

# AERIAL AND POLE SPORTS WORLD LEAGUE



**APS**

APPENDIX



# APPENDIX

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**APSWorldLeague.org**

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# APPENDIX

## ESSENTIAL ELEMENTS

The following appendix contains a description of all the Essential Elements that the athlete can pick from in order to satisfy their Essential Elements requirements in their routine. The Elements will be grouped by type (Flexibility, Strength, Rotational in a Static Pole, Rotational in a Spinning Pole) and in order of Technical Score (difficulty). The tables describing these essential elements will include for each element the element's name, their code (to be used when filling out the score sheet), technical score, minimum requirements and a diagram illustrating a successful execution of the element.

Athlete's must include a number of Essential Elements of a particular type and technical score in their routines as specified by their Category/Division. The tables below summarise the number of Essential Elements of each type as well as the required score range per Division.

### NUMBER AND TYPE OF ESSENTIAL ELEMENTS BY DIVISION

Division	Flexibility Elements	Strength Elements	Rotational on Spinning Pole	Rotational on Static Pole	Rotation al of Athlete's Choice	Total Number of Elements
Youth Amateur	3	3	1	1	0	8
Youth Pro	4	4	1	1	0	10
Youth Elite	4	4	1	1	1	11
Adult Amateur	3	3	1	1	1	9
Adult Pro	4	4	1	1	1	11
Adult Elite	5	5	2	2	0	14

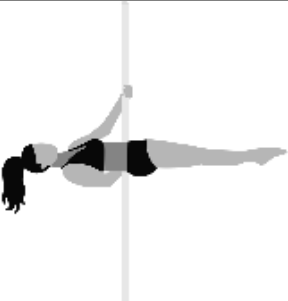



## SCORE RANGE BY DIVISION






Division	Total Number of Elements	Score Range per Element	Score Range for Routine (excl. Difficulty Bonus)
Youth Amateur	8	0.1 - 0.5	0.8 - 4.0
Youth Pro	10	0.2 - 0.6	2.0 - 6.0
Youth Elite	11	0.4 - 0.8	4.4 - 8.8
Adult Amateur	9	0.1 - 0.6	0.9 - 5.4
Adult Pro	11	0.4 - 0.8	4.4 - 8.8
Adult Elite	14	0.6 - 1.0	8.4 - 14.0

A glossary with the most common terms used when defining the essential elements is also included.





# GLOSSARY

## Arm Positions and Grips:

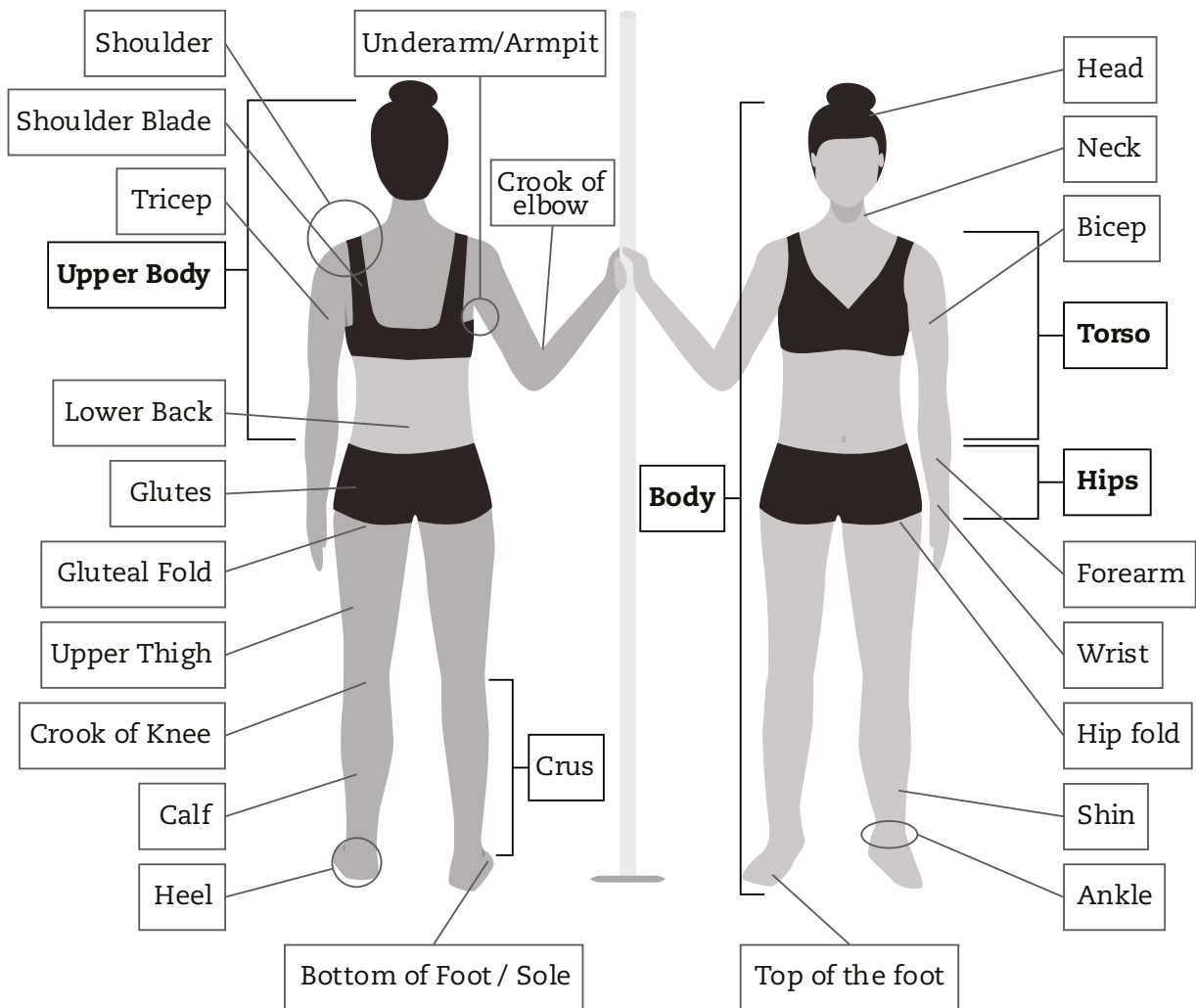
Element Name	Description	Diagram
Back support	Outside arm supports the body behind the back. Inside arm's hand in contact with the pole.	
Basic grip	Both hands on the pole in an up/down thumbs position, without rotation in the shoulder.	
Cross Grip	Arms are crossed and extended.	
Cup Grip	Hands in a thumb down position, all fingers on the same side of the pole.	

Element Name	Description	Diagram
Elbow grip	The crook of the elbow in contact with the pole, other arm in a fixed position of choice.	
Flag grip	One elbow is bent and the pole is gripped by the underarm and hand. Opposite hand and arm in a fixed position of choice.	
Forearm grip	Inside arm's forearm and hand grips the pole. Opposite hand in a fixed position of choice.	
Iguana grip and arm position	Arms behind the body with shoulders rotated. Arms in Basic grip.	
Split grip position	Hand position in a mirror image without rotation in the shoulder.  Hands must be in a thumbs up/down position.	



Element Name	Description	Diagram
Twisted grip	Upper arm's whist wraps around the pole, other hand in fixed position of choice.	
Underarm grip	Underarm holds the pole.	
Wide Basic grip	At least one arm in full extension, the opposite can be bent. Both hands thumbs up, without rotation in the shoulder.	
Wrap grip arm position	Forearm against the pole, hand in position of choice.	

## Body Part Diagram:



## Body Part Diagram:

**Aerial Position** - An aerial position is when the athlete only has contact with the pole, and they are not in contact with the floor.

**Horizontal Position** - when the element's minimum requirements call for a part of the body to hold a horizontal position, this means the body part will need to be held at a horizontal position with a tolerance of 20 degrees.

**Inverted Position** - this position requires the athlete's hips to be higher than the shoulders and the shoulders to be higher or level to the head.

**Layback** - the body is inverted, with the legs holding the pole between the thighs, and the front of the torso facing away from the pole. The arms/hands must not be in contact with the pole.

**Parallel Body Position** - the athlete's midline going from head, through the back, legs and feet, with at least one leg extended, needs to be straight and parallel to the floor and at a 90 degree angle to the pole.

**Code:** All essential elements have a code which should be used in the score sheet to reference the Essential Element instead of its name. The Code starts with an S if it is a Strength Element, F if it is a Flexibility Element, RP is used to prefix Rotational Element in a Spinning Pole, RT indicates the element is a Rotational Element in the Static Pole. The next two digits represent the technical score of the element (in tenths of a point), and finally the last two digits represent an specific index that identifies the specific element among other elements of the same type and technical score. E.g. Elbow Hold Hang, has the code S0204. This means that this is a (**S** 02 04) **S** Strength Element, with a technical score of (S **02** 04) 0.2, and it is the (S 02 **04**) fourth element with these characteristics.

**Dynamic Elements** are Essential Elements where the aim of the element is to show movement instead of requiring the athlete to hold a fixed position for an amount of time, or a number of spins.

**Element Minimum Requirements** - When performing an Essential Element, the athlete must take care to satisfy the minimum requirements for that element to award points. These minimum requirements will be listed in the tables describing each Essential Element. Some of the things an athlete has to look out for when performing the element are listed below. The athlete must perform the Element in an angle such that the judges can evaluate if all requirements for the element are in place.

**Arm Position** - This specifies the position the athlete's arms must have in order for the element to award any points. Any other arm position will be considered a failure in execution of the element and not award any points. See **Arm Positions and Grips** above.

**Body Position** - This specifies the position the athlete's body must have while performing the element. See **Body Positions** above.

**Grip** - This specifies the type of grip the athlete's hands must have on the pole in order for the element to award any points. See **Arm Positions and Grips** above.

**Holding a Position for Two Seconds** - When an athlete is performing a Strength or Flexibility Essential Element, it is expected that they will hold the position for two seconds, starting from when the athlete has achieved the position; transitions in and out of the position will not count towards this requirement.

The reason behind this two-second requirement is so the judges can evaluate if all requirements for the element are in place, and that the athlete has correct form while executing them. It is particularly important to hold the position for two seconds in Strength Elements, where the ability to hold the position is an intrinsic characteristic of the element.

**Holding a Position in a Spin** - When the athlete is performing a Rotational Essential Element, it is expected that they will hold the position for a full rotation (360°) if on the Static pole and two full rotations (720°) while on the Spinning Pole. The transitions in and out of the position are excluded from the measurement of the rotations and these only start counting once the full position has been achieved.

**Leg Position** - This specifies the position the athlete's legs must have in order for the element to award any points. Any other leg position will be considered a failure in execution of the element and not award any points. See **Leg Positions** below.

**Points of Contact** - This specifies the parts of the athlete's body that are permitted to make contact with the pole. If the athlete makes contact with the pole with another part of their body not specified here, the Element will not award any points.

**Starting Position** if specified in the Minimum Requirements, the essential element's position must be transitioned into from the specified starting position. Dynamic Elements also specify a starting position which the athlete must achieve before starting their movement.

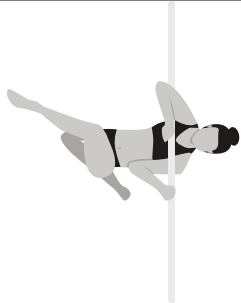


**Starting Position from the Floor** is a starting position where the athlete must have at least one hand or one foot in contact with the floor.


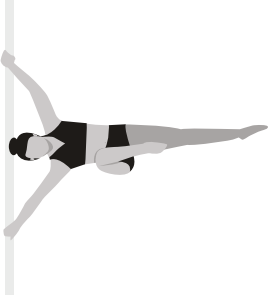



**Full Length of the Body** refers to the whole length of the body; comprises head, torso, legs and feet. Does not include arms.

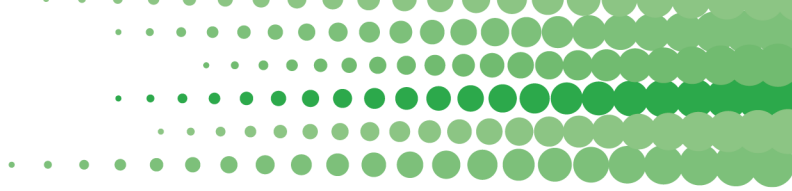
**Full Presentation of the Element** - the athlete must present all of the characteristics of the element, as described in each element's Minimum Requirements. Normally they will have to hold the position fixed for either a predetermined length of time, i.e. two seconds for Flexibility and Strength Elements, a full 360 degree rotation for Rotational Elements on a Static Pole, or two full rotations (720 degrees) for Rotational Elements on a Spinning Pole. In case of a dynamic element, the athlete must complete the movement as described in the Minimum Requirements of the element.



**Inside Arm / Inside Leg** - The inside arm and inside leg are the ones on the side closest to the pole.

### Leg Positions:



Element Name	Description	Diagram
Attitude	Both legs are bent at 90°, parallel to the floor.	
Chair	Hips and knees bent at 90° angle, legs closed.	
Diamond	Knees apart and toes touching drawing an imaginary triangle.	

Element Name	Description	Diagram
Fang	Both legs bent backwards, feet to back of head.	
Passé	One leg bent at 90o at the hip, opposite leg is extended.	
Pencil	Legs are extended and closed, body and legs aligned in a straight line. Hips extended.	
Pike	Both legs are extended and closed, hips at an angle.	
Ring	One leg is bent backward towards the head, either touching the head, or over the head.	



Element Name	Description	Diagram
Straddle	Both legs extended and open.	
Tuck	Knees tucked in to the chest and closed.	

**Splits:**

Element Name	Description	Diagram
Frontal Split/Side Split		
Middle Split/Box Split		

**Maintaining Fixed Position** - When performing an Essential Element the athlete must maintain a position for a specified time/number of rotations without slipping, wobbling, shaking. See also Holding a position for Two Seconds and Holding a Position in a Spin.



In Strength and Flexibility Essential Elements the positions must usually be held for two seconds. In Rotational Elements in a Static Pole, positions must be usually held for a full 360 degree rotation. In Rotational Elements in a Spinning Pole, positions must usually be held for two full rotations (720 degrees).

**Momentum in a Spin** - refers to the rotational movement around a pole during a spin, after impulse has been taken. Momentum for a spin is considered good if the movement is fast enough that the body is pulled away from the pole, and it will be easier for the athlete to maintain a position on the pole while spinning. Conversely if there isn't enough momentum in a spin, the body will be pulled to the floor, and the athlete will require more strength to maintain their position on the pole.

**Outside Arm / Outside Leg** - The outside arm and outside leg are the ones on the side furthest away from the pole.

**Splits/The Split** is a physical position in which the legs are in line with each other and extended in opposite directions.

**Splits - Correct Angle in Splits** When performing the Splits, the angle of the splits is measured as the angle made between the inner thighs, using the hips and the knees as the alignment points, and extended in opposite directions.

Essential Elements that involve a Splits position, will usually specify either the target splits angle, or the minimum splits angle (a greater angle is allowed) the athlete must achieve while performing the element;

If the Essential Element's description only specifies that the legs must be in the splits position then this means there isn't a minimum splits angle specified, and the only requirement is that one leg is in front of the other.

**Splits - Oversplit** is a position where the angle between the inner thighs is larger than 180°

**Splits - Straddle Splits/Middle Splits/Side Splits** are executed by extending the legs to the left and right of the torso.

**Splits - Front Splits** are performed extending one leg forward of and one leg to the rear of the torso.

**Transition** - The transition is the set of movements the athlete performs when linking one element and the next (whether essential or acrobatic), or a starting





position to the final position of the element. Some Essential Elements will specify a starting position and the athlete must transition from that starting position into the full element's position.





**Twenty Degree Tolerance** - A particular Essential Element might require certain body parts or the body as a whole to have a particular alignment/angle with something else. Some Essential Elements will have a 20 Degree Tolerance indicated in their description. E.g. Element X requires the body to have a 90° alignment angle with respect to the pole, however the twenty degree tolerance applies. This means that if the element is executed with a 70° angle to the pole, the execution will still be valid and points will be awarded.

All athletes in categories A4 and A5 (50 years and over) will be allowed a 20 Degree Tolerance in all Strength and Flexibility Essential Elements. However this is not cumulative with any other 20 Degree Tolerance, i.e. if the Element already has a 20 Degree Tolerance an A4/A5 athlete will not have a 40 Degree Tolerance.





### Flexibility

Code	Element Name	Technical Score	Minimum Requirements	Diagram
F0101	Inside Leg Hang	0.1	<ul style="list-style-type: none"> <li>- Point of contact: inside leg, side of torso, back of the arm</li> <li>- Arm position/grip: arms in fixed position of choice, no hands have contact to the pole</li> <li>- Leg position: inside leg is wrapped, outside leg is bent backwards</li> <li>-Body position: inverted</li> <li>-Angle of split: minimum of 160°</li> </ul>	
F0102	Side Pole Straddle Base	0.1	<ul style="list-style-type: none"> <li>- Point of contact: both hands, the arch of the top foot and the arch or plant of the lower foot</li> <li>- Arm position/grip: basic or cup grip, both arms extended.</li> <li>- Leg position: both legs are fully extended in straddle position. Lower foot must be in contact with both the pole and floor. Top foot's arch in contact with the pole.</li> <li>-Body position: torso is extended away from the pole</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
F0201	Ballerina Sit Attitude	0.2	<ul style="list-style-type: none"> <li>- Point of contact: inside underarm, side of torso, inside leg</li> <li>- Arm position/grip: inside arm holds outside foot, outside arm is in fixed position of choice with no contact with the pole</li> <li>- Leg position: inside leg is wrapped, outside leg is bent backwards</li> <li>-Body position: upright</li> <li>-Angle of split: minimum of 160°</li> </ul>	
F0202	Inside Leg Hang	0.2	<ul style="list-style-type: none"> <li>- Point of contact: inside leg, side of torso, back of the arm</li> <li>- Arm position/grip: arms in fixed position of choice, no hands have contact to the pole</li> <li>- Leg position: inside leg is wrapped, outside leg is bent backwards</li> <li>-Body position: inverted</li> <li>-Angle of split: minimum of 180°</li> </ul>	
F0203	Side Pole Straddle Base	0.2	<ul style="list-style-type: none"> <li>- Point of contact: both hands, both legs, arch of the upper foot</li> <li>- Arm position/grip: basic or cup grip</li> <li>- Leg position: 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</li> <li>-Body position: torso is extended away from the pole</li> <li>-Angle of split: minimum of 160°</li> </ul>	
F0301	Allegra Split 1	0.3	<ul style="list-style-type: none"> <li>- Point of contact: inside arm hand, thigh of inside leg, side/lower back</li> <li>- Arm position/grip: inside hand grips pole, above the inside leg, outside arm is extended in a fixed position of choice</li> <li>- Leg position: frontal split position with both legs fully extended</li> <li>-Body position: back arch, facing away from the pole</li> <li>-Angle of split: a minimum of 160°</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
F0302	Broken Doll 1	0.3	<ul style="list-style-type: none"> <li>- Point of contact: outside arm's armpit, outside leg hooked. Calf and ankle (optionals), side of torso/back</li> <li>- Arm position/grip: outside arm extended, inside arm in a position of choice, no hands contact with pole</li> <li>- Leg position: inside leg extended and parallel to the floor, outside leg wrapping the pole and bent</li> <li>-Body position: inverted</li> <li>-Angle of split: a minimum of 160°</li> </ul>	
F0303	Hip Hold Split	0.3	<ul style="list-style-type: none"> <li>- Point of contact: thigh of inside leg, side of torso, back of inside arm</li> <li>- Arm position/grip: inside arm has contact with the pole. No hands have contact with the pole</li> <li>- Leg position: both legs are fully extended in front split position and the front leg is parallel to the floor</li> <li>-Body position: horizontal, facing upwards</li> <li>-Angle of split: minimum of 160°</li> </ul>	
F0304	Pole Straddle	0.3	<ul style="list-style-type: none"> <li>- Hold the position: a minimum or 2 seconds</li> <li>- Point of contact: hands, legs, ankles (not the arch of the foot)</li> <li>- Arm position/grip: basic or cup grip</li> <li>- Leg position: both legs are fully extended in straddle position</li> <li>-Body position: upper body must be at a 90° angle to the pole</li> <li>-Angle of split: a minimum of 160°</li> </ul>	
F0305	Front Split On Pole	0.3	<ul style="list-style-type: none"> <li>- Point of contact: legs, hands, forearms (optional), heel of front leg, top of foot of lower leg</li> <li>- Arm position/grip: basic grip</li> <li>- Leg position: both legs are fully extended in split position</li> <li>-Body position: upright</li> <li>-Angle of split: minimum of 180°</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
F0306	Kite Straddle	0.3	Point of contact: Inner thigh of inside leg, back/side of torso, external arm's armpit/underarm. Arm position/grip: both arms extended holding corresponding legs. Leg position: Straddle Body Position: Inverted	
F0307	Straddle Elbow/Twisted Grip	0.3		
F0401	Allegra Split 2	0.4	- Point of contact: inside arm hand, thigh of inside leg, side/lower back - Arm position/grip: inside hand grips pole, above the inside leg, outside arm is extended in a fixed position of choice - Leg position: frontal split position with both legs fully extended -Body position: back arch -Angle of split: a minimum of 180°	
F0402	Allegra Passé 1	0.4	- Point of contact: inside arm hand, thigh of inside leg, outside arm, side/lower back - Arm position/grip: inside hand grips pole, above the inside leg, outside arm is extended and hand is holding the ankle/shin of the outside leg - Leg position: split position with inside leg fully extended, outside leg bent backwards -Body position: back arch -Angle of split: a minimum of 160°	


