

International Pole and Aerial Sports Federation

Pole Sports Championships

Code of Points 2025 – 2027



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Introduction

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

Divisions

- Intro
- Amateur
- Professional
- Elite

Categories

- | | |
|---|--|
| <ul style="list-style-type: none">• Senior 18+ Women• Senior 18+ Men• Senior 30+ Women• Senior 30+ Men• Master 40+ Women• Master 40+ Men• Master 50+ Women• Master 50+ Men• Master 60+ Women• Master 60+ Men• Junior Female | <ul style="list-style-type: none">• Junior Male• Novice Female• Novice Male• Pre-Novice• Novice Doubles• Junior Doubles• Youth Doubles• Senior Doubles (Men/Men)• Senior Doubles (Women/Men)• Senior Doubles (Women/Women)• Para Pole* |
|---|--|

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

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

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

Technical Bonus

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

Technical Deduction

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

Artistic and Choreography

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

Compulsory

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

Head Judge Penalties

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

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

Important to note for all judging sections except the Head Judge deductions, judging starts when the music starts, and ends when the music ends. Any elements or choreography performed outside of this will not be judged.

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

Technical Bonus

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

SINGLES - SINGULAR BONUS POINTS (AWARDED PER TIME):

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

Please note: Athletes competing in the Intro division must perform at least one (1) Technical Bonus.

ACROBATIC CATCHES: ACROBATIC CATCHES WITH BODY CHANGE AND ACROBATIC CATCHES WITH NO BODY CHANGE

Acrobatic catches with body change: ACB (Max +2.0 pts)

Acrobatic catches with body change are defined as a release of all contact from the pole (so there is no contact by any part of the body for a brief moment) and re-gripping ("catching") the pole. The transition must include a change in the body position (see definition of changing positions) when performing an acrobatic catch with body change. No floor contact is allowed. **+0.5**

Acrobatic catches: AC (Max +1.2pts)

Acrobatic catches are defined as a release of all contact from the pole, so there is no contact by any part of the body for a brief moment and re-gripping ("catching") the pole. An athlete may either move up or down the pole when performing an acrobatic catch, or could remain at the same level. No floor contact is allowed. **+0.3**

** Please note: no change in the points of contact and a similar movement would mean the movement is repeated, regardless of the direction of the movement (up/down) or hands switching.*

CARTWHEELS: AERIAL CARTWHEEL AND FLOOR BASED CARTWHEEL

Cartwheel: Aerial

Aerial Cartwheel (starting and ending on the pole): CWA (Max +0.8 pts)

An aerial cartwheel refers to a cartwheel that is performed on the pole, starting and ending on the pole, flipping sideways. In this cartwheel the athlete should have contact with the pole only and no contact with the floor. The legs are moving one after another. The cartwheel must fully rotate, with head over heels (i.e., a full 360° rotation), in a dynamic manner while maintaining contact with the pole for at least a portion of the rotation. A full rotation will be considered based on if there is a full 360 degree rotation where the hips must pass straight over the head at some point in the movement. Twists are prohibited (see penalties). **+0.4**

Cartwheel: Floor based

Floor-based Cartwheel (starting and/or ending on the floor): CWF (Max +0.6 pts)

A floor-based cartwheel refers to a cartwheel that is performed on the pole, starting and/or ending on the floor, flipping sideways. In this cartwheel the athlete should have contact with both the floor and the pole for at least a portion of the rotation. The legs are moving one after another. The cartwheel must fully rotate, with head over heels (i.e., a full 360° rotation), in a dynamic manner while maintaining contact with the pole for at least a portion of the rotation. A full rotation will be considered

based on if there is a full 360 degree rotation where the hips must pass straight over the head at some point in the movement. Twists are prohibited (see penalties). **+0.3**

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

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

Three spins can be combined for this technical bonus. When combining three spins for a point value of 1.0, each spin must be in a fixed position and rotate 720° before changing into the next spin position (which must include a change in body position), and the transition must be direct; the code to use is **SP/SP. +1.0**

Combining spins with other spins on static pole: ST (Max +2.0 pts)

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

Three spins can be combined for this technical bonus. When combining three spins for a point value of 1.0, each spin must be in a fixed position and rotate 360° before changing into the next spin position (which must include a change in body position), and the transition must be direct; the code to use is **ST/ST. +1.0**

Combining spins with other elements on static pole: SP/E/ST (Max +1.2 pts)*

Refers to all other elements combined with a spin on a static pole (see definition on spins). The element must be briefly held in a fixed position (minimum 1 second). The element must be distinguishable from the spin (i.e. must be a different position than the position in the spin). **+0.3**

For this technical bonus, two spins can be combined, ending with another element briefly held in a fixed position (minimum 1 second), on a static pole. Each spin and the final element must all be distinguishable from each other (i.e. each spin must be different to each other, and the final element must be a different position than the spin preceding it.) Each spin must be held in a fixed position and rotate 360°; the code to use is **SP/SP/E/ST. +0.8**

**(This means that an athlete can do maximum 4 SP/E/ST bonuses OR 1 SP/SP/E/ST + 1 SP/E/ST)*

DROPS: DROPS WITH BODY CHANGE AND DROPS WITH NO BODY CHANGE

Drops with body change: DB (Max +2.0 pts)

A rapid, controlled descent on the pole, which must be a minimum of a 1 (one) metre drop and must include a change in the body position (see definition of changing positions). This body position change can happen at any time during the drop – ultimately, the final end position must be different to the starting position. No floor contact is allowed. There is to be no hand contact with the pole during the drop. **+0.4**

Drops: D (Max +1.0 pts)

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

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

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

When Dynamic combinations are made up of 2 other singular bonuses, the DC must be indicated in brackets (for example, AC + AC (DC) or D + JO (DC)). When Dynamic combinations are made up of 1 singular bonus and any other dynamic movement, the DC must also be indicated in brackets (for example, D (DC) or AC (DC)). When Dynamic combinations are not made up of singular bonuses but rather only 2 separate dynamic movements not allocated to singular bonuses, the DC must be indicated without brackets.

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

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

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

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

A flip-on refers to a flip executed from a starting position on the floor and ending in a position on the pole. Both flip-outs and flip-ons must fully rotate in a dynamic manner without contact with either the pole or the floor. A full rotation in the flip will be considered based on if there is a full 360 degree rotation where the hips must pass straight over the head at some point in the rotation. The direction in which the athlete is facing will be determined by the direction in which the hips are facing – the hips are thus the anchoring point for all flips. The feet should start moving at the same time and stop moving at the same time, and should move simultaneously during the flip. The exception is in the preparation for the flip, where the athlete may use a leg to build momentum. Flips must be executed forwards, backwards or sideways. A flip should not change directions – e.g., if facing forwards at the start of the flip, the athlete should end the flip facing forwards as well. Twists are prohibited (see penalties). **+1.0**

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

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

A floor-based pole flip with contact refers to a flip that is performed on the pole, starting and/or ending on the floor, flipping backwards, forwards or sideways. In this flip, the athlete should have contact with both the floor and the pole for at least a portion of the flip. The feet should start moving at the same time and stop moving at the same time, and should move simultaneously during the flip. The exception is in the preparation for the flip, where the athlete may use a leg to build momentum. The flip must fully rotate in a dynamic manner while maintaining contact with the pole for at least a portion of the flip. A full rotation in the flip will be considered based on if there is a full 360 degree rotation where the hips must pass straight over the head at some point in the rotation. The direction in which the athlete is facing will be determined by the direction in which the hips are facing – the hips are thus the anchoring point for all flips. A flip should not change directions – e.g., if facing forwards at the start of the flip, the athlete should end the flip facing forwards as well. Twists are prohibited (see penalties). **+0.3**

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

A pole flip with contact refers to a flip that is performed from a starting position on the pole, flipping backwards, forwards or sideways ending in a position on the same pole. The flip must fully rotate in a dynamic manner while maintaining contact with the pole. A full rotation in the flip will be considered based on if there is a full 360 degree rotation where the hips must pass straight over the head at some point in the rotation. The direction in which the athlete is facing will be determined by the direction in which the hips are facing – the hips are thus the anchoring point for all flips. The feet should start moving at the same time and stop moving at the same time, and should move simultaneously during the flip. The exception is in the preparation for the flip, where the athlete may use a leg to build momentum. Pole flips with contact with the pole must be executed forwards, backwards or sideways. A flip should not change directions – e.g., if facing forwards at the start of the flip, the athlete should end the flip facing forwards as well. Twists are prohibited (see penalties). **+0.5**

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

A pole flip refers to a flip that is performed from a starting position on the pole, flipping backwards, forwards or sideways ending in a position on the same pole. A flip must fully rotate in a dynamic manner without contact with either the pole or the floor. A full rotation in the flip will be considered based on if there is a full 360 degree rotation where the hips must pass straight over the head at some point in the rotation. The direction in which the athlete is facing will be determined by the direction in which the hips are facing – the hips are thus the anchoring point for all flips. The feet should start moving at the same time and stop moving at the same time, and should move simultaneously during the flip. The exception is in the preparation for the flip, where the athlete may use a leg to build momentum. Pole flips must be executed forwards, backwards or sideways. A flip should not change directions – e.g., if facing forwards at the start of the flip, the athlete should end the flip facing forwards as well. Twists are prohibited (see penalties). **+1.5**

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

Re-grips: RG (Max +1.5 pts)

Re-grips are defined as a release of contact from the pole of either one hand or one arm grip for a brief moment and intentionally re-gripping the pole in a new hand / arm grip position (including the top of the shoulder), e.g., elbow grip to hand grip. For a re-grip to be recognised, the athlete must not be able to hold their body position once they release their grip. There must be no body contact with the pole other than the grip positions. **+0.3**

DOUBLES - SINGULAR BONUS POINTS (AWARDED PER TIME):

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

ACROBATIC CATCHES: ACROBATIC CATCHES WITH BODY CHANGE AND ACROBATIC CATCHES WITH NO BODY CHANGE

Acrobatic catches with body change: ACB/SYN (Max +2.0 pts)

Both partners must perform synchronised acrobatic catches with a change in body position. **+0.5**

Acrobatic catches in synchronicity: AC/SYN (Max +1.2 pts)

Both partners must perform synchronised acrobatic catches. **+0.3 pts**

CARTWHEELS: AERIAL CARTWHEEL AND FLOOR BASED CARTWHEEL**Cartwheel: Aerial****Aerial Cartwheel (starting and ending on the pole): CWA/SYN (Max +0.8 pts)**

Both partners must perform fully synchronised Aerial Cartwheels to achieve this bonus. **+0.4**

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

Both partners must perform fully synchronised Floor-based Cartwheels to achieve this bonus. **+0.3**

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

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

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

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

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

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

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

Only one partner must perform the Floor based contact flips to achieve this bonus (please see the Singles Bonus definitions).

+0.3

Floor-based Contact Flip in synchronicity (starting and/or ending on the floor): FCF/SYN (Max+ 1.0 pts)

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

Contact Flip in synchronicity: CF/SYN (Max +1.0 pts)

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

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

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

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

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

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

DROPS: DROPS WITH BODY CHANGE AND DROPS WITH NO BODY CHANGE**Drops with body change in synchronicity: DB/SYN (Max +2.0 pts)**

These must be performed fully synchronised. This must be the same drop. Both partners must start and end at the same time. **+0.4**

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

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

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

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

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

Partner catch refers to one partner starting in a position on the pole and jumping into the arms of the second partner who is on the floor. A partner throw refers to both partners starting on a position on the floor and one partner throwing the other into a position on the pole. Please note that the partner being caught/thrown should momentarily be airborne with no contact to the apparatus. The floor-based partner must not have contact with the pole for the duration of this bonus. (See definition of throw.) **+0.4**

Re-grips in synchronicity: RG/SYN (Max +1.5 pts)

These must be performed fully synchronised. **+0.3**

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

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

SINGLES - OVERALL BONUS POINTS (AWARDED ONE TIME):

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

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

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

Climbs (Max +2.0)

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

* Please note: The direction of the climb (upwards versus downwards) could affect the level of difficulty given, considering that some climbs can be easier downwards versus upwards (or vice versa).

** Please note: the level of difficulty depends on the way of execution. In order to display the highest level of difficulty (LOD), the athlete must display flowing movement and good body placement. The athlete must perform climbs with precision and ease.

Climb Examples

Climb Example				
Level of Difficulty	Simple	Simple - Moderate	Moderate - Difficult	
Climb Example				
Level of Difficulty	Difficult – Very Difficult		Very Difficult – Extremely Difficult	

Flexibility movements (Max +2.0)

Flexibility refers to the flexibility of the legs, back, hips and shoulders. In order to display the highest LOD to the judges, the athlete should perform movements, combinations, and transitions with full extension and mobility. This includes but is not limited to compulsory elements or elements from this Code of Points – ALL flexibility components in the routine are considered.

Pole transitions (Max +2.0)

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

Spins (Max +2.0)

The position of the spin must be held for the defined amount of rotation indicated in the criteria for each spin. Spins on a static pole must be in a fixed position for a minimum rotation of 360°, and spins on a spinning pole must be in a fixed position for a minimum rotation of 720°. The transition in and out of the spin will not count towards the required minimum rotation. This includes but is not limited to compulsory elements or elements from this Code of Points – ALL spinning components in the routine are considered.

Strength elements (Max +2.0)

Strength refers to strength of the arms, core, and legs. In order to display the highest LOD to the judges, the athlete should perform both upper-body and core strength elements and combinations. Holding and controlling a strength element such as a flag for two (2) seconds or more will display a higher LOD. This includes but is not limited to compulsory elements or elements from this Code of Points – ALL strength components in the routine are considered.

DOUBLES - OVERALL BONUS POINTS (AWARDED ONE TIME):

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

Climbs (Max +2.0)

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

Flexibility elements (Max +2.0)

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

Balance elements (Max +2.0)

See glossary for definition.

Flying partner elements (Max +2.0)

See glossary for definition.

Pole Transitions (Max +2.0)

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

Strength elements (Max +2.0)

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

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

See glossary for definition.

ADDITIONAL BONUS POINTS (DOUBLES ONLY):

Doubles will be awarded bonus points for:

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

DEDUCTIONS:

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

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

Technical Deductions

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

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

Fall

A definition of a fall is a sudden rapid uncontrolled drop where the athlete lands onto the floor but not on their feet (where the final position on the feet is not held). A fall interrupts the flow of the performance, causing a momentary stop. This can be from any position on or off the pole. **-3.0**

Loss of synchronicity of components (Doubles)

Loss of synchronicity of a component refers to the partners executing any component of a routine (namely elements or movements including transitions, bonuses, dance elements etc.) that is uncoordinated and during which they are not in time with each other. This includes components performed both on the pole and on the floor, and includes all components performed during the routine. **-0.5**

Poor execution and incorrect lines

Execution of pole elements must have the following:

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

Poor presentation of the element

This refers to elements executed with poor positioning or a poor angle to the judges, so that the element cannot be seen fully. This applies to elements performed both on the floor and on the pole. **-0.5**

* Poor presentation of the element will not be judged for any Intro division athletes.

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

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

* Poor transitions in and out of elements and on and off the pole will not be judged for any Intro division athletes.

Slip

A definition of a slip is when an athlete performs a movement and they temporarily and unintentionally lose control the positioning of their body or part of their body on the pole. This is a rapid, sudden and uncontrolled descent on the pole. This must be only for a brief moment and the athlete is able to correct their positioning almost instantly and thus stop themselves from falling (see Fall). **-1.0**

Loss of balance

A definition of a loss of balance is when an athlete performs a movement and they temporarily and unintentionally lose control of their equilibrium both on the pole and on the floor, as well as transitioning to the floor from the pole or from the pole to the floor. This is a rapid and uncontrolled movement. This must be only for a brief moment and the athlete is able to correct their positioning almost instantly and thus stop themselves from falling over (see Fall). This could also be considered if an athlete has to extend another limb to stop themselves from falling. **-0.5**

Touching the rigging or truss system during the routine

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

SINGLES/DOUBLES - OVERALL DEDUCTIONS (DEDUCTED ONE TIME):**Failing to spin with momentum on a static pole (Singles only)**

The athlete will be penalised for not spinning on the static pole a minimum of one time (see definition of spin) during their routine, having a spin with 360° rotation in a fixed position. (See definition of momentum). **-2.0**

* Failing to spin with momentum on the static pole will not be judged for any Intro division athletes.

Failing to spin with momentum on the spinning pole (Singles only)

The athlete will be penalised for not spinning with momentum on the spinning pole a minimum of one time during their routine, having a spin with 720° rotation in a fixed position. (See definition of momentum). **-2.0**

* Failing to spin with momentum on the spinning pole will not be judged for any Intro division athletes.

Lack of synchronicity (Doubles)

The athletes will incur deduction points if they fail to perform their routine synchronised for a minimum of 50% of their entire routine, either on one pole together, both on their own pole or on the floor. This includes all components of the routine together, either on the pole or on the floor. **-2.0**

Not using both poles equally

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

Not using both poles in a synchronised manner (Doubles)

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

Using less than the full height of the pole

All athletes will incur a deduction if they fail to use the full height of the pole a minimum of two (2) times during their routine on either pole. For doubles, the full height of the pole must be used a minimum of two (2) times during their routine on either pole by one or both athletes. Full height of the pole refers to using the pole from its base to no less than 10cm below the thread of the pole. Athletes intending to use the full height of the pole must ensure that they have contact with the pole or reaches with any part of the body up to this point (without contact with the pole). Athletes must descend fully to the floor in between the 2 ascents (i.e., an athlete cannot be at the full height, descend one metre, and then ascend to full height again and have this count as using the full height twice). A routine can be started at the top of the pole. If it fulfills all the criteria as mentioned above, it will be valid as having used the full height of the pole once (1 time).

Athletes in Intro Division, Pre-Novice, Novice and Doubles Youth, Para Pole athletes only need to reach 50% of the height of the pole twice. **-2.0**

Artistic and Choreography Presentation

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

All work where the athlete is not in contact with the pole, must be limited to a maximum of 40 seconds for the total length of the routine. When doubles are performing, this 40 second limit refers to the time when no athlete is touching either of the poles. Note: see Head Judge's penalties.

SINGLES/ DOUBLES - ARTISTIC BONUSES:

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

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

0 = poor

0.5 = fair

1.0 = average

1.5 = good

2.0 = excellent

Balance (Max +2.0)

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

Confidence (Max +2.0)

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

Flow (Max +2.0)

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

Interpretation (Max +2.0)

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

Originality of the overall presentation (Max +2.0)

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

Originality of Elements (Max +2.0)

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

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

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

Stage presence and charisma (Max +2.0)

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

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

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

Originality of Floor work (Max +2.0)

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

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

The definition of vocals includes talking, cueing, grunting, whooping, cheering, and mouthing words as it causes a distraction. **-0.2**

Costume malfunction or distraction

The definition of a costume malfunction is when a part of the costume accidentally falls down, falls off, becomes revealing (i.e. underwear becomes exposed), or distracting to the athlete's performance (this does not refer to decorations coming loose during the performance for example diamantes, beads, sequins, or feathers falling off the costumes). This should not be confused with the wilful removal of clothing, which is a direct violation of the IPSF rule of non-removal of clothing and can result in instant disqualification from the competition. **-0.2**

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

Drying or wiping hands on costume, body, pole, or floor and/or wiping hair away from face or neck, pulling at or fixing costume. **-0.2**

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

It is important that the athlete edits their music so that it corresponds with both the start and finish of the choreography. There should be a logical beginning and end to the routine that fits to the music. Athletes must begin and end their performance in a position on the stage, visible to the judges. They should start their routine when the music starts and the athlete's body should stop moving when the music ends. **-0.2**

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

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

Compulsory

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

Compulsory Code Key

F = Flexibility element

S = Strength element

ST = Spin on a static pole

SP = Spin on a spinning pole

DL/ADL = Dead lift / Aerial dead lift

SYN = Synchronised partner element

BLN = Balance partner element

FLY = Flying partner element

PSE = Partner supported element

FLR = Floor based partner element

Please note: If the minimum requirements refer to a specific element code or require the athlete to refer to the glossary, this means the shape/element being referred to must be performed exactly as described. If no element code is provided, or the position is required but there is no specification to refer to glossary, then the general shape of the movement/element should be adhered to, but it does not have to match exactly. All minimum requirements of each element must always be followed. All leg and arm positions must always be followed.

