the pole, must be limited to a maximum of 30 seconds of the total length of the performance. Note: see Head Judges 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.

<table>
<thead>
<tr>
<th>0 = poor</th>
<th>0.5 = slight</th>
<th>1 = good</th>
<th>1.5 = very good</th>
<th>2 = extreme</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 = poor</td>
<td>Almost non-existent, less than 20% of routine</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.5 = slight</td>
<td>A small amount, between 20% -40% of routine</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 = good</td>
<td>Fair amount, between 40% - 60% of routine</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1.5 = very good</td>
<td>A large amount, between 60% - 80% of routine</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 = extreme</td>
<td>Excessive amount, over 80% of routine</td>
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</table>

Balance
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, floor-work and transitions, integrating these into a choreography with stage performance and artistic content, using both spinning and static poles equally. Max +2

Confidence
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. Max +2

Flow
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. Max +2

Interpretation
Interpretation refers to the athlete’s ability to interpret the music, their facial expressions, their emotions, choreography and the creation of a character or persona and story. The athlete should create choreography that shows the light, shade, feeling, and emotion of the music and their movements. They should connect with the music and show expression through their costume, body, and facial movements. They need to show they can work their choreography to the beat and phrase of the music and melody. Max +2

Originality of the overall presentation
This refers to the originality of the overall performance of tricks and combinations, original movement 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 but for overall originality in all components of the routine. Max +2

Originality of transitions in and out of elements
This refers to the originality 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 of the pole. Max +2

Stage presence and charisma
The athlete should command the stage. 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. Max +2

**SINGLES/DOUBLES - CHOREOGRAPHY BONUSES:**

Difficulty of the acrobatic element
The level of difficulty of the acrobatic element refers to an acrobatic element executed on the floor with no contact to the pole. Examples of an acrobatic element on the floor are cartwheels, walkovers, handsprings, a singular salto, etc. Doubles must execute the same acrobatic element separately in synchronicity. Max +2

Difficulty of the dance sequence
The level of difficulty of the dance sequence refers to a choreographed combination of dance steps and movements executed on the floor with no contact to the pole. The duration of the dance sequence must last between 7-10 seconds and should be executed in one continuous sequence without breaks. This includes but is not limited to complex dance choreography. The athlete should create dance movements that work with the beat of the music, which are reflective of their routine and are engaging and entertaining. Doubles must execute the same dance sequence separately in synchronicity Max +2

Use of the stage
Use of stage refers to the athlete’s use of all of the stage when not on the pole. The athlete should use the whole stage, back, front, and centre. There should be a balanced use of upright and floor movements. Max +2

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

Causing distraction by uttering vocals
The definition of vocals are grunting, whooping, cheering, and mouthing words as it causes a distraction. -1

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 athletes performance. 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

No logical beginning or end to the routine and/or music and starting before or ending after the music has started or finished
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 be seen by the judges. They should start their routine when the music starts and stop when the music ends. -1

**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. Athletes may only have contact to the pole and floor. -1

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

Putting no effort or thought into the costume
It is important that the athlete competes 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

**Compulsory**

All athletes must perform the allocated number of compulsory elements. A mark of between +0.1 and +1.0 will be given only 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. If a compulsory element is on the border, it will not be awarded. Elements with a value of +0.1 are easier than that those with a value of +1.0. Extra points will be given if the athlete performs any of the allowed compulsory bonuses on the compulsory elements. The technical value of compulsory elements allowed is dependent on both age category and competitive division. See category breakdown below.

**Elite**

**Seniors, Juniors 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

**Novice**
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

**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 element
- two (2) balance partner elements, broken down as follows:
  - one (1) balance based partner element
  - one (1) balance strength 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) floor work element
- one (1) synchronised aerial dead lift

**Please note:** All dead lifts must be taken from the table of dead lifts found on page 60.

Strength elements cannot be used as a compulsory aerial dead lift.

**Professional**
As above – no novice category

**Amateur**

**Seniors, Juniors, Novice 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
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) athlete’s choice within point range permitted
- 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) floor work element
- one (1) synchronised dead lift

**Category Breakdown**

**Seniors, Juniors, Masters and Doubles:**

**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 third point value or highest point value. See page 60

**Professional** 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: Masters 50+ category in all divisions will be allotted a 20° tolerance on all body and split angles.

**Novice:**

**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

Please note: athletes may not choose the same element twice, even if executed at different angles e.g. F6 (splits 160°)/F22 (splits 180°). Same applies to body tolerances e.g. F64 (20° tolerance) /F71 (no tolerance)

**Elite Division Compulsory Point Requirements**

**Seniors** must have a total value of between 7.7 and 11 points (inclusive) on their compulsory form

**Masters** must have a total value of between 6.6 and 9.9 points (inclusive) on their compulsory form

**Juniors** must have a total value of between 5.5 and 8.8 points (inclusive) on their compulsory form

**Novice** must have a total value of between 4.4 and 7.2 points (inclusive) on their compulsory form

**Professional Division Compulsory Point Requirement**

**Professionals** must have a total value of between 5.5 and 8.8 points

**Amateur Division Compulsory Point Requirements**

**Amateur 1** must have a total value of between 1.1 and 2.7 points (inclusive) on their compulsory form

**Amateur 2** must have a total value of between 2.7 and 4.5 points (inclusive) on their compulsory form

*Compulsory point requirements do not apply to doubles in all competitive divisions.

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

**Deductions**

An athlete may incur the following deductions:
- Failing to perform one of their chosen compulsory elements or if the element is not recognisable as the compulsory element. -3
- Filling in the compulsory form incorrectly prior to competition (see pages 77 and 78 for example forms) -1
- Failing to execute the compulsory move in order of sequence as listed on the compulsory form. *-1

*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 in order will receive a score of 0 and a penalty of -1 will be given for reversing the order of the two elements. The -1 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 shall be considered a missed element, and will receive a score of -3.
The following will result in a compulsory element not being recognised:

- **Failing to hold a compulsory elements:** 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’.

### 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 may only be awarded if the compulsory elements meet minimum requirements. Compulsory bonuses are as follows:

#### Singles

**CBS1: Combining compulsory elements on spinning pole**
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. See definition on spins page 6. +1 (Max +2)
*Note: compulsory bonuses do NOT apply to compulsory spins or dead lifts

**CBS2: Combining compulsory elements on static pole and making them spin**
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. The second element must still be in a spinning rotation and meet minimum requirement to be awarded this bonus. See definition on spins page 6. +2 (Max +4)
*Note: compulsory bonuses do NOT apply to compulsory spins or dead lifts

**CBS3: Performing a single compulsory element on a static pole and making it spin**
See definition on spins page 6. +0.5 (Max +1)
*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**
The transition from the first element to the second element must be direct. Both partners must change their positions. See definition on changing positions page 4. +1 (Max 2 pts)
*Note: compulsory bonuses do NOT apply to dead lifts

**CBD2: Performing a single flying partner compulsory element with momentum on a spinning pole**
This flying partner element must rotate a full 360° rotation to be awarded this bonus. +1 (Max 2 pts)
*Note: compulsory bonuses do NOT apply to dead lifts

**CBD3: Performing a synchronised parallel compulsory element on one static pole and making it spin**
Both partners are to perform this parallel element in synchronicity and with a full 360° rotation. See definition on spins page 6. +1 (Max 2 pts)
*Note: Compulsory bonuses do NOT apply to dead lifts
## Compulsory moves definitions

### Arm grips:

<table>
<thead>
<tr>
<th>Grip Type</th>
<th>Image 1</th>
<th>Image 2</th>
<th>Image 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>back support</td>
<td><img src="image1" alt="Image" /></td>
<td><img src="image2" alt="Image" /></td>
<td><img src="image3" alt="Image" /></td>
</tr>
<tr>
<td>Iguana grip</td>
<td><img src="image4" alt="Image" /></td>
<td><img src="image5" alt="Image" /></td>
<td><img src="image6" alt="Image" /></td>
</tr>
<tr>
<td>baseball grip</td>
<td><img src="image7" alt="Image" /></td>
<td><img src="image8" alt="Image" /></td>
<td><img src="image9" alt="Image" /></td>
</tr>
<tr>
<td>over grip</td>
<td><img src="image10" alt="Image" /></td>
<td><img src="image11" alt="Image" /></td>
<td><img src="image12" alt="Image" /></td>
</tr>
<tr>
<td>basic grip</td>
<td><img src="image13" alt="Image" /></td>
<td><img src="image14" alt="Image" /></td>
<td><img src="image15" alt="Image" /></td>
</tr>
<tr>
<td>split grip</td>
<td><img src="image16" alt="Image" /></td>
<td><img src="image17" alt="Image" /></td>
<td><img src="image18" alt="Image" /></td>
</tr>
<tr>
<td>cup grip</td>
<td><img src="image19" alt="Image" /></td>
<td><img src="image20" alt="Image" /></td>
<td><img src="image21" alt="Image" /></td>
</tr>
<tr>
<td>twisted grip</td>
<td><img src="image22" alt="Image" /></td>
<td><img src="image23" alt="Image" /></td>
<td><img src="image24" alt="Image" /></td>
</tr>
<tr>
<td>elbow grip</td>
<td><img src="image25" alt="Image" /></td>
<td><img src="image26" alt="Image" /></td>
<td><img src="image27" alt="Image" /></td>
</tr>
<tr>
<td>wrap grip</td>
<td><img src="image28" alt="Image" /></td>
<td><img src="image29" alt="Image" /></td>
<td><img src="image30" alt="Image" /></td>
</tr>
<tr>
<td>flag hold</td>
<td><img src="image31" alt="Image" /></td>
<td><img src="image32" alt="Image" /></td>
<td><img src="image33" alt="Image" /></td>
</tr>
<tr>
<td>underarm grip</td>
<td><img src="image34" alt="Image" /></td>
<td><img src="image35" alt="Image" /></td>
<td><img src="image36" alt="Image" /></td>
</tr>
<tr>
<td>forearm grip</td>
<td><img src="image37" alt="Image" /></td>
<td><img src="image38" alt="Image" /></td>
<td><img src="image39" alt="Image" /></td>
</tr>
</tbody>
</table>

### Body positions:

- Inside leg/foot/arm/hand and outside leg/foot/arm/hand
- Front, behind, backwards and forwards
**Leg positions:**

<table>
<thead>
<tr>
<th>Leg Position</th>
<th>Description</th>
<th>Image</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attitude</td>
<td>(either one or two legs slightly bent)</td>
<td>![Attitude Image]</td>
</tr>
<tr>
<td>Pike</td>
<td>(both legs stretched in front of the body, hips at an angle)</td>
<td>![Pike Image]</td>
</tr>
<tr>
<td>Chair</td>
<td>(both legs bent at a 90° angle and closed)</td>
<td>![Chair Image]</td>
</tr>
<tr>
<td>Ring</td>
<td>(when one leg is bent backward toward the head, either touching the head, or over the head)</td>
<td>![Ring Image]</td>
</tr>
<tr>
<td>Diamond</td>
<td>(The legs form a triangle with the knees apart and toes touching)</td>
<td>![Diamond Image]</td>
</tr>
<tr>
<td>Split</td>
<td>(legs in a split position of the given degree)</td>
<td>![Split Image]</td>
</tr>
<tr>
<td>Fang</td>
<td>(both legs bent backwards, feet to back of head)</td>
<td>![Fang Image]</td>
</tr>
<tr>
<td>Straddle</td>
<td>(both legs stretched in a side split position)</td>
<td>![Straddle Image]</td>
</tr>
<tr>
<td>Passé</td>
<td>(one leg bent)</td>
<td>![Passé Image]</td>
</tr>
<tr>
<td>Tuck</td>
<td>(knees tucked in to chest)</td>
<td>![Tuck Image]</td>
</tr>
</tbody>
</table>

**Compulsory Code Key**

- **F** = Flexibility element
- **S** = Strength element
- **ST** = Spin on a static pole
- **SP** = Spin on a spinning pole
- **DL** = Dead lift / Aerial dead lift
- **SYN** = Synchronised partner element
- **BLN** = Balance partner element
- **FLY** = Flying partner element
- **PSM** = Partner supported element
- **FLR** = Floor based partner element

**Prohibited movements and penalties:**

- All types of lifts and balances with extended arms and where the lifting partner is an upright standing position are prohibited (exception being when the lifting partner is holding the hips or lower back e.g. compulsory move **FLR9**).
- 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 in to the air and catching him or her with no contact to the pole is prohibited.
- All work, where the athlete is not in contact to the pole, must be limited to a maximum of 30 seconds of the total length of the performance.
- Twisting saltos, double saltos and more are prohibited, both on and off the pole.

**Penalty:** If the above rules are not adhered to, a penalty of -2 will be given by the head judge for each time and no difficulty value will be awarded.
**Head Judge penalties:**

An athlete can get penalties by the decision of the Head Judge during the competition for the following infringements:

1. Breaking the rules and regulations and code of ethics. Penalties are dependent on the gravity of infringement. *(Min -3 / Max disqualification)*
   - -1 Small/ minor infringements of the rules and regulations.
   - -3 Using obscene gestures, profanity, or disrespectful language. (dependent on how, what, where and to whom), medium infringements of the rules and regulations.
   - -5 On the verge of striking / attempting to strike an official, competitor, spectator or coach (athletes will receive a penalty and a warning of disqualification if they become violent). Using obscene gestures, profanity, or disrespectful language (dependent on how, what, where and to whom). Violating any IPSF host accommodation and laws of the city, state or country an event is held in (dependent on the severity of crime). Large / major infringements of the rules and regulations.
   - -10 Intentionally engaging in or inciting other athletes and/or spectators to participate in abusive or violent action. Using obscene gestures, profanity, or disrespectful language (dependent on how, what, where and to whom). Violating any IPSF host accommodation and laws of the city, state or country an event is held in (dependent on the severity of crime). Grave / extreme infringements in rules and regulations.
   - **Disqualification:** Using drugs (except for medical purposes), alcohol consumption before or while competing, striking (punching) or physically abusing any official, competitor, spectator or coach. Using obscene gestures, profanity, or disrespectful language (dependent on how, what, where and to whom). Violating any IPSF host accommodation and laws of the city, state or country an event is held in (dependent on the severity of crime). Exhibiting nudity before, during, or after the competition. Multiple or severe infringements of the rules and regulations.

2. Providing false or inaccurate information on the application form. Penalties are dependent on the gravity of infringement. *(Min -5 / Max disqualification)*
   - -5 per false or inaccurate piece of information provided
   - **Disqualification:** if false information about age or category is provided

3. Unsporting behavior. *(3 per time)*
   - e. g. refusing to cooperate with the media, trying to discuss scores with judges, being disrespectful to other athletes

4. Failure to meet the minimum or exceeding the maximum requirements of the performance time. *(Min -3 / Max - 5)*
   - -3 if 5 seconds or less outside the tolerances
   - -5 if more than 5 seconds outside the tolerances

5. Exceeding the 30 second maximum that athlete may not be in contact to the pole *( -2)*

6. Inappropriate choreography, costume, hair and makeup in accordance with published rules. Penalties are dependent on the gravity of the infringement. *(Min -1 / Max disqualification)*
   - -1 hair covering the face
   - -3 promotional words or logos, any negative or religious connotations, wearing a mask, using body paint on one part of the body e. g. leg
   - -5 touching the athletes’ own or partner’s body (not genitals) in an erotic manor, exotic costume, use of body paint on body on several parts of body
   - **Disqualification:** Overly sexy or erotic choreography, use of body paint on all of body

7. Presence of jewellery and props in accordance with published rules *(Min -3 / Max - 10)*
   - -3 Presence of jewellery
   - -10 Use of props

8. Not complying with the rules about wearing a tracksuit or wearing an inappropriate tracksuit in accordance with published rules. *( -5 )*
   - -1 Logos not in accordance with the rules
   - -3 Tracksuit does not meet required criteria
   - -5 Not having a tracksuit

9. Arriving late: *(Min -1 / Max - disqualification)*
• -1 arriving late backstage before competing
• -3 arriving late to registration without prior agreement
• -5 arriving late to rehearsals without prior agreement

10. Arriving late to the stage when announced
• -1 up to 30 seconds late
• -3 30 – 60 seconds
• -10 more than 60 seconds
• **Disqualification** if an athlete does not arrive within their allotted performance time

11. Using prohibited grips aids and or applying grip aid directly on the pole.
   (Min -10 / Max - disqualification)
   • -10 applying grip aid directly on the pole
   • **Disqualification** using prohibited grips aids

12. Not starting or ending routine on stage (-1)

13. Music not in accordance with Rules and Regulations in accordance with chapter 2.5 (-3)

14. Music submitted past given deadline (-1 per late day)

15. Compulsory form submitted past given deadline
   • -1 per late day (max 5 days)
   • **Disqualification** for more than 5 days late

**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. The athlete is allowed to 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 are to be awarded and the athlete will be considered as 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 once more is unable to complete the programme.