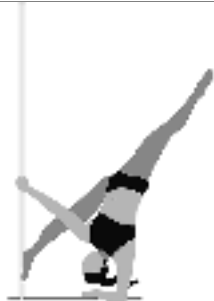


Code	Element Name	Technical Score	Minimum Requirements	Diagram
F0403	Bridge	0.4	<ul style="list-style-type: none"> <li>- Point of contact: both hands, inner thighs</li> <li>- Arm position/grip: grip of choice, arms are fully extended</li> <li>- Leg position: both legs are fully extended and closed</li> <li>-Body position: back arched with hips and both legs parallel to the floor</li> <li>- Body position: inverted</li> </ul>	
F0404	Capezio Passé	0.4	<ul style="list-style-type: none"> <li>- Point of contact: underarm of back arm, back, thigh of inside leg</li> <li>- Arm position/grip: no hands have contact with the pole, the same arm holds the ankle/shin of back leg and is fully extended, the opposite arm holds front leg</li> <li>- Leg position: split position with front leg fully extended, back leg bent</li> <li>-Body position: upright</li> <li>-Angle of split: a minimum of 160°</li> </ul>	
F0405	Crossbow Elbow Hold	0.4	<ul style="list-style-type: none"> <li>- Point of contact: ankles (not the arch of the foot), elbows, torso (optional)</li> <li>- Arm position/grip: elbow grip</li> <li>- Leg position: both legs fully extended in straddle position</li> <li>-Body position: upper body must be at a 90° angle to the pole</li> </ul>	
F0406	Handstand Split	0.4	<ul style="list-style-type: none"> <li>Point of contact: one foot</li> <li>- Arm position/grip: both hands on the floor</li> <li>- Leg position: Both legs fully extended and in split position</li> <li>- Angle of split: minimum 160°</li> <li>- Body Position: Inverted-</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
F0407	Handstand Vertical Split	0.4	<ul style="list-style-type: none"> <li>- Point of contact: back, one leg, one shoulder (optional), glutes</li> <li>- Arm position/grip: only one hand has contact with the floor, the other is holding the ankle of the front leg, floor-based arm is fully extended</li> <li>- Leg position: both legs are fully extended in a vertical split position</li> <li>-Body position: handstand position (hips above the head and above the shoulders in a straight line)</li> <li>-Angle of split: a minimum of 160°</li> </ul>	
F0408	Pole Straddle	0.4	<ul style="list-style-type: none"> <li>- Point of contact: ankles (not the arch of the foot), legs, hands</li> <li>- Arm position/grip: basic or cup grip</li> <li>- Leg position: both legs are fully extended in straddle position</li> <li>-Body position: upper body must be at 90° angle to the pole</li> <li>-Angle of split: a minimum of 180°</li> </ul>	
F0409	Split Grip Leg Through Split	0.4	<ul style="list-style-type: none"> <li>- Point of contact: both hands, one calf/ankle</li> <li>- Arm position/grip: grip of choice, bottom arm is fully extended</li> <li>- Leg position: both legs are fully extended in split position</li> <li>-Body position: inverted</li> <li>-Angle of split: a minimum of 160°</li> </ul>	
F0410	Standing Split 160	0.4	<ul style="list-style-type: none"> <li>- Point of contact: Inside arm's armpit, side of torso, hips, foot/outside leg's chin</li> <li>- Arm position/grip: Both arms extended holding front leg</li> <li>- Leg position: split position, front leg completely extended</li> <li>- Angle of split: minimum 160°</li> <li>- Body position: upright</li> </ul>	





Code	Element Name	Technical Score	Minimum Requirements	Diagram
F0411	Superman Crescent	0.4	<ul style="list-style-type: none"> <li>- Point of contact: both hands, inner thighs</li> <li>- Arm position/grip: basic or cup grip</li> <li>- Leg position: both legs are fully extended and closed</li> <li>-Body position: back arch with hips and both legs parallel to the floor</li> </ul>	
F0412	Syniachenko Straddle 1	0.4	<ul style="list-style-type: none"> <li>- Point of contact: inside arm's hand, outside leg's foot</li> <li>- Arm position/grip: inside arm's hand in basic grip, outside arm's hand holds outside leg's ankle</li> <li>- Leg position: straddle</li> <li>- Body position: upright</li> </ul>	
F0413	Underarm Hold Pike	0.4	<ul style="list-style-type: none"> <li>- Point of contact: underarm and/or hand, torso</li> <li>- Arm position/grip: underarm and/or hand</li> <li>- Leg position: both legs are fully extended and parallel to the pole with feet above the head</li> <li>-Body position: upper body is upright</li> </ul>	
F0414	Yogini	0.4	<ul style="list-style-type: none"> <li>- Point of contact: underarm, side of torso</li> <li>- Arm position/grip: arms are fully extended, inside arm is in underarm grip, hands holding legs at the ankle/shin level</li> <li>- Leg position: both legs are bent and thighs are parallel to the floor or higher than hips</li> <li>-Body position: upper body is upright, hips facing the floor</li> </ul>	




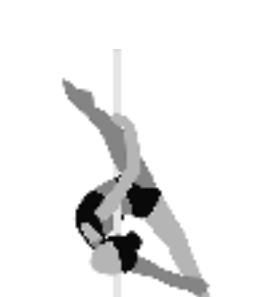
Code	Element Name	Technical Score	Minimum Requirements	Diagram
F0501	Allegra Passé 2	0.5	<ul style="list-style-type: none"> <li>- Point of contact: inside arm hand, thigh of inside leg, outside arm, side/lower back</li> <li>- Arm position/grip: inside hand grips pole above the inside leg, outside arm is extended and holding the ankle/shin of outside leg</li> <li>- Leg position: inside leg is fully extended, outside leg is bent backwards</li> <li>-Body position: back arch</li> <li>-Angle of split: a minimum of 180°</li> </ul>	
F0502	Broken Doll 2	0.5	<ul style="list-style-type: none"> <li>- Point of contact: outside arm's armpit, outside leg hooked. Calf and ankle (optionals), side of torso/back</li> <li>- Arm position/grip: outside arm extended, inside arm in a position of choice, no hands contact with pole</li> <li>- Leg position: inside leg extended and parallel to the floor, outside leg wrapping the pole and bent</li> <li>-Body position: inverted</li> <li>-Angle of split: a minimum of 180°</li> </ul>	
F0503	Chopstick	0.5	<ul style="list-style-type: none"> <li>- Point of contact: underarm, side of torso, upper thigh</li> <li>- Arm position/grip: underarm or bicep of inside arm has contact with the pole. Inside arm is fully extended. Outside arm holding ankle of inside leg. No hand contact with the pole</li> <li>- Leg position: both legs are fully extended in split position</li> <li>-Body position: upright</li> <li>-Angle of split: a minimum of 160°</li> </ul>	
F0504	Floating Ballerina	0.5	<ul style="list-style-type: none"> <li>- Point of contact: Inside arm's armpit, inside leg, back/side of torso</li> <li>- Arm position/grip: inside arm behind the pole and extended, outside arm extended and fixed in position of choice</li> <li>- Leg position: outside leg pushed back and up, inside leg bent</li> <li>- Body position: upright</li> </ul>	



Code	Element Name	Technical Score	Minimum Requirements	Diagram
F0505	Front Split	0.5	<ul style="list-style-type: none"> <li>- Point of contact: both legs, both hands</li> <li>- Arm position/grip: basic or cup grip</li> <li>- Leg position: both legs are fully extended in frontal split position in contact with the pole</li> <li>-Body position: upper body (torso and head) must be at a 90° angle to the pole</li> <li>-Angle of split: a minimum of 180°</li> </ul>	
F0506	Floor K Elbow Stand	0.5	<ul style="list-style-type: none"> <li>- Point of contact: One foot and the corresponding hand</li> <li>- Arm position/grip: One hand holding the pole, arm in position of choice, other arm's forearm in contact with the floor.</li> <li>- Leg position: split position</li> <li>- Body position: inverted</li> <li>Angle of split: minimum 180°</li> </ul>	
F0507	Handspring Split	0.5	<ul style="list-style-type: none"> <li>- Point of contact: hands, back shoulder of inside arm, inner thigh of inside leg</li> <li>- Arm position: split arm position: Inside forearm wraps around inside leg and holds the pole. Outside hand holds pole above head</li> <li>- Grip: grip of choice.</li> <li>- Leg position: both legs are fully extended in split position</li> <li>- Body position: inverted</li> <li>-Angle of split: a minimum of 180°</li> </ul>	
F0508	Handstand Split 2	0.5	<ul style="list-style-type: none"> <li>Point of contact: one foot</li> <li>- Airm position/grip: both hands on the floor</li> <li>- Leg position: Both legs fully extended and in split position</li> <li>- Angle of split: minimum 180°</li> <li>- Body Position: Inverted</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
F0509	Hip Hold Split	0.5	<ul style="list-style-type: none"> <li>- Point of contact: thigh of inside leg, side of torso, back of inside arm</li> <li>- Arm position/grip: underarm or bicep of inside arm has contact with the pole. Inside arm is fully extended. Outside arm holding ankle of inside leg. No hand contact with the pole</li> <li>- Leg position: both legs are fully extended in a frontal split position and parallel to the floor</li> <li>-Body position: horizontal, facing upwards</li> <li>-Angle of split: 180°</li> </ul>	
F0510	Hug Jade 1 (Aita Split)	0.5	<ul style="list-style-type: none"> <li>- Point of contact: thigh of inside leg, side of torso</li> <li>- Arm position/grip: Both arms wrap the front/inside leg</li> <li>- Leg Position: Fully extended and parallel to the floor</li> <li>- Angle of Split: minimum 180°</li> <li>- Body position: Parallel to the floor</li> </ul>	
F0511	Inside Leg Hang Back Split	0.5	<ul style="list-style-type: none"> <li>- Point of contact: inside leg, side of torso, shoulder</li> <li>- Arm position/grip: no hands have contact with the pole, arms are fully extended above the head in ring position and holding foot of outside leg</li> <li>- Leg position: inside leg is wrapped, both legs are bent</li> <li>-Body position: inverted</li> <li>-Angle of split: a minimum of 160°</li> </ul>	
F0512	Inverted Front Split	0.5	<ul style="list-style-type: none"> <li>- Point of contact: both legs, both hands, top of back foot, heel/ankle of front foot (optional)</li> <li>- Arm position/grip: basic or cup grip, holding the pole at the hips</li> <li>- Leg position: both legs are fully extended in split position</li> <li>-Body position: inverted</li> <li>-Angle of split: a minimum of 180°</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
F0513	Inverted Split	0.5	<ul style="list-style-type: none"> <li>- Point of contact: inside arm, inside leg, foot of outside leg</li> <li>- Arm position/grip: outside arm in fixed position of choice. No hand contact with the pole</li> <li>- Grip is: elbow grip</li> <li>- Leg position: both legs are fully extended in split position</li> <li>-Body position: inverted</li> <li>-Angle of split: a minimum of 160°</li> </ul>	
F0514	Lux	0.5	<ul style="list-style-type: none"> <li>- Point of contact: both hands, inside leg, hips</li> <li>- Arm position/grip: arms are fully extended in split grip</li> <li>- Leg position: legs are in position of choice, on the same side of the pole as the body</li> <li>-Body position: upright, upper body is in back arch</li> </ul>	
F0515	Marchetti Underarm Split	0.5	<ul style="list-style-type: none"> <li>- Point of Contact: Inside leg, inside arm, both hands, side of torso</li> <li>- Arm position/grip: inside arm wraps inside leg</li> <li>- Leg position: Split position</li> <li>- Body position: Upright</li> <li>- Angle of split: minimum of 180°</li> </ul>	
F0516	Pegasus Split Facing Floor 1	0.5	<ul style="list-style-type: none"> <li>- Point of contact: elbow of back arm, back of shoulders/neck, forearm and hand of lower arm</li> <li>- Arm position/grip: top arm is holding the thigh of the back leg around the pole, bottom arm is in holding onto the pole</li> <li>- Grip is: top arm is in elbow grip, bottom arm is in forearm grip</li> <li>- Leg position: both legs are fully extended in a frontal split position</li> <li>-Body position: torso is facing the floor</li> <li>-Angle of split: a minimum of 180°</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
F0517	Split Grip Leg Through Split	0.5	<ul style="list-style-type: none"> <li>- Point of contact: both hands and inside leg</li> <li>- Arm position/grip: split grip</li> <li>- Leg position: both legs are fully extended in split position of choice</li> <li>-Body position: inverted</li> <li>-Angle of split: a minimum of 180°</li> </ul>	
F0518	Standing Split 180	0.5	<ul style="list-style-type: none"> <li>- Point of contact: Inside arm's armpit, side of torso, hips, foot/outside leg's chin</li> <li>- Arm position/grip: Both arms extended holding front leg</li> <li>- Leg position: split position, front leg completely extended</li> <li>- Angle of split: minimum 180°</li> <li>- Body position: upright</li> </ul>	
F0519	Syniachenko Straddle 2	0.5	<ul style="list-style-type: none"> <li>- Point of contact: inside arm's hand, inside leg's foot</li> <li>- Arm position/grip: inside arm's hand in basic grip, outside arm wraps around outside leg</li> <li>- Leg position: straddle</li> <li>- Body position: upright</li> </ul>	
F0601	Allegra	0.6	<ul style="list-style-type: none"> <li>- Point of contact: inside arm hand, thigh of inside leg, outside arm, side/lower back</li> <li>- Arm position/grip: inside hand grips pole above the inside leg, outside arm is extended and holding the ankle/shin of the outside leg</li> <li>- Leg position: both legs are fully extended in a frontal split position</li> <li>-Body position: back arch</li> <li>-Angle of split: a minimum of 180°</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
F0602	Capezio Passé	0.6	<ul style="list-style-type: none"> <li>- Point of contact: underarm of back arm, back, thigh of inside leg</li> <li>- Arm position/grip: no hands have contact with the pole, the same arm holds the ankle/shin of the back leg and is fully extended, the opposite arm holds front leg</li> <li>- Leg position: split position with front leg fully extended and the back leg bent</li> <li>-Body position: upright</li> <li>-Angle of split: a minimum of 180°</li> </ul>	
F0603	Chopstick Passé	0.6	<ul style="list-style-type: none"> <li>- Point of contact: inside underarm, side of torso, thigh of inside leg</li> <li>- Arm position/grip: underarm or bicep of inside arm has contact with the pole. Inside arm is fully extended and holding foot or ankle opposite leg. Outside arm holding ankle of inside leg. No hand contact with the pole</li> <li>- Leg position: split position with inside leg fully extended and the back leg bent, the line of the legs is parallel to the floor</li> <li>-Body position: upright</li> <li>-Angle of split: a minimum of 180°</li> </ul>	
F0604	Cocoon	0.6	<ul style="list-style-type: none"> <li>- Point of contact: crook of knee, thigh, torso</li> <li>- Arm position/grip: arms are fully extended above the head in ring position and holding back leg</li> <li>- Leg position: split position with front leg gripping the pole at the knee, back leg is fully extended</li> <li>-Body position: inverted, back arch</li> <li>-Angle of split: a minimum of 160°</li> </ul>	



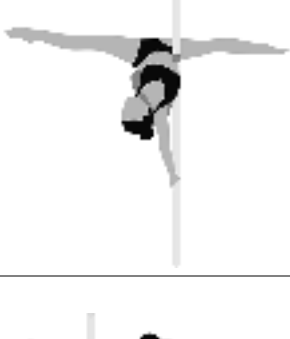

Code	Element Name	Technical Score	Minimum Requirements	Diagram
F0605	Elbow Chest Butterfly	0.6	<ul style="list-style-type: none"> <li>- Point of contact: ankle, arm, crook of elbow, neck, shoulder and chest</li> <li>- Arm position/grip: one arm wraps the pole, other arm extended and hand holding chin of the corresponding leg</li> <li>- Leg position: both legs fully extended in split position</li> <li>- Body position: inverted</li> <li>- Angle of split: minimum 180°</li> </ul>	
F0606	Flying K Elbow Lock	0.6	<ul style="list-style-type: none"> <li>- Point of contact: Both hands, on foot</li> <li>- Arm position/grip: both hands, position of choice. Lower arm wraps the leg.</li> <li>- Leg position: both legs fully extended in split position</li> <li>- Body position: inverted</li> <li>- Angle of split: minimum 180°</li> </ul>	
F0607	Handstand Hip Hold Split	0.6	<ul style="list-style-type: none"> <li>- Point of contact: side of torso, outside ankle, back of inside shoulder</li> <li>- Arm position/grip: arms are fully extended, inside hand holding the inside leg at the shin level (between knee and ankle). Outside hand has contact with the floor.</li> <li>- Leg position: both legs are fully extended in split position. inside foot has contact with the floor</li> <li>- Body position: one-handed back bend</li> <li>- Angle of split: a minimum of 180°</li> </ul>	
F0608	Handstand Vertical Split	0.6	<ul style="list-style-type: none"> <li>- Point of contact: back, one leg, one shoulder (optional), glutes</li> <li>- Arm position/grip: only one hand has contact with the floor, the other is holding the ankle of the front leg, floor based arm is fully extended</li> <li>- Leg position: both legs are fully extended in a vertical split position</li> <li>- Body position: handstand position (hips above the head and shoulders in a straight line)</li> <li>- Angle of split: a minimum of 180°</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
F0609	Hip/Elbow Split	0.6	<p>Point of contact: inside arm's hand, abdomen/chest, inside leg's quadriceps, one arm's crook of the elbow</p> <p>Arm position/grip: Inside arm wraps around inside leg, outside arm wraps pole around.</p> <p>Grip: of choice</p> <p>Leg position: both legs fully extended in split position, horizontal to the floor</p>	
F0610	Yogini	0.6	<ul style="list-style-type: none"> <li>- Point of contact: underarm, side of torso</li> <li>- Arm position/grip: underarm. hands holding legs at the knee</li> <li>- Leg position: both legs are fully extended with feet above the head</li> <li>- Body position: upper body is upright, hips facing the floor</li> </ul>	
F0611	Inverted Front Split	0.6	<ul style="list-style-type: none"> <li>- Point of contact: both legs and both hands</li> <li>- Arm position/grip: basic or cup grip</li> <li>- Leg position: both legs are fully extended in split position</li> <li>- Body position: upper body must be at a 90° angle to the pole and facing downwards</li> <li>- Angle of split: a minimum of 180°</li> </ul>	
F0612	One Elbow Handstand Split (Floor Based)	0.6	<ul style="list-style-type: none"> <li>- Point of contact: ankle/calf, one hand</li> <li>- Arm position/grip: forearm and hand on the floor, one hand in cup grip position</li> <li>- Leg position: Split position, parallel to the floor</li> <li>- Angle of split: minimum of 180°</li> </ul>	
F0613	One Hand Floor Split	0.6	<ul style="list-style-type: none"> <li>- Point of contact: back of one leg, forearm, chest</li> <li>- Arm position/grip: one hand on the floor, other arm holds the pole in elbow grip</li> <li>- Leg position: both legs and parallel to the floor</li> <li>- Body position: inverted</li> <li>- Angle of split: minimum 180°</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
F0614	Shevtsova Split	0.6	<p>Point of contact: inside arm's armpit, side of torso, inside leg's foot/chin, outside hand</p> <p>Arm position/grip: outside arm hold the pole from behind the body, inside hand holds the opposite leg's ankle</p> <p>Leg position: both legs fully extended in split position</p> <p>Body position: inverted</p> <p>Angle of split: minimum of 180°</p>	
F0615	Shoulder Dismount Split	0.6	<ul style="list-style-type: none"> <li>- Point of contact: shoulder and corresponding arm, crook of the elbow and calf of the corresponding side of body, outside arm's hand</li> <li>- Arm position/grip: one hand in cup grip, opposite hand holding outside arm</li> <li>- Leg position: both legs fully extended in split position</li> <li>- Body position: inverted</li> <li>- Angle of split: minimum 180°</li> </ul>	
F0616	One Hand Flying Split	0.6	<ul style="list-style-type: none"> <li>- Point of contact: one hand, foot of the opposite leg</li> <li>- Arm position: the inside arm is fully extended and holds the pole. Outside hand holds the opposite ankle.</li> <li>- Leg position: in a split / oversplit; Front leg has no contact with the pole, and both legs are fully extended.</li> <li>- Body position: upright, facing away from the pole</li> <li>- Angle of split: a minimum of 180°</li> </ul>	
F0617	Eagle 1	0.6	<ul style="list-style-type: none"> <li>- Point of contact: front leg, side of torso, back of shoulder</li> <li>- Arm position/grip: arms can be bent, no hands have contact with the pole, hands are holding foot/ankle of back leg</li> <li>- Leg position: front leg is wrapped, back leg and foot must be stretched over the head or in a ring position</li> <li>- Body position: upright</li> <li>- Angle of split: a minimum of 180°</li> </ul>	







Code	Element Name	Technical Score	Minimum Requirements	Diagram
F0701	Brass Monkey Split	0.7	<ul style="list-style-type: none"> <li>- Point of contact: inside armpit and hand, outside elbow</li> <li>- Arm position/grip: outside hand has no contact with the pole and is holding the opposite leg</li> <li>- Grip is: flag grip</li> <li>- Leg position: both legs are fully extended in split position and parallel to the pole</li> <li>-Body position: inverted</li> <li>-Angle of split: a minimum of 180°</li> </ul>	
F0702	Back Split To Pole Ring Position	0.7	<ul style="list-style-type: none"> <li>- Point of contact: both legs and both hands</li> <li>- Arm position/grip: basic or cup grip</li> <li>- Leg position: split position with front leg fully extended, back leg bent, foot must touch head</li> <li>-Body position: back arch</li> <li>-Angle of split: a minimum of 180°</li> </ul>	
F0703	Bird Of Paradise Inverted	0.7	<ul style="list-style-type: none"> <li>- Point of contact: thigh, side of torso, back, back of neck, outside arm, crook of outside elbow, back of outside shoulder</li> <li>- Arm position/grip: both arms are bent and above the head, hands are clasped behind the head</li> <li>- Leg position: both legs are fully extended in a diagonal split</li> <li>-Body position: inverted</li> <li>-Angle of split: a minimum of 180°</li> </ul>	
F0704	Capezio Split	0.7	<ul style="list-style-type: none"> <li>- Point of contact: underarm of back arm, back, thigh of inside leg</li> <li>- Arm position/grip: no hands to have contact with the pole, the inside arm holds the back leg at ankle/shin level and is fully extended. The outside arm holds front leg</li> <li>- Leg position: both legs are fully extended in split position</li> <li>-Body position: upright</li> <li>-Angle of split: a minimum of 180°</li> </ul>	





Code	Element Name	Technical Score	Minimum Requirements	Diagram
F0705	Chopsticks	0.7	<ul style="list-style-type: none"> <li>- Point of contact: underarm, side of torso, upper thigh</li> <li>- Arm position/grip: underarm or bicep of inside arm has contact with the pole. Inside arm is fully extended. Outside arm holding ankle of inside leg. No hand contact with the pole</li> <li>- Leg position: both legs fully extended in split position and parallel to floor</li> <li>-Body position: upright</li> <li>-Angle of split: 180°</li> </ul>	
F0706	Choker Split Facing Floor	0.7	<ul style="list-style-type: none"> <li>- Point of contact: inside leg, side of torso, back, head/neck, inside hand</li> <li>- Arm/grip position: inside arm's crook of the elbow around the pole, hand holding the pole. Outside arm's hand holding ankle/calf of inner leg.</li> <li>- Leg position: Fully extended in split position</li> <li>- Body position: inverted</li> <li>- Angle of split: minimum of 180°</li> </ul>	
F0707	Dragon Tail Split	0.7	<ul style="list-style-type: none"> <li>- Point of contact: both hands, side of torso, upper thigh</li> <li>- Arm position/grip: inside arm is fully extended and in contact with the pole, outside arm holds the pole behind the back</li> <li>- Leg position: both legs fully extended in front split position and parallel to floor</li> <li>-Body position: inverted</li> <li>-Angle of split: 180°</li> </ul>	
F0708	Elbow Bracket Split 1	0.7	<ul style="list-style-type: none"> <li>- Point of contact: crook of elbow of one arm, hand of other arm</li> <li>- Arm position: upper arm holds pole in the crook of the elbow, and holds the upper leg. Lower arm is fully extended and holds the pole</li> <li>- Grip: elbow grip.</li> <li>- Leg position: both legs extended in split position</li> <li>- Body position: upright, facing the pole</li> <li>-Angle of split: minimum of 180°</li> </ul>	