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

Elite

Seniors, Junior, and Masters

Athletes must select 11 elements:

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

Novice* and Para Pole

Athletes must select 9 elements:

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

Doubles – Senior and Junior

Athletes must select 11 elements:

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

Doubles – Youth and Novice*

Athletes must select 9 elements:

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

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

Professional

Seniors and Masters

Athletes must select 11 elements:

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

Doubles

Athletes must select 11 elements:

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

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

Amateur

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

Athletes must select 9 elements:

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

Doubles

Athletes must select 9 elements:

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

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

Please note: athletes must not choose the same element twice, even if executed at different angles e.g., **F10** (splits 160°)/**F33** (splits 180°). The same applies to body tolerances e. g., **FLR11** (20° tolerance) / **FLR21** (no tolerance)

Intro

Athletes must select 9 elements:

- three (3) flexibility elements
- three (3) strength elements
- two (2) athlete's choice of spins (from this Code of Points): can be either both on Spinning Pole (SP), both on Static Pole (ST) or one on Spinning Pole (SP) and one on Static Pole (ST)
- one (1) dead lift (DL): limited to DL1 or ADL9 – other dead lift cannot be chosen as a compulsory element

Please note: Athletes in the Intro Division have a 20°tolerance on all Flexibility and Strength elements. Intro Division Athletes also have a 20° tolerance on body position in dead lifts.

CATEGORY BREAKDOWN

Seniors, Masters and Doubles (Senior):

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

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

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

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

Intro athletes must choose compulsory elements with a technical value of between +0.1 and +0.3.

Please note: no doubles categories in Intro.

Please note: Master 50+ and Master 60+ category in all divisions will be allotted a 20° tolerance on all body and split angles in Flexibility and Strength elements, unless a tolerance has already been allotted to the element. Masters 60+ also has a 20° tolerance on body position on all spins (both static and spinning), unless a tolerance has already been allotted to the element.

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

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

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

Intro athletes must choose compulsory elements with a technical value of between +0.1 and +0.3.

Please note: no doubles categories in Intro.

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

Pre-Novice:

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

Intro athletes must choose compulsory elements with a technical value of between +0.1 and +0.3.

Please note: no doubles categories in Intro.

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

COMPULSORY POINT REQUIREMENTS

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

Elite Division Compulsory Point Requirements

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

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

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

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

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

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

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

Para Pole: must have a total value of from 1.1 to 4.5 points on their compulsory form.

Professional Division Compulsory Point Requirement

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

Amateur Division Compulsory Point Requirements

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

Intro Division Compulsory Point Requirements

Intro (all categories): athletes must have a total value of from 0.9 to 2.7 points on their compulsory form.

Division	Category	Amount of compulsory moves	Permitted range of the compulsory elements	Permitted range of the total value
Intro	all categories (Pre-Novice, Novice, Junior, Seniors, Masters)	9	between +0.1 and +0.3	from 0.9 to 2.7
Amateur	all categories (Pre-Novice, Novice, Junior, Seniors, Masters, All Doubles)	9	between +0.1 and +0.5	from 1.1 to 4.5
Professional	all categories (Seniors, Masters, All Doubles)	11	between +0.3 and +0.8	from 5.5 to 8.8
Elite	Para Pole	9	between +0.1 and +0.5	from 1.1 to 4.5
Elite	Novice, Novice Doubles and Youth Doubles	9	between +0.3 and +0.8	from 4.4 to 7.2
Elite	Junior and Junior doubles	11	between +0.3 and +0.8	from 5.5 to 8.8
Elite	Seniors and All Senior Doubles	11	between +0.5 and +1.0	from 7.7 to 11.0
Elite	Master 40+, Master 50+ and Master 60+	11	between +0.5 and +1.0	from 6.6 to 11.0

COMPULSORY DEDUCTIONS

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

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

An athlete may also incur the following additional deductions:

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

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

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

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

Compulsory Minimum Requirement Definitions

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

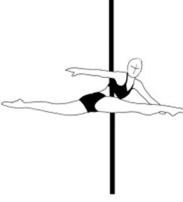
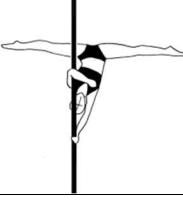
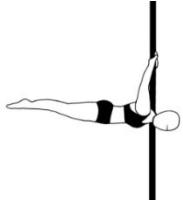
Body positions:

- Inside leg/foot/arm/hand and outside leg/foot/arm/hand
- Front, behind, backwards, and forwards, upwards, downwards
- Inverted (upside down), upright, horizontal

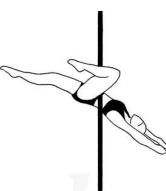
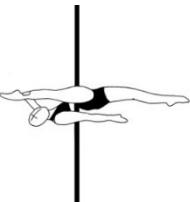
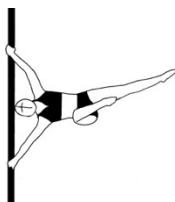
Hand positions – thumbs up, thumbs down, cup grip

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

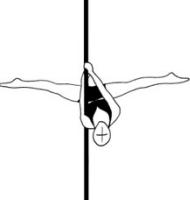
Arm positions & Grips:

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

Leg positions:

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

Leg positions:

	Pike Both legs are extended and closed and next to each other in front of the body, hips at an angle		Straddle Both legs are extended or fully extended as per the criteria and open
	Ring When one leg is pulled with the hand or hands (or pushed with the pole) backward towards the head, either touching the head, or over the head		Tuck Knees tucked into the chest and closed

* Please note: if the minimum criteria require fully extended legs, but the definition requires only extended legs, the minimum criteria take preference, overriding the definition.

** Please note the criteria on the split angles: The split angle must remain the same from all angles/perspectives and the legs must be in a straight line where 180 is required. E.g. The split angle must be the same from all angles/perspectives and not just from the side when performing a flexibility element on the spinning pole as the criteria require showing the split angle for 2 seconds.

Prohibited movements and penalties

- All types of lifts and balances with extended arms and where the lifting partner is in an upright standing position and have no contact with the pole are prohibited. All lifts where the partner is lifted and held above shoulder level with no pole contact are prohibited.
- All lifts using the pole as an aid and fixing the lifting position are prohibited. These lifts are only allowed if used as a transition onto the pole without fixing a position.
- The lifting partner may not move in any way when performing an approved lift, including lifts with pole contact.
- Throwing a partner into the air and catching him or her with no contact with the pole is prohibited.
- All work, where the athlete is not in contact with the pole, must be limited to a maximum of 40 seconds of the total length of the performance. When doubles are performing, this 40 second limit refers to the time when no athlete is touching either of the poles.
- Twisting saltos and two or more consecutive saltos without pole contact are prohibited. A twist is defined as a change of the direction of the body while mid-salto, i.e., the athlete rotates on two axes instead of one.
- No rotation movements including jumps, pivots, and pirouettes with more than 720° on one point are allowed.
- For an additional list of prohibited movements, refer to Addendum 1.
- Pre-novice and Novice athletes are not permitted to perform pole flips (defined as doing air-born flips with no contact with the pole or the floor) or flip outs (defined as flips starting on the pole and ending on the floor, with the athlete air-born (i.e. without pole contact) during the actual flip).

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

Head Judge Penalties

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

Criteria	Limitations	Penalty
Exceeding maximum time permitted without contact with the pole	40 seconds	-5
Throwing a partner in to the air	Catching him/her with no partner contact to the pole	-5 per occurrence
Lifts and balances with extended arms	Lifting partner in an upright position	-5 per occurrence
Prohibited elements	On and off the pole	-5 per occurrence
Compulsory forms/Technical bonus forms submitted past given deadline	Between 1 – 5 days late	-1 per day per form
	Over 5 days late but more than 48 hours before competition date	-5 per form
	Forms received within 48 hours of competition date	Disqualification for either form
Music submitted past given deadline	Between 1 – 5 days late	-1 per day
	Over 5 days late but more than 48 hours before competition date	-5
	Music received within 48 hours of competition date	Disqualification
Music not in accordance with Rules and Regulations	See Rules	-3
Providing false or inaccurate information on the application form	False or inaccurate piece of information provided	-5 per occurrence
	False information about age, division, or category	Disqualification
Arriving late to the stage when announced	Up to 60 seconds late	-1
	Athlete doesn't arrive within 1 minute	Disqualification
Kiss and Cry	The athlete doesn't arrive before the end of the next routine – i.e. the athlete after them (unless the athlete has a medical issue)	-1 per athlete
	If <u>anyone</u> other than the athlete and/or IPSF recognised coach sits on the Kiss and Cry	-1
Performance time	5 seconds or less outside permitted time	-3
	More than 5 seconds outside permitted time	-5
Disruptions	Athletes interacting with the audience (such as gestures, talking to the spectators etc) while on stage performing	-1 per athlete and occurrence
	Athletes caught being cued from off-stage during their performance	-1 per occurrence
	Athletes having a cell phone on them on stage during the medal ceremony or on the Kiss & Cry.	-1 per athlete
	Athletes and/or their coaches/representatives approaching the Judges' table and/or room or obstructing judges' view at any point during the competition	-3 per occurrence

Not starting or ending routine on stage	Not starting or ending routine on stage	-1 per occurrence
Grip aids	Applying grip aid directly on the pole	-5
	Pole cleaners cannot remove the residue from the poles in the allotted time (2 minutes)	-5
	Using prohibited grips aids	Disqualification
Presence of jewellery and props not in accordance with Rules and Regulations	Presence of all kind of jewellery/piercings during the routine	-3 per athlete
	Use of a prop or item which assists in the performance	-5 per athlete
Inappropriate choreography, costume, hair, and makeup in accordance with Rules and Regulations	- Hair covering the face - Costume not in accordance with the rules	-1 per athlete
	- Promotional words, logos, religious connotations, negative connotations - Wearing a mask, using body paint on one part of the body e.g., leg, using face paint more than half of the face	-3 per athlete
	- Provocative costume (including fabrics such as leather and latex) - Use of body paint on several parts of body or provocative choreography, using face paint on the entire face	-5 per athlete
	- Use of body paint on all of body - Aggressively provocative choreography and lewd behaviour	Disqualification
	- Tracksuits not in accordance with the rules	-1 per athlete
	- Not having a tracksuit - Not wearing tracksuits while awaiting results at the designated area or during the medals ceremony.	-5 per athlete
Overall rule infringements	- General rule infringements at the discretion of the Head Judge with agreement from an external Head Judge council	Range is -1 to -5
	- Using obscene gestures, profanity, or disrespectful language privately or publicly to any sporting participant	-10
	- Attempting to strike or striking an official, competitor, spectator or other sporting official intentionally engaging in or inciting other athletes and/or spectators to participate in abusive or violent action - Using drugs (except for medical purposes), alcohol consumption before or while competing - Exhibiting nudity before, during, or after the competition. - Multiple or severe infringements of the rules and regulations	Disqualification
	- Athletes who do not register on the official registration day	-1 per athlete

Injury during a routine

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

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



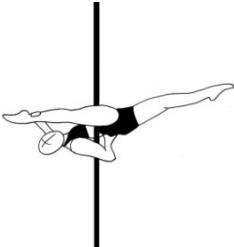
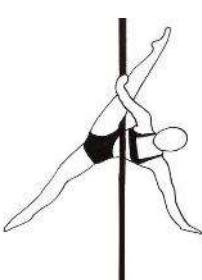
COMPULSORY SINGLES

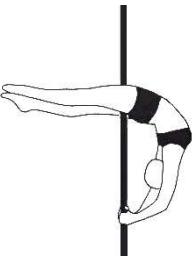
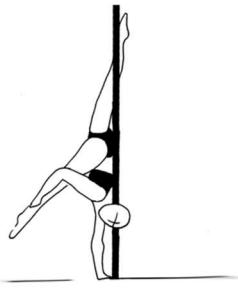
Please note that the drawings are to be used only as a guide.
It is important to follow the minimum requirements under criteria.

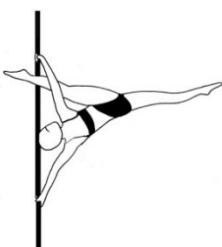
FLEXIBILITY ELEMENTS

Code No.	Name	Element	Tech. Value	Criteria
F1	Inside Leg Hang 1	A line drawing of a person performing an Inside Leg Hang 1. The person is leaning forward at the waist, holding the pole with one hand. Their legs are split; the right leg is bent and tucked under the torso, while the left leg is extended straight down. The torso is inverted.	0.1	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside leg, foot of inside leg (optional), side of torso, back of the inside arm (optional), shoulder blade (optional) - Arm position/grip: arms in fixed position of choice, no hands have contact with the pole - Leg position: stag position - Body position: inverted - Angle of split: a minimum of 160° with 20° tolerance
F2	Side Pole Straddle Base 1	A line drawing of a person performing a Side Pole Straddle Base 1. The person is leaning forward, holding the pole with both hands. They are in a middle split position, with both legs fully extended. The upper foot is floor-based, and the arch of the upper foot is in contact with the pole.	0.1	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, the arch of upper foot, bottom foot, calves (optional) - Arm position/grip: basic or cup grip - Leg position: both legs are fully extended in middle split position with lower foot floor based and the arch of the upper foot is in contact with the pole - Body position: torso is extended away from the pole - Angle of split: a minimum of 160°
F3	Ballerina Sit	A line drawing of a person performing a Ballerina Sit. The person is leaning forward, holding the pole with one hand. They are in an upright position with their legs pulled up and together towards their chest. The torso is upright.	0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: back of inside underarm, side of torso, inside leg, foot (optional) - Arm position/grip: hand of inside arm holds outside foot, outside arm is in fixed position of choice with no contact with the pole - Leg position: stag position - Body position: upright - Angle of split: a minimum of 160°
F4	Front Split 1	A line drawing of a person performing a Front Split 1. The person is leaning forward, holding the pole with both hands. They are in a front split position, with one leg extended forward and the other leg extended back. The torso is upright.	0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: legs, hands, forearms (optional), feet (optional) - Arm position/grip: grip of choice - Leg position: both legs are extended in front split position - Body position: upright - Angle of split: a minimum of 160°

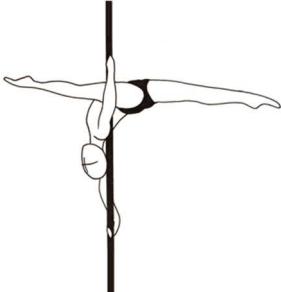
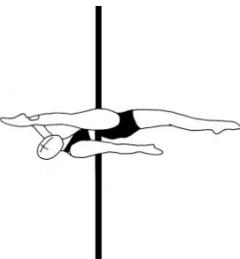
Code No.	Name	Element	Tech. Value	Criteria
F5	Inside Leg Hang 2		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside leg, foot of inside leg (optional), side of torso, back of the inside arm (optional), shoulder blade (optional) - Arm position/grip: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

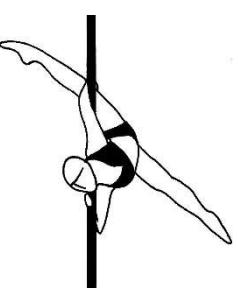
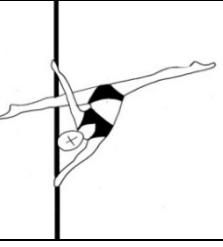
Code No.	Name	Element	Tech. Value	Criteria
F10	Hip Hold Split 1		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: thigh of inside leg, side of torso, back of inside arm - Arm position/grip: inside arm has contact with the pole. Hand of outside arm is holding opposite leg/foot. No hands have contact with the pole - Leg position: both legs are fully extended in front split position and the front leg is parallel to the floor - Body position: upper body is horizontal, facing upwards - Angle of split: a minimum of 160°
F11	Inside Leg Hang 3		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside leg, side of torso, back of the arm (optional), shoulder blade (optional) - Arm position/grip: arms in fixed position of choice, no hands have contact with the pole - Leg position: stag position - Body position: inverted - Angle of split: a minimum of 180°
F12	Pole Straddle 1		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum or 2 seconds - Points of contact: hands, legs, ankles (not the arch of the foot) - Arm position/grip: basic or cup grip - Leg position: both legs are fully extended in middle split position - Body position: upper body must be at a 90° angle to the pole - Angle of split: a minimum of 160°
F13	Allegra Half Split 1		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside arm hand, thigh of inside leg, outside arm, underarm (optional), 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°
F14	Allegra Split 2		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside arm hand, thigh of inside leg, side of torso / 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°

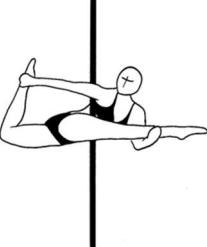
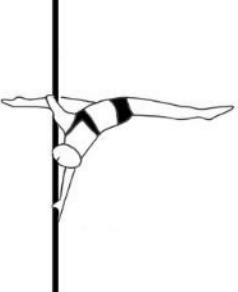
Code No.	Name	Element	Tech. Value	Criteria
F15	Bridge		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, inner thighs - Arm position/grip: grip of choice, arms are fully extended - Leg position: both legs are extended and closed - Body position: inverted, back arched with hips and both legs parallel to the floor
F16	Capezio 1		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: underarm of back arm, bicep (optional), back, thigh of inside leg - Arm position/grip: no hands have contact with the pole, the same hand holds the ankle/shin of back leg and is fully extended, the opposite arm holds front leg - Leg position: split position with front leg fully extended, back leg bent - Body position: upright - Angle of split: a minimum of 160°
F17	Cross Bow Elbow Hold		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: ankles (not the arch of the foot), calves (optional), elbows, torso (optional), biceps/forearms (optional) - Arm position/grip: elbow grip - Leg position: both legs fully extended in straddle position with the ankles on the pole - Body position: upper body must be at a 90° angle to the pole
F18	Handstand Vertical Split 1		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: back, one leg, one foot (optional), one shoulder (optional), glutes, head (optional) - Arm position/grip: only one hand has contact with the floor, the other is holding the ankle of the front leg - Leg position: both legs are fully extended in a vertical split position - Body position: one-handed inverted handstand (hips above the head and above the shoulders in a straight line) - Angle of split: a minimum of 160°
F19	Pole Straddle 2		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: ankles (not the arch of the foot), legs, hands - Arm position/grip: basic or cup grip - Leg position: both legs are fully extended in middle split position - Body position: upper body must be at 90° angle to the pole - Angle of split: a minimum of 180°