*No restarts of the whole programme are allowed, except for deficient music.*
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.

<table>
<thead>
<tr>
<th>Code No.</th>
<th>Name</th>
<th>Element</th>
<th>Tech. Value</th>
<th>Criteria</th>
</tr>
</thead>
</table>
| F1       | Inside leg hang     |              | 0.1         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: inside leg, side of torso, back of the arm  
- Arm position/grip is: no hands have contact to the pole  
- Leg position is: inside leg is wrapped, outside leg is in attitude  
- Body position is: inverted  
- Angle of split is: minimum of 160° |
| F2       | Side pole straddle base |              | 0.1         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: both hands, the arch of both feet  
- Arm position/grip is: baseball grip  
- Leg position is: both legs are fully extended in straddle position with lower foot floor based and the arch of the upper foot is in contact with the pole  
- Body position is: torso is extended away from the pole  
- Angle of split is: minimum of 160° |
| F3       | Ballerina sit attitude |              | 0.2         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: inside underarm, side of torso, inside leg  
- Arm position/grip is: inside arm holds outside food, outside arm is fully extended  
- Leg position is: inside leg is wrapped, outside leg is extended in attitude  
- Body position is: upright  
- Angle of split is: minimum of 160° |
| F4       | Inside leg hang     |              | 0.2         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: inside leg, side of torso, back of the arm  
- Arm position/grip is: no hands have contact to the pole  
- Leg position is: inside leg is wrapped, outside leg is in attitude  
- Body position is: inverted  
- Angle of split is: minimum of 180° |
<table>
<thead>
<tr>
<th>Code No.</th>
<th>Name</th>
<th>Element</th>
<th>Tech. Value</th>
<th>Criteria</th>
</tr>
</thead>
</table>
| F5      | Side pole straddle base | ![Image](image1.png)     | 0.2         | • Hold the position: a minimum of 2 seconds  
• Points of contact are: both hands, both legs  
• Arm position/grip is: baseball grip  
• Leg position is: both legs are fully extended in straddle position with lower foot floor based and the arch of the upper foot is in contact with the pole  
• Body position is: torso is extended away from the pole  
• Angle of split is: minimum of 180° |
| F6      | Hip hold split        | ![Image](image2.png)     | 0.3         | • Hold the position: a minimum of 2 seconds  
• Points of contact are: thigh of inside leg, side of torso, back of inside arm  
• Arm position/grip is: no hands have contact with the pole  
• Leg position is: both legs are fully extended in split position  
• Body position is: parallel to the floor  
• Angle of split is: minimum of 160° |
| F7      | Pole straddle         | ![Image](image3.png)     | 0.3         | • Hold the position: a minimum or 2 seconds  
• Points of contact are: hands, legs, ankles (not the arch of the foot)  
• Arm position/grip is: baseball or cup grip  
• Leg position is: both legs are fully extended in straddle position  
• Body position is: upper body must be at a 90° angle to the pole and parallel to the floor  
• Angle of split is: a minimum of 160° |
| F8      | Split on pole         | ![Image](image4.png)     | 0.3         | • Hold the position: a minimum of 2 seconds  
• Points of contact are: legs, hands, forearms  
• Arm position/grip is: baseball grip  
• Leg position is: both legs are fully extended in split position  
• Body position is: upright  
• Angle of split is: minimum of 180° |
| F9      | Allegra passé         | ![Image](image5.png)     | 0.4         | • Hold the position: a minimum of 2 seconds  
• Points of contact are: inside arm hand, thigh of inside leg, outside arm  
• Arm position/grip is: inside hand grips pole above the inside leg, outside arm is extended and holding the outside foot  
• Leg position is: split position with inside leg fully extended, outside leg in attitude  
• Body position is: back arch  
• Angle of split is: a minimum of 160° |
<table>
<thead>
<tr>
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</thead>
</table>
| F10     | Capezio passé         | ![Image](Capezio(passé).png) | 0.4         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: underarm of back arm, back, thigh of inside leg  
- Arm position/grip is: no hands have contact to the pole, the same arm holds back leg and is fully extended, the opposite arm holds front leg  
- Leg position is: split position with front leg fully extended, back leg bent  
- Body position is: upright  
- Angle of split is: a minimum or 160° |
| F11     | Cocoon                | ![Image](Cocoon.png)  | 0.4         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: back of knee, thigh, torso  
- Arm position/grip is: arms are fully extended and holding back leg  
- Leg position is: split position with front leg gripping the pole at the knee, back leg is fully extended  
- Body position is: inverted, back arch  
- Angle of split is: a minimum of 160° |
| F12     | Cross bow elbow hold  | ![Image](Crossbow_elbow_hold.png) | 0.4         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: ankles (not the arch of the foot), elbows, torso  
- Arm position/grip is: elbow grip  
- Leg position is: both legs fully extended in straddle position  
- Body position is: upper body must be at a 90° angle to the pole and parallel to the floor |
| F13     | Inside leg hang back split | ![Image](Inside_leg_hang_back_split.png) | 0.4         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: inside leg, side of torso, shoulder  
- Arm position/grip is: no hands have contact to the pole, arms are fully extended and holding foot of outside leg  
- Leg position is: inside leg is wrapped, both legs are bent  
- Body position is: inverted  
- Angle of split is: a minimum of 160° |
| F14     | Inverted front split  | ![Image](Inverted_front_split.png) | 0.4         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: both legs and both hands  
- Arm position/grip is: baseball or cup grip  
- Leg position is: both legs are fully extended in split position  
- Body position is: inverted  
- Angle of split is: a minimum of 180° |
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<th>Criteria</th>
</tr>
</thead>
</table>
| F15      | Pole straddle         |               | 0.4         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: ankles (not the arch of the foot), legs, hands  
- Arm position/grip is: baseball or cup grip  
- Leg position is: both legs are fully extended in straddle position  
- Body position is: upper body must be at 90° angle to the pole and parallel to the floor  
- Angle of split is: a minimum of 180° |
| F16      | Split grip leg through split |               | 0.4         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: both hands, one ankle  
- Arm position/grip is: split grip  
- Leg position is: both legs are fully extended in split position  
- Body position is: inverted  
- Angle of split is: a minimum of 160° |
| F17      | Superman crescent     |               | 0.4         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: both hands, inner thighs  
- Arm position/grip is: baseball or cup grip  
- Leg position is: both legs are fully extended and closed  
- Body position is: back arch with hips and both legs parallel to the floor |
| F18      | Underarm hold pike    |               | 0.4         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: underarm and/or hand, torso  
- Arm position/grip is: underarm and/or hand  
- Leg position is: both legs are fully extended and parallel to the pole with feed above the head  
- Body position is: upper body is upright  
- Angle of split is: a minimum of 1x0° |
| F19      | Allegra passé         |               | 0.5         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: inside arm hand, thigh of inside leg, outside arm  
- Arm position/grip is: inside hand grips pole above the inside leg, outside arm is extended and holding the outside foot  
- Leg position is: inside leg is fully extended, outside leg is in attitude  
- Body position is: back arch  
- Angle of split is: a minimum of 180° |
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<tr>
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<th>Criteria</th>
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</thead>
</table>
| F20     | Chopstick                   |         | 0.5         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: underarm, side of torso, upper thigh  
- Arm position/grip is: underarm grip with opposite arm holding ankle of inside leg  
- Leg position is: both legs are fully extended in split position  
- Body position is: upright  
- Angle of split is: a minimum of 160° |
| F21     | Front split layback         |         | 0.5         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: both legs and both hands  
- Arm position/grip is: baseball or cup grip  
- Leg position is: both legs are fully extended in split position  
- Body position is: upper body must be at a 90° angle to the pole and parallel to the floor  
- Angle of split is: a minimum of 180° |
| F22     | Hip hold split              |         | 0.5         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: thigh of inside leg, side of torso, back of inside arm  
- Arm position/grip is: no hands have contact with the pole, inside arm is fully extended, opposite hand holds opposite arm  
- Leg position is: both legs are fully extended in split position  
- Body position is: parallel to the floor  
- Angle of split is: minimum of 180° |
| F23     | Inverted split              |         | 0.5         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: inside arm, inside leg, foot of outside leg  
- Arm position/grip is: elbow grip  
- Leg position is: both legs are fully extended in split position  
- Body position is: inverted  
- Angle of split is: a minimum of 160° |
| F24     | Split grip leg through split|         | 0.5         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: both hands and one calf  
- Arm position/grip is: split grip with arms fully extended  
- Leg position is: both legs are fully extended in split position  
- Body position is: inverted  
- Angle of split is: a minimum of 180° |
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</table>
| F25     | Allegra                |                              | 0.6         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: inside arm hand, thigh of inside leg, outside arm  
- Arm position/grip is: inside hand grips pole above the inside leg, outside arm is extended and holding the outside foot  
- Leg position is: both legs are fully extended in split position  
- Body position is: back arch  
- Angle of split is: a minimum of 180°                                                                 |
| F26     | Capezio passé          |                              | 0.6         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: underarm of back arm, back, thigh of inside leg  
- Arm position/grip is: no hands have contact to the pole, the same arm holds back leg and is fully extended, the opposite arm holds front leg  
- Leg position is: split position with front leg fully extended and the back leg bent  
- Body position is: upright  
- Angle of split is: a minimum of 180°                                                                 |
| F27     | Chopstick passé        |                              | 0.6         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: inside underarm, side of torso, thigh of inside leg  
- Arm position/grip is: no hands have contact to the pole, outside hand holds the opposite leg, inside hand holds the ankle of the back leg  
- Leg position is: split position with inside leg fully extended and the back leg bent, the line of the legs is parallel to the floor  
- Body position is: upright  
- Angle of split is: a minimum of 180°                                                                 |
| F28     | Cocoon                 |                              | 0.6         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: back of knee, thigh, torso  
- Arm position/grip is: arms are fully extended and holding back leg  
- Leg position is: split position with front leg gripping the pole at the knee, back leg fully extended  
- Body position is: inverted, back arch  
- Angle of split is: a minimum of 180°                                                                 |
| F29     | Handstand vertical split |                              | 0.6         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: back, one leg  
- Arm position/grip is: only one hand has contact with the floor, the other is holding the ankle of the front leg, floor based arm is fully extended  
- Leg position is: both legs are fully extended in split position  
- Body position is: inverted handstand  
- Angle of split is: a minimum of 160°  
- Starting position: on the floor                                                                 |
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<th>Criteria</th>
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<tbody>
<tr>
<td>F30</td>
<td>Inside leg hang back split</td>
<td></td>
<td>0.6</td>
<td>- Hold the position: a minimum of 2 seconds</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>- Points of contact are: inside leg, side of torso, shoulder, one arm</td>
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<td></td>
<td>- Arm position/grip is: both arms are fully extended and holding back foot</td>
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<td></td>
<td>- Leg position is: both legs are bent, back foot is over the head</td>
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<td></td>
<td>- Body position is: inverted</td>
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<td></td>
<td>- Angle of split is: a minimum of 180°</td>
</tr>
<tr>
<td>F31</td>
<td>Inverted front split body up and parallel to floor</td>
<td></td>
<td>0.6</td>
<td>- Hold the position: a minimum of 2 seconds</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>- Points of contact are: both legs and both hands</td>
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<td></td>
<td></td>
<td></td>
<td>- Arm position/grip is: baseball or cup grip</td>
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<td></td>
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<td></td>
<td></td>
<td>- Leg position is: both legs are fully extended in split position</td>
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<td></td>
<td>- Body position is: inverted, upper body must be at a 90° angle to the pole and parallel to the floor</td>
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<td></td>
<td></td>
<td>- Angle of split is: a minimum of 180°</td>
</tr>
<tr>
<td>F32</td>
<td>Back split to pole ring position</td>
<td></td>
<td>0.7</td>
<td>- Hold the position: a minimum of 2 seconds</td>
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<td></td>
<td>- Points of contact are: both legs and both hands</td>
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<td></td>
<td></td>
<td>- Arm position/grip is: baseball or cup grip</td>
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<td></td>
<td></td>
<td>- Leg position is: split position with front leg fully extended, back leg bent, foot must touch head</td>
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<td></td>
<td>- Body position is: back arch</td>
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<td></td>
<td></td>
<td>- Angle of split is: a minimum of 180°</td>
</tr>
<tr>
<td>F33</td>
<td>Bird of paradise inverted</td>
<td></td>
<td>0.7</td>
<td>- Hold the position: a minimum of 2 seconds</td>
</tr>
<tr>
<td></td>
<td></td>
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<td>- Points of contact are: thigh, side of torso, back, outside arm</td>
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<tr>
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<td></td>
<td>- Arm position/grip is: both arms are bent and above the head, hands are clasped behind the head</td>
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<td>- Leg position is: both legs are fully extended in a diagonal split</td>
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<td></td>
<td></td>
<td>- Body position is: inverted</td>
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<td></td>
<td></td>
<td></td>
<td>- Angle of split is: a minimum of 180°</td>
</tr>
<tr>
<td>F34</td>
<td>Capezio split</td>
<td></td>
<td>0.7</td>
<td>- Hold the position: a minimum of 2 seconds</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>- Points of contact are: underarm of back arm, back, thigh of inside leg</td>
</tr>
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<td></td>
<td>- Arm position/grip is: no hands have contact to the pole, the same arm holds back leg and is fully extended, the opposite arm holds front leg, same arm holds back ankle not leg</td>
</tr>
<tr>
<td></td>
<td></td>
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<td></td>
<td>- Leg position is: both legs are fully extended in split position</td>
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<td></td>
<td></td>
<td>- Body position is: upright</td>
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<tr>
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<td></td>
<td></td>
<td></td>
<td>- Angle of split is: a minimum of 180°</td>
</tr>
<tr>
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</tbody>
</table>
| F35     | Chopsticks                  |                       | 0.7         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: underarm, side of torso, upper thigh  
- Arm position/grip is: no hands have contact to the pole, underarm grip with opposite arm holding ankle of inside leg, free arm is fully extended and has no contact to the pole  
- Leg position is: both legs fully extended in split position and parallel to floor  
- Body position is: upright  
- Angle of split is: a minimum of 180°                                                                                                  |
| F36     | Dragon tail split           |                       | 0.7         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: both hands, side of torso, upper thigh  
- Arm position/grip is: split grip behind back, inside arm is fully extended, outside arm holds the pole behind the back  
- Leg position is: both legs fully extended in split position and parallel to floor  
- Body position is: inverted  
- Angle of split is: a minimum of 180°                                                                                                  |
| F37     | Elbow hold frontal split    |                       | 0.7         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: shoulder, neck, elbow  
- Arm position/grip is: no hands have contact to the pole, elbow grip with opposite arm holding ankle of opposite leg, free arm is fully extended and has no contact to the pole  
- Leg position is: both legs fully extended in a frontal split position  
- Body position is: upright  
- Angle of split is: a minimum of 180°                                                                                                  |
| F38     | Handstand vertical split    |                       | 0.7         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: back leg, back  
- Arm position/grip is: one hand has contact with the floor, the other is holding the leg extended to the front  
- Leg position is: both legs are fully extended in split position  
- Body position is: inverted handstand position  
- Angle of split is: a minimum of 180°  
- Starting position: on the floor                                                                                                         |
| F39     | Hip hold split passé        |                       | 0.7         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: inside leg thigh, side of torso, back of inside arm  
- Arm position/grip is: no hands have contact with the pole, opposite hands hold opposite legs, arm holding back leg is fully extended  
- Leg position is: split position with front leg fully extended, back leg bent  
- Body position is: parallel to the floor  
- Angle of split is: a minimum of 180°                                                                                                  |
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</table>
| F40     | Inverted split             |         | 0.7         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: both legs, both feet, inside arm  
- Arm position/grip is: inside arm wraps around pole and leg  
- Leg position is: both legs are fully extended in split position  
- Body position is: inverted  
- Angle of split is: a minimum of 180° |
| F41     | Oversplit on pole          |         | 0.7         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: foot of front leg, pelvis, back leg, both hands  
- Arm position/grip is: baseball or cup grip  
- Leg position is: split position with front leg bent, back leg fully extended  
- Body position is: inverted, back arch  
- Angle of split is: a minimum of 190° |
| F42     | Pegasus split facing ceiling |         | 0.7         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: lower forearm, lower hand, neck, shoulders, upper elbow  
- Arm position/grip is: arm holding upper leg is in an elbow grip, lower arm holds pole in baseball grip  
- Leg position is: both legs are fully extended in a diagonal split  
- Body position is: upper body is facing the ceiling  
- Angle of split is: a minimum of 180° |
| F43     | Superman V                 |         | 0.7         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: both thighs, one arm  
- Arm position/grip is: both arms are fully extended, same hand holds same leg at chin level (between ankle and knee), no hands have contact to the pole  
- Leg position is: back leg is fully extended, other leg is in passé  
- Body position is: upright V-shape must be formed |
| F44     | Underarm hold split        |         | 0.7         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: underarm of inside arm, ankles to the pole (not the arch of the foot)  
- Arm position/grip is: underarm hold  
- Leg position is: both legs are fully extended in straddle position  
- Body position is: upper body must be at a 90° angle to the pole and parallel to the floor, chest facing upwards |
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</thead>
<tbody>
<tr>
<td>F45</td>
<td>Bird of paradise</td>
<td></td>
<td>0.8</td>
<td>- Hold the position: a minimum of 2 seconds - Points of contact are: thigh of front leg, side of torso, back, back of neck, outside arm</td>
</tr>
<tr>
<td></td>
<td>upright</td>
<td></td>
<td></td>
<td>- Arm position/grip is: hands are clasped behind the head, the crook of the outside arm is in contact to the pole from behind</td>
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<td></td>
<td>- Leg position is: both legs are fully extended in a diagonal split position - Body position is: upright</td>
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<td></td>
<td></td>
<td></td>
<td>- Angle of split is: a minimum of 180°</td>
</tr>
<tr>
<td>F46</td>
<td>Dragon tail fang</td>
<td></td>
<td>0.8</td>
<td>- Hold the position: a minimum of 2 seconds - Points of contact are: both hands</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>- Arm position/grip is: split grip behind back, inside arm is fully extended, outside arm holds the pole behind the back</td>
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<td></td>
<td>- Leg position is: fang position with both legs bent back, toes touch the shoulder or the crown of head</td>
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<tr>
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<td></td>
<td></td>
<td></td>
<td>- Body position is: inverted</td>
</tr>
<tr>
<td>F47</td>
<td>Eagle</td>
<td></td>
<td>0.8</td>
<td>- Hold the position: a minimum of 2 seconds - Points of contact are: front leg, side of torso, back of shoulder</td>
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<td></td>
<td>- Arm position/grip is: both arms are fully extended and holding the back leg</td>
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<td></td>
<td>- Leg position is: front leg is wrapped, back leg and foot must be stretched over the head or in a ring position</td>
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<td></td>
<td>- Body position is: upright</td>
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<td></td>
<td>- Angle of split is: a minimum of 180°</td>
</tr>
<tr>
<td>F48</td>
<td>Floor K</td>
<td></td>
<td>0.8</td>
<td>- Hold the position: a minimum of 2 seconds - Points of contact are: one hand and sole of one foot</td>
</tr>
<tr>
<td></td>
<td></td>
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<td></td>
<td>- Arm position/grip is: both arms are fully extended, one hand has contact to the floor, other hand has contact to the pole</td>
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<td></td>
<td></td>
<td>- Leg position is: both legs are fully extended in split position - Body position is: one-handed inverted handstand</td>
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<td>- Angle of split is: a minimum of 160° - Starting position: on the floor</td>
</tr>
<tr>
<td>F49</td>
<td>Half back split on</td>
<td></td>
<td>0.8</td>
<td>Hold the position: a minimum of 2 seconds - Points of contact are: both hands, back leg, pelvis, front thigh</td>
</tr>
<tr>
<td></td>
<td>pole</td>
<td></td>
<td></td>