Code	Element Name	Technical Score	Minimum Requirements	Diagram
F0709	Elbow Hold Frontal Split	0.7	<ul style="list-style-type: none"> <li>- Point of contact: shoulder, neck, elbow</li> <li>- Arm position/grip: no hands have contact with the pole, elbow grip hand holding ankle of opposite leg, free arm is in fixed position of choice and has no contact with the pole</li> <li>- Leg position: both legs fully extended in a frontal split position</li> <li>-Body position: upright</li> <li>-Angle of split: a minimum of 180°</li> </ul>	
F0710	Forearm Grip Leg Through Split	0.7	<ul style="list-style-type: none"> <li>- Point of contact: hand of upper arm, hand and forearm of lower arm, thigh of inside leg, chest (optional)</li> <li>- Grip is: upper hand in cup grip, lower arm is forearm grip</li> <li>- Arm position/grip: both arms are bent, outside arm is wrapped around the inside leg and holds the pole above the inside leg</li> <li>- Leg position: both legs are fully extended in a diagonal split position and at a 45° angle to the pole</li> <li>-Body position: inverted</li> <li>-Angle of split: a minimum of 180°</li> </ul>	
F0711	Hip Hold Split Elbow Grip	0.7	<ul style="list-style-type: none"> <li>- Points of contact: inside thigh, torso/back, lower arm/elbow. Upper arm has no contact with the pole</li> <li>- Arm position/grip: both arms are bent, hands are clasped behind the inside leg and back</li> <li>- Leg position: both legs are fully extended in a horizontal split position</li> <li>-Body position: inverted</li> <li>- Angle of split: minimum 180°</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
F0712	Hip Hold Split Passé	0.7	<ul style="list-style-type: none"> <li>- Point of contact: inside leg thigh, side of torso, back of inside arm</li> <li>- Arm position/grip: underarm or bicep of inside arm has contact with the pole. Inside arm is fully extended and holding foot or ankle opposite leg. Outside hand is holding ankle/shin of inside leg. No hand contact with the pole</li> <li>- Leg position: frontal split position with front leg fully extended and parallel to the floor, back leg is bent</li> <li>-Body position: horizontal, facing upwards</li> <li>-Angle of split: 180°</li> </ul>	
F0713	Inside Leg Hang Back Split	0.7	<ul style="list-style-type: none"> <li>- Point of contact: inside leg, side of torso, shoulder, one arm</li> <li>- Arm position/grip: no hands have contact with the pole, arms are fully extended above the head in ring position and holding foot of outside leg</li> <li>- Leg position: both legs are bent, back foot is over the head</li> <li>-Body position: inverted</li> <li>-Angle of split: a minimum of 180°</li> </ul>	
F0714	Inverted Back Ayesha Split	0.7	<ul style="list-style-type: none"> <li>- Point of contact: Inside arm's crook of the elbow, inside arm, inside leg, side of torso, back</li> <li>- Arm position/grip: arms wrap the pole and body from behind</li> <li>- Leg position: both legs fully extended in split position</li> <li>- Body position: inverted</li> <li>- Angle of split: minimum of mínimo de 180°</li> </ul>	





Code	Element Name	Technical Score	Minimum Requirements	Diagram
F0715	Inverted Split	0.7	<ul style="list-style-type: none"> <li>- Point of contact: both legs, inside arm, back of shoulder of inside arm, feet (optional)</li> <li>- Arm position/grip: outside arm in fixed position of choice. No hand contact with the pole.</li> <li>- inside arm wraps around pole and leg</li> <li>- Leg position: both legs are fully extended in split position in alignment with the pole</li> <li>-Body position: inverted</li> <li>-Angle of split: a minimum of 180°</li> </ul>	
F0716	Oversplit On Pole	0.7	<ul style="list-style-type: none"> <li>- Point of contact: feet, glutes, back leg, both hands</li> <li>- Arm position/grip: basic or cup grip</li> <li>- Leg position: split position with front leg bent, back leg fully extended</li> <li>-Body position: inverted, back arch</li> <li>-Angle of split: a minimum of 190°</li> </ul>	
F0717	Pegasus Split Facing Upwards	0.7	<ul style="list-style-type: none"> <li>- Point of contact: lower forearm, lower hand, neck, shoulders, upper elbow</li> <li>- Arm position/grip: arm holding upper leg is in an elbow grip, lower arm holds pole in forearm grip</li> <li>- Leg position: both legs are fully extended in a diagonal split</li> <li>-Body position: upper body is facing upwards</li> <li>-Angle of split: a minimum of 180°</li> </ul>	
F0718	Reverse Elbow Stradelle	0.7	<ul style="list-style-type: none"> <li>- Point of contact: Thigh of inside leg, upper arm and crook of the elbow, back, neck, lower arm's forearm and hand, shoulder</li> <li>- Arm position/grip: upper arm in elbow position hugging corresponding leg. Lower forearm and hand on pole</li> <li>- Leg position: straddle, fully extended and parallel to the floor</li> <li>- Body position: inverted</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
F0719	Songini Split 180	0.7	<ul style="list-style-type: none"> <li>- Point of contact: side of torso, outside hand</li> <li>- Arm position/grip: outside hand hold the pole, inside hand holds opposite leg</li> <li>- Leg position: both legs in full extension and in split position</li> <li>- Body position: upright</li> <li>- Angle of split: minimum of 180°</li> </ul>	
F0720	Split Grip Leg Through Frontal Split	0.7	<ul style="list-style-type: none"> <li>- Point of contact: both hands and thigh of inside leg</li> <li>- Arm position/grip: split grip</li> <li>- Leg position: both legs are fully extended in split position</li> <li>-Body position: upper body (torso and head) is parallel to the floor</li> <li>-Angle of split: a minimum of 180°</li> </ul>	
F0721	Superman V	0.7	<ul style="list-style-type: none"> <li>- Point of contact: both thighs, one arm</li> <li>- Arm position/grip: both arms are fully extended, same hand holds same leg at shin level (between ankle and knee), no hands have contact with the pole</li> <li>- Leg position: back leg is fully extended, other leg is in passé</li> <li>-Body position: upright V-shape must be formed</li> </ul>	
F0722	Underarm Hold Split	0.7	<ul style="list-style-type: none"> <li>- Point of contact: underarm of inside arm, ankles to the pole (not the arch of the foot)</li> <li>- Arm position/grip: no hand contact with the pole. Both arms should be extended.</li> <li>- Grip is: underarm grip</li> <li>- Leg position: both legs are fully extended in straddle position</li> <li>-Body position: upper body (torso and head) must be at a 90° angle to the pole, chest facing upwards</li> </ul>	

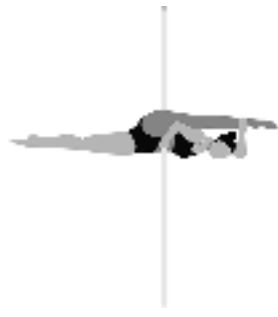


Code	Element Name	Technical Score	Minimum Requirements	Diagram
F0801	Bird Of Paradise Vertical	0.8	<ul style="list-style-type: none"> <li>- Point of contact: crook of outside elbow, thigh of front leg, side of torso, back, back of neck, back of outside shoulder</li> <li>- Arm position/grip: both arms are bent, hands are clasped behind the head</li> <li>- Leg position: both legs are fully extended in a diagonal split position</li> <li>-Body position: upright</li> <li>-Angle of split: a minimum of 180°</li> </ul>	
F0802	Bozina Split	0.8	<ul style="list-style-type: none"> <li>- Point of contact: inside leg, outside hand, side of torso</li> <li>- Arm position/grip: outside arm's hand hold the pole, inside arm's hand holds the corresponding ankle</li> <li>- Leg position: both legs fully extended</li> <li>- Body position: Parallel to the floor w/20° of tolerance</li> <li>- Angle of split: minimum of 180°</li> </ul>	
F0803	Choker Split Facing Upwards	0.8	<ul style="list-style-type: none"> <li>- Point of contact: inside leg, side of torso, back/neck, inside arm's hand</li> <li>- Arm position/grip: inside arm around the neck, inside arm's hand hold the pole, outside arm's hand holds outside leg's ankle/calf</li> <li>- Leg position: Fully extended</li> <li>- Body position: upright</li> <li>- Angle of split: minimum 180°</li> </ul>	
F0804	Cobra	0.8	<ul style="list-style-type: none"> <li>- Point of contact: both hands, knee and shin of upper leg, thigh of lower leg</li> <li>- Arm position/grip: arms are fully extended in wide basic grip. Upper hand grips the pole above the same leg at shin level. Lower hand grips the pole below the lower leg at thigh level.</li> <li>- Leg position: legs are fully extended</li> <li>-Body position: in back arch position</li> </ul>	




Code	Element Name	Technical Score	Minimum Requirements	Diagram
F0805	Cocoon	0.8	<ul style="list-style-type: none"> <li>- Point of contact: crook of knee, thigh, torso</li> <li>- Arm position/grip: arms are fully extended above the head in ring position and holding back leg</li> <li>- Leg position: split position with front leg gripping the pole at the knee, back leg fully extended</li> <li>- Body position: inverted, back arch</li> <li>- Angle of split: a minimum of 180°</li> </ul>	
F0806	Dragonfly	0.8	<ul style="list-style-type: none"> <li>- Point of contact: inside arm's armpit, side of torso, inside leg</li> <li>- Arm position/grip: outside arm's hand holding corresponding leg, inside arm around the pole</li> <li>- Leg position: both legs fully extended in split position</li> <li>- Body position: upright</li> <li>- Angle of split: minimum of 180°</li> </ul>	
F0807	Dragon Tail Fang	0.8	<ul style="list-style-type: none"> <li>- Point of contact: both hands</li> <li>- Arm position/grip: inside arm is fully extended and in contact with the pole, outside arm holds the pole behind the back</li> <li>- Leg position: fang position with both legs bent back, toes touch the shoulder or the crown of head</li> <li>- Body position: inverted</li> </ul>	
F0808	Eclipse Split	0.8	<ul style="list-style-type: none"> <li>- Point of contact: front of one leg, glute(s), both hands</li> <li>- Arm position/grip: both arms extended</li> <li>- Leg position: split position</li> <li>- Body position: horizontal</li> <li>- Angle of split: minimum of 180°</li> </ul>	



Code	Element Name	Technical Score	Minimum Requirements	Diagram
F0809	Elbow Back Split	0.8	<ul style="list-style-type: none"> <li>- Point of contact: crook of the elbow, lower back</li> <li>- Arm position/grip: inside arm in elbow grip, outside arm hugs opposite leg</li> <li>- Leg position: fully extended in a split position</li> <li>- Body position: upright</li> <li>- Angle of split: minimum of 180°</li> </ul>	
F0810	Elbow Chest Split	0.8	<ul style="list-style-type: none"> <li>- Point of contact: Crook of the elbow, forearm</li> <li>- Arm position/grip: both arms flexed</li> <li>- Leg position: split position</li> <li>- Body position: inverted</li> <li>- Angle of split: minimum of 180°</li> </ul>	
F0811	Elbow Hold Frontal Over Split	0.8	<ul style="list-style-type: none"> <li>- Point of contact: shoulder, back/neck, crook of elbow, ankle/chin</li> <li>- Arm position/grip: no hand in contact, upper arm in elbow position, upper arm's hand hold opposite ankle/chin, other arm in fixed position of choice</li> <li>- Leg position: both legs fully extended in split position</li> <li>- Body position: upright</li> <li>- Angle of split: minimum of 180°</li> </ul>	
F0812	Floor K	0.8	<ul style="list-style-type: none"> <li>- Point of contact: one hand and sole of one foot</li> <li>- Arm position/grip: arms are fully extended, the inside hand has contact with the pole, the back of the arm has contact with the inside leg. Outside hand has contact with the floor.</li> <li>- Leg position: both legs are fully extended in split position</li> <li>- Body position: one-handed inverted handstand</li> <li>- Angle of split: a minimum of 160°</li> <li>- Starting position: from the floor</li> <li>- Please refer to the glossary: Starting position from the floor</li> </ul>	





Code	Element Name	Technical Score	Minimum Requirements	Diagram
F0813	Floor Balance Split	0.8	<ul style="list-style-type: none"> <li>- Point of contact: arch of one foot</li> <li>- Arm position: hand of bottom arm is in contact with the floor and arm is fully extended, top arm holds onto same leg</li> <li>- Leg position: both legs are extended in a split position, in a straight line, and only the foot of one leg in contact with the pole. Legs are parallel to the floor.</li> <li>- Body position: torso is at a 90° to the pole</li> <li>- Angle of split: 180°</li> </ul>	
F0814	Hip Hold One Hand Split	0.8	<ul style="list-style-type: none"> <li>- Point of contact: abdomen and one hand</li> <li>- Arm position/grip: both arms hug the front leg</li> <li>- Leg position: fully extended in split position</li> <li>- Body position: inverted</li> <li>- Angle of split: minimum 180°</li> </ul>	
F0815	Iguana Elbow Hold Split No Hands	0.8	<ul style="list-style-type: none"> <li>- Point of contact: back of shoulder, arm, elbow of inside arm, neck (optional), back, glutes, thigh of back leg</li> <li>- Arm position/grip: one arm is holding the pole behind the body at the elbow. the other arm is fully extended and holding back leg at shin level (between knee and ankle)</li> <li>- Grip is: elbow grip</li> <li>- Leg position: both legs are fully extended in split position and horizontal.</li> <li>- Body position: inverted</li> <li>- Angle of split: a minimum of 180°</li> </ul>	
F0816	Inverted Leg Through Split	0.8	<ul style="list-style-type: none"> <li>- Point of contact: one hand, the back of the leg, chest/abdomen, the crook of the elbow</li> <li>- Arm position/grip: one hand hold the pole, other hand holds front leg, lower arm in elbow position</li> <li>- Leg position: both legs in full extension in split position</li> <li>- Body position: inverted</li> <li>- Angle of split: minimum 180°</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
F0817	Machine Gun	0.8	<ul style="list-style-type: none"> <li>- Point of contact: one hand, side of torso, one thigh</li> <li>- Arm position/grip: both arms are bent, one hand holds pole, other hand holds opposite leg extended to the front at the ankle or calf</li> <li>- Grip is: of choice</li> <li>- Leg position: both legs are fully extended in split position, in a straight line</li> <li>-Body position: parallel to the floor</li> <li>-Angle of split: a minimum of 180°</li> </ul>	
F0818	Russian Split	0.8	<ul style="list-style-type: none"> <li>- Point of contact: sole of one foot, both hands</li> <li>- Arm position/grip: basic or cup grip</li> <li>- Leg position: both legs are fully extended in split position. Leg with contact with the pole is parallel to the floor, no tolerance.</li> <li>-Body position: horizontal, facing upwards.</li> <li>-Angle of split: a minimum of 160°</li> </ul>	
F0819	Russian Split Elbow Lock	0.8	<ul style="list-style-type: none"> <li>- Point of contact: inside elbow and the sole of one foot</li> <li>- Arm position/grip: both arms are bent and hands are clasped, only top arm has contact with the pole</li> <li>- Grip is: elbow grip</li> <li>- Leg position: both legs are fully extended, split angle is at a 45° angle to the floor</li> <li>-Body position: inverted, full body is at a 45° angle to the floor</li> <li>-Angle of split: 180°</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
F0820	Twisted Floor K	0.8	<ul style="list-style-type: none"> <li>- Points of contact: one hand and sole of opposite foot</li> <li>- Arm position: arms are fully extended, one hand has contact with the pole, the other hand has contact with the floor.</li> <li>- Grip is: basic or cup grip</li> <li>- Leg position: both legs are fully extended in a split position</li> <li>-Body position: one-handed handstand, facing the pole</li> <li>- Angle of split: minimum 180°</li> <li>- Starting position: from the floor</li> <li>- Please refer to the glossary: Starting position from the floor</li> </ul>	
F0821	Underarm Inside Leg Split	0.8	<ul style="list-style-type: none"> <li>- Point of contact: both hands, inside arm's forearm/the crook of the elbow</li> <li>- Arm position/grip: inside arm's hand hold the pole at head height/above the head, outside arm's hand in position of choice</li> <li>- Leg position: Fully extended in split position</li> <li>- Body position: upright</li> <li>- Angle of split: minimum of 180°</li> </ul>	
F0822	Vertical Jade	0.8	<ul style="list-style-type: none"> <li>- Point of contact: hand of outside arm, underarm of inside arm, glutes, outside leg, foot of outside leg, glutes</li> <li>- Arm position/grip: outside arm wraps around the inside leg and holds the pole at the ankle of opposite foot, inside arm is around the pole and leg, with the underarm in contact with the pole</li> <li>- Grip is: inside arm: underarm grip outside arm: basic or cup grip</li> <li>- Leg position: both legs are fully extended in a frontal split position, the foot of the outside leg should be holding the pole from behind. The front leg is the inside leg, the back leg is the outside leg.</li> <li>-Body position: upright</li> <li>-Angle of split: a minimum of 180°</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
F0901	Eagle 2	0.9	<ul style="list-style-type: none"> <li>- Point of contact: front leg, side of torso, back of shoulder</li> <li>- Arm position/grip: no hands have contact with the pole, arms are fully extended and hands are holding foot/ankle of back leg</li> <li>- Leg position: front leg is wrapped, back leg and foot must be stretched over the head or in a ring position</li> <li>-Body position: upright</li> <li>-Angle of split: a minimum of 180°</li> </ul>	
F0902	Back Elbow Vertical Split	0.9	<ul style="list-style-type: none"> <li>- Point of contact: neck, upper back and one elbow</li> <li>- Arm position/grip: elbow holds pole behind the back, other hand holds opposite leg</li> <li>- Grip is: elbow grip</li> <li>- Leg position: both legs are fully extended in split position and parallel to the pole</li> <li>-Body position: inverted</li> <li>-Angle of split: a minimum of 180°</li> </ul>	
F0903	Back Split	0.9	<ul style="list-style-type: none"> <li>- Point of contact: both hands, full length of both legs</li> <li>- Arm position/grip: both hands hold the pole behind the legs</li> <li>- Grip is: split grip</li> <li>- Leg position: both legs are fully extended in split position</li> <li>-Body position: upper body is in a back arch</li> <li>-Angle of split: a minimum of 180°</li> </ul>	
F0904	Back Split Overhead Hold On Pole	0.9	<ul style="list-style-type: none"> <li>- Point of contact: both hands, both legs</li> <li>- Arm position/grip: both arms are fully extended and hands hold the pole above the head at ankle/calf height</li> <li>- Leg position: both legs are fully extended in split position</li> <li>-Body position: upright with back arch</li> <li>-Angle of split: a minimum of 180°</li> </ul>	




Code	Element Name	Technical Score	Minimum Requirements	Diagram
F0905	Dragon Tail Back Bend 1	0.9	<ul style="list-style-type: none"> <li>- Point of contact: both hands</li> <li>- Arm position/grip: inside arm is fully extended and in contact with the pole, outside arm holds the pole behind the back</li> <li>- Leg position: both legs are fully extended, open, and both legs parallel to the floor and each other</li> <li>-Body position: inverted, hips parallel to the floor</li> </ul>	
F0906	Elbow Grip Horizontal Back Bend	0.9	<ul style="list-style-type: none"> <li>- Point of contact: both arms, upper back, back of the head.</li> <li>- Arm position: top arm is in underarm grip, hand is holding onto top leg; bottom arm is wrapped around pole at elbow. No hands in contact with the pole.</li> <li>- Grip is: underarm grip (top arm) and elbow grip (bottom arm)</li> <li>- Leg position: both legs are fully extended</li> <li>-Body position: body is wrapped around the pole with a back arch position.</li> </ul>	
F0907	Extreme Jade Underarm (Gordiyenko)	0.9	<ul style="list-style-type: none"> <li>- Point of contact: Inside leg, side of torso, inside arm</li> <li>- Arm position/grip: inside leg, inside arm extended and in contact with pole, outside arm bent with its hand grabbing inner leg ankle</li> <li>- Leg position: fully extended in split position, parallel to floor</li> <li>- Angle of split: minimum 180°</li> </ul>	
F0908	Elbow Hold Split	0.9	<ul style="list-style-type: none"> <li>- Point of contact: neck, upper back, upper elbow</li> <li>- Arm position/grip: top arm is in elbow grip, other arm holds the ankle of opposite leg behind pole</li> <li>- Grip is: elbow grip</li> <li>- Leg position: both legs are fully extended and parallel to the floor in split position</li> <li>-Body position: parallel to the floor</li> <li>-Angle of split: 180°</li> </ul>	




Code	Element Name	Technical Score	Minimum Requirements	Diagram
F0909	Floor K	0.9	<ul style="list-style-type: none"> <li>- Point of contact: one hand and sole of one foot</li> <li>- Arm position/grip: arms are fully extended, the inside hand has contact with the pole, the back of the arm has contact with the inside leg. Outside hand has contact with the floor</li> <li>- Leg position: both legs are fully extended in split position</li> <li>-Body position: one-handed inverted handstand</li> <li>-Angle of split: a minimum of 180°</li> <li>- Starting position: from the floor</li> <li>- Please refer to the glossary: Starting position from the floor</li> </ul>	
F0910	Flying K	0.9	<ul style="list-style-type: none"> <li>- Point of contact: inside hand, inside foot</li> <li>- Arm position/grip: both arms are fully extended, one hand is holding the pole, the other is fixed position of choice with no contact with the pole</li> <li>- Leg position: both legs are fully extended in split position</li> <li>-Body position: downward diagonal</li> <li>-Angle of split: a minimum of 180°</li> </ul>	
F0911	Half Back Split On Pole	0.9	<ul style="list-style-type: none"> <li>- Point of contact: both hands, upper leg, pelvis, thigh of the lower leg</li> <li>- Arm position/grip: both arms are fully extended and hold the pole above the head at ankle height</li> <li>- Leg position: back leg is extended, lower leg is in passé</li> <li>-Body position: upright</li> <li>-Angle of split: a minimum of 180°</li> </ul>	
F0912	Handspring Split On Pole	0.9	<ul style="list-style-type: none"> <li>- Point of contact: one foot, both hands</li> <li>- Arm position/grip: grip of choice, both arms fully extended</li> <li>- Leg position: 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</li> <li>-Body position: inverted</li> <li>-Angle of split: 180°</li> </ul>	





Code	Element Name	Technical Score	Minimum Requirements	Diagram
F0913	Marion Half Back Split	0.9	<p>Point of contact: both hands, inside arm, top of the foot of upper leg, side of torso</p> <p>Arm position/grip: outside arm's hand holds the pole above head level, inside arm in flag position</p> <p>Leg position: upper leg extended, lower leg in passé</p> <p>Body position: upright</p> <p>Angle of split: minimum of 180°</p>	
F0914	Marchetti Oversplit Inverted	0.9	<ul style="list-style-type: none"> <li>- Points of contact: outside arm's hand, inside arm's armpit. Upper leg's top of the foot, ankle (optional), glutes</li> <li>- Arm position: outside arm's hand holds the pole in position of choice. Inside arm fully extended, armpit</li> <li>- Leg position: both legs fully extended in split position</li> <li>- Angle of split: minimum of 180°</li> </ul>	
F0915	Olena Split	0.9	<ul style="list-style-type: none"> <li>- Point of contact: outside arm's hand, crook of the elbow, forearm and hand of inside arm. Ankle of upper leg, glutes, top of the foot, crus of lower leg,</li> <li>- Arm position/grip: inside arm in wrap grip, outside arm's hand in basic or cup grip.</li> <li>- Leg position: both legs fully extended in an over split position. Upper leg is inside leg, lower leg is outside leg.</li> <li>- Body position: upright</li> <li>Angle of split: Over split</li> </ul>	
F0916	Pegasus Split Facing Floor 2	0.9	<ul style="list-style-type: none"> <li>- Point of contact: thigh of back leg, elbow of back arm, back of shoulders/neck, forearm and hand of lower arm</li> <li>- Arm position/grip: top arm is holding the thigh of the back leg around the pole, bottom arm is in holding onto the pole</li> <li>- Grip is: top arm is in elbow grip, bottom arm is in forearm grip</li> <li>- Leg position: both legs are fully extended in a frontal split position</li> <li>-Body position: torso is facing the floor</li> <li>-Angle of split: a minimum of 180°</li> </ul>	