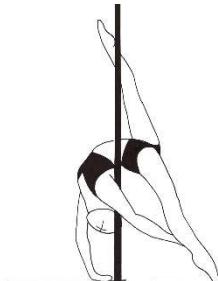
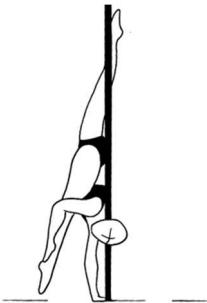
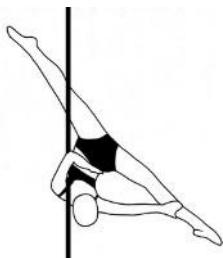
Code No.	Name	Element	Tech. Value	- Criteria
F20	Split Grip Leg Through Split 1		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, one calf/ankle - Arm position/grip: grip of choice, bottom arm is fully extended - Leg position: both legs are fully extended in split position, with the front leg between the top arm and the pole - Body position: inverted - Angle of split: a minimum of 160°
F21	Stag Split on Pole		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: glutes, shin, calves, thighs (optional), both hands, feet (optional). Knee contact is not allowed. - Arm position/grip: basic or cup grip where hands are at the same level as the hips - Leg position: split position where both legs are bent but not hooking the pole - Body position: back arch position where the head is lower than the hips - Angle of split: 180°
F22	Superman Crescent 1		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, inner thighs - Arm position/grip: basic or cup grip - Leg position: both legs are fully extended and closed - Body position: back arch with hips and both legs parallel to the floor
F23	Underarm Hold Pike		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: underarm and/or hand, torso - Arm position/grip: underarm and/or hand - Leg position: both legs are fully extended and parallel to the pole with feet above the head - Body position: upper body is upright
F24	Yogini 1		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: underarm, side of torso - Arm position/grip: arms are fully extended, inside arm is in underarm grip, hands holding legs at the ankle/shin level - Leg position: both legs are bent, and knees are at the same level as the hips or higher than hips - Body position: upper body is upright, hips facing the floor
F25	Allegra Half Split 2		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside arm hand, thigh of inside leg, outside arm, underarm (optional), side of torso /lower back - Arm position/grip: inside hand grips pole above the inside leg, outside arm is extended and holding the ankle/shin of outside leg - Leg position: half split position where the inside leg is fully extended, outside leg is bent backwards - Body position: back arch - Angle of split: a minimum of 180°

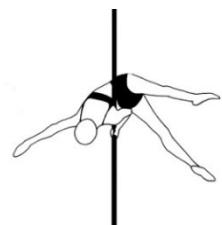
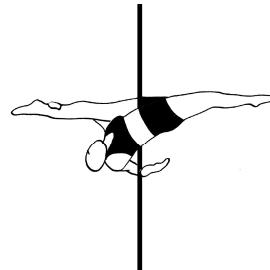
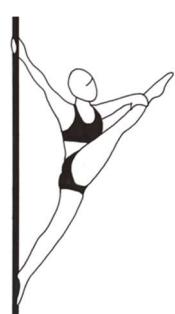
Code No.	Name	Element	Tech. Value	Criteria
F26	Chopsticks 1		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: underarm, side of torso, thigh, bicep - Arm position/grip: underarm or bicep of inside arm has contact with the pole. Inside arm is fully extended. Outside hand is holding ankle of inside leg. No hand contact with the pole - Leg position: both legs are fully extended in split position - Body position: upright - Angle of split: a minimum of 160°
F27	Closed Rainbow		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of one knee, both thighs, glutes, pelvis, one shoulder, one arm, head, and neck (optional) - Arm position/grip: one arm can be bent; hand is holding the ankle/foot of the top (opposite) leg. Other arm is extended and holding the lower (opposite) leg at the ankle. - Leg position: one leg is bent, other leg is extended, foot is at a lower level than head - Body position: inverted, back arch
F28	Cocoon 1		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of knee, thigh, torso - Arm position/grip: arms are fully extended above the head (relative to the inverted athlete) and holding back leg/foot - Leg position: split position with front leg gripping the pole at the knee, back leg is extended - Body position: inverted, back arch
F29	Floor Balance Split 1		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one foot - Arm position: hand of bottom arm is in contact with the floor and arm is fully extended, top arm holds onto same leg - 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 horizontal to the floor. - Body position: torso is at a 90° to the pole - Angle of split: a minimum of 160°
F30	Floor K 1		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: hand of inside arm and the sole of the foot of the inside leg - Arm position/grip: arms are extended, inside hand has contact with the pole. Outside hand has contact with the floor. - Leg position: both legs are fully extended in split position - Body position: one-handed inverted handstand - Angle of split: a minimum of 160° - Starting position: of choice

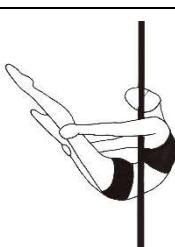
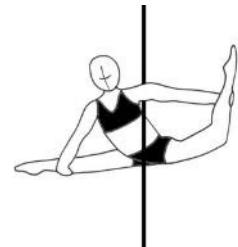
Code No.	Name	Element	Tech. Value	Criteria
F31	Front Split 3		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both legs, both hands - Arm position/grip: basic or cup grip - Leg position: both legs are fully extended in frontal split position in contact with the pole - Body position: torso is horizontal - Angle of split: a minimum of 180°
F32	Handsprint Split		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: hands, back shoulder of inside arm, inner thigh of inside leg - Arm position: split arm position: Inside forearm wraps around inside leg and holds the pole. Outside hand holds pole above head - Grip: grip of choice. - Leg position: both legs are fully extended in split position - Body position: inverted - Angle of split: a minimum of 180°
F33	Hip Hold Split 2		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: thigh of inside leg, side of torso, back of inside arm - 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 - Leg position: both legs are fully extended in a frontal split position and parallel to the floor - Body position: torso is horizontal, facing upwards and torso is in contact with the front leg - Angle of split: 180°
F34	Inside Leg Hang Back Split 1		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside leg, side of torso, shoulder, arm (optional), head (optional), side of foot (optional), neck (optional) - Arm position/grip: no hands have contact with the pole, arms are extended above the head (relative to the inverted athlete) and holding foot of outside leg - Leg position: inside leg is wrapped, both legs are bent and in ring position - Body position: inverted - Angle of split: a minimum of 160°
F35	Inverted Front Split 1		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both legs, both hands, top of back foot, heel/ankle of front foot (optional) - Arm position/grip: basic or cup grip, holding the pole at the hips - Leg position: both legs are extended in split position - Body position: inverted - Angle of split: a minimum of 160°

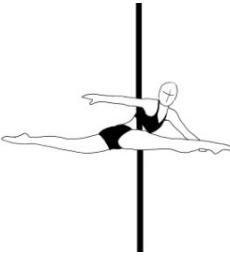
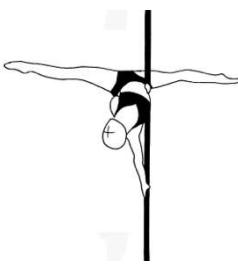
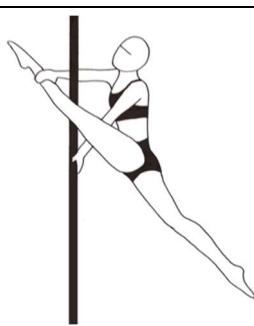
Code No.	Name	Element	Tech. Value	Criteria
F36	Lux		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, one leg, hips - Arm position/grip: arms are fully extended - Grip: split grip - Leg position: legs are in position of choice, on the same side of the pole as the body - Body position: upper body is in back arch with the head at the same level or higher than the hips
F37	Pegasus Split Facing Floor 1		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of elbow of back arm, back of shoulders/neck, forearm, and hand of bottom arm - Arm position: top arm is holding the thigh of the back leg around the pole; bottom arm is in holding onto the pole - Grip: top arm is in elbow grip, bottom arm is in forearm grip - Leg position: both legs are fully extended in a frontal split position - Body position: torso is facing the floor - Angle of split: a minimum of 180°
F38	Split Grip Leg Through Frontal Split 1		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands and thigh of inside leg - Arm position/grip: split grip - Leg position: both legs are fully extended in split position - Body position: upper body is horizontal - Angle of split: a minimum of 180°
F39	Split Grip Leg Through Split 2		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands and inside leg - Arm position/grip: split grip - Leg position: both legs are fully extended in split position of choice - Body position: inverted - Angle of split: a minimum of 180°
F40	Allegra		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside arm hand, thigh of inside leg, outside arm, side of torso/lower back - Arm position/grip: inside hand grips pole above the inside leg, outside arm is extended and holding the ankle/shin of the outside leg - Leg position: both legs are fully extended in a frontal split position - Body position: back arch - Angle of split: a minimum of 180°

Code No.	Name	Element	Tech. Value	Criteria
F41	Capezio 2		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: underarm of back arm, back, thigh of inside leg - 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 the front leg - Leg position: half split position with front leg fully extended and the back leg bent - Body position: upright - Angle of split: a minimum of 180°
F42	Chopsticks Half Split		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside underarm, side of torso, thigh of inside leg, bicep - Arm position/grip: underarm or bicep of inside arm has contact with the pole. Inside arm is fully extended and holding foot or ankle of opposite leg. Outside arm holding ankle of inside leg. No hand contact with the pole - Leg position: half split position with inside leg fully extended and the back leg bent, the line of the legs is parallel to the floor - Body position: upright - Angle of split: a minimum of 180°
F43	Dragon Tail Fang 1		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, forearm (optional), torso (optional) - Arm position/grip: inside arm is fully extended and hand is in contact with the pole, hand of the outside arm holds the pole behind the back - Leg position: fang position with both legs bent back, with both ankles at the same level or lower than the hips - Body position: inverted
F44	Eagle 1		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: front leg, side of torso, back of shoulder, head (optional), neck (optional) - Arm position/grip: arms can be bent, no hands have contact with the pole, hands are holding foot/ankle of back leg - Leg position: front leg is wrapped around the pole, back leg and foot must be stretched over the head or in a ring position - Body position: upright - Angle of split: a minimum of 180°
F45	Elbow Grip Split		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds. - Points of contact: calf of one leg (optional), head (optional), one hand, and one elbow. - Arm position / grip: one arm is fully extended and holding the pole above the head (relative to the inverted athlete), the other arm is in elbow grip and the hand is holding the opposite leg. - Leg position: both legs are fully extended in split position - Body position: Inverted. - Angle of split: a minimum of 160°

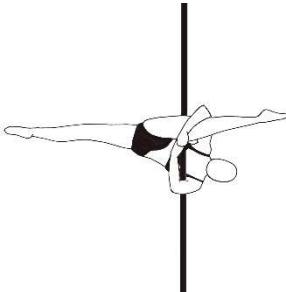
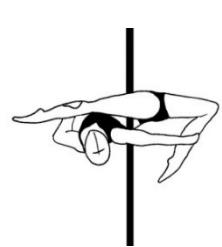
Code No.	Name	Element	Tech. Value	Criteria
F46	Handstand Hip Hold Split		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: side of torso, outside ankle, back of inside shoulder - Arm position/grip: arms are fully extended, inside hand holding the inside leg at the shin level (between knee and ankle). Outside hand has contact with the floor - Leg position: both legs are fully extended in split position. inside foot has contact with the floor - Body position: one-handed back bend - Angle of split: a minimum of 180°
F47	Handstand Vertical Split 2		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: back, one leg, one foot (optional), one shoulder (optional), glutes, head (optional) - Arm position/grip: only one hand has contact with the floor, the other is holding the ankle of the front leg - Leg position: both legs are fully extended in a vertical split position - Body position: one-handed inverted handstand (hips above the head and shoulders in a straight line) - Angle of split: a minimum of 180°
F48	Iguana Elbow Hold Diagonal Split		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one shoulder, back, one arm, one leg, neck (optional) - Arm position: one arm is holding the pole behind the body at the elbow, the other arm is fully extended and holding the calf of the outside leg - Grip: elbow grip - Leg position: both legs are fully extended in a front split position, diagonal to the pole, the inside leg is in contact with the pole, no foot contact is allowed - Body position: inverted - Angle of split: a minimum of 180°
F49	Iguana Grip Vertical Split		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, inside arm (optional), both shins/calves, both feet, hips/glutes, side of torso - Arm position: iguana arm position - Leg position: both legs are fully extended in split position. - Body position: inverted - Angle of split: a minimum of 180°
F50	Inverted Front Split 2		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both legs, both hands, top of back foot, heel/ankle of front foot (optional) - Arm position/grip: basic or cup grip, holding the pole at the hips - Leg position: both legs are fully extended in split position - Body position: inverted - Angle of split: a minimum of 180°

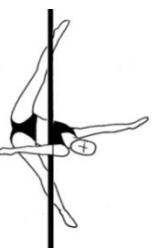
Code No.	Name	Element	Tech. Value	- Criteria
F51	Inverted Front Split 3		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both legs and both hands, feet (optional) - Arm position/grip: basic or cup grip - Leg position: both legs are fully extended in split position - Body position: torso is horizontal and facing downwards - Angle of split: a minimum of 180°
F52	Janeiro		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one arm, back - Arm position: outside hand has no contact with the pole and is in a fixed position - Grip: flag grip - Leg position: both legs are fully extended and open - Body position: back is to the pole and hip is on the elbow
F53	Hip Hold Split Elbow Grip 1		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside thigh, side of torso, back, crook of elbow and bicep of bottom arm - Grip: elbow grip with bottom arm - Arm position: top arm can be bent, and hand is holding the same side leg. Bottom arm is in elbow grip - Leg position: both legs are fully extended in a front split position, front leg is parallel to the floor - Body position: inverted, hips facing upwards, chest rotated away from the pole - Angle of split: 180°
F54	One Hand Flying Split		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand, foot of the opposite leg - Arm position: inside arm is fully extended and holds the pole. Outside hand holds opposite ankle. - Leg position: in a frontal split / oversplit position. Front leg has no contact with the pole, and both legs are fully extended. - Body position: upright, facing away from the pole - Angle of split: a minimum of 180°
F55	Upright Braid Split		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside hand, inside shoulder, torso, top of the thigh of the front leg - Arm position: one arm is bent and holding the pole, the other arm is around the leg and in contact with the opposite arm - Leg position: both legs are fully extended in a front split position - Body position: upright - Angle of split: a minimum of 160°

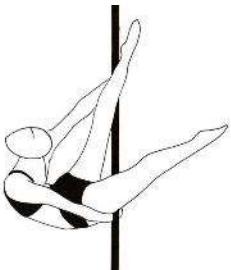
Code No.	Name	Element	Tech. Value	Criteria
F56	Vertical Jade 1		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: hand of outside arm, underarm of inside arm, glutes, outside leg, foot of outside leg, inside leg, side of foot of inside leg (optional) - Arm position: 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 - Grip: inside arm: underarm grip outside arm: basic or cup grip - Leg position: both legs are fully extended in a frontal split position, foot of outside leg should be holding the pole from behind. The front leg is the inside leg, the back leg is the outside leg. - Body position: upright - Angle of split: a minimum of 180°
F57	Yogini 2		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: underarm, side of torso - Arm position/grip: underarm, hands holding legs at the knee - Leg position: both legs are fully extended with feet above the head - Body position: upper body is upright, hips facing the floor
F58	Yogini Half Split		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: underarm, side of torso - Grip: underarm grip (inside arm) - Arm position: both arms are fully extended. Inside hand holds the shin/ankle of inside leg and outside hand is holding outside leg at the ankle/calf. - Leg position: half split position with outside leg fully extended and parallel to the floor. Inside leg bent backwards. - Body position: upright - Angle of the split: a minimum of 180°
F59	Back Split to Pole Ring Position		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both legs and both hands - Arm position/grip: basic or cup grip - Leg position: split position with front leg fully extended, back leg bent, foot must touch head - Body position: back arch - Angle of split: a minimum of 180°
F60	Bird of Paradise Inverted		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: thigh, side of torso, back, back of neck, outside arm, crook of outside elbow, back of outside shoulder - Arm position/grip: both arms are bent and above the head (relative to the inverted athlete), hands are clasped behind the head - Leg position: both legs are fully extended in a diagonal split - Body position: inverted - Angle of split: a minimum of 180°

Code No.	Name	Element	Tech. Value	Criteria
F61	Capezio Split		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: underarm of back arm, back, thigh of inside leg - 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 the front leg - Leg position: both legs are fully extended in split position - Body position: upright - Angle of split: a minimum of 180°
F62	Chopsticks 2		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: underarm, side of torso, upper thigh, bicep - 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 - Leg position: both legs fully extended in split position and parallel to floor - Body position: upright - Angle of split: 180°
F63	Cocoon 2		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of knee, thigh, torso - Arm position/grip: arms are fully extended above the head (relative to the inverted athlete) and holding back leg - Leg position: split position with front leg gripping the pole at the knee, back leg is extended - Body position: inverted, back arch - Angle of split: a minimum of 160°
F64	Dragon Tail Split		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, side of torso, upper thigh - Arm position/grip: inside arm is fully extended and the hand is in contact with the pole, hand of the outside arm holds the pole behind the back - Leg position: both legs fully extended in front split position and parallel to floor - Body position: inverted - Angle of split: 180°
F65	Elbow Bracket Split 1		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of elbow of one arm, hand of other arm - Arm position: top arm holds pole in the crook of the elbow, and the hand holds upper leg. Bottom arm is fully extended and holds the pole - Grip: elbow grip. - Leg position: both legs extended in split position - Body position: upright, facing the pole - Angle of split: a minimum of 180°

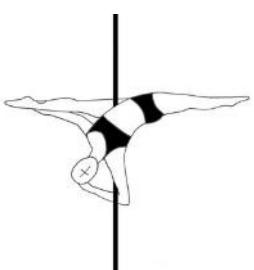
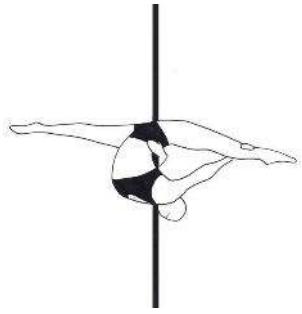
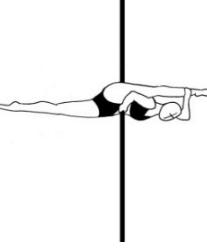
Code No.	Name	Element	Tech. Value	Criteria
F66	Elbow Grip Half Split 1		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside elbow and the sole of one foot - Arm position/grip: inside arm is in elbow grip with the hand holding the opposite leg. Outside arm is fully extended with the hand holding the opposite leg at the ankle/shin. - Grip: elbow grip - Leg position: half split position with the front leg fully extended and in contact with the pole and the back leg bent - Body position: inverted and in a diagonal split position - Angle of split: a minimum of 160°
F67	Elbow Hold Frontal Split 1		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: shoulder, neck, crook of elbow, back (optional), bicep (optional) - 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 - Leg position: both legs fully extended in a frontal split position - Body position: upright - Angle of split: a minimum of 180°
F68	Forearm Grip Leg Through Split		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: hand of top arm, hand and forearm of bottom arm, thigh of inside leg, chest (optional) - Grip: upper hand in cup grip, bottom arm is in forearm grip - Arm position: both arms are bent, outside arm is around the inside leg and holds the pole above the inside leg - Leg position: both legs are fully extended in a diagonal split position and at a 45° angle to the pole - Body position: inverted - Angle of split: a minimum of 180°
F69	Handspring Split on Pole		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one foot, both hands - Arm position/grip: split grip or twisted grip, both arms fully extended - Leg position: both legs are fully extended in split position, the line of the legs is horizontal, the entire sole of the foot must be on the pole - Body position: inverted - Angle of split: a minimum of 180°