<td>- Arm position/grip is: both arms are fully extended and hold the pole above the head at ankle height</td>
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<td></td>
<td>- Leg position is: back leg is extended, lower leg is in passé - Body position is: upright</td>
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<td>- Angle of split is: a minimum of 180°</td>
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</tbody>
</table>
| F50     | Machine gun                 |         | 0.8         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: one hand, side of torso, one thigh  
- Arm position/grip is: both arms are bent, one hand holds pole, other hand holds leg extended to the front at the ankle or calf  
- Leg position is: both legs are fully extended in split position  
- Body position is: parallel to the floor  
- Angle of split is: a minimum of 180°                                                                                       |
| F51     | Pegasus split facing floor  |         | 0.8         | Hold the position: a minimum of 2 seconds  
- Points of contact are: thigh of back leg, elbow of back arm, back of shoulders/neck, lower arm forearm and hand  
- Arm position/grip is: back arm is in elbow grip  
- Leg position is: both legs are fully extended in a diagonal split position  
- Body position is: upper body is facing the floor  
- Angle of split is: a minimum of 180°                                                                                       |
| F52     | Russian split               |         | 0.8         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: sole of one foot, both hands  
- Arm position/grip is: cup grip  
- Leg position is: both legs are fully extended in split position  
- Body position is: parallel to the floor, no tolerance  
- Angle of split is: a minimum of 160°                                                                                       |
| F53     | Russian split elbow lock    |         | 0.8         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: one elbow and the sole of one foot  
- Arm position/grip is: both arms are bent and hands are clasped, top arm is in elbow grip  
- Leg position is: both legs are fully extended, split angle is at a 45° angle to the floor  
- Body position is: inverted, full body is at a 45° angle to the floor  
- Angle of split is: a minimum of 180°                                                                                       |
| F54     | Split grip leg through frontal split | | 0.8 | - Hold the position: a minimum of 2 seconds  
- Points of contact are: both hands and front leg  
- Arm position/grip is: split grip  
- Leg position is: both legs are fully extended in split position  
- Body position is: upper body is parallel to the floor  
- Angle of split is: a minimum of 180°                                                                                       |
<table>
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</table>
| F55     | Underarm split                        |                          | 0.8         | - Hold the position: a minimum of 2 seconds  
|         |                                       |                          |             | - Points of contact are: hand of outside arm, underarm of inside arm, thigh of one leg  
|         |                                       |                          |             | - Arm position/grip is: hand of outside arm holds pole, both arms are bent, opposite arm wraps around leg  
|         |                                       |                          |             | - Leg position is: both legs are fully extended  
|         |                                       |                          |             | - Body position is: parallel to the floor with a 20° tolerance  
|         |                                       |                          |             | - Angle of split is: a minimum of 180°                                                                                                  |
| F56     | Vertical jade                         |                          | 0.8         | - Hold the position: a minimum of 2 seconds  
|         |                                       |                          |             | - Points of contact are: hand of outside arm, underarm of inside arm, backside, one leg  
|         |                                       |                          |             | - Arm position/grip is: outside arm is holding the pole around the upper and opposite foot, inside arm is around the pole and leg, with the underarm in contact to the pole  
|         |                                       |                          |             | - Leg position is: both legs are fully extended, lower foot should be holding pole from behind  
|         |                                       |                          |             | - Body position is: upright  
|         |                                       |                          |             | - Angle of split is: a minimum of 180°                                                                                                  |
| F57     | Back elbow vertical split             |                          | 0.9         | - Hold the position: a minimum of 2 seconds  
|         |                                       |                          |             | - Points of contact are: neck, upper back and one elbow  
|         |                                       |                          |             | - Arm position/grip is: elbow holds pole from behind the back, opposite hand holds the opposite leg  
|         |                                       |                          |             | - Leg position is: both legs are fully extended in split position  
|         |                                       |                          |             | - Body position is: inverted  
|         |                                       |                          |             | - Angle of split is: a minimum of 180°                                                                                                  |
| F58     | Back split                            |                          | 0.9         | - Hold the position: a minimum of 2 seconds  
|         |                                       |                          |             | - Points of contact are: both hands, both legs  
|         |                                       |                          |             | - Arm position/grip is: both hands hold the pole behind the legs  
|         |                                       |                          |             | - Leg position is: both legs are fully extended in split position  
|         |                                       |                          |             | - Body position is: upper body is in a back arch  
|         |                                       |                          |             | - Angle of split is: a minimum of 180°                                                                                                  |
| F59     | Back split overhead hold on pole     |                          | 0.9         | - Hold the position: a minimum of 2 seconds  
|         |                                       |                          |             | - Points of contact are: both hands, both legs  
|         |                                       |                          |             | - Arm position/grip is: both arms extended over the head holding the pole at ankle/calf height  
|         |                                       |                          |             | - Leg position is: both legs are fully extended in split position  
|         |                                       |                          |             | - Body position is: upright with back arch  
<p>|         |                                       |                          |             | - Angle of split is: a minimum of 180°                                                                                                  |</p>
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| F60     | Dragon tail back bent         | ![Image](image1.png)              | 0.9         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: both hands  
- Arm position/grip is: inside arm is fully extended, outside arm holds the pole behind the back  
- Leg position is: both legs are fully extended, open, and parallel to the floor  
- Body position is: inverted |
| F61     | Elbow hold split              | ![Image](image2.png)              | 0.9         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: neck, upper back, upper elbow  
- Arm position/grip is: opposite arm holds opposite leg from behind pole, other arm is in elbow grip  
- Leg position is: both legs are fully extended and parallel to the floor in split position  
- Body position is: parallel to the floor  
- Angle of split is: a minimum of 180° |
| F62     | Floor K                       | ![Image](image3.png)              | 0.9         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: one hand and sole of one foot  
- Arm position/grip is: both arms are fully extended, one hand has contact to the floor, other hand has contact to the pole  
- Leg position is: both legs are fully extended in split position  
- Body position is: one-handed inverted handstand  
- Angle of split is: a minimum of 180°  
- Starting position: on the floor |
| F63     | Handspring split on pole      | ![Image](image4.png)              | 0.9         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: one foot, both hands  
- Arm position/grip is: split grip  
- Leg position is: both legs are fully extended in split position, the line of the legs is parallel to the floor, the entire sole of the foot must be on the pole  
- Body position is: inverted  
- Angle of split is: a minimum of 180° |
| F64     | Rainbow Marchenko back bent scissor | ![Image](image5.png) | 0.9         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: inside arm and back of one thigh  
- Arm position/grip is: inside arm is in flag grip, outside arm is fully extended and holding back leg  
- Leg position is: both legs are fully extended  
- Body position is: inverted |
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</table>
| F65     | Russian split hand release  | ![Russian split hand release](image) | 0.9          | - Hold the position: a minimum of 2 seconds  
- Points of contact are: one hand, one foot  
- Arm position/grip is: both arms are fully extended, one hand is holding the pole, the other is extended above head  
- Leg position is: both legs are fully extended in split position  
- Body position is: downward diagonal  
- Angle of split is: a minimum of 180° |
| F66     | Russian split horizontal    | ![Russian split horizontal](image) | 0.9          | - Hold the position: a minimum of 2 seconds  
- Points of contact are: sole of one foot, both hands  
- Arm position/grip is: cup grip  
- Leg position is: both legs are fully extended in split position  
- Body position is: parallel to the floor, but may have a 20° tolerance  
- Angle of split is: a minimum of 180° |
| F67     | Wenson split                | ![Wenson split](image) | 0.9          | - Hold the position: a minimum of 2 seconds  
- Points of contact are: one hand  
- Arm position/grip is: one arm is fully extended and has contact to the floor, the hand of the other arm is in contact to the pole  
- Leg position is: both legs are fully extended in split position, line of split is parallel to the floor  
- Body position is: inverted handstand  
- Angle of split is: a minimum of 180°  
- Starting position: on the floor |
| F68     | Floor based Marchenko       | ![Floor based Marchenko](image) | 1.0          | - Hold the position: a minimum of 2 seconds  
- Points of contact are: underarm of inside arm, side of torso, back of one thigh  
- Arm position/grip is: underarm, both arms are fully extended  
- Leg position is: both legs are fully extended in split position  
- Body position is: inverted handstand, chest is parallel to the floor  
- Angle of split is: a minimum of 180°  
- Starting position: on the floor |
| F69     | Crossbow                    | ![Crossbow](image) | 1.0          | - Hold the position: a minimum of 2 seconds  
- Points of contact are: both ankles, back of shoulders (no neck contact)  
- Arm position/grip is: both arms are fully extended and open with no hand contact to the pole  
- Leg position is: both legs are fully extended in straddle position with ankles to the pole (not the arch of the foot), toes pointed  
- Body position is: torso is at a 90° angle to the pole |
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<tbody>
<tr>
<td>F70</td>
<td>Low back crossbow</td>
<td><img src="image1.png" alt="Image" /></td>
<td>1.0</td>
<td>- Hold the position: a minimum of 2 seconds&lt;br&gt;- Points of contact are: arch of both feet, lower back/buttocks&lt;br&gt;- Arm position/grip is: both arms are fully extended and open, no hands have contact to the pole&lt;br&gt;- Leg position is: both legs are fully extended in straddle position&lt;br&gt;- Body position is: torso is at a 90° angle to the pole</td>
</tr>
<tr>
<td>F71</td>
<td>Rainbow Marchenco back bent pencil</td>
<td><img src="image2.png" alt="Image" /></td>
<td>1.0</td>
<td>- Hold the position: a minimum of 2 seconds&lt;br&gt;- Points of contact are: underarm and hand of inside arm, side of torso, thighs&lt;br&gt;- Arm position/grip is: inside arm is in flag grip, outside arm is fully extended and holding legs&lt;br&gt;- Leg position is: both legs are fully extended and parallel to the floor&lt;br&gt;- Body position is: inverted, chest parallel to the floor</td>
</tr>
<tr>
<td>F72</td>
<td>Rainbow Marchenco split</td>
<td><img src="image3.png" alt="Image" /></td>
<td>1.0</td>
<td>- Hold the position: a minimum of 2 seconds&lt;br&gt;- Points of contact are: underarm and hand of inside arm, side of torso, back of one thigh&lt;br&gt;- Arm position/grip is: inside arm is in flag grip, outside arm is fully extended and holding ankle&lt;br&gt;- Leg position is: both legs are fully extended in split position, parallel to the floor&lt;br&gt;- Body position is: inverted, chest parallel to the floor&lt;br&gt;- Angle of split is: a minimum of 180°</td>
</tr>
<tr>
<td>F73</td>
<td>Russian split horizontal</td>
<td><img src="image4.png" alt="Image" /></td>
<td>1.0</td>
<td>- Hold the position: a minimum of 2 seconds&lt;br&gt;- Points of contact are: one foot, both hands&lt;br&gt;- Arm position/grip is: baseball or cup grip&lt;br&gt;- Leg position is: fully extended in split position, parallel to the floor, no tolerance&lt;br&gt;- Body position is: parallel to the floor, no tolerance&lt;br&gt;- Angle of split is: a minimum of 180°</td>
</tr>
<tr>
<td>F74</td>
<td>Superman crescent attitude</td>
<td><img src="image5.png" alt="Image" /></td>
<td>1.0</td>
<td>- Hold the position: a minimum of 2 seconds&lt;br&gt;- Points of contact are: both thighs, one calf&lt;br&gt;- Arm position/grip is: arms are fully extended above the head, hands holding top foot&lt;br&gt;- Leg position is: both legs bent in attitude position&lt;br&gt;- Body position is: upright, upper body is in back arch, lower body and hips parallel to the floor</td>
</tr>
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</tbody>
</table>
| S1      | Basic invert no hands        |         | 0.1         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: both legs  
- Arm position/grip is: both arms are fully extended away from the body  
- Leg position is: both legs are fully extended and holding the pole  
- Body position is: inverted |
| S2      | Inverted straddle            |         | 0.1         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: both hands, inside arm, torso, one thigh  
- Arm position/grip is: both arms are fully extended and holding pole  
- Leg position is: both legs are fully extended in straddle position  
- Body position is: inverted |
| S3      | Outside knee hook, passé     |         | 0.1         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: hand of inside arm, top of one thigh, opposite knee  
- Arm position/grip is: both arms are fully extended, hand of inside arm holds pole, outside arm is above head  
- Leg position is: front leg is around the pole in passé, back leg is fully extended behind  
- Body position is: inverted and at an angle away from the pole |
| S4      | Pole hug pencil              |         | 0.1         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: both elbows, both arms, torso  
- Arm position/grip is: both arms in elbow grip  
- Leg position is: both legs are fully extended and closed  
- Body position is: upright |
| S5      | Split grip cradle tuck       |         | 0.1         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: both hands, hips, top of thighs  
- Arm position/grip is: split grip  
- Leg position is: tuck position  
- Body position is: body is at a 90° angle to the pole and parallel to the floor |
| S6      | Basic brass monkey           |         | 0.2         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: both hands, forearm of outside arm, underarm of inside arm, side of torso, inside leg knee and back of thigh  
- Arm position/grip is: flag grip  
- Leg position is: fang position, inside leg hooked on pole  
- Body position is: inverted |
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| S7      | Butterfly split grip         |                        | 0.2         | - Hold the position: a minimum of 2 seconds  
|         |                               |                        |             | - Points of contact are: both hands, one leg, torso  
|         |                               |                        |             | - Arm position/grip is: split grip  
|         |                               |                        |             | - Leg position is: both legs are bent, one leg is hooked on pole  
|         |                               |                        |             | - Body position is: inverted                                                                                                             |
| S8      | Cupid                         |                        | 0.2         | - Hold the position: a minimum of 2 seconds  
|         |                               |                        |             | - Points of contact are: inside knee, foot of outside leg  
|         |                               |                        |             | - Arm position/grip is: both arms are fully extended with no contact to the pole  
|         |                               |                        |             | - Leg position is: 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  
|         |                               |                        |             | - Body position is: upright, diagonal to the pole                                                                                         |
| S9      | Inside leg hang flatline      |                        | 0.2         | - Hold the position: a minimum of 2 seconds  
|         |                               |                        |             | - Points of contact are: hand of inside arm, side of torso, inside leg  
|         |                               |                        |             | - Arm position/grip is: both arms are fully extended, hand of inside arm holds pole, outside arm is extended above head  
|         |                               |                        |             | - Leg position is: inside leg is hooked to the pole, outside leg is fully extended and parallel to the floor  
|         |                               |                        |             | - Body position is: parallel to the floor                                                                                                 |
| S10     | Knee banner                   |                        | 0.2         | - Hold the position: a minimum of 2 seconds  
|         |                               |                        |             | - Points of contact are: both knees  
|         |                               |                        |             | - Arm position/grip is: both arms are fully extended  
|         |                               |                        |             | - Leg position is: both legs are bent, upper knee hoods around the pole, lower knee pushes against the pole, feet may touch each other  
|         |                               |                        |             | - Body position is: extended away from the pole                                                                                           |
| S11     | Layback crossed knee release  |                        | 0.2         | - Hold the position: a minimum of 2 seconds  
|         |                               |                        |             | - Points of contact are: both thighs, calf of one leg  
|         |                               |                        |             | - Arm position/grip is: both arms are fully extended  
|         |                               |                        |             | - Leg position is: one leg is fully extended, other leg is bent around the pole and crossed in front of the other leg  
|         |                               |                        |             | - Body position is: inverted layback                                                                                                     |
| S12     | Outside knee hang back passé  |                        | 0.2         | - Hold the position: a minimum of 2 seconds  
|         |                               |                        |             | - Points of contact are: outside leg, side of torso, back of inside arm shoulder  
|         |                               |                        |             | - Arm position/grip is: both arms are fully extended  
|         |                               |                        |             | - Leg position is: outside leg is bent and wrapped around the pole, inside leg is fully extended and parallel to the floor  
<p>|         |                               |                        |             | - Body position is: inverted                                                                                                             |</p>
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<tr>
<td>S13</td>
<td>Pole straddle split grip</td>
<td><img src="image1.png" alt="Image" /></td>
<td>0.2</td>
<td>- Hold the position: a minimum of 2 seconds &lt;br&gt;- Points of contact are: both hands &lt;br&gt;- Arm position/grip is: both arms are fully extended, hands are in split grip &lt;br&gt;- Leg position is: both legs are fully extended in straddle position &lt;br&gt;- Body position is: upright</td>
</tr>
<tr>
<td>S14</td>
<td>Basic superman</td>
<td><img src="image2.png" alt="Image" /></td>
<td>0.3</td>
<td>- Hold the position: a minimum of 2 seconds &lt;br&gt;- Points of contact are: both inner thighs, one hand &lt;br&gt;- Arm position/grip is: both arms are fully extended, only one hand holds pole &lt;br&gt;- Leg position is: both legs are fully extended and closed &lt;br&gt;- Body position is: hips and legs are parallel to the floor</td>
</tr>
<tr>
<td>S15</td>
<td>Butterfly extention</td>
<td><img src="image3.png" alt="Image" /></td>
<td>0.3</td>
<td>- Hold the position: a minimum of 2 seconds &lt;br&gt;- Points of contact are: both hands and one heel &lt;br&gt;- Arm position/grip is: both arms are fully extended in split grip position &lt;br&gt;- Leg position is: both legs are fully extended in split position &lt;br&gt;- Body position is: inverted</td>
</tr>
<tr>
<td>S16</td>
<td>Flag grip side attitude</td>
<td><img src="image4.png" alt="Image" /></td>
<td>0.3</td>
<td>- Hold the position: a minimum of 2 seconds &lt;br&gt;- Points of contact are: both arms and front of chest &lt;br&gt;- Arm position/grip is: flag grip &lt;br&gt;- Leg position is: both legs are in attitude position &lt;br&gt;- Body position is: parallel to the floor</td>
</tr>
<tr>
<td>S17</td>
<td>Layback crossed ankle release</td>
<td><img src="image5.png" alt="Image" /></td>
<td>0.3</td>
<td>- Hold the position: a minimum of 2 seconds &lt;br&gt;- Points of contact are: both inner thighs &lt;br&gt;- Arm position/grip is: both arms are fully extended &lt;br&gt;- Leg position is: both legs are fully extended and closed with ankles crossed &lt;br&gt;- Body position is: inverted, layback</td>
</tr>
<tr>
<td>S18</td>
<td>Shoulder mount pencil/straddle</td>
<td><img src="image6.png" alt="Image" /></td>
<td>0.3</td>
<td>- Hold the position: a minimum of 2 seconds &lt;br&gt;- Points of contact are: both hands, one shoulder &lt;br&gt;- Arm position/grip is: both arms are bent and in cup grip &lt;br&gt;- Leg position is: straddle or pencil &lt;br&gt;- Body position is: horizontal if ending in straddle, vertical and inverted if ending in pencil</td>
</tr>
<tr>
<td>S19</td>
<td>Split grip hang</td>
<td><img src="image7.png" alt="Image" /></td>
<td>0.3</td>
<td>- Hold the position: a minimum of 2 seconds &lt;br&gt;- Points of contact are: both hands &lt;br&gt;- Arm position/grip is: both arms are fully extended in split grip &lt;br&gt;- Leg position is: both legs are fully extended and closed &lt;br&gt;- Body position is: chest and hips are facing away from the pole</td>
</tr>
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| S20     | Underarm hold hang         |         | 0.3         | - Hold the position: a minimum of 2 seconds  
          |                              |         |             | - Points of contact are: inside underarm  