Code	Element Name	Technical Score	Minimum Requirements	Diagram
F0917	Rainbow Marchenko Back Bend Scissor	0.9	<ul style="list-style-type: none"> <li>- Point of contact: underarm, hand of inside arm, side of torso, and thighs</li> <li>- Arm position: inside arm is in flag grip, outside arm is fully extended and holding the inside leg at ankle/calf</li> <li>- Grip is: flag grip</li> <li>- Leg position: both legs are fully extended on the same side as the body</li> <li>-Body position: inverted, back bend, chest is facing downwards</li> </ul>	
F0918	Underarm Grip Chopsticks	0.9	<ul style="list-style-type: none"> <li>- Point of contact: underarm, back of thigh of inside leg</li> <li>- Arm position/grip: underarm or bicep of inside arm has contact with the pole. Inside arm is fully extended. Outside arm holding ankle/calf of inside leg. No hand contact with the pole</li> <li>- Leg position: both legs fully extended in split position and parallel to floor</li> <li>-Body position: upright</li> <li>-Angle of split: 180°</li> </ul>	
F0919	Hip Hold Straight Arm	0.9	<ul style="list-style-type: none"> <li>- Point of contact: inside leg, side of torso, inside arm's hand</li> <li>- Arm position/grip: inside arm extended, outside arm's hand hold the ankle of inside leg</li> <li>- Leg position: legs fully extended, in split position and parallel to the floor</li> <li>- Body position: parallel to the floor</li> <li>Angle of split: minimum of 180°</li> </ul>	
F0920	Russian Split Horizontal	0.9	<ul style="list-style-type: none"> <li>- Point of contact: sole of one foot, both hands</li> <li>- Arm position/grip: basic or cup grip</li> <li>- Leg position: both legs are fully extended in split position. Back leg is parallel to the floor, no tolerance</li> <li>-Body position: parallel to the floor, with 20° tolerance</li> <li>-Angle of split: a minimum of 180°</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
F0921	Side Over Split	0.9	<p>Point of contact: inside arm's armpit, side of torso, upper leg's crus, ankle, foot. Lower leg's sole of foot, outside arm's hand</p> <p>Arm position/grip: outside arm's hand holds the pole in position of choice.</p> <p>Leg position: fully extended in split position</p> <p>Body position: inverted:</p> <p>Angle of split: minimum 180°</p>	
F0922	Side Split Ciccone	0.9	<ul style="list-style-type: none"> <li>- Point of contact: side of torso, outside arm's hand</li> <li>- Arm position/grip: outside arm fully extended, outside arm's hand in position of choice</li> <li>- Leg position: both legs fully extended in split position parallel to the floor</li> <li>- Body position: Parallel to the floor with 20° of tolerance</li> <li>- Angle of split: minimum of 180°</li> </ul>	
F0923	Vertical Split	0.9	<ul style="list-style-type: none"> <li>- Points of contact: hands, forearm of lower arm, outside of lower leg calf, top of foot of lower leg (not the arch of the foot)</li> <li>- Arm position: Upper arm is fully extended, lower forearm wraps around lower leg at the knee and holds the pole.</li> <li>- Grip is: wide basic grip</li> <li>- Leg position: both legs are fully extended and parallel to the pole; upper leg has no contact with the pole</li> <li>-Body position: inverted</li> <li>- Angle of split: minimum 180°</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
F0924	Vertical Split Passé	0.9	<ul style="list-style-type: none"> <li>- Point of contact: inside of both arms, back of neck, shoulders</li> <li>- Arm position: upper hand holds opposite foot, bottom hand holds opposite, lower ankle. Both arms wrapped around the pole</li> <li>- Grip: upper arm in elbow grip</li> <li>- Leg position: legs are in split position. Upper leg is bent in passé, bottom leg is fully extended.</li> <li>- Body position: upper body is parallel to the floor, chest facing downwards.</li> <li>-Angle of split: a minimum of 180°</li> </ul>	
F0925	Wenson Split	0.9	<ul style="list-style-type: none"> <li>- Point of contact: one hand</li> <li>- Arm position/grip: one hand has contact with the floor and the arm is fully extended, the top arm is bent and the hand has contact with the pole</li> <li>- Leg position: both legs are fully extended in split position, line of split is parallel to the floor. The upper leg should be supported on the upper part of the tricep/shoulder of the arm on the same side. There must be no leg contact with the pole.</li> <li>-Body position: inverted handstand</li> <li>-Angle of split: 180°</li> <li>- Starting position: from the floor</li> <li>- Please refer to the glossary: Starting position from the floor</li> </ul>	
F1001	Back Bend Upright Split	1.0	<ul style="list-style-type: none"> <li>- Point of contact: back, both hands, foot of the upper leg</li> <li>- Arm position/grip: both arms above head height in a position of choice, one arm holds upper leg</li> <li>- Leg position: both legs fully extended in split position</li> <li>- Body position: upright</li> <li>- Angle of split: minimum of 180°</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
F1002	Back Elbow Grip Ayesha Split	1.0	<ul style="list-style-type: none"> <li>- Point of contact: inside arm's underarm, neck/shoulder, back, glute(s)</li> <li>- Arm position: Inside arm's crook of the elbow, underarm. Outside arm fully extended, hand holding crus</li> <li>- Leg position: both legs fully extended</li> <li>- Body position: inverted, back arched</li> <li>Angle of split: minimum 180°</li> </ul>	
F1003	Back Support Grip Ballerina	1.0	<ul style="list-style-type: none"> <li>- Point of contact: outside hand, inside arm, side of torso, inside leg</li> <li>- Arm position/grip: outside arm's hand holds the pole from behind the body. Inside arm's hand holds opposite leg's ankle/crus, inside arm in full extension</li> <li>- Leg position: outside leg fully extended backwards, opposite leg in passé position. Upper leg raised above head level</li> <li>- Body position: upright</li> <li>Angle of split: minimum of 180°</li> </ul>	
F1004	Bui Bend	1.0	<ul style="list-style-type: none"> <li>- Point of contact: one hand, opposite arm, waist</li> <li>- Arm position/grip: inside arm is fully extended and holding the same leg. Outside arm is bent and holding the pole at / above the head.</li> <li>- Leg position: both legs are fully extended and horizontal</li> <li>-Body position: inverted, hips parallel to the floor</li> </ul>	
F1005	Dragon Tail Back Bend 2	1.0	<ul style="list-style-type: none"> <li>- Point of contact: outside hand, forearm of inside arm, inside shoulder, torso, neck (optional)</li> <li>- Arm position/grip: inside arm is bent and forearm is in contact with the pole, outside arm holds the pole behind the back</li> <li>- Leg position: both legs are fully extended, closed, and both legs parallel to the floor and each other</li> <li>-Body position: inverted, hips parallel to the floor</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
F1006	Elbow Bracket Split 2	1.0	<ul style="list-style-type: none"> <li>- Point of contact: one hand, chest, one arm, one foot (optional)</li> <li>- Arm position: upper arm holds the upper leg at ankle/shin level above the head. Lower arm is fully extended and holds the pole.</li> <li>- Grip: wrap grip (upper arm)</li> <li>- Leg position: legs are in frontal split position and fully extended</li> <li>- Body position: upright, facing the pole</li> <li>- Angle of split: minimum of 180°</li> </ul>	
F1007	Elbow Side Split Syniachenko	1.0	<ul style="list-style-type: none"> <li>- Point of contact: one foot, one hand, the crook of the elbow, underarm</li> <li>- Arm position/grip: upper arm in Forearm grip, lower arm's hand in position of choice</li> <li>- Leg position: both legs fully extended in split position</li> <li>- Body position: inverted, inclined at 45° from polefitnesslab.com</li> <li>- Angle of split: minimum of 180°</li> </ul>	
F1008	Flamingo	1.0	<ul style="list-style-type: none"> <li>- Point of contact: one foot, one ankle, both hands</li> <li>- Arm position/grip: both hands in position of choice, arms fully extended</li> <li>- Leg position: fully extended</li> <li>- Body position: horizontal, back arched</li> </ul>	
F1009	Flying K Passé	1.0	<ul style="list-style-type: none"> <li>- Point of contact: inside arm's hand, inside leg's foot</li> <li>- Arm position/grip: both arms fully extended, one hand holds the pole, the opposite hand holds ankle/foot</li> <li>- Leg position: Inside leg fully extended, opposite leg in passé position</li> <li>- Body position: Inverted, away from the pole</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
F1010	Floor Based Marchenko	1.0	<ul style="list-style-type: none"> <li>- Point of contact: underarm of inside arm, side of torso, back of one thigh</li> <li>- Arm position/grip: both arms are fully extended, inside arm has contact with the floor and is in underarm grip, the outside arm is holding the inside leg at the ankle/calf</li> <li>- Grip is: underarm grip</li> <li>- Leg position: both legs are fully extended in split position</li> <li>-Body position: inverted handstand, chest is facing downwards</li> <li>-Angle of split: a minimum of 180°</li> <li>- Starting position: from the floor</li> <li>- Please refer to the glossary: Starting position from the floor</li> </ul>	
F1011	Crossbow	1.0	<ul style="list-style-type: none"> <li>- Point of contact: both ankles, back of shoulders (no neck contact)</li> <li>- Arm position/grip: both arms are fully extended and open with no hand contact with the pole</li> <li>- Leg position: both legs are fully extended in straddle position with ankles to the pole (not the arch of the foot)</li> <li>-Body position: torso is at a 90° angle to the pole</li> </ul>	
F1012	Vertical Over Split	1.0	<ul style="list-style-type: none"> <li>- Point of contact: one hand, back, both feet, crus, side of torso</li> <li>- Arm position/grip: outside arm's hand holds the pole, opposite arm in fixed position of choice</li> <li>- Leg position: fully extended</li> <li>- Body position: upright</li> <li>- Angle of split: over split</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
F1013	Janeiro Back Split	1.0	<ul style="list-style-type: none"> <li>- Point of contact: Inside arm's armpit, one hand, back, glutes (optional)</li> <li>- Arm position: lower arm in flag position, opposite hand holds leg at crus height</li> <li>- Leg position: Both legs fully extended in split position</li> <li>- Body position: back arched to the pole, hips on the inside arm's elbow</li> </ul> <p>Angle of split: minimum of 180°</p>	
F1014	Low Back Crossbow	1.0	<ul style="list-style-type: none"> <li>- Point of contact: arch of both feet, lower back/buttocks</li> <li>- Arm position/grip: both arms are fully extended and open with no hand contact with the pole</li> <li>- Leg position: both legs are fully extended in straddle position</li> <li>- Body position: torso is at a 90° angle to the pole</li> </ul>	
F1015	Machine Gun No Hands	1.0	<ul style="list-style-type: none"> <li>- Point of contact: side of torso, inside leg</li> <li>- Arm position/grip: both arms fixed fully extended</li> <li>- Leg position: both legs fully extended in split position parallel to the floor</li> <li>- Body position: parallel to the floor with 20° tolerance</li> <li>- Angle of split: minimum of 180°</li> </ul>	
F1016	Neck Hold Leg Through Split	1.0	<ul style="list-style-type: none"> <li>- Point of contact: outside arm (optional), hand, neck (optional), back of the inside leg, inside hand</li> <li>- Arm position/grip: both hands in position of choice</li> <li>- Leg position: both legs fully extended in split position</li> <li>- Body position: horizontal</li> </ul> <p>Angle of split: 180°</p>	





Code	Element Name	Technical Score	Minimum Requirements	Diagram
F1017	Rainbow Marchenko Back Bent Pencil	1.0	<ul style="list-style-type: none"> <li>- Point of contact: underarm and hand of inside arm, side of torso, thighs</li> <li>- Arm position/grip: inside arm is in flag grip, outside arm is fully extended and holding the inside leg at ankle/shin</li> <li>- Grip is: flag grip</li> <li>- Leg position: both legs are fully extended and parallel to the floor</li> <li>-Body position: inverted, chest is facing downwards</li> </ul>	
F1018	Rainbow Marchenko Split	1.0	<ul style="list-style-type: none"> <li>- Point of contact: underarm and hand of inside arm, side of torso, back of one thigh</li> <li>- Arm position/grip: inside arm is in flag grip, outside arm is fully extended and holding the inside leg at ankle/shin</li> <li>- Grip is: flag grip</li> <li>- Leg position: both legs are fully extended in split position, parallel to the floor</li> <li>-Body position: inverted, chest is facing downwards</li> <li>-Angle of split: 180°</li> </ul>	
F1019	Russian Split Horizontal	1.0	<ul style="list-style-type: none"> <li>- Point of contact: one foot, both hands</li> <li>- Arm position/grip: basic or cup grip</li> <li>- Leg position: fully extended in split position, front leg (in contact with pole) parallel to the floor, no tolerance</li> <li>-Body position: parallel to the floor, no tolerance</li> <li>-Angle of split: 180°</li> </ul>	
F1020	Side Back Split	1.0	<ul style="list-style-type: none"> <li>Point of contact: inner arms, crook of both elbows and back</li> <li>Arm position/grip: both arms extended, pole is clamped between arms and back. Upper arm in contact with upper leg, bottom arm gripping the lower foot.</li> <li>Leg position: legs fully extended in split position</li> <li>Body position: horizontal</li> <li>Angle of split: minimum of 180°</li> </ul>	







Code	Element Name	Technical Score	Minimum Requirements	Diagram
F1021	Superman Crescent Attitude	1.0	<ul style="list-style-type: none"> <li>- Point of contact: both thighs, one calf</li> <li>- Arm position/grip: arms are fully extended above the head, hands holding top foot</li> <li>- Leg position: both legs bent in attitude position</li> <li>-Body position: upright, upper body is in back arch</li> </ul>	
F1022	Vertical Marchenko Split	1.0	<ul style="list-style-type: none"> <li>- Point of contact: inside of the foot and shin of inside leg, back, glutes (optional), elbow of inside arm</li> <li>- Arm position: outside arm is fully extended holding outside leg</li> <li>- Grip: inside arm in elbow grip.</li> <li>- Leg position: both legs are fully extended in split position.</li> <li>-Body position: wrapped around the pole</li> <li>- Angle of split: minimum 180°</li> </ul>	
F1023	Vertical Split No Hands	1.0	<ul style="list-style-type: none"> <li>- Point of contact: inside leg, inside of foot of inside leg, hips/glutes, foot and shin of outside leg</li> <li>- Arm position/grip: arms in position of choice with no contact to the pole</li> <li>- Leg position: both legs are fully extended in split position.</li> <li>-Body position: body must be at a 90° angle to the pole</li> <li>- Angle of split: minimum 180°</li> </ul>	

## Strenght




All Strength Elements must be held for a minimum of 2 seconds, unless explicitly specified in the Minimum Requirements section of the table below.



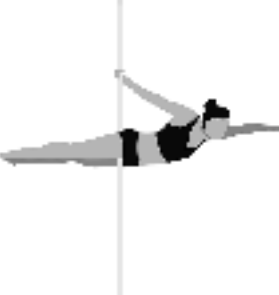
Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0101	Basic Invert No Hands	0.1	<ul style="list-style-type: none"> <li>- Points of contact: full lengths of both legs, torso (optional)</li> <li>- Arm position: fixed in position of choice, hands have no contact with the pole</li> <li>- Leg position: both legs holding the pole</li> <li>- Body position: inverted</li> </ul>	
S0102	Inverted Straddle	0.1	<ul style="list-style-type: none"> <li>- Points of contact: both hands, inside arm, torso, one thigh</li> <li>- Arm position: both arms fully extended, holding the pole</li> <li>- Grip: basic grip</li> <li>- Leg position: both legs fully extended in straddle position</li> <li>- Body position: inverted</li> </ul>	
S0103	Elbow Grip Seat	0.1	<ul style="list-style-type: none"> <li>- Points of contact: crook of elbow of inside arm, back of knee of inside leg, back of thighs, glutes</li> <li>- Arm position: inside arm in elbow grip, outside arm fixed in a position of choice</li> <li>- Leg position: inside leg hooked, outside leg fully extended, both legs on the same side of the pole</li> </ul>	
S0104	Stargazer	0.1	<ul style="list-style-type: none"> <li>- Points of contact: crook of knee/calf of upper leg, top of foot, shin and knee of lower leg, thighs (optional)</li> <li>- Leg position: one leg bent around the pole and crossed in front of the other leg</li> <li>- Arm position: the hand opposite to the leg which is bent around the pole must hold it. The other arm is fixed in a position of choice.</li> <li>- Grip: No hand contact with the pole</li> <li>- Body position: back arched</li> </ul>	





Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0105	Outside Knee Hook, Passé	0.1	<ul style="list-style-type: none"> <li>- Points of contact: hand of inside arm, top of one thigh, crook of knee of opposite/outside leg</li> <li>- Arm position: Inside arm extended, pushing away from pole, outside arm fixed in a position of choice</li> <li>- Leg position: front leg around the pole in passé, back leg fully extended behind</li> <li>- Body position: inverted and at an angle away from the pole</li> </ul>	
S0106	Pole Hug Pencil	0.1	<ul style="list-style-type: none"> <li>- Points of contact: both elbows, torso</li> <li>- Arm position: arms wrapped around pole, with the pole in the crook of the elbow</li> <li>- Grip: elbow grip</li> <li>- Leg position: both legs fully extended and closed</li> <li>- Body position: upright</li> </ul>	
S0107	Split Grip Cradle Tuck	0.1	<ul style="list-style-type: none"> <li>- Points of contact: both hands, hips, top of thighs</li> <li>- Grip: split grip</li> <li>- Leg position: tuck position</li> <li>- Body position: body at a 90° angle to the pole</li> </ul>	
S0201	Basic Brass Monkey	0.2	<ul style="list-style-type: none"> <li>- Points of contact: both hands, forearm of outside arm (optional), underarm of inside arm, side of torso, inside leg knee and back of thigh</li> <li>- Arm position/Grip: flag grip</li> <li>- Leg position: fang position, inside leg hooked on pole</li> <li>- Body position: inverted</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0202	Butterfly Split Grip	0.2	<ul style="list-style-type: none"> <li>- Points of contact: both hands, one leg, (torso optional)</li> <li>- Grip: split grip</li> <li>- Leg position: both legs bent, one leg hooked on pole</li> <li>- Body position: inverted</li> </ul>	
S0203	Cupid	0.2	<ul style="list-style-type: none"> <li>- Points of contact: inside knee of inside leg, foot of outside leg</li> <li>- Arm position/Grip: both arms fixed in a position of choice with no contact with the pole</li> <li>- Leg position: inside leg hooked to the pole at the knee, outside leg fully extended with the sole of the foot in contact with the pole</li> <li>- Body position: upright, diagonal to the pole</li> </ul>	
S0204	Elbow Hold Hang	0.2	<ul style="list-style-type: none"> <li>- Points of contact: side of torso, crook of elbow</li> <li>- Grip: elbow grip</li> <li>- Arm position: inside arm in elbow grip, outside arm in a closed fixed position of choice. No hands have contact with the pole,</li> <li>- Leg position: both legs in a fixed position of choice with no contact with the pole</li> <li>- Body position: upright</li> </ul>	
S0205	Extended Brass Monkey	0.2	<ul style="list-style-type: none"> <li>- Points of contact: inside hand, outside hand (optional). Crook of knee, calf, back and side of thigh of inside leg.</li> <li>- Arm position: both arms fully extended</li> <li>- Grip: grip of choice</li> <li>- Leg position: inside leg hooked on pole, outside leg extended in a fixed position of choice</li> <li>- Body position: inverted, shoulders pushed away from the pole</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0206	Inside Leg Hang Flatline	0.2	<ul style="list-style-type: none"> <li>- Points of contact: hand of inside arm, side of torso, inside leg</li> <li>- Arm position/Grip: Inside arm extended, pushing away from pole, outside arm fixed in a position of choice with no contact with the pole</li> <li>- Grip: grip of choice</li> <li>- Leg position: inside leg hooked to the pole, outside leg fully extended and parallel to the floor</li> <li>- Body position: parallel to the floor</li> </ul>	
S0207	Layback Crossed Knee Release	0.2	<ul style="list-style-type: none"> <li>- Points of contact: both thighs, calf of one leg, glutes</li> <li>- Arm position: both arms fixed in a position of choice with no contact with the pole</li> <li>- Grip: No contact with the pole</li> <li>- Leg position: one leg fully extended, other leg bent around the pole and crossed in front of the other leg</li> <li>- Body position: inverted layback</li> </ul>	
S0208	Outside Knee Hang Back Passé	0.2	<ul style="list-style-type: none"> <li>- Points of contact: outside leg, side of torso, back of inside arm shoulder, armpit (optional)</li> <li>- Arm position: arms fixed in a position of choice with no contact with the pole</li> <li>- Grip: no contact with the pole</li> <li>- Leg position: outside leg bent and wrapped around the pole, inside leg fully extended and parallel to the floor</li> <li>- Body position: inverted</li> </ul>	
S0209	Pole Straddle Split Grip	0.2	<ul style="list-style-type: none"> <li>- Points of contact: both hands</li> <li>- Arm position: both arms fully extended,</li> <li>- Grip: split grip</li> <li>- Leg position: both legs fully extended in straddle position (in line with the hips or higher)</li> <li>- Body position: upright</li> </ul>	




Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0210	Floor Deadlift from Shoulder Mount Grip	0.2	<ul style="list-style-type: none"> <li>- Points of contact: both hands, one shoulder, (neck optional)</li> <li>- Arm position: arms bent</li> <li>- Grip: athlete's choice</li> <li>- Leg Position: bent</li> <li>- Starting Position: body away from the pole, feet must be touching the floor.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	
S0211	Floor Deadlift from Twisted Grip	0.2	<ul style="list-style-type: none"> <li>- Points of contact: both hands</li> <li>- Arm position: one wrist wrapped around the pole, other hand position of choice</li> <li>- Grip: twisted</li> <li>- Leg Position: bent</li> <li>- Starting Position: body away from the pole, feet must be touching the floor.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	
S0212	Floor Deadlift from Flag Grip	0.2	<ul style="list-style-type: none"> <li>- Points of contact: outside hand, inside arm, armpit, forearm (optional).</li> <li>- Arm position: flag-grip</li> <li>- Grip: flag-grip</li> <li>- Torso is inverted.</li> <li>- Leg Position: bent</li> <li>- Starting Position: body away from the pole, feet must be touching the floor.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	




Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0213	Floor Deadlift from Forearm Handspring	0.2	<ul style="list-style-type: none"> <li>- Points of contact: lower arm forearm and hand, top arm hand.</li> <li>- Arm position: forearm grip</li> <li>- Grip: forearm grip</li> <li>- Leg Position: bent</li> <li>- Starting Position: body away from the pole, feet must be touching the floor.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	
S0214	Floor Deadlift from Iguana Grip	0.2	<ul style="list-style-type: none"> <li>- Points of contact: both arms, back, neck (optional), head (optional)</li> <li>- Arm position: top arm fully extended, other arm holding the pole behind the back (can be bent)</li> <li>- Grip: basic grip</li> <li>- Torso position: inverted</li> <li>- Leg Position: bent</li> <li>- Starting Position: body away from the pole, feet must be touching the floor.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	
S0301	Basic Superman	0.3	<ul style="list-style-type: none"> <li>- Points of contact: both inner thighs, one hand</li> <li>- Arm position/Grip: both arms fully extended, only one hand holds pole</li> <li>- Leg position: both legs fully extended and closed</li> <li>- Body position: hips and legs parallel to the floor</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0302	Butterfly Extension	0.3	<ul style="list-style-type: none"> <li>- Points of contact: both hands and one heel</li> <li>- Arm position: both arms fully extended</li> <li>- Grip: grip of choice</li> <li>- Leg position: both legs fully extended in split position</li> <li>- Body position: inverted</li> </ul>	
S0303	Flag Grip Side Attitude	0.3	<ul style="list-style-type: none"> <li>- Points of contact: both arms, both hands, and front of chest</li> <li>- Arm position: flag grip</li> <li>- Grip: flag grip</li> <li>- Leg position: both legs in attitude position</li> <li>- Body position: full upper body (head to hips) at a 90° angle to the pole, with a tolerance of not more than 20°</li> </ul>	
S0304	Knee Hold	0.3	<ul style="list-style-type: none"> <li>- Points of contact: both knees</li> <li>- Arm position/Grip: both arms fixed in a position of choice with no contact with the pole</li> <li>- Leg position: both legs bent, upper knee holds around the pole, lower knee pushes against the pole, feet may touch each other</li> <li>- Body position: extended away from the pole</li> </ul>	
S0305	Layback Crossed Ankle Release	0.3	<ul style="list-style-type: none"> <li>- Points of contact: both inner thighs, glutes</li> <li>- Arm position: arms fixed in a position of choice with no contact with the pole</li> <li>- Grip: no contact with the pole</li> <li>- Leg position: both legs fully extended and closed with ankles crossed</li> <li>- Body position: inverted, layback</li> </ul>	










Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0306	Remi Layback	0.3	<ul style="list-style-type: none"> <li>- Points of contact: crook of top knee and top of bottom legs' foot</li> <li>- Arm position: both arms fully extended</li> <li>- Grip: no contact with the pole</li> <li>- Leg position: legs crossed around the pole: one leg grips the pole in the crook of the knee and while the foot of the other leg in contact with the pole</li> <li>- Body position: inverted, facing away from the pole</li> </ul>	
S0307	Shoulder Mount Pencil/Straddle	0.3	<ul style="list-style-type: none"> <li>- Points of contact: both hands, one shoulder, (neck optional)</li> <li>- Arm position: arms bent</li> <li>- Grip: grip of choice</li> <li>- Leg position: straddle or pencil</li> <li>- Body position: horizontal if ending in straddle, vertical and inverted if ending in pencil</li> </ul>	
S0308	Underarm Hold Hang	0.3	<ul style="list-style-type: none"> <li>- Points of contact: inside underarm, side of torso</li> <li>- Arm position: arms fixed in a position of choice with no contact with the pole</li> <li>- Grip: underarm grip</li> <li>- Leg position: legs in position of choice, without contact with the pole</li> <li>- Body position: upright</li> </ul>	
S0309	Floor Deadlift from Neck Hold	0.3	<ul style="list-style-type: none"> <li>- Points of contact: neck, both arms</li> <li>- Arm position: both fully extended</li> <li>- Grip: twisted grip</li> <li>- Leg Position: bent</li> <li>- Starting Position: body away from the pole, feet must be touching the floor.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	



Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0310	Floor Deadlift with Straight Legs from Shoulder Mount Grip	0.3	<ul style="list-style-type: none"> <li>- Points of contact: both hands, one shoulder, (neck optional)</li> <li>- Arm position: arms bent</li> <li>- Grip: athlete's choice</li> <li>- Leg Position: extended and open</li> <li>- Starting Position: body away from the pole, feet must be touching the floor.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	
S0311	Floor Deadlift with Straight Legs from Twisted Grip	0.3	<ul style="list-style-type: none"> <li>- Points of contact: both hands</li> <li>- Arm position: one wrist wrapped around the pole, other hand position of choice</li> <li>- Grip: twisted</li> <li>- Leg Position: extended and open</li> <li>- Starting Position: body away from the pole, feet must be touching the floor.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	
S0312	Floor Deadlift with Straight Legs from Flag Grip	0.3	<ul style="list-style-type: none"> <li>- Points of contact: outside hand, inside arm, armpit, forearm (optional).</li> <li>- Arm position: flag-grip</li> <li>- Grip: flag-grip</li> <li>- Torso is inverted.</li> <li>- Leg Position: extended and open</li> <li>- Starting Position: body away from the pole, feet must be touching the floor.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	



Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0313	Floor Deadlift with Straight Legs from Forearm Handspring	0.3	<ul style="list-style-type: none"> <li>- Points of contact: lower arm forearm and hand, top arm hand.</li> <li>- Arm position: forearm grip</li> <li>- Grip: forearm grip</li> <li>- Leg Position: extended and open</li> <li>- Starting Position: body away from the pole, feet must be touching the floor.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	
S0314	Floor Deadlift with Straight Legs from Iguana Grip	0.3	<ul style="list-style-type: none"> <li>- Points of contact: both arms, back, neck (optional), head (optional)</li> <li>- Arm position: top arm fully extended, other arm holding the pole behind the back (can be bent)</li> <li>- Grip: basic grip</li> <li>- Torso position: inverted</li> <li>- Leg Position: extended and open</li> <li>- Starting Position: body away from the pole, feet must be touching the floor.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	
S0401	Back Support Split	0.4	<ul style="list-style-type: none"> <li>- Points of contact: back/side (no hip contact), outside hand and inside arm</li> <li>- Arm position: inside arm must hold inside leg around the pole</li> <li>- Grip: back support grip</li> <li>- Leg position: both legs fully extended with inside arm holding the calf of the inside leg</li> <li>- Body position: upright</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0402	Back Support Tuck	0.4	<ul style="list-style-type: none"> <li>- Points of contact: inside arm, side of torso, hands</li> <li>- Arm position: back support</li> <li>- Grip: athlete's choice</li> <li>- Leg position: knees on chest</li> <li>- Body position: parallel to the floor</li> </ul>	
S0403	Butterfly Twist One Hand	0.4	<ul style="list-style-type: none"> <li>- Points of contact: one hand, one leg, torso (optional, but no hip contact)</li> <li>- Arm position/Grip: both arms fully extended; one hand holding the opposite foot, the other hand holding the pole</li> <li>- Leg position: both legs bent, one hooked around the pole in the back of the knee, the other extended to the back, being held by the opposite hand</li> <li>- Body position: inverted</li> </ul>	
S0404	Extended Hang	0.4	<ul style="list-style-type: none"> <li>- Points of contact: both hands</li> <li>- Arm position: both arms fully extended</li> <li>- Grip: grip of choice</li> <li>- Leg position: both legs fully extended and closed</li> <li>- Body position: chest and hips facing away from the pole</li> </ul>	
S0405	Flag Grip Side Straddle	0.4	<ul style="list-style-type: none"> <li>- Points of contact: both arms, both hands, chest</li> <li>- Arm position: flag grip</li> <li>- Grip: flag grip</li> <li>- Leg position: both legs fully extended in straddle position</li> <li>- Body position: upper body parallel to the floor</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0406	Handspring Straddle/Pencil	0.4	<ul style="list-style-type: none"> <li>- Points of contact: both hands</li> <li>- Arm position: position of choice</li> <li>- Grip: athlete's choice</li> <li>- Leg position: both legs fully extended</li> <li>- Body position: inverted</li> </ul>	
S0407	Russian Layback	0.4	<ul style="list-style-type: none"> <li>- Points of contact: hands, crook of knee and back of thigh</li> <li>- Arm position: both arms fully extended and holding the pole above the head</li> <li>- Grip: basic grip</li> <li>- Leg position: one leg gripping the pole in the crook of the knee and along the back of the thigh, the other leg crossed over the first leg</li> <li>- Body position: inverted, facing away from the pole</li> </ul>	
S0408	Superman One Side	0.4	<ul style="list-style-type: none"> <li>- Points of contact: one hand, inside knee, both upper thighs, glutes (optional)</li> <li>- Arm position/Grip: one hand holding the pole; the other arm fully extended.</li> <li>- Leg position: inside leg in passé, outside leg fully extended and parallel to the floor, both legs on same side of the pole</li> <li>- Body position: hips parallel to the floor</li> </ul>	
S0409	Thinker	0.4	<ul style="list-style-type: none"> <li>- Points of contact: hands and feet, glutes (optional)</li> <li>- Arm position: arms can be bent and hold the pole behind the body</li> <li>- Grip: cup grip</li> <li>- Leg position: both legs bent and thighs in contact with the torso</li> <li>- Body position: head lower than hips</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0410	Floor Deadlift with Straight Legs Closed from Shoulder Mount Grip	0.4	<ul style="list-style-type: none"> <li>- Points of contact: both hands, one shoulder, (neck optional)</li> <li>- Arm position: arms bent</li> <li>- Grip: athlete's choice</li> <li>- Leg Position: extended and closed</li> <li>- Starting Position: body away from the pole, feet must be touching the floor.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	
S0411	Floor Deadlift with Straight Legs Closed from Twisted Grip	0.4	<ul style="list-style-type: none"> <li>- Points of contact: both hands</li> <li>- Arm position: one wrist wrapped around the pole, other hand position of choice</li> <li>- Grip: twisted</li> <li>- Leg Position: extended and closed</li> <li>- Starting Position: body away from the pole, feet must be touching the floor.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	
S0412	Floor Deadlift with Straight Legs Closed from Flag Grip	0.4	<ul style="list-style-type: none"> <li>- Points of contact: outside hand, inside arm, armpit, forearm (optional).</li> <li>- Arm position: flag-grip</li> <li>- Grip: flag-grip</li> <li>- Torso is inverted.</li> <li>- Leg Position: extended and closed</li> <li>- Starting Position: body away from the pole, feet must be touching the floor.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	



Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0413	Floor Deadlift with Straight Legs Closed from Forearm Handspring	0.4	<ul style="list-style-type: none"> <li>- Points of contact: lower arm forearm and hand, top arm hand.</li> <li>- Arm position: forearm grip</li> <li>- Grip: forearm grip</li> <li>- Leg Position: extended and closed</li> <li>- Starting Position: body away from the pole, feet must be touching the floor.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	
S0414	Floor Deadlift with Straight Legs Closed from Iguana Grip	0.4	<ul style="list-style-type: none"> <li>- Points of contact: both arms, back, neck (optional), head (optional)</li> <li>- Arm position: top arm fully extended, other arm holding the pole behind the back (can be bent)</li> <li>- Grip: basic grip</li> <li>- Torso position: inverted</li> <li>- Leg Position: extended and closed</li> <li>- Starting Position: body away from the pole, feet must be touching the floor.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	



Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0415	Floor Deadlift with Straight Legs from Neck Hold	0.4	<ul style="list-style-type: none"> <li>- Points of contact: neck, both arms</li> <li>- Arm position: both fully extended</li> <li>- Grip: twisted grip</li> <li>- Leg Position: extended and open</li> <li>- Starting Position: body away from the pole, feet must be touching the floor.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	
S0416	Floor Deadlift from Cup Grip	0.4	<ul style="list-style-type: none"> <li>- Points of contact: both hands</li> <li>- Arm position: bottom arm fully extended; top arm may be extended or bent</li> <li>- Grip: cup grip</li> <li>- Leg Position: bent</li> <li>- Starting Position: body away from the pole, feet must be touching the floor.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	






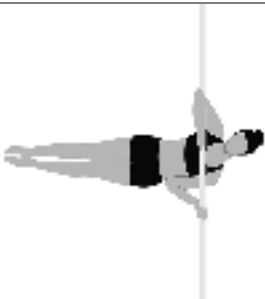
Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0417	Floor Deadlift from Elbow Hold	0.4	<ul style="list-style-type: none"> <li>- Points of contact: one elbow, upper back, neck, shoulder</li> <li>- Arm position: top arm in elbow grip. Bottom arm fixed in position of choice with no contact to the pole or the other arm.</li> <li>- Grip: elbow grip</li> <li>- Leg Position: bent</li> <li>- Starting Position: body away from the pole, feet must be touching the floor.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	
S0501	Butterfly Reverse Extension	0.5	<ul style="list-style-type: none"> <li>- Points of contact: both hands and one heel</li> <li>- Arm position: both arms fully extended</li> <li>- Grip: top hand in cup grip</li> <li>- Leg position: both legs fully extended in split position</li> <li>- Body position: inverted. Heel of leg opposite to the top hand on the pole, creating a twist in the hips</li> </ul>	
S0502	Flag Grip Side Passé	0.5	<ul style="list-style-type: none"> <li>- Points of contact: both arms, both hands, chest</li> <li>- Arm position: flag grip</li> <li>- Grip: flag grip</li> <li>- Leg position: upper leg fully extended, lower leg in passé</li> <li>- Body position: upper body and leg parallel to the floor</li> </ul>	
S0503	Forearm Grip Inverted Straddle/Pencil	0.5	<ul style="list-style-type: none"> <li>- Points of contact: torso, inside forearm, outside hand</li> <li>- Arm position: forearm grip</li> <li>- Grip: forearm grip</li> <li>- Leg position: both legs fully extended in either straddle or pencil position</li> <li>- Body position: inverted</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0504	Hiphold Half Split	0.5	<ul style="list-style-type: none"> <li>- Points of contact: inside waist, hip, inside leg, no foot or ankle contact</li> <li>- Arm position: arms fixed in a position of choice with no contact with the pole or the body</li> <li>- Grip: no hand contact with the pole</li> <li>- Leg position: outside leg fully extended, inside leg bent, position must be held through pressure of the inside leg against the pole, this leg must not hook the pole at the knee.</li> <li>- Body position: angled, head downwards towards the floor</li> </ul>	
S0505	Superpassé	0.5	<ul style="list-style-type: none"> <li>- Points of contact: thigh of one leg, inside thigh and calf of other leg</li> <li>- Arm position: one arm extended with the hand holding the opposite leg (which should be wrapped around the pole), other arm fixed in a position of choice</li> <li>- Grip: no hand contact with the pole</li> <li>- Leg position: one leg fully extended, other leg bent around the pole</li> <li>- Body position: horizontal</li> </ul>	
S0506	Aerial Deadlift from Shoulder Mount Grip	0.5	<ul style="list-style-type: none"> <li>- Points of contact: both hands, one shoulder, (neck optional)</li> <li>- Arm position: arms bent</li> <li>- Grip: athlete's choice</li> <li>- Starting Position: Legs must be parallel to the pole. Body must be away from the pole, fixed and suspended. No part of the body can be in contact with the floor.</li> <li>- Leg Position: can be bent during the motion.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	



Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0507	Aerial Deadlift from Twisted Grip	0.5	<ul style="list-style-type: none"> <li>- Points of contact: both hands</li> <li>- Arm position: one wrist wrapped around the pole, other hand position of choice</li> <li>- Grip: twisted</li> <li>- Starting Position: Legs must be parallel to the pole. Body must be away from the pole, fixed and suspended. No part of the body can be in contact with the floor.</li> <li>- Leg Position: can be bent during the motion.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	
S0508	Aerial Deadlift from Flag Grip	0.5	<ul style="list-style-type: none"> <li>- Points of contact: outside hand, inside arm, armpit, forearm (optional).</li> <li>- Arm position: flag-grip</li> <li>- Grip: flag-grip</li> <li>- Torso is inverted.</li> <li>- Starting Position: Legs must be parallel to the pole. Body must be away from the pole, fixed and suspended. No part of the body can be in contact with the floor.</li> <li>- Leg Position: can be bent during the motion.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0509	Aerial Deadlift from Forearm Handspring	0.5	<ul style="list-style-type: none"> <li>- Points of contact: lower arm forearm and hand, top arm hand.</li> <li>- Arm position: forearm grip</li> <li>- Grip: forearm grip</li> <li>- Starting Position: Legs must be parallel to the pole. Body must be away from the pole, fixed and suspended. No part of the body can be in contact with the floor.</li> <li>- Leg Position: can be bent during the motion.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	
S0510	Aerial Deadlift from Iguana Grip	0.5	<ul style="list-style-type: none"> <li>- Points of contact: both arms, back, neck (optional), head (optional)</li> <li>- Arm position: top arm fully extended, other arm holding the pole behind the back (can be bent)</li> <li>- Grip: basic grip</li> <li>- Torso position: inverted</li> <li>- Starting Position: Legs must be parallel to the pole. Body must be away from the pole, fixed and suspended. No part of the body can be in contact with the floor.</li> <li>- Leg Position: can be bent during the motion.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	



Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0511	Floor Deadlift with Straight Legs Closed from Neck Hold	0.5	<ul style="list-style-type: none"> <li>- Points of contact: neck, both arms</li> <li>- Arm position: both fully extended</li> <li>- Grip: twisted grip</li> <li>- Leg Position: extended and closed</li> <li>- Starting Position: body away from the pole, feet must be touching the floor.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	
S0512	Floor Deadlift with Straight Legs from Cup Grip	0.5	<ul style="list-style-type: none"> <li>- Points of contact: both hands</li> <li>- Arm position: bottom arm fully extended; top arm may be extended or bent</li> <li>- Grip: cup grip</li> <li>- Leg Position: extended and open</li> <li>- Starting Position: body away from the pole, feet must be touching the floor.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	



Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0513	Floor Deadlift with Straight Legs from Elbow Hold	0.5	<ul style="list-style-type: none"> <li>- Points of contact: one elbow, upper back, neck, shoulder</li> <li>- Arm position: top arm in elbow grip. Bottom arm fixed in position of choice with no contact to the pole or the other arm.</li> <li>- Grip: elbow grip</li> <li>- Leg Position: extended and open</li> <li>- Starting Position: body away from the pole, feet must be touching the floor.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	
S0601	Elbow Grip Straddle	0.6	<ul style="list-style-type: none"> <li>- Points of contact: one hand and one elbow</li> <li>- Arm position: one arm fully extended and holding the pole above the head, other arm in elbow grip</li> <li>- Grip: elbow grip</li> <li>- Leg position: both legs fully extended in straddle position</li> <li>- Body position: inverted</li> </ul>	
S0602	Elbow Hold Passé	0.6	<ul style="list-style-type: none"> <li>- Points of contact: upper elbow, lower hand, back of neck, lower shoulder (optional)</li> <li>- Arm position: top arm in elbow grip, bottom arm bent and holding the pole</li> <li>- Grip: elbow grip (in upper arm)</li> <li>- Leg position: upper leg fully extended and parallel to the floor</li> <li>- Body position: parallel body position</li> </ul>	
S0603	Flag Grip Pencil	0.6	<ul style="list-style-type: none"> <li>- Points of contact: both arms, both hands, chest</li> <li>- Arm position: flag grip</li> <li>- Grip: flag grip</li> <li>- Leg position: both legs fully extended and closed</li> <li>- Body position: parallel body position</li> </ul>	



Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0604	Forearm Grip Butterfly	0.6	<ul style="list-style-type: none"> <li>- Points of contact: hands, forearms, chest, one ankle</li> <li>- Arm position: arms bent and in forearm grip</li> <li>- Grip: forearm grip</li> <li>- Leg position: both legs bent, ankle of opposite leg to upper arm in contact with the pole, other leg fixed in a position of choice</li> <li>- Body position: body facing forwards, hips away from the pole</li> </ul>	
S0605	Janeiro	0.6	<ul style="list-style-type: none"> <li>- Points of contact: one arm, back</li> <li>- Arm position: inside arm in flag grip, outside hand must have no contact with the pole and in a fixed position</li> <li>- Grip: flag grip</li> <li>- Leg position: both legs fully extended and open</li> <li>- Body position: back to the pole and hip on the elbow</li> </ul>	
S0606	No Hands Superman	0.6	<ul style="list-style-type: none"> <li>- Points of contact: inside thighs, one or two feet</li> <li>- Arm position: arms fixed in a position of choice with no contact with the pole</li> <li>- Grip: no hand contact</li> <li>- Leg position: both legs bent and holding pole at the inner thighs and at least one foot, legs not crossed, hips and thighs parallel to the floor. Feet in contact with each other.</li> <li>- Body position: upper body in a back arched position</li> </ul>	




Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0607	Shoulder Mount Plank Straddle Lower or Lift	0.6	<p>Hold the position for two seconds in the final position (shoulder mount plank with legs in straddle position)</p> <ul style="list-style-type: none"> <li>- Points of contact: both hands, one shoulder, (neck optional)</li> <li>- Arm position: arms bent</li> <li>- Grip: grip of choice</li> <li>- Leg position: final position both legs fully extended in straddle position</li> <li>- Body position: body at a 90° angle to the pole in the final position, body completes a controlled lift or lower into the final position without momentum</li> </ul>	
S0608	Aerial Deadlift from Neck Hold	0.6	<ul style="list-style-type: none"> <li>- Points of contact: neck, both arms</li> <li>- Arm position: both fully extended</li> <li>- Grip: twisted grip</li> <li>- Starting Position: Legs must be parallel to the pole. Body must be away from the pole, fixed and suspended. No part of the body can be in contact with the floor.</li> <li>- Leg Position: can be bent during the motion.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	


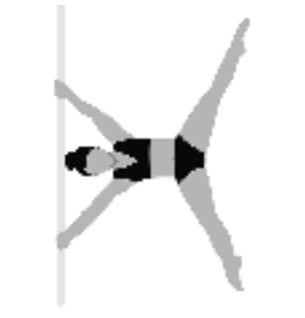
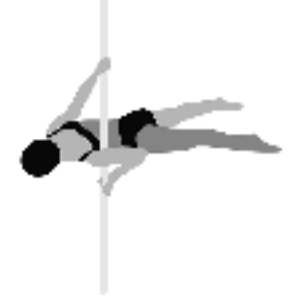




Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0609	Aerial Deadlift with Straight Legs from Shoulder Mount Grip	0.6	<ul style="list-style-type: none"> <li>- Points of contact: both hands, one shoulder, (neck optional)</li> <li>- Arm position: arms bent</li> <li>- Grip: athlete's choice</li> <li>- Starting Position: Legs must be parallel to the pole. Body must be away from the pole, fixed and suspended. No part of the body can be in contact with the floor.</li> <li>- Leg Position: extended and open during the motion</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	
S0610	Aerial Deadlift with Straight Legs from Twisted Grip	0.6	<ul style="list-style-type: none"> <li>- Points of contact: both hands</li> <li>- Arm position: one wrist wrapped around the pole, other hand position of choice</li> <li>- Grip: twisted</li> <li>- Starting Position: Legs must be parallel to the pole. Body must be away from the pole, fixed and suspended. No part of the body can be in contact with the floor.</li> <li>- Leg Position: extended and open during the motion</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	



Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0611	Aerial Deadlift with Straight Legs from Flag Grip	0.6	<ul style="list-style-type: none"> <li>- Points of contact: outside hand, inside arm, armpit, forearm (optional).</li> <li>- Arm position: flag-grip</li> <li>- Grip: flag-grip</li> <li>- Torso is inverted.</li> <li>- Starting Position: Legs must be parallel to the pole. Body must be away from the pole, fixed and suspended. No part of the body can be in contact with the floor.</li> <li>- Leg Position: extended and open during the motion</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	 <p>The diagram shows a gymnast performing an aerial deadlift. She is inverted, with her body away from the pole. Her legs are straight and parallel to the pole. Her arms are in a flag-grip position, with one hand on the pole and the other on her forearm. Her torso is inverted.</p>
S0612	Aerial Deadlift with Straight Legs from Forearm Handspring	0.6	<ul style="list-style-type: none"> <li>- Points of contact: lower arm forearm and hand, top arm hand.</li> <li>- Arm position: forearm grip</li> <li>- Grip: forearm grip</li> <li>- Starting Position: Legs must be parallel to the pole. Body must be away from the pole, fixed and suspended. No part of the body can be in contact with the floor.</li> <li>- Leg Position: extended and open during the motion</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	 <p>The diagram shows a gymnast performing an aerial deadlift. She is inverted, with her body away from the pole. Her legs are straight and parallel to the pole. Her arms are in a forearm grip position, with one hand on the pole and the other on her forearm. Her torso is inverted.</p>

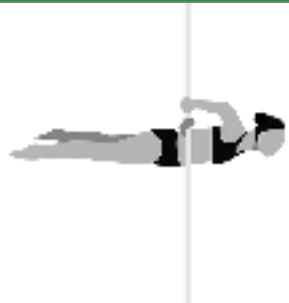

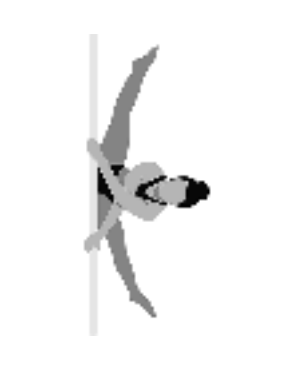

Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0613	Aerial Deadlift with Straight Legs from Iguana Grip	0.6	<ul style="list-style-type: none"> <li>- Points of contact: both arms, back, neck (optional), head (optional)</li> <li>- Arm position: top arm fully extended, other arm holding the pole behind the back (can be bent)</li> <li>- Grip: basic grip</li> <li>- Torso position: inverted</li> <li>- Starting Position: Legs must be parallel to the pole. Body must be away from the pole, fixed and suspended. No part of the body can be in contact with the floor.</li> <li>- Leg Position: extended and open during the motion</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	
S0614	Floor Deadlift with Straight Legs Closed from Cup Grip	0.6	<ul style="list-style-type: none"> <li>- Points of contact: both hands</li> <li>- Arm position: bottom arm fully extended; top arm may be extended or bent</li> <li>- Grip: cup grip</li> <li>- Leg Position: extended and closed</li> <li>- Starting Position: body away from the pole, feet must be touching the floor.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0615	Floor Deadlift with Straight Legs Closed from Elbow Hold	0.6	<ul style="list-style-type: none"> <li>- Points of contact: one elbow, upper back, neck, shoulder</li> <li>- Arm position: top arm in elbow grip. Bottom arm fixed in position of choice with no contact to the pole or the other arm.</li> <li>- Grip: elbow grip</li> <li>- Leg Position: extended and closed</li> <li>- Starting Position: body away from the pole, feet must be touching the floor.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	
S0701	Back Support Plank Thigh Hold	0.7	<ul style="list-style-type: none"> <li>- Points of contact: inside calf and thigh of inside leg, side of waist, one hand</li> <li>- Arm position: outside arm in back support grip, inside arm fixed in a position of choice with no contact with the pole</li> <li>- Grip: back support</li> <li>- Leg position: outside leg fully extended, inside leg bent and has contact with the pole</li> <li>- Body position: body, inside arm and outside leg parallel to the floor</li> </ul>	
S0702	Butterfly Extended Twist One Hand	0.7	<ul style="list-style-type: none"> <li>- Points of contact: one hand, opposite foot, shin (optional)</li> <li>- Arm position/Grip: one arm extended and holding the pole above the head, the other arm fixed in a position of choice with no contact with the pole</li> <li>- Leg position: both legs fully extended, one foot has contact with the pole, opposite leg extended away from the pole</li> <li>- Body position: inverted</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0703	Flag Grip Handstand Flag	0.7	<ul style="list-style-type: none"> <li>- Points of contact: armpit of inside arm and hand, side of chest</li> <li>- Arm position: outside arm fully extended in contact with the floor; inside arm in flag grip</li> <li>- Grip: flag grip</li> <li>- Leg position: both legs fully extended, parallel to the floor, hips and legs closed</li> <li>- Body position: facing downwards</li> </ul>	
S0704	Iron X	0.7	<ul style="list-style-type: none"> <li>- Points of contact: both hands</li> <li>- Arm position: both arms fully extended</li> <li>- Grip: grip of choice, excluding cup grip</li> <li>- Leg position: both legs fully extended in straddle position, hips naturally aligned to body position, legs even</li> <li>- Body position: full torso (head to hips) at a 90° angle to the pole and facing in the same direction</li> </ul>	
S0705	Janeiro Plank	0.7	<ul style="list-style-type: none"> <li>- Points of contact: both hands, inside arm, side of torso</li> <li>- Arm position: Inside arm in flag grip, outside arm fixed in a position of choice with contact with the pole above the body</li> <li>- Grip: flag grip</li> <li>- Leg position: both legs fully extended and open</li> <li>- Body position: body facing downwards and at a 90° angle to the pole</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0706	Shoulder Stand Floor Based Straddle	0.7	<ul style="list-style-type: none"> <li>- Points of contact: one hand, one shoulder, (neck optional)</li> <li>- Arm position: top arm bent and in contact with the pole, bottom arm fully extended and in contact with the floor.</li> <li>- Grip: top hand in cup grip position</li> <li>- Leg position: both legs fully extended in straddle position, parallel to the floor</li> <li>- Body position: inverted</li> <li>- Starting position: with a minimum of one foot and one hand on the floor, deadlift (without any momentum) into a shoulder stand floor based straddle</li> <li>- Hold the position for two seconds after completing the deadlift</li> </ul>	
S0707	Aerial Deadlift with Straight Legs from Neck Hold	0.7	<ul style="list-style-type: none"> <li>- Points of contact: neck, both arms</li> <li>- Arm position: both fully extended</li> <li>- Grip: twisted grip</li> <li>- Starting Position: Legs must be parallel to the pole. Body must be away from the pole, fixed and suspended. No part of the body can be in contact with the floor.</li> <li>- Leg Position: extended and open during the motion</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	



Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0708	Aerial Deadlift from Cup Grip	0.7	<ul style="list-style-type: none"> <li>- Points of contact: both hands</li> <li>- Arm position: bottom arm fully extended; top arm may be extended or bent</li> <li>- Grip: cup grip</li> <li>- Starting Position: Legs must be parallel to the pole. Body must be away from the pole, fixed and suspended. No part of the body can be in contact with the floor.</li> <li>- Leg Position: can be bent during the motion.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	 <p>The diagram shows a person performing an aerial deadlift from a cup grip. The person is inverted, with their body away from the pole. Their legs are lifted and bent at the knees. The pole is vertical, and the person's hands are gripping it with a cup grip.</p>
S0709	Aerial Deadlift from Elbow Hold	0.7	<ul style="list-style-type: none"> <li>- Points of contact: one elbow, upper back, neck, shoulder</li> <li>- Arm position: top arm in elbow grip. Bottom arm fixed in position of choice with no contact to the pole or the other arm.</li> <li>- Grip: elbow grip</li> <li>- Starting Position: Legs must be parallel to the pole. Body must be away from the pole, fixed and suspended. No part of the body can be in contact with the floor.</li> <li>- Leg Position: can be bent during the motion.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	 <p>The diagram shows a person performing an aerial deadlift from an elbow hold. The person is inverted, with their body away from the pole. Their legs are lifted and bent at the knees. The pole is vertical, and the person's top arm is gripping it with an elbow grip. The bottom arm is fixed in a position of choice.</p>



Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0801	Back Grip Plank Straddle	0.8	<ul style="list-style-type: none"> <li>- Points of contact: hands, side of waist</li> <li>- Arm position: arms bent, holding the pole behind the back</li> <li>- Grip: basic grip</li> <li>- Leg position: both legs fully extended and open</li> <li>- Body position: parallel to the floor</li> </ul>	
S0802	Back Support Plank Outside Leg Passé	0.8	<ul style="list-style-type: none"> <li>- Points of contact: both hands, waist, and forearm have no contact with the pole.</li> <li>- Grip: back support</li> <li>- Leg position: inside leg fully extended, outside leg in passé</li> <li>- Body position: back and full length of the body at a 90° angle to the pole</li> </ul>	
S0803	Cross Grip Tulip	0.8	<ul style="list-style-type: none"> <li>- Points of contact: both hands only</li> <li>- Arm position: both arms fully extended, and crossed over each other</li> <li>- Grip: cross grip</li> <li>- Leg position: both legs fully extended in straddle position</li> <li>- Body position: legs, pelvis and body on the same side of the pole without any contact to the pole or hands, upper body at a 90° angle to the pole</li> </ul>	
S0804	Elbow/Neck Hold Straddle	0.8	<ul style="list-style-type: none"> <li>- Points of contact: both elbows and back of neck</li> <li>- Arm position: both elbows around the pole (wrapping from behind the pole) on either side of the head</li> <li>- Grip: elbow grip (both arms)</li> <li>- Leg position: both legs fully extended in straddle position, hips naturally aligned to body position, legs even</li> <li>- Body position: torso at a 90° angle to the pole</li> </ul>	





Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0805	Handstand Plank Jack Knife	0.8	<ul style="list-style-type: none"> <li>- Points of contact: one hand and wrist, top of head optional</li> <li>- Arm position/Grip: both arms fully extended; top hand in contact with the pole, bottom hand in contact with the floor.</li> <li>- Leg position: legs in a closed pike position and feet above head, legs parallel to the floor</li> <li>- Body position: torso horizontal</li> <li>- Starting position: from the floor</li> <li>- Please refer to the glossary: Starting position from the floor</li> </ul>	
S0806	Iguana Elbow Hold Straddle No Hands	0.8	<ul style="list-style-type: none"> <li>- Points of contact: one shoulder, one elbow, back/shoulder</li> <li>- Arm position: one arm holding the pole behind the body at the elbow, the other arm in a fixed position of choice with no contact with the pole</li> <li>- Grip: elbow grip</li> <li>- Leg position: both legs fully extended in straddle position, and on same side of the pole as the body</li> <li>- Body position: inverted</li> </ul>	
S0807	Iron Flag Bottom Leg Passé	0.8	<ul style="list-style-type: none"> <li>- Points of contact: both hands</li> <li>- Arm position: both arms fully extended</li> <li>- Grip: grip of choice</li> <li>- Leg position: upper leg fully extended, lower leg in passé</li> <li>- Body position: upper body and upper leg straight and aligned, facing the same direction and at a 90° angle to the pole, with a tolerance of not more than 20°</li> </ul>	
S0808	Underarm Flag Plank Open Legs	0.8	<ul style="list-style-type: none"> <li>- Points of contact: one hand, and the underarm of the opposite arm</li> <li>- Arm position: Inside arm extended and in contact with the pole at the underarm, outside arm bent and the hand in contact with the pole</li> <li>- Grip: Inside arm in underarm grip, outside arm in flag grip</li> <li>- Leg position: both legs fully extended and open</li> <li>- Body position: body and both legs facing downwards and at 90° to the pole</li> </ul>	





Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0809	X Pose	0.8	<ul style="list-style-type: none"> <li>- Points of contact: both feet, ankle of top leg (optional)</li> <li>- Arm position: arms fixed in a position of choice with no contact with the pole</li> <li>- Grip: no contact with the pole</li> <li>- Leg position: both legs fully extended</li> <li>- Body position: torso at 90° to the pole</li> </ul>	
S0810	Wenson Straddle	0.8	<ul style="list-style-type: none"> <li>- Points of contact: one hand</li> <li>- Arm position: top arm bent and in contact with the pole, bottom arm fully extended and in contact with the floor</li> <li>- Grip: grip of choice</li> <li>- Leg position: both legs fully extended in straddle position (with no contact to the pole or floor). The upper leg should be supported on the upper part of the tricep/shoulder of the arm on the same side. There must be no leg contact with the pole.</li> <li>- Body position: upper body parallel to the floor</li> <li>- Starting position: from the floor</li> <li>- Please refer to the glossary: Starting position from the floor</li> </ul>	
S0811	Aerial Deadlift with Straight Legs Closed from Shoulder Mount Grip	0.8	<ul style="list-style-type: none"> <li>- Points of contact: both hands, one shoulder, (neck optional)</li> <li>- Arm position: arms bent</li> <li>- Grip: athlete's choice</li> <li>- Starting Position: Legs must be parallel to the pole. Body must be away from the pole, fixed and suspended. No part of the body can be in contact with the floor.</li> <li>- Leg Position: extended and closed during the motion.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0812	Aerial Deadlift with Straight Legs Closed from Twisted Grip	0.8	<ul style="list-style-type: none"> <li>- Points of contact: both hands</li> <li>- Arm position: one wrist wrapped around the pole, other hand position of choice</li> <li>- Grip: twisted</li> <li>- Starting Position: Legs must be parallel to the pole. Body must be away from the pole, fixed and suspended. No part of the body can be in contact with the floor.</li> <li>- Leg Position: extended and closed during the motion.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	 <p>The diagram shows a person performing an aerial deadlift. They are suspended from a vertical pole with both hands. One hand is wrapped around the pole, and the other is in a different position. The person's body is inverted, with their legs extended and closed. The pole is vertical, and the person is positioned to the left of it.</p>
S0813	Aerial Deadlift with Straight Legs Closed from Flag Grip	0.8	<ul style="list-style-type: none"> <li>- Points of contact: outside hand, inside arm, armpit, forearm (optional).</li> <li>- Arm position: flag-grip</li> <li>- Grip: flag-grip</li> <li>- Torso is inverted.</li> <li>- Starting Position: Legs must be parallel to the pole. Body must be away from the pole, fixed and suspended. No part of the body can be in contact with the floor.</li> <li>- Leg Position: extended and closed during the motion.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	 <p>The diagram shows a person performing an aerial deadlift. They are suspended from a vertical pole with one hand and one arm. The person's body is inverted, with their legs extended and closed. The pole is vertical, and the person is positioned to the left of it.</p>

Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0814	Aerial Deadlift with Straight Legs Closed from Forearm Handspring	0.8	<ul style="list-style-type: none"> <li>- Points of contact: lower arm forearm and hand, top arm hand.</li> <li>- Arm position: forearm grip</li> <li>- Grip: forearm grip</li> <li>- Starting Position: Legs must be parallel to the pole. Body must be away from the pole, fixed and suspended. No part of the body can be in contact with the floor.</li> <li>- Leg Position: extended and closed during the motion.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	
S0815	Aerial Deadlift with Straight Legs Closed from Iguana Grip	0.8	<ul style="list-style-type: none"> <li>- Points of contact: both arms, back, neck (optional), head (optional)</li> <li>- Arm position: top arm fully extended, other arm holding the pole behind the back (can be bent)</li> <li>- Grip: basic grip</li> <li>- Torso position: inverted</li> <li>- Starting Position: Legs must be parallel to the pole. Body must be away from the pole, fixed and suspended. No part of the body can be in contact with the floor.</li> <li>- Leg Position: extended and closed during the motion.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0816	Aerial Deadlift with Straight Legs from Cup Grip	0.8	<ul style="list-style-type: none"> <li>- Points of contact: both hands</li> <li>- Arm position: bottom arm fully extended; top arm may be extended or bent</li> <li>- Grip: cup grip</li> <li>- Starting Position: Legs must be parallel to the pole. Body must be away from the pole, fixed and suspended. No part of the body can be in contact with the floor.</li> <li>- Leg Position: extended and open during the motion</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	
S0817	Aerial Deadlift with Straight Legs from Elbow Hold	0.8	<ul style="list-style-type: none"> <li>- Points of contact: one elbow, upper back, neck, shoulder</li> <li>- Arm position: top arm in elbow grip. Bottom arm fixed in position of choice with no contact to the pole or the other arm.</li> <li>- Grip: elbow grip</li> <li>- Starting Position: Legs must be parallel to the pole. Body must be away from the pole, fixed and suspended. No part of the body can be in contact with the floor.</li> <li>- Leg Position: extended and open during the motion</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	



Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0901	Cup-Grip X	0.9	<ul style="list-style-type: none"> <li>- Points of contact: both hands</li> <li>- Arm position: bottom arm fully extended; top arm may be extended or bent.</li> <li>- Grip: Top hand in cup grip</li> <li>- Leg position: both legs fully extended in straddle position, hips naturally aligned to body position, legs even</li> <li>- Body position: full torso (head to hips) at a 90° angle to the pole and facing in the same direction</li> </ul>	
S0902	Handstand Plank Side Split	0.9	<ul style="list-style-type: none"> <li>- Points of contact: one hand, top of head (optional)</li> <li>- Arm position: both arms fully extended; top arm in contact with the pole, bottom arm in contact with the floor.</li> <li>-Grip: grip of choice</li> <li>- Leg position: both legs fully extended and open in a straddle position</li> <li>- Body position: body angle and lower leg parallel to the floor</li> <li>- Starting position: from the floor</li> <li>- Please refer to the glossary: Starting position from the floor</li> </ul>	
S0903	Iguana Airwalk	0.9	<ul style="list-style-type: none"> <li>- Hold the position: walk a minimum of 2 seconds, final position - Iguana horizontal – must be briefly held</li> <li>- Points of contact: hands, neck, shoulder</li> <li>- Arm position: upper arm fully extended, lower arm can be bent, arms holding the pole behind the back in iguana position</li> <li>- Grip: basic grip</li> <li>- Leg position: walking motion</li> <li>- Starting position: inverted</li> <li>- Dynamic execution: slowly descend to a 90° angle to the pole while performing a walking motion.</li> <li>- Final position: the full length of the body including legs must be parallel to the floor.</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0904	Janeiro Plank One Hand	0.9	<ul style="list-style-type: none"> <li>- Points of contact: inside arm, side of torso</li> <li>- Arm position: Inside arm bent with underarm and hand on the pole, outside arm fixed in a position of choice with no contact with the pole</li> <li>- Grip: flag grip</li> <li>- Leg position: both legs fully extended and open</li> <li>- Body position: parallel to the floor facing downwards</li> </ul>	
S0905	One Shoulder Side Plank Legs Open	0.9	<ul style="list-style-type: none"> <li>- Points of contact: inside arm, hand of outside arm, shoulder, neck (optional)</li> <li>- Arm position: inside arm fully extended and in contact with the pole, outside arm bent with the hand holding the pole behind the head</li> <li>- Leg position: both legs fully extended, parallel to the floor and open</li> <li>- Body position: parallel to the floor and facing upwards</li> </ul>	
S0906	Shoulder Mount Plank Passé Hold	0.9	<ul style="list-style-type: none"> <li>- Points of contact: both hands, one shoulder</li> <li>- Arm position: arms bent</li> <li>- Grip: grip of choice</li> <li>- Leg position: one leg fully extended, other leg in passé at a 90° to the pole</li> <li>- Starting position: aerial shoulder mount</li> <li>- Dynamic execution: deadlift or lower into plank</li> <li>- Final body position: body and extended leg are parallel to the floor facing upwards</li> </ul>	
S0907	Split Grip Reverse Plank Legs Open	0.9	<ul style="list-style-type: none"> <li>- Points of contact: both hands, side of waist</li> <li>- Arm position: both arms fully extended, inside arm at the bottom, outside arm at the top</li> <li>- Grip: split grip (reverse)</li> <li>- Leg position: both legs fully extended and open</li> <li>- Body position: body facing downwards and parallel to the floor (90° angle to the pole)</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
S0908	Split Grip Side Plank Legs Open	0.9	<ul style="list-style-type: none"> <li>- Points of contact: both hands, side of waist</li> <li>- Arm position: both arms fully extended, inside arm at the top, outside arm at the bottom</li> <li>- Grip: split grip</li> <li>- Leg position: both legs fully extended and open</li> <li>- Body position: body facing downwards and parallel to the floor (90° angle to the pole)</li> </ul>	
S0909	Underarm Flag Plank Closed Legs	0.9	<ul style="list-style-type: none"> <li>- Points of contact: one hand one underarm</li> <li>- Arm position: inside arm extended and in contact with the pole at the underarm, outside arm bent and the hand in contact with the pole</li> <li>- Grip: inside arm in underarm grip</li> <li>- Leg position: both legs fully extended, hips and legs closed</li> <li>- Body position: body and both legs are parallel to the floor and facing downwards</li> </ul>	
S0910	Aerial Deadlift with Straight Legs Closed from Neck Hold	0.9	<ul style="list-style-type: none"> <li>- Points of contact: neck, both arms</li> <li>- Arm position: both fully extended</li> <li>- Grip: twisted grip</li> <li>- Starting Position: Legs must be parallel to the pole. Body must be away from the pole, fixed and suspended. No part of the body can be in contact with the floor.</li> <li>- Leg Position: extended and closed during the motion.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	