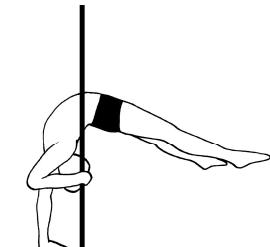
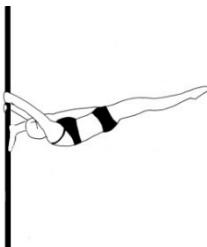
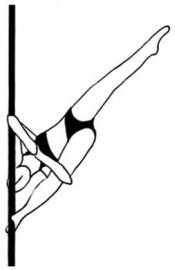
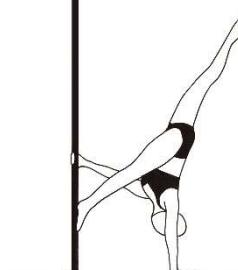
Code No.	Name	Element	Tech. Value	Criteria
F70	Hip Hold Split Elbow Grip 2		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside thigh, torso/back, bottom arm/elbow. Top arm has no contact with the pole - Arm position/grip: both arms are bent, hands are clasped behind the inside leg and back - Leg position: both legs are fully extended in a horizontal split position - Body position: angled downwards and facing away from the pole - Angle of split: a minimum of 180°
F71	Hip Hold Split Half Split		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside leg thigh, side of torso, back of inside arm - 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 - Leg position: half split position with front leg fully extended and parallel to the floor, back leg is bent - Body position: horizontal, facing upwards - Angle of split: 180°
F72	Inside Leg Hang Back Split 2		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside leg, side of torso, shoulder, one arm, head (optional) - Arm position/grip: no hands have contact with the pole, arms are fully extended above the head (relative to the inverted athlete) and holding foot of outside leg - Leg position: both legs are bent and in ring position, back foot is over the head - Body position: inverted - Angle of split: a minimum of 180°
F73	Inverted Front Split 4		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both legs and both hands - Arm position/grip: basic or cup grip - Leg position: both legs are fully extended in split position - Body position: torso is horizontal and facing downwards - Angle of split: a minimum of 180°
F74	Inverted Split		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both legs, inside arm, back of shoulder of inside arm, feet (optional) - Arm position/grip: outside arm in fixed position of choice. No hand contact with the pole. Inside arm wraps around pole and leg - Leg position: both legs are fully extended in split position in alignment with the pole - Body position: inverted - Angle of split: a minimum of 180°

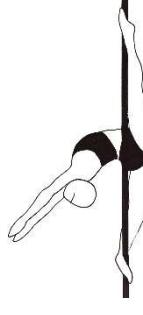
Code No.	Name	Element	Tech. Value	- Criteria
F75	Oversplit on Pole		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: feet, glutes, back leg, both hands - Arm position/grip: basic or cup grip - Leg position: split position with front leg bent, back leg fully extended - Body position: inverted, back arch - Angle of split: a minimum of 190°
F76	Pegasus Split Facing Upwards		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: lower forearm, lower hand, neck, shoulders, crook of upper elbow, upper bicep/triceps (optional) - Arm position/grip: arm holding upper leg is in an elbow grip, bottom arm holds pole in forearm grip - Leg position: both legs are fully extended in a diagonal split - Body position: upper body is facing upwards - Angle of split: a minimum of 180°
F77	Split Grip Leg Through Frontal Split 2		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands and thigh of inside leg - Arm position/grip: split grip - Leg position: both legs are fully extended in split position - Body position: upper body is parallel to the floor - Angle of split: a minimum of 180°
F78	Superman V		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both thighs, one arm - Arm position/grip: both arms are extended, same hand holds same leg at shin level (between ankle and knee), no hands have contact with the pole - Leg position: back leg is fully extended, other leg is in passé - Body position: upright V-shape must be formed
F79	Underarm Hold Split		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: underarm of inside arm, ankles to the pole (not the arch of the foot) - Arm position: no hand contact with the pole. Both arms should be extended. - Grip: underarm grip - Leg position: both legs are fully extended in straddle position - Body position: upper body must be at a 90° angle to the pole, chest facing upwards
F80	Bird of Paradise Upright		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of outside elbow, thigh of front leg, side of torso, back, back of neck, back of outside shoulder - Arm position/grip: both arms are bent, hands are clasped behind the head - Leg position: both legs are fully extended in a diagonal split position - Body position: upright - Angle of split: a minimum of 180°

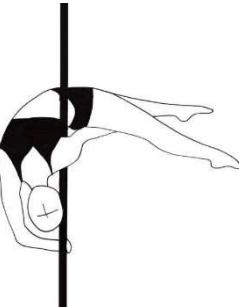
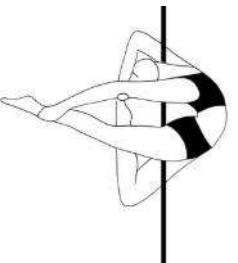
Code No.	Name	Element	Tech. Value	Criteria
F81	Brass Monkey Split		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: underarm and hand of inside arm, outside elbow - Arm position/grip: outside hand has no contact with the pole and is holding the opposite leg - Grip: flag grip - Leg position: both legs are fully extended in split position and parallel to the pole - Body position: inverted - Angle of split: 180°
F82	Cobra		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, knee and shin of upper leg, thigh of lower leg - 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 - Leg position: legs are fully extended - Body position: in back arch position
F83	Cocoon 3		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of knee, thigh, torso - Arm position/grip: arms are fully extended above the head (relative to the inverted athlete) in ring position and holding back leg - Leg position: ring position with front leg gripping the pole at the knee, back leg fully extended - Body position: inverted, back arch - Angle of split: a minimum of 180°
F84	Crossbow 1		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both ankles, back of shoulders (no neck contact), arms – no hand contact - Arm position/grip: both arms are fully extended and open with no hand contact with the pole - Leg position: both legs are fully extended in straddle position with ankles to the pole (not the arch of the foot) - Body position: torso is at a 90° angle to the pole
F85	Dragon Tail Fang 2		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, forearm (optional), torso (optional) - Arm position/grip: inside arm is fully extended and hand is in contact with the pole, hand of the outside arm holds the pole behind the back - Leg position: fang position with both legs bent back, toes touching the crown of head - Body position: inverted

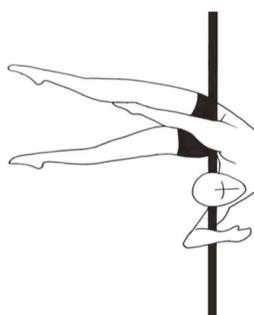
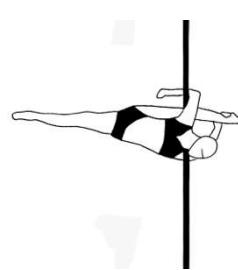
Code No.	Name	Element	Tech. Value	Criteria
F86	Elbow Hold Frontal Split 2		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: upper back, top arm (excluding hand), lower hand (optional), back leg and front of foot - Arm position/grip: top arm is in elbow grip with the hand holding ankle of opposite leg, other arm is in fixed position of choice - Leg position: both legs fully extended in a frontal split position, back leg and foot are in contact with the pole - Body position: upright - Angle of split: a minimum of 180°
F87	Floor Balance Split 2		0.8	<ul style="list-style-type: none"> - Hold the position a minimum of 2 seconds - Points of contact: one foot - Arm position/grip: hand of bottom arm is in contact with the floor, arm is fully extended, and shoulder is below the leg. The top arm holds onto opposite side leg above the head - Leg position: Both legs are fully extended in a split position, in straight line, with one foot in contact with the pole. Legs are parallel to the floor - Angle of split: 180°
F88	Floor K 2		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: hand of inside arm and the sole of the foot of the inside leg - Arm position/grip: arms are fully extended, inside hand has contact with the pole. Outside hand has contact with the floor - Leg position: both legs are fully extended in split position - Body position: one-handed inverted handstand - Angle of split: a minimum of 160° - Starting position: from the floor - Please refer to the glossary: Starting position from the floor
F89	Flying K		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside hand, inside foot - 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 - Leg position: both legs are fully extended in split position - Body position: downward diagonal - Angle of split: a minimum of 180°

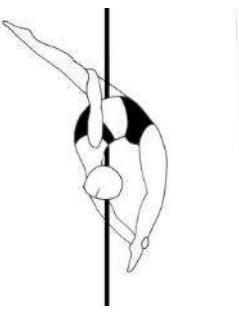
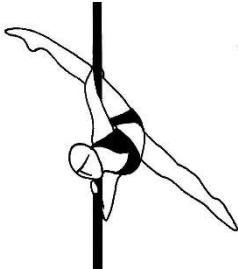
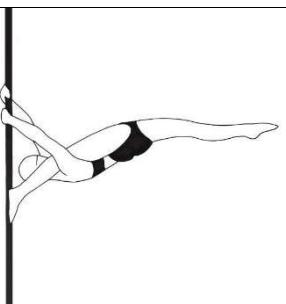
Code No.	Name	Element	Tech. Value	Criteria
F90	Hip Hold Split Elbow Grip 3		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside thigh, side of torso, back, crook of elbow and back of bottom arm, forearm/bicep (optional), back of same side shoulder (optional) - Grip: elbow grip with bottom arm - Arm position: top arm can be bent, and hand is holding the same side leg. Bottom arm is in elbow grip - Leg position: both legs are fully extended in a front split position, legs are parallel to the floor - Body position: inverted, hips facing upwards, chest rotated away from the pole - Angle of split: 180°
F91	Iguana Elbow Hold Split No Hands		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: back of shoulder, arm, elbow of inside arm, neck (optional), back, glutes, thigh of back leg, head (optional) - Arm position: 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) - Grip: elbow grip - Leg position: both legs are fully extended in split position and horizontal - Body position: inverted - Angle of split: a minimum of 180°
F92	Inverted Vertical Split		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, both legs, both feet - Arm position: both arms are fully extended, both hands hold the pole - Grip: split grip - Leg position: both legs are fully extended in front split position, arch of back leg's foot and sole of front leg's foot are in contact with the pole - Body position: torso is horizontal, upper body is in a back arch - Angle of split: a minimum of 180°
F93	Machine Gun		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand, side of torso, one thigh - Arm position: both arms are bent, one hand holds pole, other hand holds opposite leg extended to the front at the ankle or calf - Grip: of choice - Leg position: both legs are fully extended in split position, in a straight line - Body position: horizontal to the floor - Angle of split: a minimum of 180°

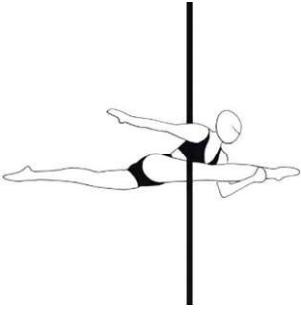
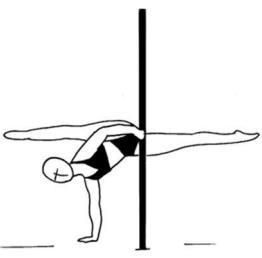
Code No.	Name	Element	Tech. Value	- Criteria
F94	Mexican Flag 1		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: side of torso, waist, back, back of inside shoulder, inside hand, head (optional) - Arm position/grip: outside arm is fully extended, hand of inside arm is holding the pole at head level. Hand of outside arm has contact with the floor. - Leg position: both legs are fully extended, feet are at same level or lower than the shoulders - Body position: one-handed back bend
F95	Russian Split 1		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: sole of one foot, both hands - Arm position/grip: basic or cup grip - Leg position: both legs are fully extended in split position. Leg with contact with the pole is parallel to the floor, no tolerance - Body position: horizontal, facing upwards. - Angle of split: a minimum of 160°
F96	Russian Split Elbow Lock		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of the inside elbow and the sole of one foot - Arm position/grip: both arms are bent, and hands are clasped, only top arm has contact with the pole, other arm is wrapped around the lower leg - Grip: elbow grip - Leg position: both legs are fully extended, split angle is at a 45° angle to the pole - Body position: inverted, full body is at a 45° angle to the floor - Angle of split: 180°
F97	Twisted Floor K		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand and sole of opposite foot - Arm position: arms are fully extended, one hand has contact with the pole, the other hand has contact with the floor - Grip: basic or cup grip - Leg position: both legs are fully extended in a split position - Body position: one-handed handstand, facing the pole - Angle of split: minimum 180° - Starting position: from the floor - Please refer to the glossary: Starting position from the floor

Code No.	Name	Element	Tech. Value	Criteria
F98	Upright Twisted Capezio		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: front thigh, side of torso, back of shoulder, top arm - Arm position/grip: inside arm is around the pole and holding the foot/ankle of the opposite (back) leg. Outside arm is holding the front leg - Leg position: legs are in an oversplit, front leg is fully extended and in contact with the pole. Back leg and foot must be stretched over the head in ring position - Body position: upright - Angle of split: a minimum of 190°
F99	Vertical Jade 2		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: hand of outside arm, underarm of inside arm, glutes, outside leg, foot of outside leg - Arm position: 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 - Grip: inside arm: underarm grip outside arm: basic or cup grip - Leg position: both legs are fully extended in a frontal split position, foot of outside leg should be holding the pole from behind. The front leg is the inside leg, the back leg is the outside leg. - Body position: upright - Angle of split: a minimum of 180°
F100	Vertical Split No Hands 1		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside leg, inside of foot of inside leg, hips/glutes, foot, and shin of outside leg - Arm position/grip: arms in position of choice with no contact with the pole or the body - Leg position: both legs are fully extended in split position - Body position: upper body is in a back arch position with the head at the same level or lower than the hips - Angle of split: minimum 180°
F101	Back Elbow Vertical Split		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: neck, upper back and one elbow - Arm position/grip: elbow holds pole behind the back, other hand holds opposite leg - Grip: elbow grip - Leg position: both legs are fully extended in split position and parallel to the pole - Body position: inverted - Angle of split: 180°

Code No.	Name	Element	Tech. Value	Criteria
F102	Back Split		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, full length of both legs - Arm position: both hands hold the pole behind the legs - Grip: split grip - Leg position: both legs are fully extended in split position - Body position: upper body is in a back arch - Angle of split: a minimum of 180°
F103	Back Split Overhead Hold on Pole		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, both legs - Arm position/grip: both arms are fully extended, and hands hold the pole above the head at ankle/calf height - Leg position: both legs are fully extended in split position - Body position: upright with back arch - Angle of split: a minimum of 180°
F104	Bui Bend 1		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand, opposite arm, waist, underarm, side of torso, shoulder (optional) - Arm position/grip: hand of inside arm holding the same leg. Outside arm is bent and hand is holding the pole at / above the head (relative to the inverted athlete) - Leg position: both legs are fully extended and parallel to the floor or lower - Body position: inverted
F105	Calla Lilly		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: Both thighs, one shoulder, neck, one upper arm - Arm position/grip: one arm is extended and holding the ankle/shin of the extended same side leg. Other hand is holding the elbow of the extended arm above the head, and is in contact with the pole - Leg position: One leg is extended, and foot is higher than the hips, other leg is in a position of choice - Body position: upright and in a back arch
F106	Dragon Tail Back Bend 1		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands - Arm position/grip: inside arm is fully extended and hand is in contact with the pole, hand of the outside arm holds the pole behind the back - Leg position: both legs are fully extended, open, and both legs parallel to the floor and each other - Body position: inverted

Code No.	Name	Element	Tech. Value	Criteria
F107	Eagle 2		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: front leg, side of torso, back of shoulder, head (optional), neck (optional) - Arm position/grip: no hands have contact with the pole, arms are fully extended, and hands are holding foot/ankle of back leg - Leg position: front leg is wrapped around the pole, back leg and foot must be stretched over the head or in a ring position - Body position: upright - Angle of split: a minimum of 180°
F108	Elbow Grip Horizontal Back Bend		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both arms, upper back, back of the head - 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 - Grip: underarm grip (top arm) and elbow grip (bottom arm) - Leg position: both legs are fully extended - Body position: body is wrapped around the pole with a back arch position
F109	Elbow Hold Split		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: neck, upper back, crook of upper elbow, leg (optional), underarm (optional) - Arm position: top arm is in elbow grip, other arm holds the ankle of opposite leg behind pole - Grip: elbow grip - Leg position: both legs are fully extended and parallel to the floor in split position - Body position: parallel to the floor - Angle of split: 180°
F110	Floor K 3		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: hand of inside arm and the sole of the foot of the inside leg - Arm position/grip: arms are fully extended, inside hand has contact with the pole. Outside hand has contact with the floor - Leg position: both legs are fully extended in split position - Body position: one-handed inverted handstand - Angle of split: a minimum of 180° - Starting position: from the floor - Please refer to the glossary: Starting position from the floor

Code No.	Name	Element	Tech. Value	Criteria
F111	Half Back Split on Pole		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, upper leg, pelvis, thigh of the lower leg - Arm position/grip: both arms are fully extended and hold the pole above the head at ankle height - Leg position: back leg is extended, lower leg is in passé - Body position: upright - Angle of split: a minimum of 180°
F112	Inverted Twisted Capezio		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: thigh, side of torso, shoulder, inside arm, outside arm (optional) - Arm position/grip: Inside arm is holding the ankle/foot of the opposite (back) leg. Outside arm is fully extended and holding the front leg. Outside arm in contact with the pole (optional) - Leg position: legs are in an oversplit, front leg is fully extended and in contact with the pole at the inner thigh, held by the opposite arm. Back leg and foot must be stretched over the head or in a ring position - Body position: inverted
F113	Pegasus Split Facing Floor 2		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: thigh of back leg, crook of elbow of back arm, back of shoulders/neck, forearm, and hand of bottom arm - Arm position: top arm is holding the thigh of the back leg around the pole, bottom arm is in holding onto the pole - Grip: top arm is in elbow grip, bottom arm is in forearm grip - Leg position: both legs are fully extended in a frontal split position - Body position: torso is facing the floor - Angle of split: a minimum of 180°
F114	Rainbow Marchenko Back Bend Scissor		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: underarm, hand of inside arm, side of torso, and thighs - Arm position: inside arm is in flag grip, outside arm is fully extended and holding the inside leg at ankle/calf - Grip: flag grip - Leg position: both legs are fully extended on the same side as the body - Body position: inverted, back bend, chest is facing downwards
F115	Russian Split 2		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: sole of one foot, both hands - Arm position/grip: basic or cup grip - Leg position: both legs are fully extended in split position. Back leg is parallel to the floor, no tolerance - Body position: parallel to the floor, with 20° tolerance - Angle of split: a minimum of 180°

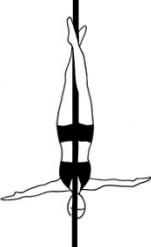
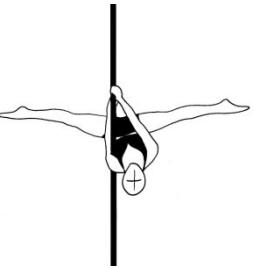
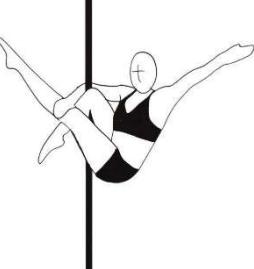
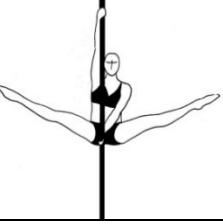
Code No.	Name	Element	Tech. Value	Criteria
F116	Underarm Grip Chopsticks		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: underarm, back of thigh of inside leg, bicep - Arm position/grip: underarm or bicep of inside arm has contact with the pole. Inside arm is fully extended. Outside arm holding ankle/calf of inside leg. No hand contact with the pole - Leg position: both legs fully extended in split position and parallel to floor - Body position: upright - Angle of split: 180°
F117	Vertical Split		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: hands, forearm of bottom arm, outside of lower leg calf, top of foot of lower leg (not the arch of the foot), top leg (optional) - Arm position: top arm is fully extended, lower forearm wraps around lower leg at the knee and holds the pole - Grip: wide basic grip - Leg position: both legs are fully extended - Body position: inverted - Angle of split: a minimum of 160°
F118	Vertical Half Split		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of both elbows, back of neck, shoulders, biceps/triceps (optional) - Arm position: upper hand holds opposite foot, bottom hand holds opposite, lower ankle. Both arms wrapped around the pole - Grip: top arm in elbow grip - Leg position: legs are in a half split position. Upper leg is bent, bottom leg is fully extended. - Body position: inverted with the chest facing downwards. - Angle of split: a minimum of 180°
F119	Wenson Split		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand - 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 - 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 triceps/shoulder of the arm on the same side. There must be no leg contact with the pole - Body position: inverted handstand - Angle of split: 180° - Starting position: from the floor - Please refer to the glossary: Starting position from the floor