          |                              |         |             | - Arm position/grip is: both arms are fully extended  
          |                              |         |             | - Leg position is: one leg fully extended, parallel to the floor, other leg is bent  
          |                              |         |             | - Body position is: upright |
| S21     | Back support tuck          |         | 0.4         | - Hold the position: a minimum of 2 seconds  
          |                              |         |             | - Points of contact are: inside arm, side of torso, hand of outside arm  
          |                              |         |             | - Arm position/grip is: back support  
          |                              |         |             | - Leg position is: knees on chest  
          |                              |         |             | - Body position is: parallel to the floor |
| S22     | Butterfly twist one hand   |         | 0.4         | - Hold the position: a minimum of 2 seconds  
          |                              |         |             | - Points of contact are: one hand, one leg, chest  
          |                              |         |             | - Arm position/grip is: both arms are fully extended, one hand is holding pole, the other hand is holding the foot of the back leg  
          |                              |         |             | - Leg position is: both legs are bent, one is wrapped to the pole, the other is extended to the back, being held by the opposite hand  
          |                              |         |             | - Body position is: inverted |
| S23     | Flag grip side straddle    |         | 0.4         | - Hold the position: a minimum of 2 seconds  
          |                              |         |             | - Points of contact are: both arms, chest  
          |                              |         |             | - Arm position/grip is: flag grip  
          |                              |         |             | - Leg position is: both legs are fully extended in straddle position  
          |                              |         |             | - Body position is: upper body is parallel to the floor |
| S24     | Handspring straddle/pencil (grip of choice) |         | 0.4         | - Hold the position: a minimum of 2 seconds  
          |                              |         |             | - Points of contact are: both hands  
          |                              |         |             | - Arm position/grip is: hand grip of choice  
          |                              |         |             | - Leg position is: both legs are fully extended  
          |                              |         |             | - Body position is: inverted |
| S25     | Iguana deadlift from the floor |         | 0.4         | - Hold the position: a minimum of 2 seconds  
          |                              |         |             | - Points of contact are: both hands, back  
          |                              |         |             | - Arm position/grip is: both arms are fully extended and holding the pole in an inverted position behind the back  
          |                              |         |             | - Leg position is: both legs are fully extended and closed  
          |                              |         |             | - Body position is: ends in an inverted pencil position  
<pre><code>      |                              |         |             | - Starting position: from the floor with the back to the pole, lifting as a deadlift |
</code></pre>
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| S26     | Superman one side                         | ![Superman one side](image1) | 0.4         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: one hand, inside knee, both upper thighs  
- Arm position/grip is:  
- Leg position is: inside leg is in passé, outside leg is fully extended, both legs are on same side of the pole  
- Body position is: hips and one leg are parallel to the floor |
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<tbody>
<tr>
<td>S32</td>
<td>Shoul...</td>
<td>Shouldermount plank</td>
<td>0.5</td>
<td>Hold the position: a minimum of 2 seconds in the final position &lt;br&gt; Points of contact are: both hands, one shoulder &lt;br&gt; Arm position/grip: both hands in cup grip &lt;br&gt; Leg position: final position is both legs are fully extended &lt;br&gt; Body position: body is at a 90° angle to the pole and parallel to the floor, body completes a controlled lift or lower into position without momentum</td>
</tr>
<tr>
<td>S33</td>
<td>Superpassé</td>
<td></td>
<td>0.5</td>
<td>Hold the position: a minimum of 2 seconds &lt;br&gt; Points of contact are: thigh of one leg, thigh and calf of other &lt;br&gt; Arm position/grip: both arms are fully extended, with opposite hand holding opposite leg &lt;br&gt; Leg position: one leg is fully extended, other leg is bent around the pole &lt;br&gt; Body position: upper body parallel to the floor</td>
</tr>
<tr>
<td>S34</td>
<td>Elbow grip straddle</td>
<td></td>
<td>0.6</td>
<td>Hold the position: a minimum of 2 seconds &lt;br&gt; Points of contact are: one hand and one elbow &lt;br&gt; Arm position/grip: one arm is fully extended and holding the pole above the head, other arm is in elbow grip &lt;br&gt; Leg position: both legs are fully extended in straddle position &lt;br&gt; Body position: inverted</td>
</tr>
<tr>
<td>S35</td>
<td>Elbow hold passé</td>
<td></td>
<td>0.6</td>
<td>Hold the position: a minimum of 2 seconds &lt;br&gt; Points of contact are: upper elbow, lower hand and back of neck &lt;br&gt; Arm position/grip: both arms are bent, upper arm holds pole at elbow, lower arm holds pole with hand &lt;br&gt; Leg position: upper leg is fully extended and parallel to the floor &lt;br&gt; Body position: upper body is parallel to the floor</td>
</tr>
<tr>
<td>S36</td>
<td>Flag grip pencil</td>
<td></td>
<td>0.6</td>
<td>Hold the position: a minimum of 2 seconds &lt;br&gt; Points of contact are: both arms, chest &lt;br&gt; Arm position/grip: flag grip &lt;br&gt; Leg position: both legs are fully extended and closed &lt;br&gt; Body position: body is at a 90° angle to the pole and parallel to the floor</td>
</tr>
<tr>
<td>S37</td>
<td>Janeiro</td>
<td></td>
<td>0.6</td>
<td>Hold the position: a minimum of 2 seconds &lt;br&gt; Points of contact are: one arm, back &lt;br&gt; Arm position/grip: inside arm is bent with underarm and hand to the pole, outside arm is fully extended &lt;br&gt; Leg position: both legs are fully extended and open &lt;br&gt; Body position: back is to the pole and hip is on the elbow</td>
</tr>
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| S38     | No hands superman                              |                                              | 0.6         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: inside thighs, feet  
- Arm position/grip is: both arms are fully extended  
- Leg position is: both legs are bent and holding pole at the inner thigh and feet, legs are not crossed, hips and tights are parallel to the floor  
- Body position is: upper body is in a back arched position |
| S39     | Twist grip handspring pencil/straddle with aerial deadlift |                                              | 0.6         | - Hold the position: a minimum of 2 seconds in the final position  
- Points of contact are: both hands  
- Arm position/grip is: twisted grip  
- Leg position is: final position is both legs fully extended in pencil or straddle  
- Body position is: inverted  
- Starting position: from an aerial twisted grip position perform a dead lift without momentum into a handspring |
| S40     | Back support plank thigh hold                   |                                              | 0.7         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: inside leg, side of waist, one hand  
- Arm position/grip is: outside arm in back support grip  
- Leg position is: outside leg is fully extended, inside leg is in passé and has contact to the pole  
- Body position is: body, inside arm and outside leg are parallel to the floor |
| S41     | Butterfly extended twist one hand               |                                              | 0.7         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: one hand, one foot  
- Arm position/grip is: both arms are fully extended, one arm is holding the pole above the head, the other is extended away from the body  
- Leg position is: both legs are fully extended in split position  
- Body position is: inverted |
| S42     | Cup grip handspring pencil/straddle with aerial deadlift |                                              | 0.7         | - Hold the position: a minimum of 2 seconds in the final position  
- Points of contact are: both hands  
- Arm position/grip is: cup grip  
- Leg position is: final position is both legs are fully extended in either straddle/pencil  
- Body position is: inverted  
- Starting position: from an aerial cup grip position perform a deadlift without momentum into a handspring |
| S43     | Elbow/neck hold straddle                        |                                              | 0.7         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: both elbows and back of neck  
- Arm position/grip is: both elbows to the pole  
- Leg position is: both legs are fully extended in straddle position  
- Body position is: upper body is at a 90° angle to the pole and parallel to the floor |
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| S44     | Iron X                      | ![Iron X Image]                                                          | 0.7         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: both hands  
- Arm position/grip is: both arms are fully extended  
- Leg position: both legs are fully extended in straddle position, hips are naturally aligned, legs are even  
- Body position: upper body is at a 90° angle to the pole and parallel to the floor |
| S45     | Janeiro plank               | ![Janeiro plank Image]                                                   | 0.7         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: both hands, inside arm, side of torso  
- Arm position/grip is: inside arm is holding the pole in flag grip, outside arm is fully extended and holding the pole behind the back  
- Leg position: both legs are fully extended and open  
- Body position: body is facing the floor and is at a 90° angle to the pole and parallel to the floor |
| S46     | Shoulder stand floor based straddle | ![Shoulder stand floor based straddle Image]                                                      | 0.7         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: one hand, one shoulder  
- Arm position/grip is: outside arm is fully extended and in contact to the floor, outside arm holds pole  
- Leg position: both legs are fully extended in straddle position, parallel to the floor  
- Body position: inverted  
- Starting position: from the floor, deadlift into a shoulder stand floor based straddle |
| S47     | Back grip plank straddle    | ![Back grip plank straddle Image]                                         | 0.8         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: hands, side of waist  
- Arm position/grip is: holding pole from behind the back  
- Leg position: both legs are fully extended and open  
- Body position: parallel to the floor |
| S48     | Back support plank outside leg passé | ![Back support plank outside leg passé Image]                                                 | 0.8         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: both hands, side of waist  
- Arm position/grip is: back support  
- Leg position: inside leg is fully extended, outside leg is in passé  
- Body position: back and fully length of the body is at a 90° angle to the pole and parallel to the floor |
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</table>
| S49     | Cross grip tulip                          | ![Image](49.png) | 0.8         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: both hands  
- Arm position/grip is: both arms are crossed in over grip  
- Leg position is: both legs are fully extended in straddle position  
- Body position is: legs, pelvis and body are on the same side of the pole, upper body is at a 90° angle to the pole and parallel to the floor |
| S50     | Forarmgrip pencil aerial deadlift          | ![Image](50.png) | 0.8         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: inside forearm, outside hand  
- Arm position/grip is: forearm grip  
- Leg position is: both legs are fully extended and closed  
- Body position is: final position is inverted  
- Starting position: from an upright aerial position deadlift the body into an inverted vertical position |
| S51     | Handstand plank jack knife                 | ![Image](51.png) | 0.8         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: one hand, top of head  
- Arm position/grip is: both arms are fully extended  
- Leg position is: legs are in a closed pike position and feet are above head  
- Body position is: body is at a 90° angle to the pole and parallel to the floor  
- Starting position: on the floor |
| S52     | Iguana elbow hold straddle no hands        | ![Image](52.png) | 0.8         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: one shoulder, one elbow, back  
- Arm position/grip is: one arm is fully extended, the other is holding the pole at the elbow behind the back  
- Leg position is: both legs are fully extended in straddle position  
- Body position is: inverted |
| S53     | Iron flag bottom leg passé                 | ![Image](53.png) | 0.8         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: both hands  
- Arm position/grip is: both arms are fully extended  
- Leg position is: upper leg is fully extended, lower leg is in passé  
- Body position is: body and upper leg at a 90° angle to the pole and parallel to the pole, with a tolerance of not more of 20° |
| S54     | Underarm flag plank open legs              | ![Image](54.png) | 0.8         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: one hand, and the underarm of the opposite arm  
- Arm position/grip is: bottom arm in flag grip, underarm of upper arm grips pole  
- Leg position is: both legs are fully extended and open  
- Body position is: body and both legs facing the floor at 90° to the pole, parallel to the floor |
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<tbody>
<tr>
<td>S55</td>
<td>X pose</td>
<td>0.8</td>
<td></td>
<td>- Hold the position: a minimum of 2 seconds&lt;br&gt; - Points of contact are: both feet&lt;br&gt; - Arm position/grip is: arms have no contact to the pole&lt;br&gt; - Leg position is: both legs are fully extended&lt;br&gt; - Body position is: upper body is at 90° to the pole, parallel to the floor</td>
</tr>
<tr>
<td>S56</td>
<td>Cupgrip X</td>
<td>0.9</td>
<td></td>
<td>- Hold the position: a minimum of 2 seconds&lt;br&gt; - Points of contact are: both hands&lt;br&gt; - Arm position/grip is: cup grip&lt;br&gt; - Leg position is: both legs are fully extended in straddle position, hips are naturally aligned, legs are even&lt;br&gt; - Body position is: upper body is at 90° to the pole, parallel to the floor</td>
</tr>
<tr>
<td>S57</td>
<td>Handstand plank side split</td>
<td>0.9</td>
<td></td>
<td>- Hold the position: a minimum of 2 seconds&lt;br&gt; - Points of contact are: one hand, top of head&lt;br&gt; - Arm position/grip is: both arms are fully extended, one hand has contact to the floor, one hand has contact to the pole&lt;br&gt; - Leg position is: both legs are fully extended and open in side split position&lt;br&gt; - Body position is: body angle and lower leg are parallel to the floor&lt;br&gt; - Starting position: on the floor</td>
</tr>
<tr>
<td>S58</td>
<td>Iguana airwalk</td>
<td>0.9</td>
<td></td>
<td>- Hold the position: a minimum of 2 seconds&lt;br&gt; - Points of contact are: hands, neck, shoulder&lt;br&gt; - Arm position/grip is: both arms are fully extended in iguana hold and holding pole behind the back&lt;br&gt; - Leg position is: walking motion&lt;br&gt; - Body position is: starting position is inverted, final position is parallel to the floor&lt;br&gt; - Starting position: From an inverted vertical position perform a slow and steady descent to a 90° angle to the pole</td>
</tr>
<tr>
<td>S59</td>
<td>Janeiro plank one hand</td>
<td>0.9</td>
<td></td>
<td>- Hold the position: a minimum of 2 seconds&lt;br&gt; - Points of contact are: inside arm, side of torso&lt;br&gt; - Arm position/grip is: inside arm in flag grip, outside arm is fully extended&lt;br&gt; - Leg position is: both legs are fully extended and open&lt;br&gt; - Body position is: body is facing the floor at 90° to the pole, parallel to the floor</td>
</tr>
<tr>
<td>Code No.</td>
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</tbody>
</table>
| S60     | One shoulder side plank legs open | ![Image](image1) | 0.9 | - Hold the position: a minimum of 2 seconds  
- Points of contact are: inside arm, hand of outside arm, shoulder  
- Arm position/grip is: inside arm is fully extended and in contact to the pole, outside arm is bent with the hand holding the pole behind the head  
- Leg position is: both legs are fully extended and open  
- Body position is: body is at 90° to the pole, parallel to the floor |
| S61     | Shoulder mount plank passé hold | ![Image](image2) | 0.9 | - Hold the position: a minimum of 2 seconds  
- Points of contact are: both hands, one shoulder  
- Arm position/grip is: cup grip  
- Leg position is: one leg is fully extended, other leg is in passé at a 90° to the pole  
- Body position is: body and extended leg are at 90° to the pole, parallel to the floor  
- Starting position: from an aerial shoulder mount, deadlift or lower into plank |
| S62     | Split grip reverse plank legs open | ![Image](image3) | 0.9 | - Hold the position: a minimum of 2 seconds  
- Points of contact are: both hands, side of waist  
- Arm position/grip is: both arms are fully extended, inside hand holds pole below, outside hand holds pole above  
- Leg position is: both legs are fully extended and open  
- Body position is: body is facing the floor at 90° to the pole, parallel to the floor |
| S63     | Split grip side plank legs open | ![Image](image4) | 0.9 | - Hold the position: a minimum of 2 seconds  
- Points of contact are: both hands, side of waist  
- Arm position/grip is: both arms are fully extended, inside hand holds pole above, outside hand holds pole below  
- Leg position is: both legs are fully extended and open  
- Body position is: body is facing the floor at 90° to the pole, parallel to the floor |
| S64     | Underarm flag plank closed legs | ![Image](image5) | 0.9 | - Hold the position: a minimum of 2 seconds  
- Points of contact are: one hand one underarm  
- Arm position/grip is: lower arm is in flag grip, upper arm is in underarm grip  
- Leg position is: both legs are fully extended, hips and legs are closed  
- Body position is: body and both legs are facing the floor at 90° to the pole, parallel to the floor |
<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>S65</td>
<td>Wenson straddle</td>
<td><img src="image1.png" alt="Image" /></td>
<td>0.9</td>
<td>- Hold the position: a minimum of 2 seconds</td>
</tr>
<tr>
<td></td>
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<td>- Points of contact are: one hand</td>
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<tr>
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<td>- Arm position/grip is: lower arm is fully extended and has contact to the floor, hand of upper arm is holding pole</td>
</tr>
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<td>- Leg position is: both legs are fully extended in straddle position</td>
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<td>- Body position is: upper body is parallel to the floor</td>
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<td></td>
<td></td>
<td></td>
<td>- Starting position: on the floor</td>
</tr>
<tr>
<td>S66</td>
<td>Back grip plank</td>
<td><img src="image2.png" alt="Image" /></td>
<td>1.0</td>
<td>- Hold the position: a minimum of 2 seconds</td>
</tr>
<tr>
<td></td>
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<td></td>
<td></td>
<td>- Points of contact are: both hands, inside waist</td>
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<tr>
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<td></td>
<td>- Arm position/grip is: both hands are holding the pole behind the back</td>
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<tr>
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<td></td>
<td>- Leg position is: both legs are fully extended, parallel to the floor, hips and legs are closed</td>
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<tr>
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<td></td>
<td></td>
<td>- Body position is: body is at 90° to the pole, parallel to the floor</td>
</tr>
<tr>
<td>S67</td>
<td>Back support plank</td>
<td><img src="image3.png" alt="Image" /></td>
<td>1.0</td>
<td>- Hold the position: a minimum of 2 seconds</td>
</tr>
<tr>
<td></td>
<td></td>
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<td></td>
<td>- Points of contact are: both hands, side of waist</td>
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<td></td>
<td>- Arm position/grip is:</td>
</tr>
<tr>
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<td></td>
<td></td>
<td>- Leg position is: both legs are fully extended, parallel to the floor, hips and legs are closed</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>- Body position is: body is at 90° to the pole, back is parallel to the floor</td>
</tr>
<tr>
<td>S68</td>
<td>Cupgrip plank</td>
<td><img src="image4.png" alt="Image" /></td>
<td>1.0</td>
<td>- Hold the position: a minimum of 2 seconds</td>
</tr>
<tr>
<td></td>
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<td></td>
<td></td>
<td>- Points of contact are: both hands, hips</td>
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<tr>
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<td></td>
<td>- Arm position/grip is: both arms are fully extended holding the pole in cup grip</td>
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<td></td>
<td>- Leg position is: both legs are fully extended, hips and legs are closed</td>
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<tr>
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<td></td>
<td></td>
<td></td>
<td>- Body position is: body is at 90° to the pole, parallel to the floor</td>
</tr>
<tr>
<td>S69</td>
<td>Elbow plank</td>
<td><img src="image5.png" alt="Image" /></td>
<td>1.0</td>
<td>- Hold the position: a minimum of 2 seconds</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>- Points of contact are: outside elbow, neck</td>
</tr>
<tr>
<td></td>
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<td></td>
<td>- Arm position/grip is: upper arm is holding the pole in elbow grip, lower arm is fully extended and parallel to the body</td>
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<td>- Leg position is: both legs are fully extended, parallel to the floor, hips and legs are closed</td>
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<td>- Body position is: body is at 90° to the pole, parallel to the floor</td>
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| S70     | Floor based clock          |                   | 1.0         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: one hand  
- Arm position/grip: one hand has contact to the pole, the other hand has contact to the floor  
- Leg position: both legs are fully extended and closed  
- Body position: rotating  
- Starting position: in a starting position of choice with one hand on the pole and one hand on the floor, perform a complete rotation of the body to return to the starting position |
| S71     | Handstand plank            |                   | 1.0         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: one hand, top of head  
- Arm position/grip: both arms are fully extended, one hand has contact to the pole, the other hand has contact to the floor  
- Leg position: both legs are fully extended, parallel to the floor, hips and legs are closed  
- Body position: body is at 90° to the pole, parallel to the floor  
- Starting position: on the floor |
| S72     | Iguana horizontal          |                   | 1.0         | - Hold the position: a minimum of 2 seconds in the final position  
- Points of contact are: both hands, one shoulder  
- Arm position/grip: both arms are fully extended, hands hold pole behind back  
- Leg position: both legs are fully extended, hips and legs are closed  
- Body position: body is at 90° to the pole, parallel to the floor  
- Starting position: from an aerial position, deadlift or lower to a 90° horizontal angle to the pole, parallel to the floor |
| S73     | Iron pencil                |                   | 1.0         | - Hold the position: a minimum of 2 seconds  
- Points of contact are: both hands  
- Arm position/grip: both arms are fully extended  
- Leg position: both legs are fully extended, hips and legs are closed  
- Body position: body is at 90° to the pole, parallel to the floor |
| S74     | One shoulder side plank legs closed | | 1.0 | - Hold the position: a minimum of 2 seconds  
- Points of contact are: inside arm, hand of outside arm, shoulder  
- Arm position/grip: inside arm is fully extended and in contact to the pole, outside arm is bent with the hand holding the pole behind the head  