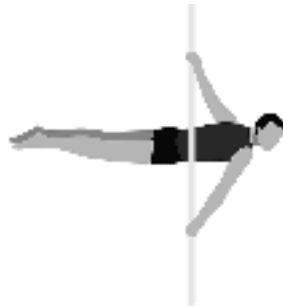





Code	Element Name	Technical Score	Minimum Requirements	Diagram
S1001	Back Grip Plank	1.0	<ul style="list-style-type: none"> <li>- Points of contact: both hands, inside waist</li> <li>- Arm position: arms bent, holding the pole behind the back</li> <li>- Grip: basic grip</li> <li>- Leg position: both legs fully extended, parallel to the floor, hips and legs closed</li> <li>- Body position: parallel to the floor, facing down.</li> </ul>	
S1002	Back Support Plank	1.0	<ul style="list-style-type: none"> <li>- Points of contact: both hands, waist, forearm must have no contact with the pole</li> <li>- Grip: back support grip</li> <li>- Leg position: both legs fully extended, parallel to the floor, hips and legs closed</li> <li>- Body position: parallel to the floor, facing up</li> </ul>	
S1003	Cup Grip Plank	1.0	<ul style="list-style-type: none"> <li>- Points of contact: both hands, hips</li> <li>- Arm position: both arms fully extended</li> <li>- Grip: top hand in cup grip</li> <li>- Leg position: both legs fully extended, hips and legs closed</li> <li>- Body position: parallel to the floor, facing sideways</li> </ul>	
S1004	Elbow Plank	1.0	<ul style="list-style-type: none"> <li>- Points of contact: upper elbow, neck, lower shoulder (optional)</li> <li>- Arm position: upper arm in contact with the pole at the crook of the elbow, lower arm fully extended next to the body and not in contact with the pole</li> <li>- Grip: elbow grip</li> <li>- Leg position: both legs fully extended, parallel to the floor, hips and legs closed</li> <li>- Body position: parallel to the floor</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
S1005	Floor Based Clock	1.0	<ul style="list-style-type: none"> <li>- Points of contact: one hand</li> <li>- Arm position: top arm in contact with the pole, bottom arm in contact with the floor.</li> <li>- Leg position: both legs fully extended and closed</li> <li>- Body position: rotating</li> <li>- Starting position: in a starting fixed position of choice with one hand on the pole and one hand on the floor</li> <li>- Dynamic execution: perform a complete 360° rotation of the body to return to the starting position</li> <li>- Final position, same as starting position, with one hand on the pole and one hand on the floor</li> <li>- Holding the position for 2 seconds is not required as this is a dynamic element.</li> </ul>	
S1006	Handstand Plank	1.0	<ul style="list-style-type: none"> <li>- Points of contact: one hand, (top of head optional)</li> <li>- Arm position: both arms fully extended; top arm in contact with the pole, bottom arm in contact with the floor</li> <li>- Leg position: both legs fully extended, parallel to the floor, hips and legs closed</li> <li>- Starting position: from the floor</li> <li>- Body position: parallel to the floor, facing sideways</li> <li>- Hold the position: once the final position is achieved, hold the position for two seconds</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
S1007	Iguana Horizontal	1.0	<ul style="list-style-type: none"> <li>- Points of contact: both hands, one shoulder, (neck optional)</li> <li>- Arm position: lower arm can be bent, upper arm fully extended, holding the pole behind the back in iguana position</li> <li>- Grip: basic grip</li> <li>- Leg position: both legs fully extended, parallel to the floor, hips and legs closed</li> <li>- Starting position: any aerial position</li> <li>- Dynamic execution: deadlift or lower body to a position parallel to the floor</li> <li>- Final position: entire body parallel to the floor facing downwards</li> <li>- Hold the position for two seconds after the final position is achieved</li> </ul>	
S1008	Iron Pencil	1.0	<ul style="list-style-type: none"> <li>- Points of contact: both hands</li> <li>- Arm position: both arms fully extended</li> <li>- Grip: top hand in cup grip</li> <li>- Leg position: both legs fully extended, parallel to the floor, hips and legs closed</li> <li>- Body position: full length of the body parallel to the floor, facing sideways.</li> </ul>	
S1009	One Shoulder Side Plank Legs Closed	1.0	<ul style="list-style-type: none"> <li>- Points of contact: inside arm, hand of outside arm, shoulder, neck (optional)</li> <li>- Arm position: inside arm fully extended and in contact with the pole, outside arm bent with the hand holding the pole behind the head</li> <li>- Leg position: both legs fully extended, parallel to the floor and closed</li> <li>- Body position: parallel to the floor and facing upwards</li> </ul>	





Code	Element Name	Technical Score	Minimum Requirements	Diagram
S1010	Shoulder Mount Horizontal	1.0	<ul style="list-style-type: none"> <li>- Points of contact: both hands, one shoulder, (neck optional)</li> <li>- Arm position: arms bent</li> <li>- Grip: cup grip or basic grip</li> <li>- Leg position: both legs fully extended, parallel to the floor, hips and legs closed</li> <li>- Body position: back and legs at 90° to the pole</li> <li>- Starting position: from an aerial shoulder mount position, deadlift or lower into plank</li> </ul>	
S1011	Split Grip Flag	1.0	<ul style="list-style-type: none"> <li>- Points of contact: both arms, both hands, chest</li> <li>- Arm position: both arms fully extended</li> <li>- Grip: split grip</li> <li>- Leg position: both legs fully extended, parallel to the floor, hips and legs closed</li> <li>- Body position: full body parallel to the floor and facing sideways</li> </ul>	
S1012	Split Grip Leg Through Plank	1.0	<ul style="list-style-type: none"> <li>- Points of contact: both hands, lower part of the glutes have contact with the pole</li> <li>- Arm position: both arms fully extended</li> <li>- Grip: split grip</li> <li>- Leg position: both legs fully extended, parallel to the floor, hips and legs closed</li> <li>- Body position: full body parallel to the floor and facing sideways away from the pole</li> </ul>	
S1013	Split Grip Reverse Plank	1.0	<ul style="list-style-type: none"> <li>- Points of contact: both hands, inside lower torso</li> <li>- Arm position: both arms fully extended, inside arm at the bottom, outside arm at the top</li> <li>- Grip: split grip (reverse)</li> <li>- Leg position: both legs fully extended, parallel to the floor, hips and legs closed</li> <li>- Body position: full body parallel to the floor facing downwards</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
S1014	Split Grip Side Plank	1.0	<ul style="list-style-type: none"> <li>- Points of contact: both hands, inside lower torso</li> <li>- Arm position: both arms fully extended, inside arm at the top, outside arm at the bottom</li> <li>- Grip: split grip</li> <li>- Leg position: both legs fully extended, parallel to the floor, hips and legs closed</li> <li>- Body position: full body parallel to the floor and facing downwards</li> </ul>	
S1015	720° Air Walk	1.0	<ul style="list-style-type: none"> <li>- Hold the position: walk a minimum of 2 rotations</li> <li>- Points of contact: both hands, waist (optional)</li> <li>- Arm position: split grip</li> <li>- Grip: split grip</li> <li>- Leg position: walking motion during the dynamic execution</li> <li>- Starting position: upright position of choice extended away from the pole</li> <li>- Dynamic execution: perform a complete 360° rotation of the full body (pivoting at the shoulders) above the head into an inverted position, then continue the rotation until the body is upright again and in the starting position. Repeat the movement for a second full rotation to complete a full 720° rotation</li> <li>- Final position: same as starting position</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
S1016	Aerial Deadlift with Straight Legs Closed from Cup Grip	1	<ul style="list-style-type: none"> <li>- Points of contact: both hands</li> <li>- Arm position: bottom arm fully extended; top arm may be extended or bent</li> <li>- Grip: cup grip</li> <li>- Starting Position: Legs must be parallel to the pole. Body must be away from the pole, fixed and suspended. No part of the body can be in contact with the floor.</li> <li>- Leg Position: extended and closed during the motion.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	 <p>The diagram shows a gymnast in a starting position for an aerial deadlift. She is holding a vertical pole with both hands in a cup grip. Her arms are extended, and her legs are straight and closed, parallel to the pole. Her body is suspended and away from the pole.</p>
S1017	Aerial Deadlift with Straight Legs Closed from Elbow Hold	1	<ul style="list-style-type: none"> <li>- Points of contact: one elbow, upper back, neck, shoulder</li> <li>- Arm position: top arm in elbow grip. Bottom arm fixed in position of choice with no contact to the pole or the other arm.</li> <li>- Grip: elbow grip</li> <li>- Starting Position: Legs must be parallel to the pole. Body must be away from the pole, fixed and suspended. No part of the body can be in contact with the floor.</li> <li>- Leg Position: extended and closed during the motion.</li> <li>- Final Position: inverted</li> <li>- Legs must be both lifted at the same time; they must not swing, scissor, or kick and they must not be used to create momentum to assist the lift.</li> <li>- Hold the position: not required as this is a dynamic Element.</li> </ul>	 <p>The diagram shows a gymnast in a starting position for an aerial deadlift. She is holding a vertical pole with her right arm in an elbow grip. Her left arm is fixed in a position of choice. Her legs are straight and closed, parallel to the pole. Her body is suspended and away from the pole.</p>





## Rotational Static




Code	Element Name	Technical Score	Minimum Requirements	Diagram
RT0101	Back Hook Spin	0.1	<ul style="list-style-type: none"> <li>- Points of contact: both hands, crook of knee and thigh of inside leg</li> <li>- Grip: wide basic grip</li> <li>- Leg position: diamond</li> <li>- Body position: upright</li> <li>- Direction of spin: backwards</li> </ul>	
RT0102	Fireman Spin Crossed Ankle	0.1	<ul style="list-style-type: none"> <li>- Points of contact: both hands, both ankles</li> <li>- Grip: wide basic grip</li> <li>- Leg position: both legs bent and in contact with the pole at the ankles</li> <li>- Body position: upright</li> </ul>	
RT0103	Front Hook Spin	0.1	<ul style="list-style-type: none"> <li>- Points of contact: both hands, crook of knee and thigh of inside leg</li> <li>- Grip: wide basic grip</li> <li>- Leg position: diamond</li> <li>- Body position: upright</li> <li>- Direction of spin: forwards</li> </ul>	
RT0201	Attitude Spin Outside Heel on Pole	0.2	<ul style="list-style-type: none"> <li>- Points of contact: both hands, one heel of foot</li> <li>- Grip: split grip</li> <li>- Leg position: in attitude position, parallel to floor</li> <li>- Body position: upright</li> </ul>	
RT0202	Chair Spin	0.2	<ul style="list-style-type: none"> <li>- Points of contact: both hands</li> <li>- Grip: wide basic grip</li> <li>- Leg position: chair position at 90° angle</li> <li>- Body position: upright</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
RT0203	Forwards Attitude Spin	0.2	<ul style="list-style-type: none"> <li>- Points of contact: both hands</li> <li>- Grip: wide basic grip</li> <li>- Leg position: in attitude position, parallel to floor</li> <li>- Body position: upright</li> <li>- Direction of spin: forwards</li> </ul>	
RT0204	Knee Hook Spin Passé	0.2	<ul style="list-style-type: none"> <li>- Points of contact: both hands, back of one knee, thighs, crook of knee and calf of upper leg (optional)</li> <li>- Arm position: inside arm extended and holds the pole above the inside knee, outside hand in fixed position of choice</li> <li>- Grip: wide basic grip</li> <li>- Leg position: inside leg bent in front of pole, outside leg fully extended behind pole</li> <li>- Body position: upright</li> </ul>	
RT0301	Back Spin Attitude	0.3	<ul style="list-style-type: none"> <li>- Points of contact: outside hand, inside forearm (optional) and hand</li> <li>- Grip: forearm grip</li> <li>- Leg position: legs in attitude position, parallel to floor</li> <li>- Body position: upright</li> <li>- Direction of spin: backwards</li> </ul>	
RT0302	Body Spiral Reverse Grab Attitude	0.3	<ul style="list-style-type: none"> <li>- Points of contact: both hands</li> <li>- Arm position: reverse spin starting with one arm on the pole into a split grip</li> <li>- Grip: split grip</li> <li>- Leg position: legs: in attitude</li> <li>- Body position: upright at an angle away from the pole</li> </ul>	





Code	Element Name	Technical Score	Minimum Requirements	Diagram
RT0303	Carrousel Fang	0.3	<ul style="list-style-type: none"> <li>- Points of contact: both hands</li> <li>- Arm position: both arms: fully extended</li> <li>- Grip: grip of choice</li> <li>- Leg position: diamond</li> <li>- Body position: upright</li> </ul>	
RT0304	Chairspin Pike Both Legs Stretched	0.3	<ul style="list-style-type: none"> <li>- Points of contact: both hands</li> <li>- Arm position: both arms extended</li> <li>- Grip: grip of choice</li> <li>- Leg position: both legs fully extended and closed in pike position, parallel to floor</li> <li>- Body position: upright</li> </ul>	
RT0305	Cradle Spin Split Grip Tuck	0.3	<ul style="list-style-type: none"> <li>- Points of contact: both hands, hips, and tops of thighs</li> <li>- Grip: split grip</li> <li>- Leg position: tucked around the pole</li> <li>- Body position: upper body at a 90° angle to the pole</li> </ul>	
RT0401	Body Spiral Attitude One Hand	0.4	<ul style="list-style-type: none"> <li>- Points of contact: inside arm and hand, back</li> <li>- Arm position: inside hand has contact with the pole</li> <li>- Grip: underarm grip</li> <li>- Leg position: both legs: in attitude</li> <li>- Body position: upright</li> </ul>	
RT0402	Cradle Spin Split Grip Straddle	0.4	<ul style="list-style-type: none"> <li>- Points of contact: both hands, hips, thighs (optional)</li> <li>- Grip: split grip</li> <li>- Leg position: both legs: fully extended in straddle position</li> <li>- Body position: upper body parallel to the floor</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
RT0403	Reverse Grab Pencil	0.4	<ul style="list-style-type: none"> <li>- Points of contact: both hands, both arms, back of shoulders</li> <li>- Arm position: reverse spin starting with one hand on the pole into a twisted grip hand position</li> <li>- Grip: twisted grip</li> <li>- Leg position: both legs finish in a fully extended pencil position</li> <li>- Body position: extended in a pencil position at an angle with legs away from the pole</li> </ul>	
RT0404	Split Grip Straddle	0.4	<ul style="list-style-type: none"> <li>- Points of contact: both hands</li> <li>- Grip: split grip</li> <li>- Leg position: both legs: fully extended in straddle position above the hips</li> <li>- Body position: upright</li> </ul>	
RT0501	Reverse Grab Straddle into Pencil	0.5	<ul style="list-style-type: none"> <li>- Points of contact: both hands</li> <li>- Arm position: reverse spin starting with one arm on the pole into a split grip</li> <li>- Grip: split grip</li> <li>- Leg position: both legs: fully extended in straddle position, then pencil</li> <li>- Body position: upright, angle away from pole</li> </ul>	
RT0502	Spinning Into a Shoulder Mount Straddle	0.5	<ul style="list-style-type: none"> <li>- Points of contact: both hands, one shoulder</li> <li>- Arm position: arms: bent</li> <li>- Grip: grip of choice</li> <li>- Leg position: both legs: fully extended in straddle position, parallel to floor</li> <li>- Body position: horizontal</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
RT0601	Cup Grip Spin Pencil	0.6	<ul style="list-style-type: none"> <li>- Points of contact: both hands, one wrist (optional), no forearm contact</li> <li>- Arm position: top arm fully extended, bottom arm straight or slightly bent</li> <li>- Grip: both hands in cup grip</li> <li>- Leg position: both legs fully extended and closed</li> <li>- Body position: extended in a pencil position at an angle away from the pole</li> </ul>	
RT0602	Cradle Spin into Extended Butterfly	0.6	<ul style="list-style-type: none"> <li>- Hold the cradle position for a 360° spin, then change the position in to extended butterfly, but the athlete must still be spinning by the time the position is fixed</li> <li>- Points of contact: both hands, hips, top of thighs, transitioning to both hands, one ankle</li> <li>- Grip: split grip</li> <li>- Leg position: tuck position followed by split position</li> <li>- Body position: minimum requirements for Cradle Spin and Butterfly Extension apply (refer to RT0305 and S0301)</li> </ul>	
RT0701	Double Reverse Grab Body Spiral 1	0.7	<ul style="list-style-type: none"> <li>- Hold the position: a minimum of 720° rotation starting from when the athlete lifts their legs from the floor</li> <li>- Points of contact: both hands</li> <li>- Arm position: reverse spin starting with one hand on the pole, hand re-grips the pole and reverse spin repeated without making contact with the floor</li> <li>- Grip: split grip (second time only)</li> <li>- Leg position: legs in fixed position of choice</li> <li>- Body position: upright at an angle away from the pole</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
RT0702	Phoenix Spin 1	0.7	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of a 360° spin after the athlete lifts their legs, the spin must continue until the handspring is completed</li> <li>- Points of contact: both hands</li> <li>- Arm position: reverse spin starting with one hand on the pole into a twisted grip handspring without making contact with the floor</li> <li>- Grip: twisted grip</li> <li>- Leg position: legs finish in a fixed position of choice</li> <li>- Body position: body moves into inverted position after handspring</li> </ul>	
RT0801	Double Reverse Grab Body Spiral 2	0.8	<ul style="list-style-type: none"> <li>- Hold the position: a minimum of 720° rotation from when the athlete marks their first leg position</li> <li>- Points of contact: both hands</li> <li>- Arm position: reverse spin starting with one hand on the pole, hand re-grips the pole and reverse spin repeated without making contact with the floor</li> <li>- Grip: split grip (both times)</li> <li>- Leg position: legs in fixed position of choice</li> <li>- Body position: upright at an angle away from the pole</li> </ul>	
RT0901	Double Reverse Grab into Phoenix	0.9	<ul style="list-style-type: none"> <li>- Hold the position: a minimum of 720° rotation starting from when the athlete lifts their legs from the floor, the spin must continue until the handspring is completed</li> <li>- Points of contact: both hands</li> <li>- Arm position: criteria of Double Reverse Grab Body Spiral 1 applies (refer to RT0701), finishing in a twisted grip lift handspring without making contact with the floor</li> <li>- Grip: twisted grip – in final position</li> <li>- Leg position: fixed leg position of choice</li> <li>- Body position: upright transitioning to inverted</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
RT0902	Phoenix Spin 2	0.9	<ul style="list-style-type: none"> <li>- Hold the position for a minimum of a 360° spin after the athlete fixes the handspring</li> <li>- Points of contact: both hands</li> <li>- Arm position: reverse spin starting with one hand on the pole into a twisted grip handspring without making contact with the floor</li> <li>- Grip: twisted grip</li> <li>- Leg position: legs finish in a fixed position of choice</li> <li>- Body position: body moves into inverted position after handspring</li> </ul>	
RT1001	Chinese Grip Phoenix	1.0	<ul style="list-style-type: none"> <li>- Hold the position: a minimum of 720° rotation starting from when the athlete lifts their legs from the floor, the spin must continue until the handspring is completed</li> <li>- Points of contact: both hands, one wrist (optional), no forearm contact</li> <li>- Arm position: starts with both hands in cup grip, lower hand re-grips the pole while continuing to spin in cup grip, lift without making contact with the floor</li> <li>- Grip: cup grip –in pencil with both hands, only with top hand in inverted position</li> <li>- Leg position: spin begins in Pencil (see RT0601 for minimum criteria), and finishes in a fixed leg position of choice</li> <li>- Body position: Pencil position for spin, inverted for final position</li> </ul>	





Code	Element Name	Technical Score	Minimum Requirements	Diagram
RT1002	Double Reverse Grab into Phoenix	1.0	<ul style="list-style-type: none"> <li>- Hold the position: a minimum of 720° rotation starting from when the athlete lifts their legs from the floor, the spin must continue until the handspring is completed</li> <li>- Points of contact: both hands</li> <li>- Arm position: criteria of Double Reverse Grab Body Spiral 2 applies (refer to RT0801), finishing in a twisted grip lift handspring without making contact with the floor</li> <li>- Grip: twisted grip – in final position</li> <li>- Leg position: fixed leg position of choice</li> <li>- Body position: upright transitioning to inverted</li> </ul>	

## Rotational Spinning

All Rotational Elements on a Spinning Pole must be held for two full rotations (720°), unless otherwise specified in the Minimum Requirements section of the table.





Code	Element Name	Technical Score	Minimum Requirements	Diagram
RP0101	Fireman Spin Chair	0.1	<ul style="list-style-type: none"> <li>- Points of contact: both hands, both knees</li> <li>- Grip: wide basic grip</li> <li>- Leg position: thighs parallel to the floor and legs closed</li> <li>- Body position: upright</li> </ul>	
RP0201	Helix Spin	0.2	<ul style="list-style-type: none"> <li>- Points of contact: crook of knee of outside leg, inside arm, waist</li> <li>- Arm position: Inside hand must hold pole from behind outside knee, outside hand must hold inside foot</li> <li>- Leg position: outside leg must grip the pole in the crook of the knee, inside leg must be bent</li> <li>- Body position: inverted</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
RP0202	Twisted Spin	0.2	<ul style="list-style-type: none"> <li>- Points of contact: full length of one leg, calf, thigh and crook of knee of other leg, hips, side of torso, back, neck (optional)</li> <li>- Arm position: arms fixed in position of choice, no hand contact with the pole</li> <li>- Leg position: one leg fully extended alongside the pole, other leg bent around the pole</li> <li>- Body position: upright, head on same side of the pole as the foot of bent leg</li> </ul>	
RP0203	Outside Knee Hang Closed Fang	0.2	<ul style="list-style-type: none"> <li>- Points of contact: crook of one knee and one thigh</li> <li>- Arm position: both hands hold the legs at ankle/shin</li> <li>- Leg position: fang position</li> <li>- Body position: inverted</li> <li>- Starting position: with at least one foot on the floor</li> </ul>	
RP0204	Pencil Forearm Grip	0.2	<ul style="list-style-type: none"> <li>- Points of contact: both hands, one forearm</li> <li>- Arm position: one arm in forearm grip, other arm fully extended and in contact with the pole above the other hand.</li> <li>- Grip: forearm grip</li> <li>- Leg position: both legs are fully extended and closed in pencil position</li> <li>- Body position: upright</li> </ul>	
RP0301	Ballerina Passé	0.3	<ul style="list-style-type: none"> <li>- Points of contact: inner thighs, one hand, inner arm, side of torso, back</li> <li>- Arm position: inner arm wrapped around the pole behind the body, outer arm bent holding the pole at the level of the head or higher</li> <li>- Leg position: seated position with legs bent and tucked to one side of the pole</li> <li>- Body position: upright</li> </ul>	





Code	Element Name	Technical Score	Minimum Requirements	Diagram
RP0302	Carrousel Spin Elbow Grip	0.3	<ul style="list-style-type: none"> <li>- Points of contact: one elbow and one hand</li> <li>- Arm position: upper elbow must hold the pole, lower arm fully extended and in contact with the pole</li> <li>- Grip: elbow grip</li> <li>- Leg position: diamond</li> <li>- Body position: upright</li> </ul>	
RP0303	Inverted Straddle	0.3	<ul style="list-style-type: none"> <li>- Points of contact: both hands, side of torso</li> <li>- Grip: basic grip</li> <li>- Leg position: both legs fully extended in straddle position, parallel to floor</li> <li>- Body position: inverted</li> </ul>	
RP0304	Seated Side Tuck	0.3	<ul style="list-style-type: none"> <li>- Points of contact: inner thighs</li> <li>- Arm position: arms wrapped around tucked legs</li> <li>- Leg position: tuck, with pole between inner thighs in a seated position</li> <li>- Body position: body at a 90° angle to the pole</li> </ul>	
RP0305	Underarm Hold	0.3	<ul style="list-style-type: none"> <li>- Points of contact: inside underarm, inner upper thigh, inside knee, outside foot, shin/calf of outside leg (optional)</li> <li>- Arm position: arms fixed in position of choice with no hand contact with the pole. Only inside arm has contact with the pole</li> <li>- Grip: underarm grip</li> <li>- Leg position: one leg fully extended along the pole, other knee is bent</li> <li>- Body position: upright</li> </ul>	