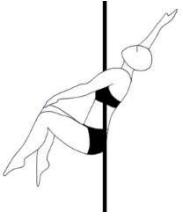
Code No.	Name	Element	Tech. Value	Criteria
F120	Bui Bend 2		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, inside arm (optional), back of shoulder of inside arm, torso/waist - Arm position/grip: both arms are bent. The hand of inside arm is holding the pole at shoulder/neck level. Outside arm is bent and hand is holding the pole at / above the head (relative to the inverted athlete) - Leg position: both legs are fully extended in a fixed position of choice with ankles and feet lower than the hips - Body position: inverted, back arch
F121	Crossbow 2		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both ankles, back of shoulders (no neck contact) - Arm position/grip: both arms are fully extended and open with no hand contact with the pole - Leg position: both legs are fully extended in straddle position with ankles to the pole (not the arch of the foot) - Body position: torso is at a 90° angle to the pole
F122	Dragon Tail Back Bend 2		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: outside hand, forearm of inside arm, inside shoulder, torso, neck (optional) - Arm position/grip: inside arm is bent and forearm is in contact with the pole, outside arm holds the pole behind the back - Leg position: both legs are fully extended, closed, and both legs parallel to the floor and each other - Body position: inverted
F123	Elbow Bracket Split 2		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand, chest, one arm, one foot (optional) - Arm position: top arm holds the upper leg at ankle/shin level above the head. Bottom arm is fully extended and holds the pole - Grip: wrap grip (top arm) - Leg position: legs are in frontal split position and extended - Body position: upright, facing the pole - Angle of split: a minimum of 180°
F124	Elbow Hold Side Bend Superman		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both thighs, inside arm, forearm of outside arm - Arm position/grip: inside arm is in elbow grip, outside arm is extended and hand holds extended opposite leg at shin/ankle. No hands have contact with the pole - Leg position: one leg is extended with the foot higher than the head, other leg is bent - Body position: upright

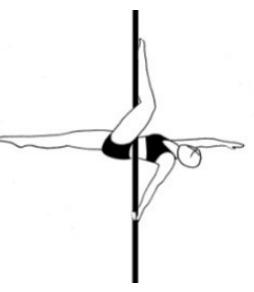
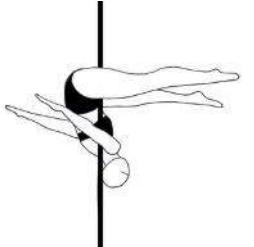
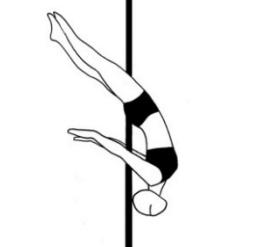
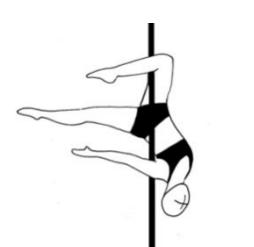
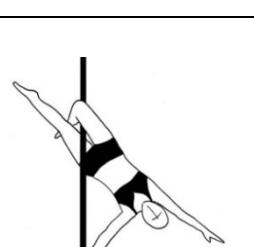
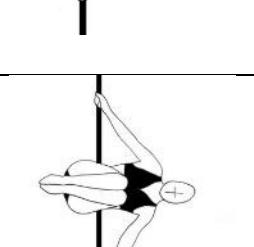
Code No.	Name	Element	Tech. Value	Criteria
F125	Floor Based Marchenko		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: underarm of inside arm, side of torso, back of one thigh - Arm position/grip: both arms are fully extended, inside arm has contact with the floor and is in underarm grip, the outside arm is holding the inside leg at the ankle/calf - Grip: underarm grip - Leg position: both legs are fully extended in split position - Body position: inverted handstand, chest is facing downwards - Angle of split: a minimum of 180° - Starting position: from the floor - Please refer to the glossary: Starting position from the floor
F126	Low Back Crossbow		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: arch of both feet, lower back/glutes - Arm position/grip: both arms are in a position of choice with no hand contact with the pole - Leg position: both legs are fully extended in straddle position - Body position: torso is at a 90° angle to the pole
F127	Rainbow Marchenko Back Bent Pencil		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: underarm and hand of inside arm, side of torso, thighs - Arm position: inside arm is in flag grip, outside arm is fully extended and holding the inside leg at ankle/shin - Grip: flag grip - Leg position: both legs are fully extended and parallel to the floor - Body position: inverted, chest is facing downwards
F128	Rainbow Marchenko Split		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: underarm and hand of inside arm, side of torso, back of one thigh - Arm position: inside arm is in flag grip, outside arm is fully extended and holding the inside leg at ankle/shin - Grip: flag grip - Leg position: both legs are fully extended in split position, parallel to the floor - Body position: inverted, chest is facing downwards - Angle of split: 180°
F129	Russian Split 3		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one foot, both hands - Arm position/grip: basic or cup grip - Leg position: fully extended in split position, front leg (in contact with pole) parallel to the floor, no tolerance - Body position: parallel to the floor, no tolerance - Angle of split: 180°

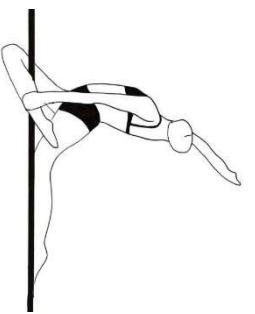
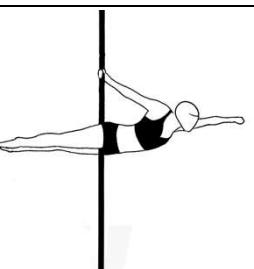
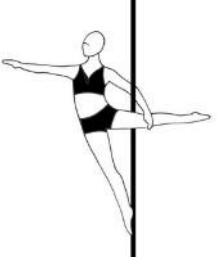
Code No.	Name	Element	Tech. Value	Criteria
F130	Superman Crescent 2		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both thighs, one calf, pelvis - Arm position/grip: arms are fully extended above the head, hands holding top foot - Leg position: both legs are bent - Body position: upright, upper body is in back arch
F131	Vertical Marchenko Split		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside of the foot and shin of inside leg, back, glutes (optional), elbow of inside arm - Arm position: outside arm is fully extended holding outside leg - Grip: inside arm in elbow grip. - Leg position: both legs are fully extended in split position - Body position: wrapped around the pole - Angle of split: a minimum of 180°
F132	Vertical Split No Hands 2		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside leg, inside of foot of inside leg, hips/glutes, foot, and shin of outside leg - Arm position/grip: arms in position of choice with no contact with the pole or the body - Leg position: both legs are fully extended in split position - Body position: torso must be at a 90° angle to the pole - Angle of split: a minimum of 180°
F133	X Pose Back Bend		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, ankle and top of foot (optional) of the top leg, sole of the bottom foot - Arm position: arms are fully extended above the head (relative to the athlete) - Grip: split grip - Leg position: both legs are fully extended in a straddle position - Body position: back arch, torso is parallel to the floor

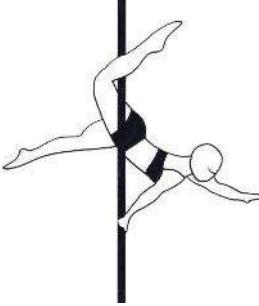
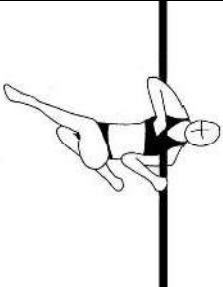
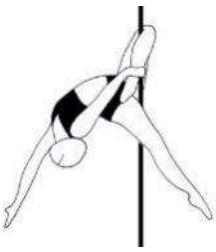
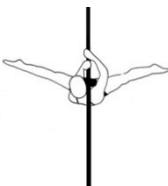
STRENGTH ELEMENTS

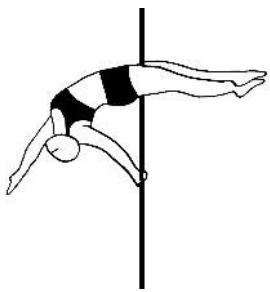
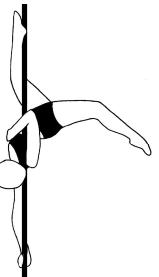
Code No.	Name	Element	Tech. Value	Criteria
S1	Basic Invert No Hands		0.1	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: full lengths of both legs, torso (optional) - Arm position/grip: fixed position of choice, hands have no contact with the pole - Leg position: both legs are holding the pole - Body position: inverted
S2	Inverted Straddle 1		0.1	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, inside arm, torso, one thigh (optional) - Arm position: both arms are extended, holding the pole - Grip: basic grip - Leg position: both legs are fully extended in straddle position - Body position: inverted
S3	Elbow Grip Seat		0.1	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of elbow of inside arm, back of knee of inside leg, back of thighs, glutes - Arm position/grip: inside arm is in elbow grip, outside arm in fixed position of choice - Leg position: inside leg is hooked, outside leg is fully extended, both legs are on the same side of the pole
S4	Layback Crossed Knee Release		0.1	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both thighs, calf of one leg, glutes - Arm position/grip: both arms are in fixed position of choice with no contact with the pole - Leg position: one leg is fully extended, other leg is bent around the pole and crossed in front of the other leg - Body position: inverted, layback
S5	Pole Straddle Split Grip		0.1	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands - Arm position: both arms are fully extended, - Grip: split grip - Leg position: both legs are fully extended in straddle position (in line with the hips or higher) - Body position: upright
S6	Pole Hug Pencil		0.1	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both elbows, torso - Arm position: arms wrapped around pole, with the pole in the crook of the elbow - Grip: elbow grip - Leg position: both legs are fully extended and closed - Body position: upright

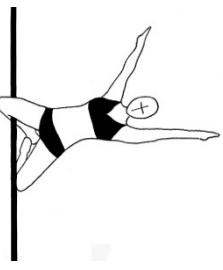
Code No.	Name	Element	Tech. Value	Criteria
S7	Split Grip Cradle Tuck 1		0.1	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, hips, top of thighs - Arm position/grip: split grip - Leg position: tuck position - Body position: upper body is in an upright position at 45° to the pole
S8	Back Support Tuck 1		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside arm, side of torso, hands - Arm position/grip: back support - Leg position: knees on chest - Body position: upper body is upright
S9	Butterfly Split Grip		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, one leg, (torso optional) - Arm position/grip: split grip - Leg position: both legs are bent, one leg is hooked on pole - Body position: inverted
S10	Closed Teddy		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside underarm and bicep, side of torso, glutes (optional) - Arm/position grip: one arm is fully extended and holding the leg, the other arm is in a fixed position of choice with no pole contact - Leg position: legs are closed and in a fixed position of choice without contact with the pole - Body position: upright
S11	Cupid		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside knee of inside leg, foot of outside leg - Arm position/grip: both arms are in fixed position of choice with no contact with the pole - Leg position: inside leg is hooked to the pole at the knee, outside leg is fully extended with the sole of the foot in contact with the pole - Body position: upright, diagonal to the pole
S12	Elbow Hold Hang 1		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: side of torso, crook of elbow, upper arm - Grip: elbow grip - Arm position: inside arm is in elbow grip, outside arm is in a closed fixed position of choice. No hands have contact with the pole, - Leg position: both legs are in a fixed position of choice with no contact with the pole - Body position: upright

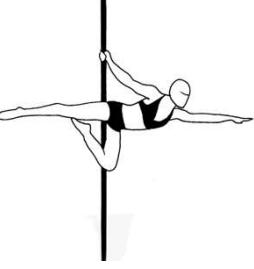
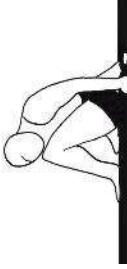
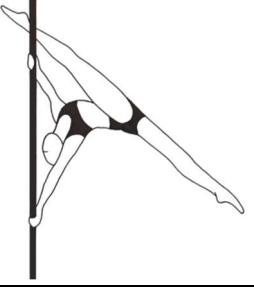
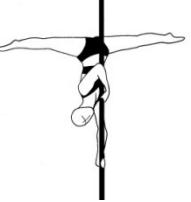
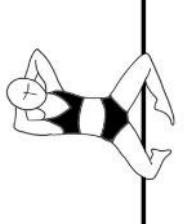
Code No.	Name	Element	Tech. Value	Criteria
S13	Inside Leg Hang Flatline		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: hand of inside arm, side of torso, inside leg – no foot contact - Arm position/grip: Inside arm extended, pushing away from pole, outside arm in fixed position of choice with no contact with the pole - Leg position: inside leg is hooked to the pole, outside leg is fully extended and parallel to the floor - Body position: upper body parallel to the floor
S14	Hip Hold Straddle		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside hip, inside thigh, torso, inside underarm - Arm/position grip: arms in fixed position of choice - Leg position: both legs are fully extended in a straddle position and parallel to the floor - Body position: inverted
S15	Layback Crossed Ankle Release		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both inner thighs, glutes - Arm position/grip: arms in fixed position of choice with no contact with the pole - Leg position: both legs are fully extended and closed with ankles crossed - Body position: inverted, layback
S16	Outside Knee Hang		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: outside leg, side of torso, back of inside shoulder, underarm (optional) - Arm position/grip: arms in fixed position of choice with no hand contact with the pole - Leg position: outside leg is bent and wrapped around the pole, inside leg is fully extended and horizontal to the floor - Body position: inverted
S17	Outside Knee Hook		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: hand of inside arm, top of one thigh, crook of knee of opposite/outside leg - Arm position/grip: inside arm extended, pushing away from pole, outside arm in fixed position of choice - Leg position: front leg is around the pole, back leg is fully extended behind - Body position: inverted and at an angle away from the pole
S18	Split Grip Cradle Tuck 2		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, hips, top of thighs - Arm position/grip: split grip - Leg position: tuck position - Body position: body is at a 90° angle to the pole

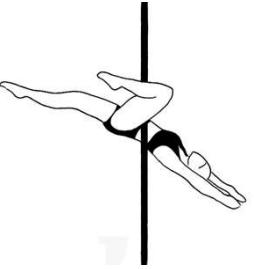
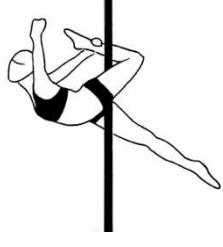
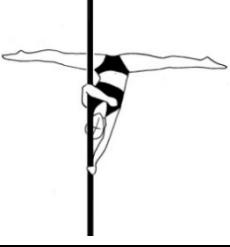
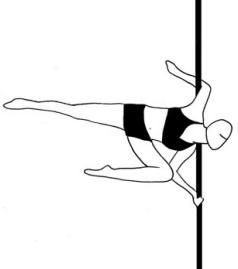
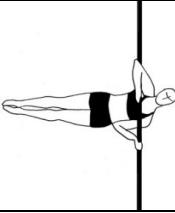
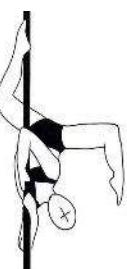
Code No.	Name	Element	Tech. Value	Criteria
S19	Stargazer		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of knee/calf of upper leg, top of foot, shin and knee of lower leg, thighs (optional) - Arm position/grip: one hand is holding the opposite leg (which is bent around the pole) at any point, other arm is in a fixed position of choice. No hand contact with the pole - Leg position: one leg is bent around the pole and crossed in front of the other leg - Body position: back is arched
S20	Underarm Hold Hang 1		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside underarm, side of torso, glutes - Arm position/grip: arms in fixed position of choice with no contact with the pole - Grip: underarm grip - Leg position: legs in position of choice, without contact with the pole - Body position: upright
S21	Basic Superman		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both inner thighs, one hand - Arm position/grip: both arms are fully extended, only one hand holds pole - Leg position: both legs are fully extended and closed - Body position: hips and legs are parallel to the floor
S22	Basic Brass Monkey		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, forearm of outside arm (optional), underarm of inside arm, side of torso, inside leg crook of the knee and back of thigh - Arm position/grip: flag grip - Leg position: fang position, inside leg hooked on pole - Body position: inverted
S23	Butterfly Extension		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands and one heel - Arm position: both arms are fully extended - Grip: grip/position of choice - Leg position: both legs are fully extended in split position - Body position: inverted
S24	Cupid Extension		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside arm, inside leg, foot of outside leg - Arm position/grip: inside arm is in contact with the pole and holding the inside leg, outside arm is in a fixed position of choice - Leg position: both legs are fully extended, the back of inside leg is in contact with the pole, outside leg is in contact with the pole with the sole of the foot - Body position: upright

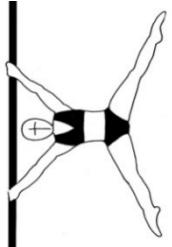
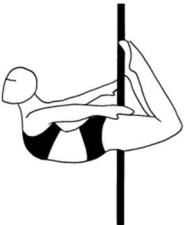
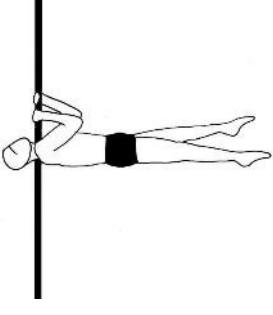
Code No.	Name	Element	Tech. Value	Criteria
S25	Extended Brass Monkey		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside hand, outside hand (optional). Crook of the knee, calf, back and side of thigh of inside leg - Arm position/grip: both arms are fully extended - Leg position: inside leg is hooked on pole, outside leg is extended in a fixed position of choice - Body position: inverted, shoulders are pushed away from the pole
S26	Flag Grip Side Attitude		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both arms, both hands, and front of chest - Arm position/grip: flag grip - Leg position: both legs are in attitude position - Body position: upper body at a 90° angle to the pole, with a tolerance of not more than 20°
S27	Rainbow		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of one knee, both thighs, one calf (optional), glutes, pelvis - Arm position/grip: arms are fully extended. One hand is holding the ankle/foot of opposite leg, other arm is in a fixed position of choice - Leg position: one leg is bent around the pole, other leg is fully extended, foot is lower than head level - Body position: inverted, back arch
S28	Remi Layback		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of top knee and top of bottom legs' foot - Arm position: both arms fully extended - Leg position: legs are crossed around the pole: one leg grips the pole in the crook of the knee and while the foot of the other leg is in contact with the pole - Body position: inverted, facing away from the pole
S29	Shoulder Mount Pencil		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, one shoulder, (neck optional) - Arm position: arms are bent - Grip: grip of choice - Leg position: pencil - Body position: vertical and inverted
S30	Shoulder Mount Straddle		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, one shoulder, (neck optional) - Arm position: arms are bent - Grip: grip of choice - Leg position: straddle - Body position: horizontal