- Leg position: both legs are fully extended and closed  
- Body position: body is at 90° to the pole, parallel to the floor |
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| S75     | Shouldermount horizontal            |                              | 1.0         | Hold the position: a minimum of 2 seconds  
- Points of contact are: both hands, one shoulder  
- Arm position/grip is: cup grip or baseball grip  
- Leg position is: both legs are fully extended, hips and legs are closed  
- Body position is: back and legs are at 90° to the pole, parallel to the floor  
- Starting position: from an aerial shoulder mount position, deadlift or lower into plank |
| S76     | Split grip flag                     |                              | 1.0         | Hold the position: a minimum of 2 seconds  
- Points of contact are: both hands, chest  
- Arm position/grip is: both arms are fully extended and are holding the pole in split grip  
- Leg position is: both legs are fully extended, legs and hips are closed  
- Body position is: body is at 90° to the pole, parallel to the floor |
| S77     | Split grip leg through plank         |                              | 1.0         | Hold the position: a minimum of 2 seconds  
- Points of contact are: both hands, lower backside/bottom have contact to the pole  
- Arm position/grip is: both arms are fully extended, holding the pole in split grip  
- Leg position is: both legs are fully extended, hips and legs are closed  
- Body position is: body is at 90° to the pole, parallel to the floor |
| S78     | Split grip reverse plank             |                              | 1.0         | Hold the position: a minimum of 2 seconds  
- Points of contact are: both hands, inside lower torso  
- Arm position/grip is: inside hand holds pole below, outside hand holds pole above  
- Leg position is: both legs are fully extended, hips and legs are closed  
- Body position is: body is facing the floor, at 90° to the pole, parallel to the floor |
| S79     | Split grip side plank                |                              | 1.0         | Hold the position: a minimum of 2 seconds  
- Points of contact are: both hands, inside lower torso  
- Arm position/grip is: inside hand holds pole above, outside hand holds pole below  
- Leg position is: both legs are fully extended, hips and legs are closed  
- Body position is: body is facing the floor at 90° to the pole, parallel to the floor |
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</table>
| ST1     | Back hook spin              |         | 0.1         | - Hold the position: a minimum of 360° rotation  
- Points of contact are: both hands, inside knee, back of inside thigh  
- Arm position/grip is: basic grip  
- Leg position is: diamond  
- Body position is: upright |
| ST2     | Fireman spin crossed ankle  |         | 0.1         | - Hold the position: a minimum of 360° rotation  
- Points of contact are: both hands, both ankles  
- Arm position/grip is: basic grip  
- Leg position is: both legs are bent and are in contact with the pole at the ankles  
- Body position is: upright |
| ST3     | Front hook spin             |         | 0.1         | - Hold the position: a minimum of 360° rotation  
- Points of contact are: both hands, inside knee, and back of inside thigh  
- Arm position/grip is: basic grip  
- Leg position is: diamond  
- Body position is: upright |
| ST4     | Attitude spin outside heel on pole |         | 0.2         | - Hold the position: a minimum of xxx° rotation  
- Points of contact are: both hands, one ankle  
- Arm position/grip is: split grip  
- Leg position is: both legs are in attitude position, parallel to floor  
- Body position is: upright |
| ST5     | Chair spin                  |         | 0.2         | - Hold the position: a minimum of 360° rotation  
- Points of contact are: both hands  
- Arm position/grip is: basic grip  
- Leg position is: chair position at 90° angles  
- Body position is: upright |
| ST6     | Forwards attitude spin      |         | 0.2         | - Hold the position: a minimum of 360° rotation  
- Points of contact are: both hands  
- Arm position/grip is: basic grip  
- Leg position is: both legs are in attitude position, parallel to floor  
- Body position is: upright |
<table>
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</table>
| ST7     | Back spin attitude                      |                                 | 0.3         | - Hold the position: a minimum of 360° rotation  
- Points of contact are: outside hand, inside forearm and hand  
- Arm position/grip is: forearm grip  
- Leg position is: both legs are in attitude position, parallel to floor  
- Body position is: upright                                                                 |
| ST8     | Body spiral reverse grab attitude       |                                 | 0.3         | - Hold the position: a minimum of 360° rotation in the final position  
- Points of contact are: both hands  
- Arm position/grip is: reverse spin starting with one arm on the pole into a split grip hand position  
- Leg position is: both legs are in attitude in the final position  
- Body position is: upright at an angle away from the pole                                                                 |
| ST9     | Carousel fang                           |                                 | 0.3         | - Hold the position: a minimum of 360° rotation  
- Points of contact are: both hands  
- Arm position/grip is: split grip  
- Leg position is: diamond  
- Body position is: upright                                                                 |
| ST10    | Chairspin pike both legs stretched      |                                 | 0.3         | - Hold the position: a minimum of 360° rotation  
- Points of contact are: both hands  
- Arm position/grip is: basic grip  
- Leg position is: both legs fully extended and closed in pike position, parallel to floor  
- Body position is: upright                                                                 |
| ST11    | Cradle spin split grip tuck             |                                 | 0.3         | - Hold the position: a minimum of 360° rotation  
- Points of contact are: both hands, hips, and tops of thighs  
- Arm position/grip is: split grip  
- Leg position is:  
- Body position is: parallel to the floor                                                                 |
| ST12    | Knee hook spin passé                    |                                 | 0.3         | - Hold the position: a minimum of 360° rotation  
- Points of contact are: both hands, back of one knee, one thigh  
- Arm position/grip is: basic grip  
- Leg position is: upper leg is bent in front of pole, lower leg is fully extended behind pole  
- Body position is: upright                                                                 |
<table>
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</table>
| ST13     | Body spiral attitude one hand             |                                | 0.4         | - Hold the position: a minimum of 360° rotation  
- Points of contact are: inside arm and hand, back  
- Arm position/grip is: underarm grip  
- Leg position is: both legs are in attitude  
- Body position is: upright |
| ST14     | Cradle spin split grip straddle           |                                | 0.4         | - Hold the position: a minimum of 360° rotation  
- Points of contact are: both hands, hips  
- Arm position/grip is: split grip  
- Leg position is: both legs are fully extended in straddle position  
- Body position is: upper body is parallel to the floor |
| ST15     | Reverse grab pencil                       |                                | 0.4         | - Hold the position: a minimum of 360° rotation  
- Points of contact are: both hands, both arms, back of shoulders  
- Arm position/grip is: reverse spin starting with one arm on the pole into a twisted grip hand position  
- Leg position is: both legs finish in a fully extended pencil position  
- Body position is: extended in a pencil position at an angle away from the pole |
| ST16     | Split grip straddle                       |                                | 0.4         | - Hold the position: a minimum of 360° rotation  
- Points of contact are: both hands  
- Arm position/grip is: split grip  
- Leg position is: both legs are fully extended in straddle position above the hips  
- Body position is: upright |
| ST17     | Reverse grab straddle into pencil         |                                | 0.5         | - Hold the position: a minimum of 360° rotation once in the pencil position  
- Points of contact are: both hands  
- Arm position/grip is: split grip  
- Leg position is: both legs are fully extended in straddle position, then pencil  
- Body position is: upright, angle away from pole |
| ST18     | Spinning into a shoulder mount straddle   |                                | 0.5         | - Hold the position: a minimum of 360° rotation  
- Points of contact are: both hands, one shoulder  
- Arm position/grip is: baseball or cup grip  
- Leg position is: both legs are fully extended in straddle position, parallel to floor  
- Body position is: parallel to floor |
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</table>
| ST19    | Cup grip spin pencil |                                            | 0.6         | - Hold the position: a minimum of 360° rotation  
- Points of contact are: both hands  
- Arm position/grip is: both hands in cup grip  
- Leg position is: both legs fully extended and closed  
- Body position is: extended in a pencil position at an angle away from the pole |
| ST20    | Phoenix spin 1       |                                            | 0.6         | - Hold the position: a minimum of 360° rotation  
- Points of contact are: both hands  
- Arm position/grip is: spin starting with one hand on the pole into a twisted grip handspring without making contact to the floor  
- Leg position is: legs finish in a leg position of choice  
- Body position is: body moves into inverted position after handspring |
| ST21    | Cradle spin into     |                                            | 0.7         | - Hold the position: a minimum of 360° rotation  
- Points of contact are: both hands, hips, top of thighs, transitioning to both hands, one ankle  
- Arm position/grip is: split grip  
- Leg position is: tuck position followed by split position  
- Body position is: criteria of cradle spin and butterfly extension apply |
| ST22    | Double reverse grab  |                                            | 0.8         | - Hold the position: a minimum of 720° rotation  
- Points of contact are: both hands  
- Arm position/grip is: reverse spin starting with one hand on the pole, hand re-grips the pole and reverse spin is repeated without making contact to the floor  
- Leg position is: leg position of choice  
- Body position is: upright at an angle away from the pole |
| ST23    | Phoenix spin 2       |                                            | 0.9         | - Hold the position: a minimum of 360° rotation  
- Points of contact are: both hands  
- Arm position/grip is: reverse spin starting with one hand on the pole into a twisted grip dead lift handspring without making contact to the floor  
- Leg position is: legs finish in a leg position of choice  
- Body position is: back is to the pole for the reverse spin, body moves into inverted position after handspring |
<table>
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</table>
| ST24    | Chinese grip phoenix                      | ![Image of Chinese grip phoenix](image1) | 1.0          | - Hold the position: a minimum of 720° rotation  
- Points of contact are: both hands  
- Arm position/grip is: starts with both hands in cup grip, lower hand re-grips the pole while continuing to spin in cup grip, dead lift without making contact to the floor  
- Leg position is: spin begins in pencil, and finishes in leg position of choice  
- Body position is: pencil position for spin, inverted for final position |
| ST25    | Double reverse grab into phoenix          | ![Image of Double reverse grab into phoenix](image2) | 1.0          | - Hold the position: a minimum of 720° rotation  
- Points of contact are: both hands  
- Arm position/grip is: criteria for double reverse grab applies, finishing in a twisted grip dead lift handspring without making contact to the floor  
- Leg position is: leg position of choice  
- Body position is: upright transitioning to inverted |
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</table>
| SP1     | Fireman spin chair                  |                 | 0.1         | - Hold the position: a minimum of 720° rotation  
- Points of contact are: both hands, both knees  
- Arm position/grip is: basic grip  
- Leg position is: thighs are parallel to the floor and legs closed  
- Body position is: upright                                                                                                                                 |
| SP2     | Outside knee hang closed fang       |                 | 0.2         | - Hold the position: a minimum of 720° rotation  
- Points of contact are: one knee and one thigh  
- Arm position/grip is: both hands hold both feet  
- Leg position is: fang position  
- Body position is: inverted  
- Starting position: from the floor                                                                                                                                 |
| SP3     | Pencil forearm grip                 |                 | 0.2         | - Hold the position: a minimum of 720° rotation  
- Points of contact are: both hands, one forearm  
- Arm position/grip is: forearm grip  
- Leg position is: both legs are fully extended and closed in pencil position  
- Body position is: upright                                                                                                                                 |
| SP4     | Ballerina passé                     |                 | 0.3         | - Hold the position: a minimum of 720° rotation  
- Points of contact are: inner thighs, one hand, inner arm, side of torso, back  
- Arm position/grip is: 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  
- Leg position is: seated position with legs bent and tucked to one side of the pole  
- Body position is: upright                                                                                                                                 |
| SP5     | Carousel spin elbow grip           |                 | 0.3         | - Hold the position: a minimum of 720° rotation  
- Points of contact are: one elbow and one hand  
- Arm position/grip is: elbow grip  
- Leg position is: diamond  
- Body position is: upright                                                                                                                                 |
| SP6     | Inverted straddle                   |                 | 0.3         | - Hold the position: a minimum of 720° rotation  
- Points of contact are: both hands, side of torso  
- Arm position/grip is: both arms are fully extended in baseball grip  
- Leg position is: both legs are fully extended in straddle position, parallel to floor  
- Body position is: inverted                                                                                                                                 |
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</table>
| SP7      | Seated side tuck | ![Image](image1.jpg) | 0.3 | - Hold the position: a minimum of 720° rotation  
- Points of contact are: inner thighs  
- Arm position/grip is: arms wrap tucked legs  
- Leg position is: tuck, with pole between inner thighs in a seated position  
- Body position is: body is at a 90° angle to the pole and parallel to the floor |
| SP8      | Underarm hold | ![Image](image2.jpg) | 0.3 | - Hold the position: a minimum of 720° rotation, spin may be performed rotating either direction  
- Points of contact are: inside underarm, inner upper thigh, inside knee, outside foot  
- Arm position/grip is: underarm grip  
- Leg position is: one leg is fully extended along the pole, the other leg is bent to the back  
- Body position is: upright |
| SP9      | Body spiral no hands | ![Image](image3.jpg) | 0.4 | - Hold the position: a minimum of 720° rotation  
- Points of contact are: inside underarm, inside knee and back of thigh  
- Arm position/grip is: underarm grip with inside arm, outside arm is fully extended  
- Leg position is: outside leg is fully extended, inside leg wraps the pole at knee  
- Body position is: upright with back lean |
| SP10     | Craddle spin tuck no hands | ![Image](image4.jpg) | 0.4 | - Hold the position: a minimum of 720° rotation  
- Points of contact are: hips, torso, top of thighs  
- Arm position/grip is: arms are wrapped around legs  
- Leg position is: tucked  
- Body position is: body is at a 90° angle to the pole and parallel to the floor |
| SP11     | Inverted bodyspiral outside leg stretched behind pole. | ![Image](image5.jpg) | 0.4 | - Hold the position: a minimum of 720° rotation  
- Points of contact are: inside arm and hand, outside elbow, side of torso, back  
- Arm position/grip is: inside arm is holding pole, outside arm elbow is in contact with the pole  
- Leg position is: inside leg is in passé in front of pole, outside leg is fully extended behind the pole  
- Body position is: inverted |
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</table>
| SP12    | Inverted thigh hold tuck    | ![Image](image1)                             | 0.4         | - Hold the position: a minimum of 720° rotation  
- Points of contact are: inner thighs, front of torso  
- Arm position/grip is: arms wrap around the legs with no contact to the pole  
- Leg position is: inverted tuck  
- Body position is: inverted with the back facing the floor |
| SP13    | Outside knee hang closed fang| ![Image](image2)                             | 0.4         | - Hold the position: a minimum of 720° rotation  
- Points of contact are: one knee and one thigh  
- Arm position/grip is: both hands hold both feet  
- Leg position is: fang position  
- Body position is: inverted  
- Starting position: on the pole |
| SP14    | Craddle spin pike no hands legs fully stretched | ![Image](image3) | 0.5         | - Hold the position: a minimum of 720° rotation  
- Points of contact are: hips, torso, top of thighs  
- Arm position/grip is: both arms are wrapped around the legs  
- Leg position is: both legs are fully extended and closed in pike position  
- Body position is: wrapped around the pole and parallel to the floor |
| SP15    | Cradle spin one handed pike | ![Image](image4)                             | 0.5         | - Hold the position: a minimum of 720° rotation  
- Points of contact are: one hand and arm, hips, torso  
- Arm position/grip is: both arms are fully extended, inside arm is holding pole, outside arm is extended away from the body  
- Leg position is: both legs are fully extended and closed in a pike position  
- Body position is: wrapped around the pole and parallel to the floor |
| SP16    | Elbow spin attitude         | ![Image](image5)                             | 0.5         | - Hold the position: a minimum of 720° rotation  
- Points of contact are: both elbows, shoulder blades  
- Arm position/grip is: elbow grip  
- Leg position is: both legs in attitude, parallel to the floor  
- Body position is: back is to the pole, body is parallel to the floor |
| SP17    | Iguana fang                 | ![Image](image6)                             | 0.5         | - Hold the position: a minimum of 720° rotation  
- Points of contact are: both hands, one shoulder  
- Arm position/grip is: iguana grip  
- Leg position is: both legs are bent in fang position  
- Body position is: inverted, back arch |
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</table>
| SP18    | Pencil spin baseball grip   | ![Pencil spin baseball grip](image) | 0.5         | - Hold the position: a minimum of 720° rotation  
- Points of contact are: both hands  
- Arm position/grip is: baseball grip  
- Leg position is: both legs are fully extended and closed in pencil position  
- Body position is: upright |
| SP19    | Straddle spin 2 hands up    | ![Straddle spin 2 hands up](image) | 0.6         | - Hold the position: a minimum of 720° rotation  
- Points of contact are: both hands  
- Arm position/grip is: baseball grip  
- Leg position is: both legs are fully extended in straddle position, parallel to the floor or higher than hips  
- Body position is: upright |
| SP20    | Elbow attitude spin         | ![Elbow attitude spin](image) | 0.7         | - Hold the position: a minimum of 720° rotation  
- Points of contact are: inside elbow  
- Arm position/grip is: one arm in elbow grip, other arm is in position of choice with no contact to the pole  
- Leg position is: front leg is in attitude, back leg is fully extended  
- Body position is: upright at an angle away from the pole |
| SP21    | Parallel split spin         | ![Parallel split spin](image) | 0.7         | - Hold the position: a minimum of 720° rotation  
- Points of contact are: both hands  
- Arm position/grip is: both arms are fully extended, basic grip  
- Leg position is: both legs are fully extended in split position, parallel to the pole  
- Body position is: upright |
| SP22    | Tuck through spin pike      | ![Tuck through spin pike](image) | 0.7         | - Hold the position: a minimum of 720° rotation  
- Points of contact are: both hands, back of both legs  
- Arm position/grip is: split grip, arms have no contact to the legs  
- Leg position is: both legs are fully extended in a closed pike position  
- Body position is: body and legs are in front of the pole at a 90° angle to the pole and parallel to the floor |
| SP23    | Cradle spin no hands        | ![Cradle spin no hands](image) | 0.8         | - Hold the position: a minimum of 720° rotation  
- Points of contact are: hips and tops of thighs  
- Arm position/grip is: arms have no contact to the body or the pole  
- Leg position is: tucked  
- Body position is: body is at a 90° angle to the pole and parallel to the floor |
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</table>
| SP24    | Cupgrip pencil            | 0.8               | - Hold the position: a minimum of 720° rotation  
- Points of contact are: both hands  
- Arm position/grip is: both hands are in a cup grip position  
- Leg position is: both legs are fully extended in pencil position  
- Body position is: upright at an angle away from the pole |
| SP25    | Reverse butterfly extension | 0.8             | - Hold the position: a minimum of 720° rotation  
- Points of contact are: one arm and the inside ankle  
- Arm position/grip is: both arms are fully extended, with one arm holding the pole, and the other holding the front leg  
- Leg position is: both legs are fully extended in split position  
- Body position is: inverted |
| SP26    | Titanic support           | 0.8               | - Hold the position: a minimum of 720° rotation  
- Points of contact are: one leg, one shoulder/side of neck, bottom backside  
- Arm position/grip is: both arms are fully extended back, and have no contact to the pole  
- Leg position is: both legs are fully extended  
- Body position is: upright, upper body in back arch |
| SP27    | Cross bow 2 hands on pole | 0.9               | - Hold the position: a minimum of 720° rotation  
- Points of contact are: both hands  
- Arm position/grip is:  
- Leg position is: both legs are fully extended in straddle position with no contact to the pole  
- Body position is: 90° angle and parallel to the floor |
| SP28    | Supported sailor          | 0.9               | - Hold the position: a minimum of 720° rotation  
- Points of contact are: both ankles, one shin and one calf, one hand  
- Arm position/grip is: both arms are fully extended, one hand has contact to the pole  
- Leg position is: fully extended and closed  
- Body position is: inverted |
| SP29    | Crossed hands plank       | 1.0               | - Hold the position: a minimum of 720° rotation  
- Points of contact are: hip flexors and both hands  
- Arm position/grip is: over grip  
- Leg position is: both legs are fully extended and closed, parallel to the floor  
- Body position is: parallel to the floor |
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</table>
| SP30    | Inverted split spin  | 1.0           | - Hold the position: a minimum of 720° rotation  
- Points of contact are: underarm of inside arm, one leg, one foot, lower back  
- Arm position/grip is: both arms are holding front leg, inside underarm grip  
- Leg position: both legs are fully extended in split position  
- Body position is: inverted |
| SP31    | One handed spin       | 1.0           | - Hold the position: a minimum of 720° rotation  
- Points of contact are: one hand  
- Arm position/grip is: both arms are fully extended, one hand has contact to pole, other arm is extended  
- Leg position: both legs are fully extended and closed in pencil position  
- Body position is: upright, away from the pole, parallel to the pole |
| SP32    | Pole based clock      | 1.0           | - Hold the position: a minimum of 720° rotation  
- Points of contact are: both hands  
- Arm position/grip is: split grip  
- Leg position: 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  
- Body position is: upright/inverted/upright/inverted |
| SP33    | Sailor                | 1.0           | - Hold the position: a minimum of 720° rotation  
- Points of contact are: both ankles, one shin and one calf  
- Arm position/grip is: both arms are fully extended  
- Leg position is: fully extended and closed  
- Body position is: inverted |
## DEAD LIFTS