Code	Element Name	Technical Score	Minimum Requirements	Diagram
RP0306	Vortex Spin	0.3	<ul style="list-style-type: none"> <li>- Points of contact: crook of elbow of inside arm, inner thigh of inside leg, calf of outside leg</li> <li>- Arm position: hands clasped above and behind the head.</li> <li>- Crook of inside elbow in contact with the pole.</li> <li>- Grip: elbow grip.</li> <li>- Leg position: both legs are fully extended</li> <li>- Body position: upright</li> </ul>	
RP0307	Wrap Grip Spin	0.3	<ul style="list-style-type: none"> <li>- Points of contact: back of one shoulder and the same arm</li> <li>- Arm position: one arm in wrap grip, other arm fixed in position of choice with no contact with the pole</li> <li>- Grip: wrap grip</li> <li>- Leg position: fixed in position of choice with no contact with the pole</li> <li>- Body position: upright</li> </ul>	
RP0401	Body Spiral No Hands	0.4	<ul style="list-style-type: none"> <li>- Points of contact: inside underarm, inside knee and back of thigh</li> <li>- Arm position: arms fixed in position of choice with no hand contact with the pole. Only inside arm has contact with the pole</li> <li>- Grip: underarm grip</li> <li>- Leg position: outside leg must be fully extended, inside leg wrapping the pole at knee</li> <li>- Body position: upright with back lean</li> </ul>	
RP0402	Cradle Spin Tuck No Hands	0.4	<ul style="list-style-type: none"> <li>- Points of contact: hips, torso, top of thighs</li> <li>- Arm position: arms wrapped around legs</li> <li>- Leg position: tucked</li> <li>- Body position: body at a 90° angle to the pole</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
RP0403	Inverted Body Spiral Outside Leg Stretched Behind Pole.	0.4	<ul style="list-style-type: none"> <li>- Points of contact: inside arm and hand, outside elbow, back of shoulder and upper arm of outside arm, side of torso, back</li> <li>- Arm position: inside arm holding pole, elbow of outside arm in contact with the pole</li> <li>- Leg position: inside leg in passé in front of pole, outside leg fully extended behind the pole</li> <li>- Body position: inverted</li> </ul>	
RP0404	Inverted Thigh Hold Tuck	0.4	<ul style="list-style-type: none"> <li>- Points of contact: inner thighs, torso</li> <li>- Arm position: arms wrapped around the legs with no contact with the pole</li> <li>- Leg position: inverted tuck</li> <li>- Body position: inverted with the back facing downwards</li> </ul>	
RP0405	Outside Knee Hang Closed Fang	0.4	<ul style="list-style-type: none"> <li>- Points of contact: one knee and one thigh</li> <li>- Arm position: both hands holding the legs at ankle/shin level</li> <li>- Leg position: fang position</li> <li>- Body position: inverted</li> </ul>	
RP0501	Cradle Spin Pike No Hands Legs Fully Stretched	0.5	<ul style="list-style-type: none"> <li>- Points of contact: hips, torso, thighs</li> <li>- Arm position: both arms wrapped around the legs with no contact with the pole</li> <li>- Leg position: both legs fully extended and closed in pike position</li> <li>- Body position: wrapped around the pole and parallel to the floor</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
RP0502	Cradle Spin One Handed Pike	0.5	<ul style="list-style-type: none"> <li>- Points of contact: one hand and arm, shoulder (optional), thighs, hips, torso</li> <li>- Arm position: inside arm fully extended and holding pole, outside arm fixed in a position of choice with no contact with the pole</li> <li>- Leg position: both legs fully extended and closed in a pike position</li> <li>- Body position: wrapped around the pole</li> </ul>	
RP0503	Elbow Spin Attitude	0.5	<ul style="list-style-type: none"> <li>- Points of contact: crook of both elbows, shoulder blades</li> <li>- Arm position: both elbows hold the pole, with no hand contact with the pole</li> <li>- Grip: elbow grip</li> <li>- Leg position: both legs in attitude, parallel to the floor</li> <li>- Body position: back to the pole</li> </ul>	
RP0504	Hip Hold Straddle	0.5	<ul style="list-style-type: none"> <li>- Points of contact: underarm of inside arm, torso, thighs</li> <li>- Arm position: both arms fully extended, outside arm fixed in a position of choice, inside arm in underarm grip</li> <li>- Leg position: both legs fully extended in a straddle position</li> <li>- Body position: inverted</li> </ul>	
RP0505	Iguana Fang	0.5	<ul style="list-style-type: none"> <li>- Points of contact: both hands, one shoulder, thighs/ glutes optional</li> <li>- Arm position: iguana arm position</li> <li>- Grip: basic grip</li> <li>- Leg position: both legs bent in fang position</li> <li>- Body position: inverted, back arched</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
RP0506	Pencil Spin Basic Grip	0.5	<ul style="list-style-type: none"> <li>- Points of contact: both hands</li> <li>- Grip: basic grip</li> <li>- Leg position: both legs fully extended and closed in pencil position</li> <li>- Body position: upright and parallel to the pole</li> </ul>	
RP0507	Straddle Spin 2 Hands Up	0.5	<ul style="list-style-type: none"> <li>- Points of contact: both hands</li> <li>- Grip: basic grip</li> <li>- Leg position: both legs fully extended in straddle position, parallel to the floor or higher than hips</li> <li>- Body position: upright</li> </ul>	
RP0601	Butterfly Extended Twist No Hands	0.6	<ul style="list-style-type: none"> <li>- Points of contact: one foot and ankle/shin, opposite shoulder and neck, back (optional)</li> <li>- Arm position: same arm as shoulder which is on pole must be extended, the other arm fixed in position of choice with no contact with the pole</li> <li>- Leg position: both legs fully extended, one foot in contact with the pole, opposite leg extended away from the pole</li> <li>- Body position: inverted</li> </ul>	
RP0602	Icarus Spin	0.6	<ul style="list-style-type: none"> <li>- Points of contact: crook of the knee of the inside leg, back of shoulder of inside arm, back of neck</li> <li>- Arm position: back of the shoulder of the inside arm on the pole. Outside arm in position of choice with no contact with the pole.</li> <li>- Leg position: inside leg gripping pole in the crook of the knee, outside leg in position of choice</li> <li>- Body position: upright</li> </ul>	


Code	Element Name	Technical Score	Minimum Requirements	Diagram
RP0701	Elbow Attitude Spin	0.7	<ul style="list-style-type: none"> <li>- Points of contact: inside elbow</li> <li>- Arm position: one arm in elbow grip, other arm fixed in position of choice with no contact with the pole</li> <li>- Grip: elbow grip</li> <li>- Leg position: front leg bent, back leg fully extended</li> <li>- Body position: upright at an angle away from the pole</li> </ul>	
RP0702	Hand Based Split Spin	0.7	<ul style="list-style-type: none"> <li>- Points of contact: both arms and hands, one foot, upper back</li> <li>- Arm position: upper arm is fully extended and holds the pole, lower arm wraps around the pole.</li> <li>- Leg position: lower foot steps on lower hand, legs are in a split position of choice</li> <li>- Body position: torso facing away from the pole</li> </ul>	
RP0703	Parallel Split Spin	0.7	<ul style="list-style-type: none"> <li>- Points of contact: both hands</li> <li>- Arm position: both arms fully extended</li> <li>- Grip: wide basic grip</li> <li>- Leg position: both legs fully extended in split position, parallel to the pole</li> <li>- Body position: upright</li> </ul>	
RP0704	Tuck Through Spin Pike	0.7	<ul style="list-style-type: none"> <li>- Points of contact: both hands, back of both legs</li> <li>- Arm position: arms have no contact with the legs</li> <li>- Grip: split grip</li> <li>- Leg position: both legs are fully extended in a closed pike position or crossed</li> <li>- Body position: body and legs in front of the pole at a 90° angle to the pole</li> </ul>	
RP0801	Cradle Spin No Hands	0.8	<ul style="list-style-type: none"> <li>- Points of contact: hips and tops of thighs</li> <li>- Arm position: arms have no contact with the body or the pole</li> <li>- Leg position: tucked (legs closed)</li> <li>- Body position: body is at a 90° angle to the pole</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
RP0802	Cup-Grip Pencil	0.8	<ul style="list-style-type: none"> <li>- Points of contact: both hands</li> <li>- Arm position: top arm must be fully extended, bottom arm slightly bent</li> <li>- Grip: both hands in a cup grip position</li> <li>- Leg position: both legs fully extended in pencil position</li> <li>- Body position: upright at an angle away from the pole</li> </ul>	
RP0803	Reverse Butterfly Extension	0.8	<ul style="list-style-type: none"> <li>- Points of contact: inside arm, shoulder, foot and the inside ankle</li> <li>- Arm position: both arms fully extended, with inside arm holding the pole, and the outside arm holding the outside leg</li> <li>- Leg position: both legs fully extended in split position</li> <li>- Body position: inverted</li> </ul>	
RP0804	Titanic Support	0.8	<ul style="list-style-type: none"> <li>- Points of contact: one leg, one shoulder/side of neck (optional), glutes</li> <li>- Arm position: both arms fully extended behind the back, and must have no contact with the pole</li> <li>- Leg position: both legs are fully extended</li> <li>- Body position: upright, upper body in back arch</li> </ul>	
RP0901	Crossbow 2 Hands On Pole	0.9	<ul style="list-style-type: none"> <li>- Points of contact: both hands</li> <li>- Grip: split grip</li> <li>- Leg position: both legs fully extended in straddle position with no contact with the pole</li> <li>- Body position: 90° angle to the pole</li> </ul>	
RP0902	Elbow Grip Vertical Split	0.9	<ul style="list-style-type: none"> <li>- Points of contact: both calves (knees and thighs optional), top ankle and foot of the lower leg, elbow, inside arm</li> <li>- Arm position: inside arm wrapped around pole at elbow, outside arm in position of choice with no contact with the pole.</li> <li>- Grip: elbow grip</li> <li>- Leg position: both legs fully extended in split position</li> <li>- Body position: inverted</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
RP0903	Inverted Split Spin	0.9	<ul style="list-style-type: none"> <li>- Points of contact: underarm of inside arm, outside leg, foot of outside leg, lower back</li> <li>- Arm position: both arms holding the ankle of the inside leg</li> <li>- Grip: inside underarm grip</li> <li>- Leg position: both legs fully extended in split position</li> <li>- Body position: inverted</li> </ul>	
RP0904	One Handed Spin	0.9	<ul style="list-style-type: none"> <li>- Points of contact: one hand</li> <li>- Arm position: inside arm extended and in contact with the pole, outside arm fixed in a position of choice with no contact with the pole</li> <li>- Leg position: both legs fully extended and closed in pencil position</li> <li>- Body position: upright, away from the pole, parallel to the pole</li> </ul>	
RP0905	Supported Sailor	0.9	<ul style="list-style-type: none"> <li>- Points of contact: both ankles, one shin and one calf, one hand</li> <li>- Arm position: inside arm fully extended and in contact with the pole, outside arm fixed in a position of choice with no contact with the pole</li> <li>- Leg position: fully extended and closed</li> <li>- Body position: inverted and extended</li> </ul>	
RP1001	Crossed Hands Plank	1.0	<ul style="list-style-type: none"> <li>- Points of contact: hip flexors and both hands</li> <li>- Grip: cross grip</li> <li>- Leg position: both legs fully extended, closed, and parallel to the floor</li> <li>- Body position: 90° angle to the pole</li> </ul>	
RP1002	No Hands Plank Spin	1.0	<ul style="list-style-type: none"> <li>- Points of contact: torso and both forearms/elbows</li> <li>- Arm position: no hand contact, both arms fully extended</li> <li>- Leg position: both legs fully extended, parallel to the floor, hips and legs closed</li> <li>- Body position: entire body (head to feet) straight and at 90° angle to the pole, with a 20° tolerance</li> </ul>	

Code	Element Name	Technical Score	Minimum Requirements	Diagram
RP1003	One Handed Parallel Split Spin	1.0	<ul style="list-style-type: none"> <li>- Points of contact: only one hand</li> <li>- Arm position: inside arm fully extended and in contact with the pole, outside arm bent, holding the opposite leg above the head</li> <li>- Grip: basic grip</li> <li>- Leg position: both legs fully extended in split position, parallel to the pole</li> <li>- Body position: upright, away from the pole, parallel to the pole</li> </ul>	
RP1004	Pole Based Clock	1.0	<ul style="list-style-type: none"> <li>- Points of contact: both hands</li> <li>- Grip: split grip</li> <li>- Starting position: upright</li> <li>- Dynamic Execution: 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, then continue the rotation back to the starting position. The athlete must repeat the rotation for a 720° rotation of legs and torso</li> <li>- Holding the position for a number of spins around the pole is not required as this is a dynamic element</li> </ul>	
RP1005	Sailor	1.0	<ul style="list-style-type: none"> <li>- Points of contact: triceps, both ankles, one shin and one calf</li> <li>- Arm position: inside arm fully extended, and the triceps in contact with the pole; outside arm fixed in a position of choice with no contact with the pole.</li> <li>- Leg position: fully extended and closed</li> <li>- Body position: inverted and extended</li> </ul>	
RP1006	Split Grip Contortion Spin	1.0	<ul style="list-style-type: none"> <li>- Points of contact: both hands, shin of top leg, crook of the knee of the bottom leg</li> <li>- Arm position: upper hand holding pole above shin of upper leg, Lower hand holding pole below the lower thigh</li> <li>- Grip: split grip.</li> <li>- Leg position: lower leg extended, with shin of the top leg in contact with the pole</li> <li>- Body position: upright, facing away from the pole</li> </ul>	



Code	Element Name	Technical Score	Minimum Requirements	Diagram
RP1007	Supported Sailor Back Bend	1.0	<ul style="list-style-type: none"><li>- Points of contact: one hand, foot and shin of the same leg</li><li>- Arm position: both arms fully extended. Inside hand holding the pole above the head, the outside hand holding the same leg at ankle/shin level</li><li>- Leg position: both legs fully extended. Foot and shin of inside leg have contact with the pole, outside leg extended to the back</li><li>- Body position: inverted and suspended away from the pole, back arched</li></ul>	 A silhouette diagram of a gymnast performing a Supported Sailor Back Bend. The gymnast is inverted, with their back arched and their body suspended away from a vertical pole. One hand is holding the pole above their head, and the other hand is holding the pole at the level of their ankle/shin. Both legs are fully extended, with the foot and shin of the inside leg in contact with the pole and the outside leg extended to the back.

		<h2>Essential Elements Score Sheet</h2>		
Please write down the Essential Elements in the order they will be performed in the routine				
Athlete's Name: Olympia DiPaul				
Event Name: Love'n Pole Championship				
Country/Team: Argentina			Division: Elite	
Category: Y5			*Judge:	
Execution Order	Element Code	Element Name	Difficulty Bonus Code	*Element's Score + Bonus Awarded*
1	F0510	Hug Jade 1 (Aita Split)	DBP1 DBP2	
2	F0511	Inside leg hang back split	DBP1	
3	RT0601	Cup grip spin pencil		
4	S0601	Elbow grip straddle	DBT1	
5	S0405	Side grip side straddle	DBT2	
6	RP0811	Cradle spin no hands		
7	RP/S0705	Janeiro plank		
8	S0702	Butterfly extended with one hand		
9	S0604	Forearm grip butterfly		
10	F0805	Cocoon	DBT1	
11	F0812	Floor K		
12				
13				
14				
*Total Essential Element Points Awarded				
Signed - Athlete's Name: Olympia DiPaul			** Signed - Coach/Responsible Adult's Name: Robert DiPaul	

\*To be filled out by the Judge. \*\*Only if applicable.

## Instructions

### Essential Elements Score Sheet

This form must be filled out in Microsoft Word with black font.

The Font size can be adjusted so all the information can fit in a single page.  
Forms split into two pages will not be accepted.

**Athlete's Name:** Type the name of the athlete.

**Country/Team:** The country or national team the athlete is representing. In regional/national competitions this field can be modified to include other teams such as state/region/studio.

**Division:** Indicates the division the athlete is competing in: Amateur, Pro/Professional or Elite.

**Category:** Indicates the athlete's category (Adult or Youth) as well as the age subcategory (1-5). The athlete can fill-in the full category name (Youth5) or they can use the short-hand version (Y5).

**Judge: (To be left blank)** This field should only be filled out by the Judge. The corresponding Judge's name will be filled in here.

**Execution Order:** Indicates the sequential order in which the Essential Element will be performed.

**Element's Code:** Indicates the Essential Element's corresponding code. E.g. F0202

**Element's Name:** This must correspond to the Element's Code. E.g. Inside Leg Hang

**Difficulty Bonus Code:** Indicates the type of bonus the athlete will be attempting while performing the element.

Note that in some cases two difficulty bonuses can be attempted for the same essential element, in this case both Difficulty Bonus codes must be filled-in in this field. Please refer to the Scoring System for more details.

E.g. DBTP1 (performing the Element with the entirety of their body above the halfway point up the spinning pole) can be performed with DBP2 (performing a combination of two Strength or Flexibility Essential Elements, and hold each for a minimum of two full rotations on the spinning pole.), and the athlete can fill out the two codes in this field. In this case the athlete could perform Element F0510 with the entirety of their body above the halfway point of the spinning pole and then perform a minimum of a full 720° rotation followed by performing Element F0511, also with the entirety of their bodies above halfway point of the spinning pole and complete another full 720° rotation. Both difficulty bonus codes (DBP1 and DBP2) must be written down in the first element's Difficulty Bonus Code field, and only the code for DBP1 should be written down in the Difficulty Bonus Code field for F0511. If the athlete performs both elements correctly satisfying the difficulty bonus conditions, they could get a DBP1 bonus for each element, and a DBP2 bonus for the combination of the two.

**Element's Score + Bonus Awarded (To be left blank):** This field should only be filled out by the Judge. This indicates the points and bonus points awarded for the element.

**Total Essential Element Points Awarded (To be left blank):** This field should only be filled out by the judge. It indicates the total amount of points awarded for the Essential Elements section

**Signed - Athlete's Name:** The athlete must write their full name in this field. By filling in this field, the athlete confirms that the information provided in this form corresponds to the final version of the routine to be performed in this Event. Forms missing this field will not be accepted.

**Signed – Coach/Responsible Adult's Name:** The Coach, or, in the case of minors, the responsible adult (parent or legal guardian) must fill out this field with their full name. By filling out this name they accept and confirm that the information provided in this form corresponds to the final version of the routine to be performed in this Event. This field is only compulsory for under-age athletes.

		<h2 style="text-align: center;">Acrobatic Elements Score Sheet</h2>	
Please write down the Essential Elements in the order they will be performed in the routine			
Athlete's Name: Olympia DiPole			
Event Name: Love'n Pole Championship			
Country/Team: Argentina			Division: Elite
Category: Y5			*Judge:
Execution Order	Acrobatic Element Code(s)	Point Value for each Code	*Awarded Points + Notes
1	AC	0.5	
2	RG3	0.7	
3	CFF	0.2	
4	OHD	0.2	
5	Side Climb	0.3	
6	JA+JA	0.2+0.2	
7	Caterpillar Climb	0.5	
8	HNL	0.2	
9	(RG1+AC)+CO	0.2+0.5+0.5	
10	Outside leg hang climb	0.5	
11	(CFP + THD)+CO	0.5+0.1+0.5	
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
*Total Acrobatic Element Points Awarded:			
Signed - Athlete's Name: Olympia DiPole		** Signed - Coach/Responsible Adult's Name: Robert DiPole	

\*To be filled out by the Judge. \*\*Only if applicable.

## Instructions

### Acrobatic Elements Score Sheet

This form must be filled out in Microsoft Word with black font.

The Font size can be adjusted.

The form can be modified to include more than 25 acrobatic elements.

**Athlete's Name:** Type the name of the athlete.

**Country/Team:** The country or national team the athlete is representing. In regional/national competitions this field can be modified to include other teams such as state/region/studio.

**Division:** Indicates the division the athlete is competing in: Amateur, Pro/Professional or Elite.

**Category:** Indicates the athlete's category (Adult or Youth) as well as the age subcategory (1-5). The athlete can fill-in the full category name (Youth5) or they can use the short-hand version (Y5).

**Judge: (To be left blank)** This field should only be filled out by the Judge. The corresponding Judge's name will be filled in here.

**Execution Order:** Indicates the sequential order in which the Essential Element will be performed.

**Acrobatic Element Code(s):** The code for each acrobatic element to be performed or combination of elements. Acrobatic Element combinations have to be registered in this field in the order of execution. An acrobatic combination must also include the code indicating a combination should be awarded (+CO), e.g., CFP + THD + CO

**Point Value for Each Code:** The value for each acrobatic element comprising a combination must be included, as well as the value for the combination itself. E.g. if the athlete writes CFP + THD + CO in the Acrobatic Element Code(s) section, the value

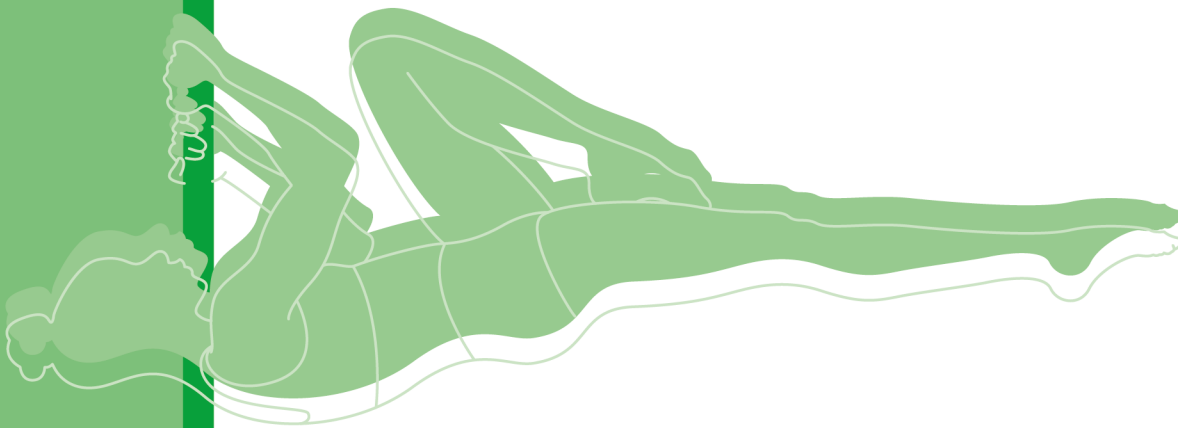
of each of those elements must be filled in in this field; 0.5 + 0.1, and because an acrobatic combination is being attempted, the value for the combo +0.5 must also be included.

**Awarded Points + Notes (To be left blank):** This field should only be filled out by the judge. It indicates the points awarded by the judge for the corresponding acrobatic element(s). The judge may use this section to leave relevant notes related to the performance for their own personal use.

**Total Acrobatic Element Points Awarded (To be left blank):** This field should only be filled out by the judge. It indicates the total amount of points awarded for the Acrobatic Elements section

**Signed - Athlete's Name:** The athlete must write their full name in this field. By filling in this field, the athlete confirms that the information provided in this form corresponds to the final version of the routine to be performed in this Event. Forms missing this field will not be accepted.

**Signed – Coach/Responsible Adult's Name:** The Coach, or, in the case of minors, the responsible adult (parent or legal guardian) must fill out this field with their full name. By filling out this name they accept and confirm that the information provided in this form corresponds to the final version of the routine to be performed in this Event. This field is only compulsory for under-age athletes.



**APS**