Code No.	Name	Element	Tech. Value	Criteria
S31	Supported Layback		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both inner thighs, glutes, one hand - Arm position/grip: the bottom arm is extended and the hand is holding the pole below the body, the other arm is in a fixed position of choice with no contact with the pole - Leg position: both legs are fully extended and closed with ankles crossed. The legs are horizontal to the floor. - Body position: back arch, head is lower than the hips
S32	Underarm Hold Hang 2		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside underarm, side of torso - Arm position/grip: arms in fixed position of choice with no contact with the pole - Grip: underarm grip - Leg position: legs in position of choice, without contact with the pole - Body position: upright
S33	Back Support Split		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: back/side (no hip contact), outside hand and inside arm - Arm position: inside arm holds inside leg around the pole - Grip: back support grip - Leg position: both legs are fully extended with inside arm holding the calf of the inside leg - Body position: upright
S34	Back Support Tuck 2		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside arm, side of torso, hands - Arm position/grip: back support - Leg position: knees on chest - Body position: parallel to the floor
S35	Broken Butterfly		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand (wrist optional), one arm, back of neck, one ankle, calf (optional), one shoulder, back of neck, chest (optional) - Arm position/grip: top arm is bent in an elbow grip with full upper arm contact, bottom arm is extended and the hand holding the pole above the head (relative to the inverted athlete) - Leg position: both legs are bent, ankle of opposite leg to top arm is in contact with the pole, other leg is in fixed position of choice - Body position: inverted, hips are away from the pole

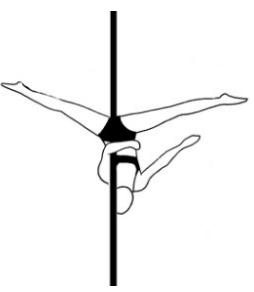
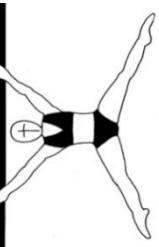
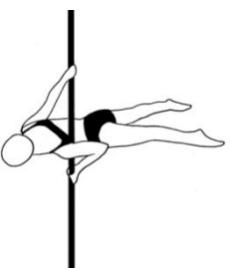
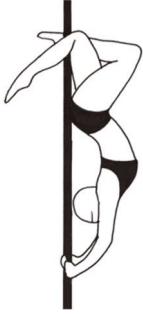
Code No.	Name	Element	Tech. Value	Criteria
S36	Butterfly Twist One Hand		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand, one leg, torso - optional (but no hip contact) - Arm position/grip: both arms are fully extended; one hand holds the opposite foot, while the other hand holds the pole - Leg position: both legs are bent in stag position, one is hooked around the pole in the back of the knee, the other is extended to the back, being held by the opposite hand - Body position: inverted
S37	Extended Hang		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands - Arm position: both arms are fully extended - Grip: grip of choice - Leg position: both legs are fully extended and closed - Body position: chest and hips are facing away from the pole
S38	Handsprint Pencil		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands - Arm position/grip: position of choice - Leg position: both legs are fully extended in a pencil position - Body position: inverted
S39	Handsprint Straddle		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands - Arm position/grip: position of choice - Leg position: both legs are fully extended in a straddle position - Body position: inverted
S40	Knee Hold		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both knees, one back of thigh and calf (optional) - Arm position/grip: both arms are in fixed position of choice with no contact with the pole - Leg position: both legs are bent, upper knee holds around the pole, lower knee pushes against the pole, feet/ankles may touch each other - Body position: extended away from the pole
S41	Russian Layback 1		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: hands, crook of knee and back of thigh, ankle/calf (optional), glutes - Arm position: both arms extended and holding the pole above the head (relative to the inverted athlete) - Grip: basic grip - Leg position: one leg grips the pole in the crook of the knee and along the back of the thigh, the other leg is crossed over the first leg - Body position: inverted, facing away from the pole

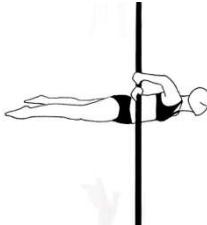
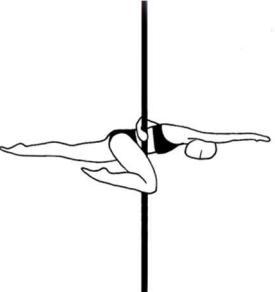
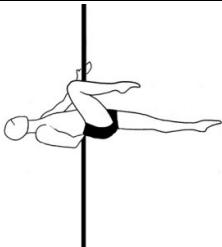
Code No.	Name	Element	Tech. Value	- Criteria
S42	Superman One Side		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand, inside knee, both upper thighs, glutes (optional) - Arm position/grip: one hand is holding the pole; the other arm is fully extended - Leg position: inside leg is in passé, outside leg is fully extended and parallel to the floor, both legs are on same side of the pole - Body position: hips are facing downwards
S43	Thinker		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: hands and feet, glutes (optional) - Arm position: arms can be bent and hold the pole behind the body - Grip: cup grip - Leg position: both legs are bent, and thighs are in contact with the torso - Body position: head is lower than hips
S44	Butterfly Reverse Extension		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands and one heel - Arm position: both arms are fully extended - Grip: top hand is in cup grip - Leg position: both legs are fully extended in split position - Body position: inverted. Heel of leg opposite to the top hand is on the pole, creating a twist in the hips
S45	Flag Grip Side Passé		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both arms, both hands, chest - Arm position/grip: flag grip - Leg position: upper leg is fully extended, lower leg is in passé - Body position: upper body and leg are parallel to the floor
S46	Forearm Grip Inverted Pencil		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: torso, inside forearm, outside hand, bicep (optional) - Arm position/grip: forearm grip - Leg position: both legs are fully extended in pencil position - Body position: inverted
S47	Forearm Grip Inverted Straddle		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: torso, inside forearm, outside hand, bicep (optional) - Arm position/grip: forearm grip - Leg position: both legs are fully extended in straddle position - Body position: inverted
S48	Genie		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of knees, calves, thighs - Arm position/grip: both arms are in fixed position of choice with no contact with the pole - Leg position: both legs are bent around the pole - Body position: upper body is in a horizontal position

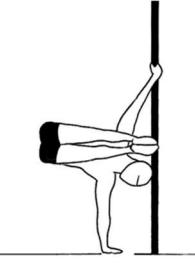
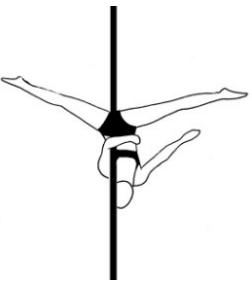
Code No.	Name	Element	Tech. Value	Criteria
S49	Hiphold Half Split		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside waist, hip, inside leg, no foot or ankle contact - Arm position/grip: arms in fixed position of choice with no contact with the pole or the body - Leg position: outside leg is fully extended, inside leg is bent, position is held through pressure of the inside leg against the pole, and is not hooked at the knee - Body position: angled, head downwards towards the floor. Entire body should be in a straight line
S50	Superpassé		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: thigh of one leg, inside thigh and calf of other leg - Arm position/grip: one arm is extended with the hand holding the opposite leg (which is wrapped around the pole), other arm is in fixed position of choice - Leg position: one leg is fully extended, other leg is bent around the pole - Body position: horizontal
S51	Elbow Grip Straddle		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand and one elbow - Arm position/grip: one arm is fully extended and holding the pole above the head (relative to the inverted athlete), other arm is in elbow grip - Leg position: both legs are fully extended in straddle position - Body position: inverted
S52	Elbow Hold Passé		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: upper elbow, lower hand, back of neck, lower shoulder (optional) - Arm position: top arm is in elbow grip, bottom arm is bent and holding the pole - Grip: elbow grip (in top arm) - Leg position: upper leg is fully extended and parallel to the floor, lower leg is in passé - Body position: entire body is parallel to the floor
S53	Flag Grip Pencil		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both arms, both hands, chest - Arm position/grip: flag grip - Leg position: both legs are fully extended and closed - Body position: body is at a 90° angle to the pole
S54	Forearm Grip Butterfly		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: hands, forearms, chest (optional), one ankle, bicep (optional), calf (optional) - Arm position/grip: arms are bent and in forearm grip - Leg position: both legs are bent, ankle of opposite leg to top arm is in contact with the pole, other leg is in fixed position of choice - Body position: torso is facing the pole, hips are away from the pole

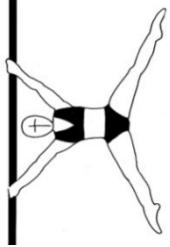
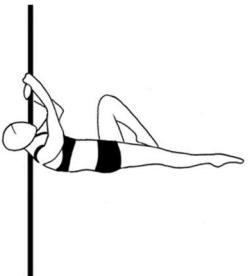
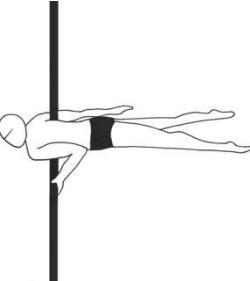
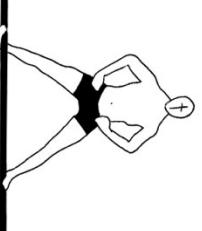
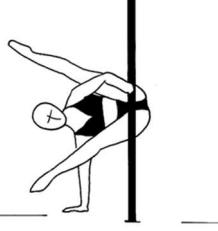
Code No.	Name	Element	Tech. Value	Criteria
S55	Iron X 1		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands - Arm position: both arms are fully extended - Grip: grip of choice, excluding cup grip - Leg position: both legs are fully extended in straddle position, hips are bent forwards, legs are even - Body position: upper body is at a 90° angle to the pole with a tolerance of not more of 20° to the pole and facing in the same direction
S56	No Hands Superman		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside thighs, at least one foot - Arm position/grip: arms in fixed position of choice with no contact with the pole - Leg position: both legs are bent and holding pole at the inner thighs and at least one foot, legs are not crossed, thighs are parallel to the floor. Feet are in contact with each other. - Body position: upper body is in a back arched position
S57	Shoulder Mount Plank Straddle		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds in the final position (shoulder mount plank with legs in straddle position) - Points of contact: both hands, one shoulder, (neck optional) - Arm position: arms are bent - Grip: grip of choice - Leg position: final position is both legs are fully extended in straddle position - Body position: body is at a 90° angle to the pole in the final position - Starting position: from an aerial shoulder mount pencil position (S29), lower the body to finish in straddle position
S58	Vertical Reverse Elbow Grip		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside arm elbow, arm and back of shoulder; hand of outside arm, back/shoulder blade, head (optional) - Arm position: inside arm is holding the pole behind the body at the elbow, hand of outside arm is holding the pole above the inside elbow/at hip level - Grip: inside arm is in elbow grip, outside hand/arm is in grip of choice - Leg position: both legs are fully extended in a position of choice and parallel to the pole with 20° tolerance. Legs are on the same side of the pole as the body (except inside arm) - Body position: inverted

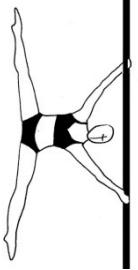
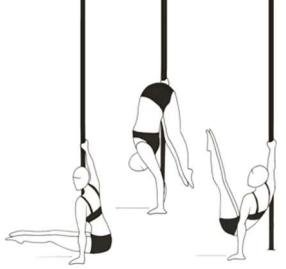
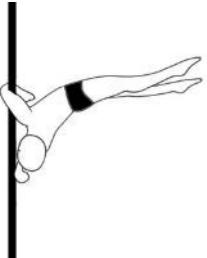
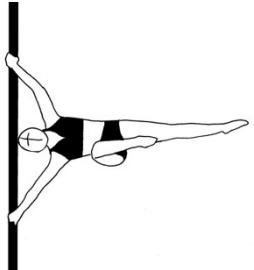
Code No.	Name	Element	Tech. Value	Criteria
S59	Back Support Plank Thigh Hold		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside calf and thigh of inside leg, side of waist, one hand - Arm position: outside arm is in back support grip, inside arm is in fixed position of choice with no contact with the pole - Grip: back support - Leg position: outside leg is fully extended, inside leg is bent and has contact with the pole - Body position: body, inside arm and outside leg are parallel to the floor
S60	Butterfly Extended Twist One Hand		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand, opposite foot, shin (optional) - Arm position/grip: one arm is extended and holding the pole above the head (relative to the inverted athlete), the other arm is in fixed position of choice with no contact with the pole - Leg position: both legs are fully extended, one foot has contact with the pole, opposite leg is extended away from the pole - Body position: inverted
S61	Elbow Grip Half Split 2		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: hand of bottom arm, forearm of bottom arm (optional), crook of elbow of top arm, torso - Arm position/grip: top arm is in elbow grip, bottom arm is fully extended - Leg position: half split where the extended leg is horizontal - Body position: inverted
S62	Flag Grip Handstand Flag		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: underarm of inside arm and hand, side of chest - Arm position/grip: outside arm is fully extended in contact with the floor; inside arm is in flag grip - Leg position: both legs are fully extended, parallel to the floor, legs are closed - Body position: facing downwards
S63	Iguana Elbow Hold Janeiro		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds. - Points of contact: one arm (but no hand contact), back of shoulder, glutes, thigh (optional), face (optional) - Arm position / grip: inside arm is in elbow grip position, outside arm in position of choice with no contact with the pole. - Leg position: fully extended. - Body position: inverted bent to the side.

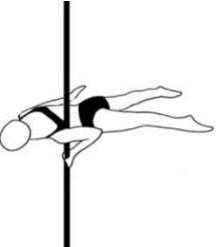
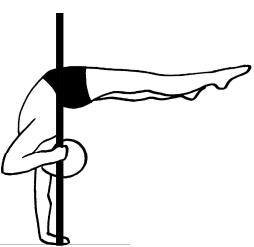
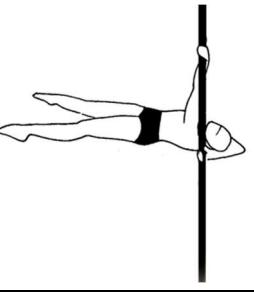
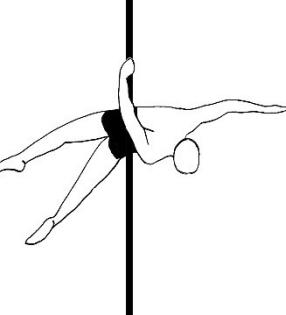
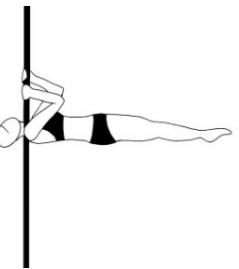
Code No.	Name	Element	Tech. Value	- Criteria
S64	Iguana Elbow Hold Straddle No Hands 1		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one shoulder, same side elbow, same side arm, back/shoulder, glutes (optional), head (optional) - Arm position: one arm is holding the pole behind the body at the elbow, the other arm is in a fixed position of choice with no contact with the pole - Grip: elbow grip - Leg position: both legs are fully extended in straddle position, and on same side of the pole as the body - Body position: inverted
S65	Iron X 2		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands - Arm position: both arms are fully extended - Grip: grip of choice, excluding cup grip - Leg position: both legs are fully extended in straddle position, hips are bent forwards, legs are even - Body position: upper body is at a 90° angle to the pole and facing in the same direction
S66	Janeiro Plank		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, inside arm, side of torso - Arm position: inside arm is in flag grip, outside arm is in fixed position of choice with contact with the pole above the body - Grip: flag grip - Leg position: both legs are fully extended and open - Body position: body is facing downwards and is at a 90° angle to the pole
S67	One Handed Handspring Straddle		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand and forearm (optional), shoulder (optional), bicep of other arm, neck, one leg (optional), head - Arm position/grip: arms are fully extended. One hand is holding the pole, other hand is holding the opposite leg at ankle/calf - Leg position: both legs are fully extended and open in a straddle position, and parallel to the floor. - Body position: inverted
S68	Russian Layback 2		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: hands, crook of knee and back of thigh, ankle (optional) - Arm position: both arms extended and holding the pole above the head (relative to the inverted athlete) - Grip: basic grip - Leg position: one leg grips the pole in the crook of the knee and along the back of the thigh, the other leg is crossed over the first leg - Body position: inverted, facing away from the pole

Code No.	Name	Element	Tech. Value	Criteria
S69	Shoulder Stand Floor Based Straddle		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand, one shoulder, (neck optional) - Arm position: top arm is bent and in contact with the pole, bottom arm is fully extended and in contact with the floor. - Grip: top hand in cup grip position - Leg position: both legs are fully extended in straddle position, parallel to the floor - Body position: inverted - 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
S70	Back Grip Plank Straddle		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: hands, side of torso - Arm position: arms are bent, holding the pole behind the back - Grip: basic grip - Leg position: both legs are fully extended and open - Body position: parallel to the floor
S71	Back Grip Plank Thigh Hold		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: outside hand, waist, inside of thigh and calf of inside leg - Arm position: outside arm is bent and hand is holding the pole above the body. inside arm is in a fixed position of choice with no contact with the pole or the body - Grip: basic or cup grip (outside hand) - Leg position: inside leg is bent, outside leg is fully extended, shin of inside leg and outside leg are parallel to the floor - Body position: upper body is horizontal, facing downwards
S72	Back Support Plank Outside Leg Passé		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, waist, forearm has no contact with the pole. - Grip: back support - Leg position: inside leg is fully extended, outside leg is in passé - Body position: back and full length of the body is at a 90° angle to the pole
S73	Chest Press		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, chest, neck, and chin (optional) - Arm position/grip: arms are bent in cup grip - Leg position: both legs are bent, feet directly above the hips, no contact with the pole - Body position: inverted, with the entire body on the same side of the pole

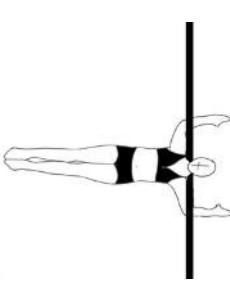
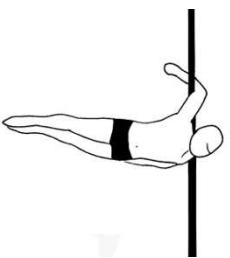
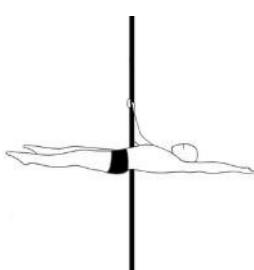
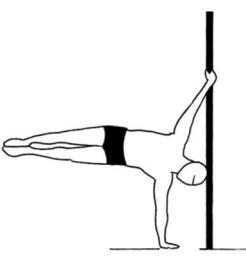
Code No.	Name	Element	Tech. Value	Criteria
S74	Cross Grip Tulip		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands only - Arm position: both arms fully extended, and crossed over each other - Grip: cross grip - Leg position: both legs are fully extended in straddle position - Body position: legs, pelvis and body are on the same side of the pole without any contact to the pole or hands, upper body is at a 90° angle to the pole
S75	Elbow/Neck Hold Straddle		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of both elbows and back of neck, shoulders (optional), biceps/triceps (optional) - Arm position: both elbows are around the pole (wrapping from behind the pole) on either side of the head - Grip: elbow grip (both arms) - Leg position: both legs are fully extended in straddle position, legs are even - Body position: torso is at a 90° angle to the pole
S76	Forearm Balance Straddle		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: hand of top arm, forearm of bottom arm, wrist of top arm (optional) - Arm position/grip: top arm is in twisted grip, bottom arm has the forearm pressed against the pole - Leg position: both legs are fully extended in straddle position - Body position: inverted
S77	Handstand Plank Jack Knife		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand and wrist, top of head optional - Arm position/grip: both arms are fully extended; top hand is in contact with the pole, bottom hand is in contact with the floor. - Leg position: legs are in a closed pike position and feet are above head, legs are parallel to the floor - Body position: torso is horizontal - Starting position: from the floor - Please refer to the glossary: Starting position from the floor
S78	Iguana Elbow Hold Straddle No Hands 2		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one shoulder, same side elbow, same side arm, back/shoulder, glutes (optional), head (optional) - Arm position: one arm is holding the pole behind the body at the elbow, the other arm is in a fixed position of choice with no contact with the pole or the body - Grip: elbow grip - Leg position: both legs are fully extended in straddle position, and on same side of the pole as the body - Body position: inverted