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>DL1</td>
<td>Dead lift from shoulder mount grip</td>
<td></td>
<td>0.2</td>
<td><strong>DEAD LIFT</strong> A dead lift is defined by the starting position of the body. The feet may 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. The dead lift must end in a fully inverted position. A dead lift can be performed on either the static or spinning pole. <strong>Lowest point value</strong> is for a dead lift (from the floor) with bent legs <strong>Second point value</strong> is for a dead lift (from the floor) with both legs extended <strong>Third point value</strong> is for a dead lift (from the floor) with both legs extended and closed</td>
</tr>
<tr>
<td>DL2</td>
<td>Dead lift from twist grip</td>
<td></td>
<td>0.2</td>
<td><strong>AERIAL DEAD LIFT</strong> 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 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. 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. <strong>Fourth point value</strong> is for an aerial dead lift with bent legs <strong>Fifth point value</strong> is for an aerial dead lift with both legs extended <strong>Sixth point value</strong> is for an aerial dead lift with both legs extended and closed</td>
</tr>
<tr>
<td>DL3</td>
<td>Dead lift from forearm grip</td>
<td></td>
<td>0.2</td>
<td><strong>Fourth point value</strong> is for an aerial dead lift with bent legs <strong>Fifth point value</strong> is for an aerial dead lift with both legs extended <strong>Sixth point value</strong> is for an aerial dead lift with both legs extended and closed</td>
</tr>
<tr>
<td>DL4</td>
<td>Dead lift from forearm handspring</td>
<td></td>
<td>0.2</td>
<td><strong>Fourth point value</strong> is for an aerial dead lift with bent legs <strong>Fifth point value</strong> is for an aerial dead lift with both legs extended <strong>Sixth point value</strong> is for an aerial dead lift with both legs extended and closed</td>
</tr>
<tr>
<td>DL5</td>
<td>Dead lift from iguana grip</td>
<td></td>
<td>0.2</td>
<td><strong>Fourth point value</strong> is for an aerial dead lift with bent legs <strong>Fifth point value</strong> is for an aerial dead lift with both legs extended <strong>Sixth point value</strong> is for an aerial dead lift with both legs extended and closed</td>
</tr>
<tr>
<td>DL6</td>
<td>Dead lift from neck hold</td>
<td></td>
<td>0.2</td>
<td><strong>Fourth point value</strong> is for an aerial dead lift with bent legs <strong>Fifth point value</strong> is for an aerial dead lift with both legs extended <strong>Sixth point value</strong> is for an aerial dead lift with both legs extended and closed</td>
</tr>
<tr>
<td>DL7</td>
<td>Dead lift from cup grip</td>
<td></td>
<td>0.2</td>
<td><strong>Fourth point value</strong> is for an aerial dead lift with bent legs <strong>Fifth point value</strong> is for an aerial dead lift with both legs extended <strong>Sixth point value</strong> is for an aerial dead lift with both legs extended and closed</td>
</tr>
<tr>
<td>DL8</td>
<td>Dead lift from elbow hold</td>
<td></td>
<td>0.2</td>
<td><strong>Fourth point value</strong> is for an aerial dead lift with bent legs <strong>Fifth point value</strong> is for an aerial dead lift with both legs extended <strong>Sixth point value</strong> is for an aerial dead lift with both legs extended and closed</td>
</tr>
</tbody>
</table>
# COMPULSORY DOUBLES