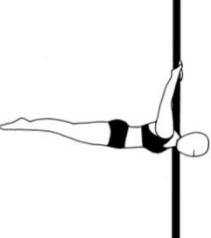
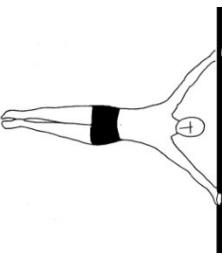
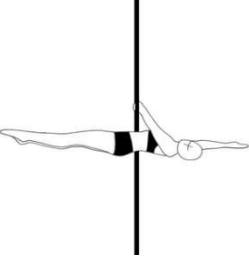
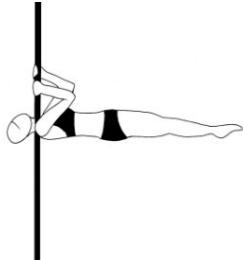
Code No.	Name	Element	Tech. Value	Criteria
S79	Iron X 3		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands - Arm position: both arms are fully extended - Grip: grip of choice, excluding cup grip - Leg position: both legs are fully extended in straddle position, hips are naturally aligned to body position, legs are even - Body position: upper body is at a 90° angle to the pole and facing in the same direction
S80	Shoulder Mount Plank Passé Hold		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, one shoulder - Arm position: arms are bent - Grip: grip of choice - Leg position: one leg is fully extended, other leg is in passé - Body position: body and extended leg are at 90° to the pole - Starting position: from an aerial shoulder mount pencil position (S29), lower into plank
S81	Underarm Flag Plank Open Legs		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand, and the underarm of the opposite arm - Arm position: inside arm is extended and in contact with the pole at the underarm, outside arm is bent and the hand is in contact with the pole - Grip: inside arm in underarm grip, outside arm in flag grip - Leg position: both legs are fully extended and open - Body position: body and both legs facing downwards at 90° to the pole
S82	X Pose		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both feet, ankle of top leg (optional) - Arm position/grip: arms in fixed position of choice with no contact with the pole - Leg position: both legs are fully extended - Body position: torso is at 90° to the pole
S83	Wenson Straddle		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand - Arm position/grip: top arm is bent and in contact with the pole, bottom arm is fully extended and in contact with the floor - Leg position: both legs are fully extended in straddle position (with no contact to the pole or floor). The upper leg should be supported on the upper part of the triceps/shoulder of the arm on the same side. There must be no leg contact with the pole. - Body position: upper body is parallel to the floor - Starting position: from the floor - Please refer to the glossary: Starting position from the floor

Code No.	Name	Element	Tech. Value	Criteria
S84	Cupgrip X		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands - Arm position: bottom arm is fully extended; top arm may be extended or bent. - Grip: Top hand in cup grip - Leg position: both legs are fully extended in straddle position, hips are naturally aligned to body position, legs are even - Body position: upper body is at a 90° angle to the pole and facing in the same direction
S85	Floor Based Clock		0.9	<ul style="list-style-type: none"> - Points of contact: one hand - Arm position/grip: hand of top arm is in contact with the pole, hand of bottom arm is in contact with the floor, inside arm (optional), shoulder (optional) - Leg position: both legs are extended and closed - Body position: rotating - Starting position: in a starting fixed position of choice with one hand on the pole and one hand on the floor, perform a complete 360° rotation of the body to return to the starting position
S86	Forearm Balance Plank		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of the elbow of top arm, forearm of bottom arm - Arm position/grip: top arm is in elbow grip, bottom arm has the forearm pressed against the pole - Leg position: both legs are fully extended, parallel to the floor, legs open - Body position: inverted
S87	Iguana Airwalk		0.9	<ul style="list-style-type: none"> - Hold the position: walk a minimum of 2 seconds, final position - Iguana horizontal – must be held for a brief moment - Points of contact: hands, neck, shoulder – in the final position - Arm position: top arm is fully extended, bottom arm can be bent, arms holding the pole behind the back in iguana position - Grip: basic grip - Leg position: walking motion - Body position: starting position is inverted, in final position the full length of the body is horizontal to the floor, including legs as well, and is held briefly - Starting position: From an inverted vertical position perform a slow and steady descent to a 90° angle to the pole, with a 20° tolerance
S88	Iron Flag Bottom Leg Passé		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands - Arm position: both arms are fully extended - Grip: grip of choice - Leg position: upper leg is fully extended, lower leg is in passé - Body position: full upper body and upper leg at a 90° angle to the pole in straight line and facing in the same direction

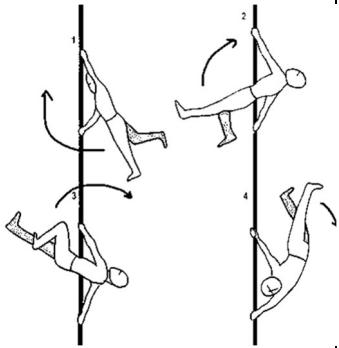
Code No.	Name	Element	Tech. Value	Criteria
S89	Janeiro Plank One Hand		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside arm, side of torso - Arm position: Inside arm is bent with underarm and hand on the pole, outside arm is in fixed position of choice with no contact with the pole - Grip: flag grip - Leg position: both legs are fully extended and open - Body position: body is facing downwards at 90° to the pole
S90	Mexican Flag 2		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: side of torso, waist, back, back of inside shoulder, inside hand, head (optional) - Arm position/grip: outside arm is fully extended, hand of inside arm is holding the pole at head level. Hand of outside arm has contact with the floor - Leg position: both legs are fully extended and parallel to the floor - Body position: one-handed back bend
S91	One Shoulder Side Plank Legs Open		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside arm, hand of outside arm, shoulder, neck (optional) - Arm position/grip: inside arm is fully extended and in contact with the pole, outside arm is bent with the hand holding the pole behind the head - Leg position: both legs are fully extended, parallel to the floor and open - Body position: body is at 90° to the pole
S92	Reverse Meathook		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand, one arm, back, glutes (optional) - Arm position: one hand is holding the pole behind the back, other arm is in fixed position of choice with no contact with the pole - Leg position: legs are in fixed position of choice without contact with the pole - Body position: back is leaning on the pole and the arm that is behind the body, torso is in a horizontal position
S93	Shoulder Mount Plank 1		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, one shoulder, (neck optional) - Arm position: arms are bent - Grip: cup grip or basic grip - Leg position: both legs are fully extended, parallel to the floor, legs are closed - Body position: back and legs are at 90° to the pole - Starting position: from an aerial shoulder mount pencil position (S29), lower into plank

Code No.	Name	Element	Tech. Value	- Criteria
S94	Split Grip Reverse Plank Legs Open		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, side of waist - Arm position: both arms are fully extended, inside arm is at the bottom, outside arm is at the top - Grip: split grip (reverse) - Leg position: both legs are fully extended and open - Body position: body is facing downwards at 90° to the pole
S95	Split Grip Side Plank Legs Open		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, side of waist - Arm position: both arms are fully extended, inside arm is at the top, outside arm is at the bottom - Grip: split grip - Leg position: both legs are fully extended and open - Body position: body is facing downwards at 90° to the pole
S96	Underarm Flag Plank Closed Legs		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand one underarm - Arm position: inside arm is extended and in contact with the pole at the underarm, outside arm is bent and the hand is in contact with the pole - Grip: inside arm in underarm grip - Leg position: both legs are fully extended, legs are closed - Body position: body and both legs are facing downwards at 90° to the pole
S97	Back Grip Plank		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, inside waist - Arm position: arms are bent, holding the pole behind the back - Grip: basic grip - Leg position: both legs are fully extended, parallel to the floor, legs are closed - Body position: body is at 90° to the pole
S98	Back Support Plank		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, waist, forearm has no contact with the pole - Grip: back support grip - Leg position: both legs are fully extended, parallel to the floor, legs are closed - Body position: body is at 90° to the pole
S99	Cupgrip Plank		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, hips - Arm position: both arms are fully extended - Grip: top hand is in cup grip - Leg position: both legs are fully extended, legs are closed - Body position: body is at 90° to the pole

Code No.	Name	Element	Tech. Value	Criteria
S100	Elbow/Neck Hold Plank		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of both elbows, back of neck, both biceps and shoulders (optional) - Arm position: both elbows are around the pole (wrapping from behind the pole) on either side of the head - Grip: elbow grip (both arms) - Leg position: both legs are fully extended, parallel to the floor, legs are closed - Body position: entire body (from head to feet) is at 90° to the pole and facing the same direction
S101	Elbow Plank		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: upper elbow, neck, lower shoulder (optional) - Arm position: top arm is in contact with the pole at the crook of the elbow, bottom arm is fully extended next to the body and not in contact with the pole - Grip: elbow grip - Leg position: both legs are fully extended, hips and legs are parallel to the floor and naturally aligned - Body position: body is at 90° to the pole
S102	Forearm Supported Plank		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: side of torso, inside hand and forearm - Arm position/grip: inside arm is bent and holds the pole, outside arm is in a fixed position of choice with no contact with the pole or the body - Leg position: both legs are fully extended and open, parallel to the floor - Body position: upper body is parallel to the floor, facing upwards
S103	Handstand Plank		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand, (top of head optional) - Arm position/grip: both arms are fully extended; top arm is in contact with the pole, bottom arm is in contact with the floor - Leg position: both legs are fully extended, parallel to the floor, legs are closed - Body position: entire body is at 90° to the pole - Starting position: from the floor - Please refer to the glossary: Starting position from the floor

Code No.	Name	Element	Tech. Value	Criteria
S104	Iguana Horizontal		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds in the final position - Points of contact: both hands, one shoulder, (neck optional) - Arm position: bottom arm can be bent, top arm is fully extended, holding the pole behind the back in iguana position - Grip: basic grip - Leg position: both legs are fully extended, parallel to the floor, legs are closed - Body position: entire body is at 90° to the pole - Starting position: from an aerial position, deadlift or lower to a 90° horizontal angle to the pole, parallel to the floor
S105	Iron Pencil		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands - Arm position: both arms are fully extended - Grip: top hand in cup grip - Leg position: both legs are fully extended, parallel to the floor, legs are closed - Body position: entire body (from head to feet) is at 90° to the pole and facing in the same direction
S106	One Handed Plank		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: side of torso, outside hand - Arm position: outside hand holds the pole above the body, inside arm is in a fixed position of choice with no contact with the pole or the body - Grip: outside hand is in cup grip or basic grip - Leg position: both legs are fully extended and parallel to the floor - Body position: facing upwards, shoulders are in line with the hips
S107	One Shoulder Side Plank Legs Closed		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: inside arm, hand of outside arm, shoulder, (neck optional) - Arm position/grip: inside arm is fully extended and in contact with the pole, outside arm is bent with the hand holding the pole behind the head - Leg position: both legs are fully extended, parallel to the floor, legs are closed - Body position: entire body is at 90° to the pole
S108	Shoulder Mount Plank 2		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, one shoulder, (neck optional) - Arm position: arms are bent - Grip: cup grip or basic grip - Leg position: both legs are fully extended, parallel to the floor, legs are closed - Body position: back and legs are at 90° to the pole - Starting position: from an aerial shoulder mount deadlift (ADL1) starting position or an aerial shoulder mount pencil (S29), deadlift or lower into plank while maintaining a straight body position (straight line from shoulders to feet)

Code No.	Name	Element	Tech. Value	Criteria
S109	Split Grip Flag		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both arms, both hands, chest - Arm position: both arms are fully extended - Grip: split grip - Leg position: both legs are fully extended, parallel to the floor, legs are closed - Body position: entire body is at 90° to the pole
S110	Split Grip Leg Through Plank		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, lower part of the glutes have contact with the pole - Arm position: both arms are fully extended - Grip: split grip - Leg position: both legs are fully extended, parallel to the floor, legs are closed - Body position: entire body (head to feet) is straight and at 90° to the pole
S111	Split Grip Reverse Plank		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, inside lower torso - Arm position: both arms are fully extended, inside arm is at the bottom, outside arm is at the top - Grip: split grip (reverse) - Leg position: both legs are fully extended, parallel to the floor, legs are closed - Body position: entire body is facing downwards, at 90° to the pole
S112	Split Grip Side Plank		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, inside lower torso - Arm position: both arms are fully extended, inside arm is at the top, outside arm is at the bottom - Grip: split grip - Leg position: both legs are fully extended, parallel to the floor, legs are closed - Body position: entire body is facing downwards at 90° to the pole
S113	Torso Support Plank		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, side of torso - Arm position / grip: bottom arm is supporting the body in front of the torso with hand in contact with the pole, top arm is bent with the hand holding the pole above the body - Leg position: both legs are fully extended, parallel to the floor, legs are closed - Body position: entire body is facing downwards at 90° to the pole

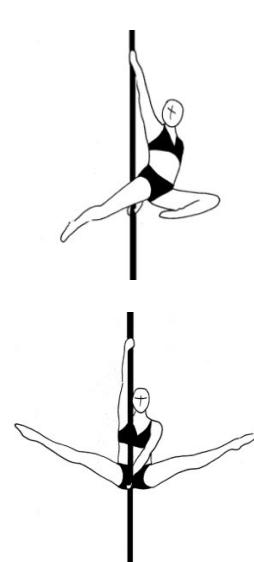
Code No.	Name	Element	Tech. Value	Criteria
S114	720° Air Walk		1.0	<ul style="list-style-type: none"> - Hold the position: walk a minimum of 2 rotations - Points of contact: both hands, waist (optional), wrist (optional) - Arm position/grip: split grip - Leg position: starting in an upright position of choice, extended away from the pole. Perform a complete 360° rotation of the entire body (legs, hips, and torso) above the head, to return to the starting position, and repeat. - Body position: upright moving through to inverted

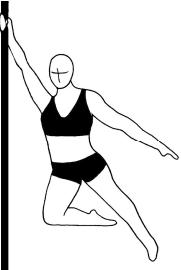
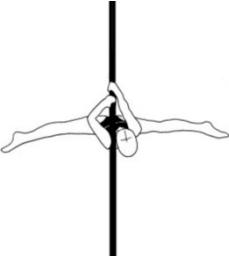
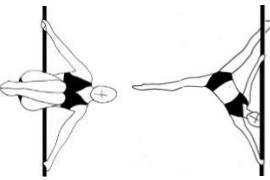
SPINS ON STATIC POLE

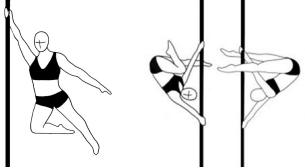
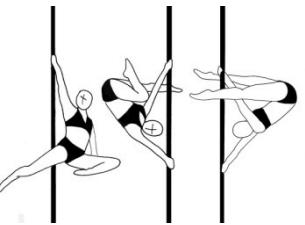
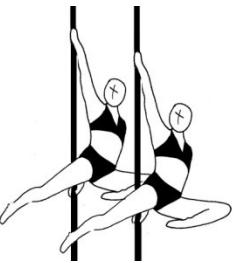
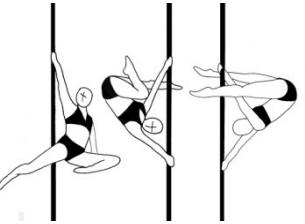
Code No.	Name	Element	Tech. Value	Criteria
ST1	Back Hook Spin		0.1	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation - Points of contact: both hands, crook of knee and thigh of inside leg - Grip: wide basic grip - Leg position: diamond - Body position: upright - Direction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

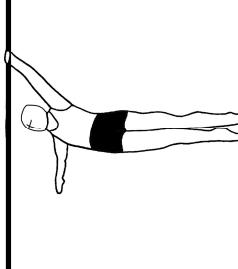
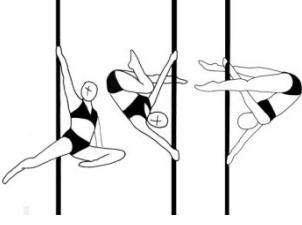
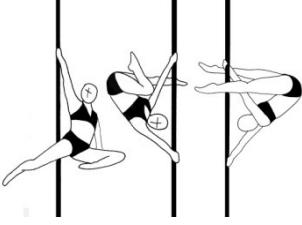
Code No.	Name	Element	Tech. Value	Criteria
ST8	Knee Hook Spin		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation - Points of contact: both hands, back of one knee, thighs, crook of knee and calf of upper leg (optional) - Arm position: inside arm extended and holds the pole above the inside knee, outside hand in fixed position of choice - Grip: wide basic grip - Leg position: inside leg is bent in front of pole, outside leg is fully extended behind pole - Body position: upright
ST9	Back Spin Attitude		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation - Points of contact: outside hand, inside forearm (optional) and hand - Grip: forearm grip - Leg position: legs are in attitude position, parallel to floor - Body position: upright - Direction of spin: backwards
ST10	Body Spiral Reverse Grab 1		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation in the final position - Points of contact: both hands, arms and back (optional) - Arm position: reverse spin starting with one arm on the pole into a split grip - Grip: split grip - Leg position: legs are in a stag position in the final position - Body position: upright at an angle away from the pole
ST11	Body Spiral to Chair Spin		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation, where the chair position must still be spinning. Rotation is considered from the point where there is no contact with the floor and includes the moment where the chair position is fixed. - Points of contact: both hands, wrist (optional) - Arm position/grip: reverse spin starting with one hand on the pole, bottom hand releases and then re-grips the pole with turning the body into a Chair Spin position without making contact with the floor - Grip is: split grip in Body Spiral Reverse Grab position and wide basic grip in the Chair Spin position - Leg position: in a stag position followed by chair position - Body position: upright, general shape of body positions of Body Spiral Reverse Grab and Chair Spin apply (refer to ST10 and ST5, with a 20° tolerance on the leg position of both spins)

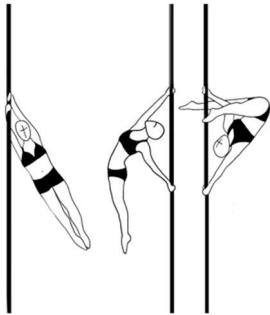
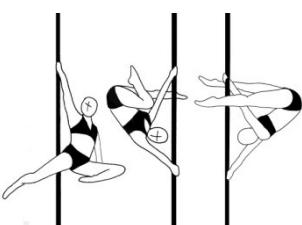
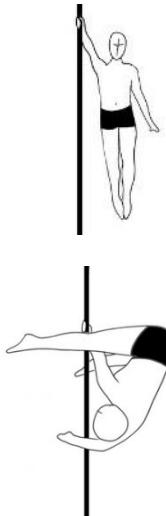
Code No.	Name	Element	Tech. Value	- Criteria
ST12	Carousel Diamond		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation - Points of contact: both hands - Arm position: both arms are fully extended - Grip: grip of choice - Leg position: diamond - Body position: upright
ST13	Chair Spin Pike		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation - Points of contact: both hands - Arm position: both arms extended - Grip: grip of choice - Leg position: both legs fully extended and closed in pike position, parallel to floor - Body position: upright
ST14	Cradle Spin Tuck 2		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation - Points of contact: both hands, hips, and tops of thighs - Grip: split grip - Leg position: tucked around the pole - Body position: 90° to the pole
ST15	One-Handed Spin 1		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation - Points of contact: one hand, wrist (optional) - Arm position/grip: inside hand is in basic grip. Inside arm is extended and hand is in contact with the pole, outside arm in a fixed position of choice with no contact with the pole - Leg position: one leg is bent, other leg is fully extended - Body position: upright at an angle away from the pole
ST16	Reverse Hook Spin		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation - Points of contact: one hand and arm, opposite crook of knee and back of the thigh - Grip/arm position: reverse spin starting in basic grip - Leg position: one leg is bent and hooked around the pole, the other leg is fully extended backwards/sideways - Body position: upright
ST17	Thread-through Straddle Spin		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation - Points of contact: both hands, glutes (optional) - Arm position/grip: basic grip - Leg position: both legs are fully extended in straddle position with no contact with the pole and are positioned between the arms, lower leg has contact with the wrist and forearm of the bottom arm - Body position: upright, away from the pole