## SYNCHRONISED PARALLEL ELEMENTS

<table>
<thead>
<tr>
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</table>
| **SYN1** | Different direction to the pole | ![Image](image1.png)       | 0.1/1.0     | - Hold the position for 2 seconds  
- A move where both athletes are in the same direction  
- The same parallel position of choice facing any direction  
- This move is chosen from compulsory singles and receives the given technical value  
*Please note category breakdown Requirements page 14* |
| **SYN2** | Horizontal position           | ![Image](image2.png)       | 0.1/1.0     | - Hold the position for 2 seconds.  
- A move executed horizontal to the floor and parallel to each other  
- This move is chosen from compulsory singles and receives the given technical value  
*Please note category breakdown Requirements page 14* |
| **SYN3** | Vertical to the pole          | ![Image](image3.png)       | 0.1/1.0     | - Hold the position for 2 seconds  
- A move executed vertically to the floor and parallel to each other  
- This move is chosen from compulsory singles and receives the given technical value  
*Please note category breakdown Requirements page 14* |
<table>
<thead>
<tr>
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</table>
| SYN4    | Floor based position       | ![Floor based position image]               | 0.5         | - Hold the position for 2 seconds  
- Partners locked together in a synchronised interlocking inverted **floor based** position  
- Legs can be in a position of choice  
- Partners are in a mirror image of each other |
| SYN5    | Inverted aerial position   | ![Inverted aerial position image]           | 0.6         | - Hold the position for 2 seconds  
- Partners locked together in a synchronised interlocking **inverted aerial** position on the pole  
- Legs/body/arms can be in a position of choice  
- Partners are in a mirror image of each other |
| SYN6    | Upright aerial position    | ![Upright aerial position image]            | 0.6         | - Hold the position for 2 seconds  
- Partners locked together in a synchronised interlocking **upright aerial** position on the pole  
- Legs/body/arms can be in a position of choice  
- Partners are in a mirror image of each other |
<table>
<thead>
<tr>
<th>Code No.</th>
<th>Name</th>
<th>Element</th>
<th>Tech. Value</th>
<th>Criteria</th>
</tr>
</thead>
</table>
| SYN7    | Balance facing each other | ![Image](image1.png)              | 0.6         | - Hold the position for 2 seconds  
- A move facing each other based on balance and cannot be performed without one or the other partner  
- Partners are in a mirror image of each other |
| SYN8    | Balance in different directions | ![Image](image2.png)              | 0.6         | - Hold the position for 2 seconds  
- A move based on balance and cannot be performed without one or the other partner  
- Partners are facing in different directions |
| SYN9    | Balance backs to each other | ![Image](image3.png)              | 0.7         | - Hold the position for 2 seconds  
- A move with backs to each other based on balance and cannot be performed without one or the other partner  
- Partners are in a mirror image of each other |
| SYN10   | Balance in upright position | ![Image](image4.png)              | 0.7         | - Hold the position for 2 seconds  
- A move facing each other based on balance and cannot be performed without one or the other partner  
- Partners are in a mirror image of each other |
<table>
<thead>
<tr>
<th>Code No.</th>
<th>Name</th>
<th>Element</th>
<th>Tech. Value</th>
<th>Criteria</th>
</tr>
</thead>
</table>
| BLN1    | Superman position  | ![Image](superman.png)  | 0.4         | - Hold the position for 2 seconds  
- A balance move with partners positioned in different directions  
- The upper partner is in a superman position holding with the legs only, hips and legs are parallel to the floor  
- The lower partner is in a knee hold position supports the upper with hand  
- Both partners may have contact with the pole  
- The upper partner cannot hold the position without the lower partner |
| BLN2    | Layback position   | ![Image](layback.png)    | 0.5         | - Hold the position for 2 seconds  
- A balance move with partners positioned in different directions  
- The upper partner is in a layback position holding with the legs only, hips and legs are parallel to the floor  
- The lower partner is in an upright position of choice holding pole with one hand only, supports the upper partner with other hand  
- Both partners may have contact with the pole  
- The upper partner cannot hold the position without the lower partner |
| BLN3    | Shoulder mount position | ![Image](shoulder.png)    | 0.5         | - Hold the position for 2 seconds  
- A balance move with partners positioned in different directions  
- The lower partner is holding the upper partner by pushing him/her up by the hips with his/her legs  
- Both partners should be fully extended.  
- Both partners may have contact with the pole  
- This position cannot be held without both partners |
| BLN4    | Layback position   | ![Image](layback.png)    | 0.7         | - Hold the position for 2 seconds  
- A balance move with partners positioned in different directions  
- The lower partner is in a layback position holding with the legs only  
- The upper partner is either standing or seated on the lower partner holding the pole with one hand or elbow only  
- Both partners may have contact with the pole  
- This position cannot be held without both partners |
<table>
<thead>
<tr>
<th>Code No.</th>
<th>Name</th>
<th>Element</th>
<th>Tech. Value</th>
<th>Criteria</th>
</tr>
</thead>
</table>
| BLN5    | Superman position | ![Image](image1) | 0.7         | - Hold the position for 2 seconds  
- A balance move with partners positioned in different directions  
- The lower partner is in a superman position holding with the legs only, hips and legs are parallel to the floor  
- The upper partner is either standing or seated on the lower partner holding the pole with one hand or elbow only  
- Both partners may have contact with the pole  
- This position cannot be held without both partners |
| BLN6    | Superman position | ![Image](image2) | 0.8         | - Hold the position for 2 seconds  
- A balance move with partners positioned in different directions  
- The upper partner is in a superman position holding with the legs only  
- The lower partner is in inverted position holding the upper partner with the legs only and has no contact to the pole  
- Only the upper partner has contact with the pole  
- This position cannot be held without both partners |
### Balance Strength Partner Elements

<table>
<thead>
<tr>
<th>Code No.</th>
<th>Name</th>
<th>Element</th>
<th>Tech. Value</th>
<th>Criteria</th>
</tr>
</thead>
</table>
| BLN7    | Layback position    | ![Image](layback_position.png) | 0.5         | - Hold the position for 2 seconds  
- A move with partners positioned in different directions  
- The lower partner is in a layback horizontal position holding with the legs 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  
- No hand/arm contact to the pole  
- This position cannot be held without both partners |
| BLN8    | Layback plank position | ![Image](layback_plank_position.png) | 0.7         | - Hold the position for 2 seconds  
- A move with partners positioned in different directions  
- The lower partner is in a layback horizontal plank position holding with the legs only, the upper partner is in an inverted handstand position with the body leaning against the pole  
- No hand/arm contact to the pole  
- This position cannot be held without both partners |
| BLN9    | Elbow hold balance  | ![Image](elbow_hold_balance.png) | 0.8         | - Hold the position for 2 seconds  
- A move with partners positioned in different directions  
- The lower partner performs any strength move, where the body is parallel to the floor, the other partner is in inverted handstand position balancing on the lower partner  
- The upper partner cannot hold the position without the lower partner |
| BLN10   | Layback arch balance| ![Image](layback_arch_balance.png) | 0.8         | - Hold the position 2 seconds  
- Upper partner is in layback position with no hand contact to the pole  
- Lower partner must perform any strength move and have only one point of contact with the pole  
- Both partners may have contact to the pole  
- Neither partner cannot hold the position without the other partner |
<table>
<thead>
<tr>
<th>Code No.</th>
<th>Name</th>
<th>Element</th>
<th>Tech. Value</th>
<th>Criteria</th>
</tr>
</thead>
<tbody>
<tr>
<td>BLN11</td>
<td>Iron X position</td>
<td></td>
<td>0.8</td>
<td>- Hold the position for 2 seconds&lt;br&gt;- A move with partners positioned in different directions&lt;br&gt;- The lower partner performs an iron x, where the upper body is parallel to the floor, the upper partner is in upright position of choice&lt;br&gt;- Both partners may only have contact to the pole with their hands&lt;br&gt;- The upper partner cannot hold the position without the lower partner</td>
</tr>
<tr>
<td>BLN12</td>
<td>Double Russian split</td>
<td></td>
<td>1.0</td>
<td>- Hold the position for two seconds&lt;br&gt;- Both partners perform a Russian split&lt;br&gt;- Only feet have contact to the pole&lt;br&gt;- Both partners are holding hands only, not the pole&lt;br&gt;- This position cannot be held without both partners</td>
</tr>
<tr>
<td>BLN13</td>
<td>Elbow grip/Iron Pencil</td>
<td></td>
<td>1.0</td>
<td>- Hold the position 2 seconds&lt;br&gt;- Both partners balance each other by holding hands&lt;br&gt;- Upper partner executes an elbow grip flag&lt;br&gt;- Lower partner executes iron pencil</td>
</tr>
<tr>
<td>BLN14</td>
<td>Iron X position</td>
<td></td>
<td>1.0</td>
<td>- Hold the position for 2 seconds&lt;br&gt;- A move with partners positioned in different directions&lt;br&gt;- The lower partner performs an iron x, where the upper body is parallel to the floor, the upper partner is in upright position of choice with no contact to the pole&lt;br&gt;- Only the lower partner may have contact to the pole&lt;br&gt;- The upper partner cannot hold the position without the lower partner</td>
</tr>
<tr>
<td>BLN15</td>
<td>Layback balance move, partner upright position</td>
<td></td>
<td>1.0</td>
<td>- Hold the position for 2 seconds&lt;br&gt;- A move with partners positioned in different directions&lt;br&gt;- One of the partners is in an a layback position and has contact to the pole with the legs only&lt;br&gt;- The other partner is in inverted handstand position and has no contact to the pole&lt;br&gt;- Both partners have fully extended arms and legs&lt;br&gt;- The upper partner cannot hold the position without the lower partner</td>
</tr>
</tbody>
</table>
# Flying Partner Elements — only one partner can have contact to the pole

<table>
<thead>
<tr>
<th>Code No.</th>
<th>Name</th>
<th>Element</th>
<th>Tech. Value</th>
<th>Criteria</th>
</tr>
</thead>
</table>
| FLY1    | Seated position | ![Fly1 Image](image1) | 0.3         | - Hold the position for 2 seconds  
- Catching partner is in a seated position  
- One hand or elbow has contact to the pole  
- Flying partner may be in an upright position of choice  
- Only one partner has contact to the pole |
| FLY2    | Layback inverted position | ![Fly2 Image](image2) | 0.4         | - Hold the position 2 seconds  
- A move with partners positioned in different directions  
- The upper partner is in a layback horizontal position parallel to the floor with a 40° tolerance holding with the thighs only  
- The lower partner is in an inverted flying position of choice holding the upper partner with one or two feet only  
- Only one partner has contact to the pole |
| FLY3    | Seated position | ![Fly3 Image](image3) | 0.6         | - Hold the position for 2 seconds  
- Catching partner is in a seated position  
- One hand or elbow has contact to the pole  
- Flying partner may be in an inverted position of choice  
- Only one partner has contact to the pole |
| FLY4    | Layback inverted position | ![Fly4 Image](image4) | 0.7         | - Hold the position 2 seconds  
- A move with partners positioned in different directions  
- The upper partner is in a layback horizontal position parallel to the floor holding with the thighs only  
- The lower partner is in an inverted flying position of choice holding the upper partner with one or two feet only  
- Only one partner has contact to the pole |
| FLY5    | Inside knee hold  | ![Fly5 Image](image5) | 0.8         | - Hold the position for 2 seconds  
- Catching partner is in an inverted inside knee hold  
- Flying partner may be in an inverted position of choice or must at least have the feet lifted above the head  
- Only one partner has contact to the pole |
<table>
<thead>
<tr>
<th>Code No.</th>
<th>Name</th>
<th>Element</th>
<th>Tech. Value</th>
<th>Criteria</th>
</tr>
</thead>
<tbody>
<tr>
<td>FLY6</td>
<td>Only hands holding</td>
<td></td>
<td>0.8</td>
<td>- Hold the position for 2 seconds.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>- Catching partner is holding with hands and inside underarm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>- Flying partner may be in a position of choice</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>- Only one partner has contact to the pole</td>
</tr>
<tr>
<td>FLY7</td>
<td>Thigh/outside knee hold</td>
<td></td>
<td>0.8</td>
<td>- Hold the position for 2 seconds</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>- Catching partner is in an inverted thigh / outside knee hold position</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>- Flying partner may be in an inverted position of choice</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>- Only one partner has contact to the pole</td>
</tr>
<tr>
<td>Code No.</td>
<td>Name</td>
<td>Element</td>
<td>Tech. Value</td>
<td>Criteria</td>
</tr>
<tr>
<td>---------</td>
<td>-----------------------------</td>
<td>------------------------------</td>
<td>-------------</td>
<td>---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
</tbody>
</table>
| FLY8    | Inverted thigh hold         |                              | 0.4         | - Hold the position 2 seconds  
- Catching partner is in an inverted thigh outside knee hold position  
- Lower partner is in a horizontal layback thigh hold position with one leg extended and other leg in passé  
- Lower partner may not have legs crossed  
- Both partners have no hand contact with the pole |
| FLY9    | Seated position             |                              | 0.7         | - Hold the position for 2 seconds  
- Both partners have contact to the pole  
- Catching partner is in a seated position  
- The flying partner may be in a position of choice |
| FLY10   | Thigh/outside knee hold     |                              | 0.7         | - Hold the position for 2 seconds  
- Both partners have contact to the pole  
- Catching partner in an inverted thigh / outside knee hold position  
- Flying partner may be in an inverted position of choice |
| FLY11   | Layback position            |                              | 0.8         | - Hold the position for 2 seconds  
- Both partners have contact to the pole  
- Catching partner is in a layback position  
- The flying partner may be in a position of choice |
| FLY12   | Only hands holding          |                              | 0.8         | - Hold the position for 2 seconds  
- Both partners have contact to the pole  
- Catching partner is holding with arms only  
- Flying partner may be in a horizontal split position of choice |
<table>
<thead>
<tr>
<th>Code No.</th>
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<th>Element</th>
<th>Tech. Value</th>
<th>Criteria</th>
</tr>
</thead>
</table>
| FLY13   | Inside knee hold | ![Image](image.png)       | 0.9         | - Hold the position for 2 seconds  
- Both partners have contact to the pole  
- Catching partner is in an inverted inside knee hold  
- Flying partner may be in position of choice |
<table>
<thead>
<tr>
<th>Code No.</th>
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<th>Criteria</th>
</tr>
</thead>
</table>
| PSM1    | Seated support      |                              | 0.4         | - Hold the position for 2 seconds  
- Both partners are upright  
- One partner is supporting the other partner  
- Only one partner has contact to the pole |
| PSM2    | Upright standing support |                            | 0.5         | - Hold the position for 2 seconds  
- Supported partner is in an inverted position  
- Both partners may have contact to the pole |
| PSM3    | Ballerina support  |                              | 0.6         | - Hold the position for 2 seconds  
- Catching partner is in a ballerina position  
- Supported partner may be in a position of choice  
- Only one partner has contact to the pole |
| PSM4    | Layback support   |                              | 0.7         | - Hold the position for 2 seconds  
- One of the partners is holding on to the pole in lying position  
- Supported partner is in a lying position suspended on the lower partner with no hand contact to the pole  
- Both partners may have contact to the pole |
| PSM5    | Upright hanging support |                            | 0.7         | - Hold the position for 2 seconds  
- One of the partners is holding on to the pole in an upright position  
- Supported partner is free from the pole and is suspended on the partner  
- Only one partner has contact to the pole |
| PSM6    | Hanging on two hands support |                        | 0.8         | - Hold the position for 2 seconds  
- One of the partners is holding on to the pole with the hands only in an upright position  
- Supported partner is facing the pole and is in contact to the pole without holding on with legs or arms  
- The suspended partner is held only by the pressure from the holding partner |
<table>
<thead>
<tr>
<th>Code No.</th>
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<th>Element</th>
<th>Tech. Value</th>
<th>Criteria</th>
</tr>
</thead>
</table>
| PSM7    | Hanging on two hands support              |         | 0.8         | - Hold the position for 2 seconds  
- One of the partners is holding on to the pole with the hands only in an upright position  
- Supported partner is facing with the back to the pole without arm or hand contact to the pole  
- The suspended partner is held only by the pressure from the holding partner |
| PSM8    | Hanging from one hand support             |         | 1.0         | - Hold the position for 2 seconds  
- One of the partners is holding on to the pole with only one hand in an upright position.  
- Supported partner is facing the pole and is in contact to the pole without holding on with legs or arms  
- The suspended partner is held only by the pressure from the holding partner |
<table>
<thead>
<tr>
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<th>Tech. Value</th>
<th>Criteria</th>
</tr>
</thead>
</table>
| FLR1   | Lifting partner move | ![Image](image) | 0.3 | - Hold the position for 2 seconds  
- Lifting partner is in a lying position  
- Flying partner is in an aerial position of choice and should be elevated a minimum of an extended arm’s length distance from the floor |
| FLR2   | Balancing partner move | ![Image](image) | 0.4 | - Hold the position for 2 seconds  
- An interlocking balance move with both partners in contact with the floor  
- This move cannot be executed without both partners  
- The standing partner must be parallel to the floor with a 45° tolerance |
| FLR3   | Balancing partner horizontal facing down | ![Image](image) | 0.6 | - Hold the position for 2 seconds  
- An interlocking balance move with both partners in contact with the floor  
- This move cannot be executed without both partners  
- The standing partner must be parallel to the floor with a 20° tolerance |
| FLR4   | Balancing partner horizontal facing up | ![Image](image) | 0.7 | - Hold the position for 2 seconds  
- An interlocking balance move with only one partner in contact with the floor  
- Both partners are in a horizontal position facing upwards  
- This move cannot be executed without both partners |
| FLR5   | Balancing partner horizontal facing down in same direction | ![Image](image) | 0.8 | - Hold the position for 2 seconds  
- An interlocking balance move with only one partner in contact with the floor  
- Both partners are in a horizontal position facing downwards, bodies are in the same direction  
- This move cannot be executed without both partners |
<table>
<thead>
<tr>
<th>Code No.</th>
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<th>Element</th>
<th>Tech. Value</th>
<th>Criteria</th>
</tr>
</thead>
</table>
| FLR6    | Strength partner balancing | ![Image](image) | 0.8 | - Hold the position for 2 seconds  
- An interlocking strength move with one partner in contact with the floor  
- The balancing partner can be in a inverted position of choice, without contact to the floor  
- The standing partner must balance on one leg |
| FLR7    | Balancing partner Horizontal facing down different directions | ![Image](image) | 0.9 | - Hold the position for 2 seconds  
- An interlocking balance move with only one partner in contact with the floor  
- Both partners are in a horizontal position facing downwards, bodies are in different directions  
- This move cannot be executed without both partners |
| FLR8    | Balancing partner vertical position | ![Image](image) | 1.0 | - Hold the position for 2 seconds  
- An interlocking balance move with only one partner in contact with the floor  
- Partners must be in an inverted vertical position with a 20° tolerance  
- This move cannot be executed without both partners |
| FLR9    | Lifting move | ![Image](image) | 1.0 | - Hold the position for 2 seconds  
- Lifting partner is in a standing upright position with fully extended arms  
- Flying partner must be lifted from a position on the floor holding the hips or lower back only  
- No support from the pole is allowed  
- The flying partner’s upper body (hips upwards) must be lifted above the head |
Compulsory Score Form

Instructions on how to fill in the compulsory score form: deductions are made for forms filled in incorrectly. Please note: form should be typed in Word, using black font.

- **Category:**
  Here the athlete(s) write in which category he/she is competing from the following options: Seniors, Masters, Doubles, Junior or Novice, and Men, Women or Mixed.

- **Element No:**
  This refers to the compulsory elements an 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:**
  Here the athlete(s) must fill in the Code No. found in their compulsory score sheet. It is important to list them in the correct order of sequence as executed in their routine. If an athlete chooses to combine two compulsory elements, he/she should write this in the same box. The one performed first in the combination, should be listed first. In this 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: the Code No. SYN1, SYN2 & SYN3 are to be written together with the Code No. of the chosen singles compulsory element e.g. SYN1/F45

- **Element Name:**
  Here the athlete(s) must fill in the Element Name found in their compulsory score sheet. It is important that this corresponds exactly to the Code No. If the element name does not correctly correspond to the element number reported on the form, the element number indicated is the element that will be judged, and the athlete will receive a penalty for not filling out the form correctly.

- **Description of Bonuses** (if applicable):
  Here is for the athlete(s) to fill in should they choose to perform a bonus on a compulsory element or combination of two or more compulsory elements. Athletes must specify (2 or 3).
  Example of filling in three (3) compulsory elements as a bonus:
  Element Code No: F44 + F24 + F42
  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 +1
  
  Bonus elements must be written on the same line. An element line must be left blank when a bonus is included (see element nos. 8/9 on the singles compulsory form below).

- **Technical Value:**
  Here is for the athlete(s) to fill in the technical value of the compulsory element found on the compulsory score sheet. 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, he/she should write the technical value in the same box. The one performed first in the combination, should be listed first.
  *Doubles: the Technical Value of Code Nos. SYN1, SYN2 & SYN3 are to be taken from the chosen singles compulsory element e.g. SYN1/F44 = Technical Value of +1.0

- **Technical Value (T.V.) on Bonuses:**
  Here is for the athlete to fill in the technical value of compulsory bonuses found in the compulsory score sheet, 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.

- **Coach / Athlete(s) Signature:**
  Here must be signed by both the coach and athlete. Should athlete(s) not have a coach, his or her signature will be considered sufficient.
**EXAMPLE ON HOW TO FILL IN THE SINGLES SCORE SHEET**

**COMPULSORY SCORE FORM**

<table>
<thead>
<tr>
<th>Element No</th>
<th>Element Code No</th>
<th>Element Name</th>
<th>Compulsory Bonus Code (if applicable)</th>
<th>Technical Value</th>
<th>T.V. on Bonuses</th>
<th>Score (Judge only)</th>
<th>Bonus Points (Judge only)</th>
<th>Notes (Judge only)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>F24</td>
<td>Splitgrip leg through split</td>
<td></td>
<td>0.5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>ST23</td>
<td>Phoenix spin 2</td>
<td></td>
<td>0.9</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>F20</td>
<td>Chopstick</td>
<td></td>
<td>0.5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>F30</td>
<td>Inside leg hang back split</td>
<td></td>
<td>0.6</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>SP26</td>
<td>Titanic support</td>
<td></td>
<td>0.8</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>S75</td>
<td>Shoudermount horizontal</td>
<td>CBS3</td>
<td>1.0</td>
<td>+0.5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>F64</td>
<td>Rainbow marchenco back bent scissor</td>
<td></td>
<td>0.9</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>S41+S53</td>
<td>Butterfly ex. twist+Iron flag bottom passe</td>
<td>CBS1</td>
<td>0.7 + 0.8</td>
<td>+1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>S58</td>
<td>Iguana airwalk</td>
<td></td>
<td>0.9</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>DL2</td>
<td>Dead lift from twist grip</td>
<td></td>
<td>0.6</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Compulsory form not filled in correctly
Wrong order of sequence

**TOTAL SCORE**

**Coach/athlete(s) signatures:** Sign here!

**Judges Signature:**
### Example on How to Fill in the Doubles Score Sheet

**Compulsory Score Form**

<table>
<thead>
<tr>
<th>Element No</th>
<th>Element Code No</th>
<th>Element Name</th>
<th>Compulsory Bonus Code (if applicable)</th>
<th>Technical Value</th>
<th>T.V. on Bonuses</th>
<th>Score (Judge only)</th>
<th>Bonus Points (Judge only)</th>
<th>Notes (Judge only)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>SYN1 + S37</td>
<td>Janeiro</td>
<td></td>
<td>0.6</td>
<td>0.6</td>
<td>0.6</td>
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<td></td>
</tr>
<tr>
<td>2</td>
<td>SYN7 + FLY7</td>
<td>CBD1</td>
<td>0.6+0.8</td>
<td>+1</td>
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<td>Dead lift from iguana grip</td>
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<td>0.8</td>
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</tbody>
</table>

Compulsory form not filled in correctly
Wrong order of sequence

**Total Score**

**Coach/athlete(s) signatures:** **Sign here!**

**Judges Signature:**
Please complete form in order of sequence as in routine. Please use black font.

<table>
<thead>
<tr>
<th>Element No</th>
<th>Element Code No</th>
<th>Element Name</th>
<th>Compulsory Bonus Code (if applicable)</th>
<th>Technical Value</th>
<th>T.V. on Bonuses</th>
<th>Score (Judge only)</th>
<th>Bonus Points (Judge only)</th>
<th>Notes (Judge only)</th>
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</tbody>
</table>

Compulsory form not filled in correctly
Wrong order of sequence

**TOTAL SCORE**

Coach/athlete(s) signatures:

Judges Signature:
Technical Presentation Bonus Form

Instructions on how to fill in the technical presentation bonus form: deductions are made for forms filled in incorrectly. Please note: form should be typed in Word, using black font.

• Category:
Here the athlete(s) write in which category he/she is competing from the following options: Seniors, Masters, Doubles, Junior or Novice, and Men, Women or Mixed.

• Division:
Here the athlete(s) write in which division he/she is competing from the following options: Seniors, Masters, Doubles, Junior or Novice, and Men, Women or Mixed.

• Order:
This refers to the technical bonuses an athlete(s) 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:
Here the athlete(s) must fill in the Bonus Code found on the technical bonus score sheet. It is important to list them in the correct order of sequence as executed in their routine. If an athlete chooses to combine two or more technical bonuses, he/she should write this in the same box. The one performed first in the combination, should be listed first.
(See example score forms).
* The bonuses and their codes are to be found in the technical presentation bonus section under singular bonuses.

• Technical Value:
Here is for the athlete(s) to fill in the technical value of the technical bonus found on the technical bonus score sheet. 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, he/she should write the technical value in the same box. The one performed first in the combination, should be listed first.
* The bonuses and their technical values are to be found in the technical presentation bonus section under singular bonuses.

• Coach / Athlete(s) Signature:
Here must be signed by both the coach and athlete. Should athlete(s) not have a coach, his or her signature will be considered sufficient.
**Singles Technical Presentation Bonus**

**Maximum 25.00 points (by addition/deduction)**

Please complete form in order of sequence as in routine. Use additional sheets if necessary. Please use black font.

<table>
<thead>
<tr>
<th>Order</th>
<th>Bonus code</th>
<th>Bonus TV</th>
<th>Score (judge only)</th>
<th>Notes (judge only)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>SP/E/ST</td>
<td>0.5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>SP/SP</td>
<td>0.5</td>
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<td>3</td>
<td>JO</td>
<td>0.2</td>
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<td>FO</td>
<td>1</td>
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<tr>
<td>5</td>
<td>FO</td>
<td>1</td>
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<td>6</td>
<td>SP/SP + SP/SP</td>
<td>0.5 + 0.5</td>
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<td>DC + DC</td>
<td>0.5 + 0.5</td>
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<td>SP/E/ST</td>
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<td>11</td>
<td>RG + RG</td>
<td>0.2 + 0.2</td>
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</table>

**Singles bonus total (Maximum +15) +**

**Overall Bonus Points (judges only)**

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

<table>
<thead>
<tr>
<th>Flexibility elements</th>
<th>Max +2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strength elements</td>
<td>Max +2</td>
</tr>
<tr>
<td>Spins</td>
<td>Max +2</td>
</tr>
<tr>
<td>Pole transitions</td>
<td>Max +2</td>
</tr>
<tr>
<td>Climbs</td>
<td>Max +2</td>
</tr>
</tbody>
</table>

**Overall bonus total (Maximum +10) +**

Form filled in incorrectly -1

**TOTAL**

Coach/athlete(s) signatures: Sign here!

Judge's signature:
Maximum 25.00 points (by addition/deduction)

Please complete form in order of sequence as in routine. Use additional sheets if necessary. Please use black font.

<table>
<thead>
<tr>
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</tbody>
</table>

**Singles bonus total (Maximum +15)**  +

**Overall Bonus Points (judges only)**

<table>
<thead>
<tr>
<th>Flexibility elements</th>
<th>Max +2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strength elements</td>
<td>Max +2</td>
</tr>
<tr>
<td>Spins</td>
<td>Max +2</td>
</tr>
<tr>
<td>Pole transitions</td>
<td>Max +2</td>
</tr>
<tr>
<td>Climbs</td>
<td>Max +2</td>
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**Overall bonus total (Maximum +10)**  +

<table>
<thead>
<tr>
<th>Form filled in incorrectly</th>
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</thead>
<tbody>
<tr>
<td>TOTAL</td>
<td>Max 25</td>
</tr>
</tbody>
</table>

**Coaching/athlete(s) signatures:**

**Judge's signature:**