Code No.	Name	Element	Tech. Value	Criteria
ST18	Body Spiral One Hand		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation - Points of contact: inside arm and hand, back - Arm position: inside hand has contact with the pole - Grip: underarm grip - Leg position: both legs are bent - Body position: upright
ST19	Body Spiral Reverse Grab 2		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation in the final position - Points of contact: both hands - Arm position: reverse spin starting with one arm on the pole into a split grip - Grip: split grip - Leg position: legs are in a stag position in the final position - Body position: upright at an angle away from the pole
ST20	Body Spiral to Straddle Spin		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation, where the straddle position must still be in a spinning. Rotation is considered from the point where there is no contact with the floor and includes the moment where the straddle position is fixed. - Points of contact: both hands, wrist (optional) - Arm position/grip: reverse spin starting with one hand on the pole, bottom hand releases and then re-grips the pole while turning the body into a Pole Straddle Split Grip position without making contact with the floor - Grip is: split grip in both positions - Leg position: in a stag position followed by straddle position, where both legs are fully extended and feet in line or above the hips - Body position: upright, general shape of body position of Body Spiral Reverse Grab and Pole Straddle Split Grip apply (refer to ST10 with a 20° tolerance on the leg position, and S5)
ST21	Cradle Spin Straddle		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation - Points of contact: both hands, hips, thighs (optional) - Grip: split grip - Leg position: both legs are fully extended in straddle position - Body position: upper body is parallel to the floor
ST22	Reverse Grab Pencil		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation - Points of contact: both hands, both arms, back of shoulders, back of head (optional) - Arm position: reverse spin starting with one hand on the pole into a twisted grip hand position - Grip: twisted grip - Leg position: both legs finish in a fully extended pencil position - Body position: extended in a pencil position at an angle away from the pole

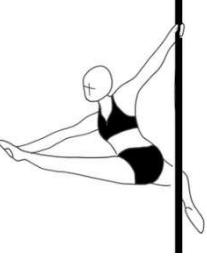
Code No.	Name	Element	Tech. Value	- Criteria
ST23	Split Grip Straddle		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation - Points of contact: both hands - Grip: split grip - Leg position: both legs are fully extended in straddle position above the hips - Body position: upright
ST24	One-Handed Spin 2		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation - Points of contact: one hand, wrist (optional) - Arm position/grip: inside hand is in basic grip. Inside arm is extended and hand is in contact with the pole, outside arm in a fixed position of choice with no contact with the pole - Leg position: one leg is bent, other leg is fully extended behind the body - Body position: upright at an angle away from the pole, with no forward bend at the hips for the fully extended leg
ST25	Reverse Grab Straddle into Pencil		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation. Rotation is considered from the point where there is no contact with the floor and includes the moment where the pencil position is fixed. - Points of contact: both hands, wrist (optional) - Arm position: reverse spin starting with one arm on the pole into a split grip - Grip: split grip - Leg position: both legs are fully extended in straddle position, then pencil - Body position: upright, angle away from pole
ST26	Spinning into a Shoulder Mount Straddle		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation - Points of contact: both hands, one shoulder - Arm position: arms are bent - Grip: grip of choice - Leg position: both legs are fully extended in straddle position, parallel to floor - Body position: torso is horizontal
ST27	Cup Grip Spin Pencil		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation - Points of contact: both hands, one wrist (optional), no forearm contact - Arm position: top arm fully extended, bottom arm may be slightly bent - Grip: both hands in cup grip - Leg position: both legs fully extended and closed - Body position: extended in a pencil position at an angle away from the pole
ST28	Cradle Spin Tuck into Extended Butterfly		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation, where the rotation must be maintained until the butterfly extension is fully extended - Points of contact: both hands, hips, top of thighs, transitioning to both hands, one ankle - Grip: split grip - Leg position: tuck position followed by split position - Body position: criteria of Cradle Spin Tuck and Butterfly extension apply (refer to ST14 and S23)

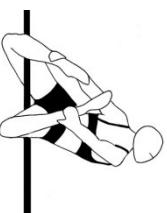
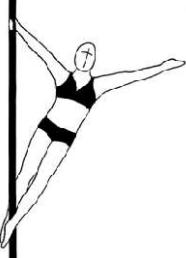
Code No.	Name	Element	Tech. Value	Criteria
ST29	Phoenix Spin 1		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation, where the handspring should still spin. Rotation is considered from the point where there is no contact with the floor and includes the moment where the inverted position is fixed. - Points of contact: both hands, wrist (optional) - Arm position/Grip: upper hand is in basic grip - Leg position: legs finish in a fixed position of choice - Body position: forward spin starting with one hand on the pole, then lower hand grabs the pole and body is lifted into a basic grip handspring without making contact with the floor
ST30	Phoenix Spin 2		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation, where the handspring should still spin. Rotation is considered from the point where there is no contact with the floor and includes the moment where the inverted position is fixed. - Points of contact: both hands, wrist (optional), forearm (optional) - Arm position: reverse spin starting with one hand on the pole into a twisted grip handspring without making contact with the floor - Grip: twisted grip - Leg position: legs finish in a fixed position of choice - Body position: body moves into inverted position after handspring
ST31	Double Reverse Grab Body Spiral 1		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation. Rotation is considered from the point where there is no contact with the floor and includes the moment where the body spiral position is fixed. - Points of contact: both hands, wrist - Arm position: reverse spin starting with one hand on the pole, hand re-grips the pole and reverse spin is repeated without making contact with the floor - Grip: split grip (second time only) - Leg position: legs in fixed position of choice - Body position: upright at an angle away from the pole
ST32	Phoenix Spin 3		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation, where the handspring should still spin. Rotation is considered from the point where there is no contact with the floor and includes the moment where the inverted position is fixed. - Points of contact: both hands, wrist (optional) - Arm position: reverse spin starting with one hand on the pole into a twisted grip handspring without making contact with the floor - Grip: twisted grip - Leg position: legs finish in a fixed position of choice - Body position: body moves into inverted position after handspring

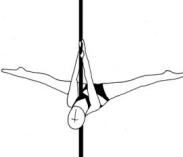
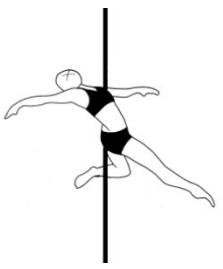
Code No.	Name	Element	Tech. Value	- Criteria
ST33	Double Reverse Grab Body Spiral 2		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: both hands, wrist. Rotation is considered from the point where there is no contact with the floor and includes the moment where the body spiral position is fixed. - Arm position: reverse spin starting with one hand on the pole, hand re-grips the pole and reverse spin is repeated without making contact with the floor - Grip: split grip (both times) - Leg position: legs in fixed position of choice - Body position: upright at an angle away from the pole
ST34	One-Handed Spin 3		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation - Points of contact: one hand, wrist (optional) - Arm position/grip: outside arm is extended and hand is in contact with the pole, inside arm in a fixed position of choice with no contact with the pole - Grip is: outside hand is in basic grip or cup grip - Leg position: in a fixed position of choice - Body position: at an angle away from the pole
ST35	Double Reverse Grab Into Phoenix 3		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation, where the handspring should still spin. Rotation is considered from the point where there is no contact with the floor and includes the moment where the inverted position is fixed. - Points of contact: both hands, wrist - Arm position: criteria of Double reverse grab body spiral 1 applies (refer to ST31), finishing in a twisted grip handspring without making contact with the floor - Grip: twisted grip – in final position - Leg position: fixed leg position of choice - Body position: upright transitioning to inverted
ST36	Phoenix Spin 4		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation, where the handspring should still spin. Rotation is considered from the point where there is no contact with the floor and includes the moment where the inverted position is fixed. - Points of contact: both hands, wrist - Arm position: reverse spin starting with one hand on the pole into a twisted grip handspring without making contact with the floor - Grip: twisted grip - Leg position: legs finish in a fixed leg position of choice - Body position: back is to the pole for the reverse spin, body moves into inverted position after handspring without changing direction (i.e., turning back), hips must face upwards.

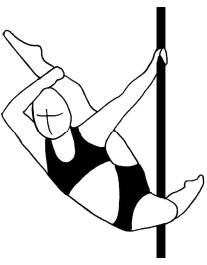
Code No.	Name	Element	Tech. Value	Criteria
ST37	Chinese Grip Phoenix		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation, where the handspring should still spin - Points of contact: both hands, one wrist (optional), no forearm contact - Arm position: starts with both hands in cup grip, lower hand re-grips the pole while continuing to spin in cup grip, lift without making contact with the floor - Grip: cup grip –in pencil with both hands, only with top hand in inverted position - Leg position: spin begins in pencil, and finishes in a fixed leg position of choice - Body position: pencil position for spin (refer to ST27 for minimum criteria), inverted for final position
ST38	Double Reverse Grab Into Phoenix 4		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation, where the handspring should still spin. Rotation is considered from the point where there is no contact with the floor and includes the moment where the inverted position is fixed. - Points of contact: both hands, wrist - Arm position: criteria of Double reverse grab body spiral 2 applies (refer to ST33), finishing in a twisted grip lift handspring without making contact with the floor - Grip: twisted grip – in final position - Leg position: fixed leg position of choice - Body position: upright transitioning to inverted
ST39	Forearm Balance Handspring Spin		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation where the handspring should still spin - Points of contact: one hand in one handed spin; one forearm and one hand with wrist/forearm (optional) in final position - Arm position/grip: starts with one handed spin position, outside hand grips the pole in basic grip. Then, while continuing to spin, lift into a forearm balance handspring position, with top hand in twisted grip and bottom forearm pressed against the pole. Lift without making contact with the floor. - Leg position: spin begins in pencil, and finishes in a fixed leg position of choice - Body position: upright position in one handed spin, inverted in a forearm balance handspring (refer to S76) in the final position

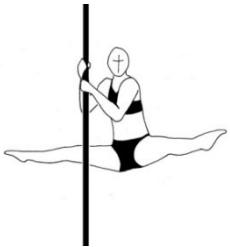
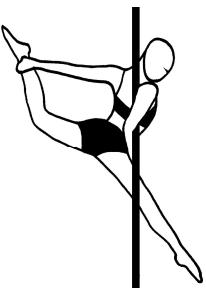
SPINS ON SPINNING POLE

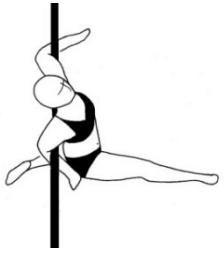
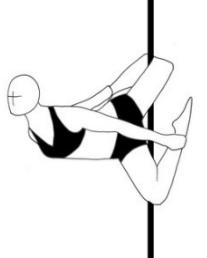
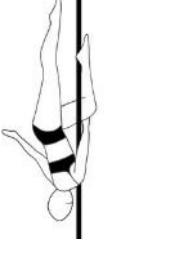
Code No.	Name	Element	Tech. Value	Criteria
SP1	Back Hook Twist Spin		0.1	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: crook of one knee, opposite hand - Arm position: outside arm is extended and holds the pole behind the body, inside arm is extended and holds the foot of the opposite leg - Leg position: the inside leg is bent around the pole, the outside leg is fully extended in front of the body - Body position: upright
SP2	Fireman Spin Chair		0.1	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: both hands, both knees - Grip: wide basic grip - Leg position: thighs are parallel to the floor and legs closed - Body position: upright
SP3	Pencil Forearm Grip		0.1	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: both hands, one forearm - Arm position: one arm in forearm grip, other arm fully extended and in contact with the pole above the other hand. - Grip: forearm grip - Leg position: both legs are fully extended and closed in pencil position - Body position: upright
SP4	Ballerina		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: inner thighs, calf, one hand, inner arm, side of torso, back - Arm position/grip: inner arm is wrapped around the pole behind the body, outer arm is bent holding the pole at the level of the head or higher - Leg position: seated position with legs bent and tucked to one side of the pole - Body position: upright
SP5	Helix Spin		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: crook of knee of outside leg, hand of inside arm, inside arm (optional), waist - Arm position: Inside hand holds pole from behind outside knee, outside hand holds inside foot - Leg position: outside leg grips the pole in the crook of the knee, inside leg is bent - Body position: inverted

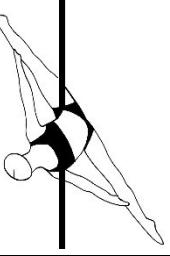
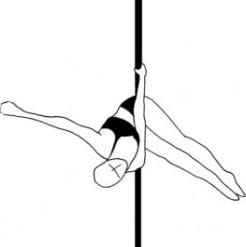
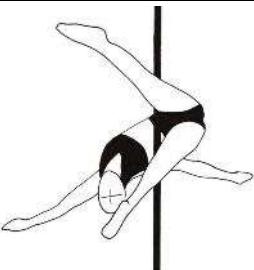
Code No.	Name	Element	Tech. Value	- Criteria
SP6	Inverted Cupid		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: crook of the knee and calf/thigh of upper leg, entire length of lower leg, foot of lower leg (optional), arch of the foot of lower leg is not allowed. Bottom arm/hand (optional) - Arm position/grip: one hand is holding the same side leg (which is bent around the pole) at ankle/foot. Bottom arm is in a position of choice - Leg position: upper leg is hooked to the pole at the knee, lower leg is fully extended - Body position: inverted
SP7	Outside Knee Hang Closed Fang 1		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: crook of one knee and one thigh - Arm position/grip: both hands hold the legs at ankle/shin level - Leg position: fang position - Body position: inverted - Starting position: with a minimum of one foot on the floor
SP8	Twisted Spin		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: full length of one leg, calf, thigh, and crook of knee of other leg, hips, side of torso, back, neck (optional) - Arm position/grip: arms are in fixed position of choice, no hand contact with the pole - Leg position: one leg is fully extended alongside the pole, other leg is bent around the pole - Body position: upright, head is on same side of the pole as the foot of bent leg
SP9	Underarm Hold Spin		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: inside underarm, inner upper thigh, inside knee, outside foot, shin/calf of outside leg (optional) - Arm position: arms in fixed position of choice with no hand contact with the pole. Only inside arm has contact with the pole - Grip: underarm grip - Leg position: one leg is fully extended along the pole, the other knee is bent - Body position: upright
SP10	Upright Sailor Spin		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: both ankles, one shin and one calf, one hand, one foot (optional) - Arm position/grip: inside arm is fully extended and in contact with the pole, outside arm in a fixed position of choice with no contact with the pole - Leg position: extended and closed - Body position: upright and extended

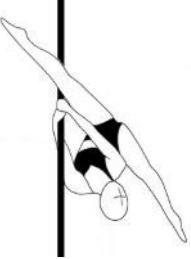
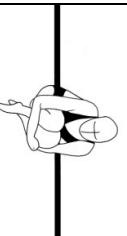
Code No.	Name	Element	Tech. Value	Criteria
SP11	Carousel Spin Elbow Grip		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: one elbow and one hand - Arm position: upper elbow holds the pole, bottom arm is fully extended and in contact with the pole - Grip: elbow grip - Leg position: diamond - Body position: upright
SP12	Inverted Straddle 2		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: both hands, side of torso - Arm position/grip: basic grip - Leg position: both legs are fully extended in straddle position, parallel to floor - Body position: inverted
SP13	Pencil Spin Basic Grip 1		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: both hands, wrists (optional) - Arm position/grip: basic grip, arms can be bent - Leg position: both legs are fully extended and closed in pencil position - Body position: upright and parallel to the pole
SP14	Seated Side Tuck		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: inner thighs, stomach (optional) - Arm position/grip: arms wrap tucked legs - Leg position: tuck, with pole between inner thighs in a seated position - Body position: body is at a 90° angle to the pole
SP15	Vortex Spin		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: crook of elbow of inside arm, inner thigh of inside leg, calf of outside leg - Arm position: hands are clasped above and behind the head. Crook of inside elbow is in contact with the pole. - Grip: elbow grip. - Leg position: both legs are fully extended - Body position: upright
SP16	Wrap Grip Spin		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: back of one shoulder and the same arm - Arm position: one arm is in wrap grip, other arm is in fixed position of choice with no contact with the pole - Grip: wrap grip - Leg position: in fixed position of choice with no contact with the pole - Body position: upright
SP17	Body Spiral No Hands		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: inside underarm, inside knee and back of thigh - Arm position/grip: arms in fixed position of choice with no hand contact with the pole. Only inside arm has contact with the pole - Grip: underarm grip - Leg position: outside leg is fully extended, inside leg wraps the pole at knee - Body position: upright with back lean

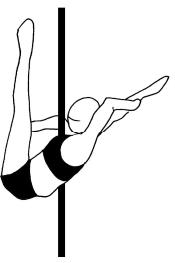
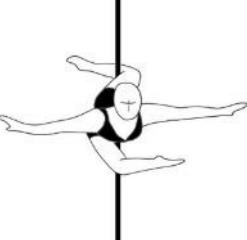
Code No.	Name	Element	Tech. Value	Criteria
SP18	Clef Spin		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: outside hand, inside elbow and forearm, thigh and knee of inside leg, calf of outside leg - Arm position/grip: outside hand is holding the pole above the head, inside arm is in elbow grip position and holding the ankle of the outside leg - Leg position: inside leg is fully extended, outside leg is bent and crossed in front of the inside leg - Body position: upright, torso facing away from the pole
SP19	Cradle Spin Tuck No Hands 1		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: hips, torso, top of thighs - Arm position/grip: arms are wrapped around legs - Leg position: tuck position - Body position: body is horizontal
SP20	Inverted Bodyspiral		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: inside arm and hand, outside elbow, back/top of shoulder and upper arm of outside arm, side of torso, back, neck (optional), crook of inside knee and thigh of outside leg - Arm position/grip: inside arm hand is holding pole, the outside arm is bent at the elbow, in contact with the pole from behind the head (without wrapping), with the side of the elbow is in contact with the pole - Leg position: inside leg is in bent in front of pole, outside leg is fully extended behind the pole - Body position: inverted
SP21	Inverted Thigh Hold Tuck		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: inner thighs, torso - Arm position/grip: arms wrap around the legs with no contact with the pole - Leg position: inverted tuck - Body position: inverted with the back facing downwards
SP22	Knee Hook Half Split Spin		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: one hand, one crook of knee, back of thigh (optional), calf (optional) - Arm position/grip: inside hand is in basic grip, inside arm is extended, hand of the outside arm is holding the opposite leg behind the head at the calf/ ankle. - Leg position: outside leg is hooked around the pole, inside leg is fully extended behind the shoulder/torso, and is held by the hand of the opposite arm. - Body position: upright and angled away from the pole

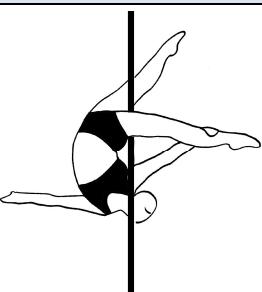
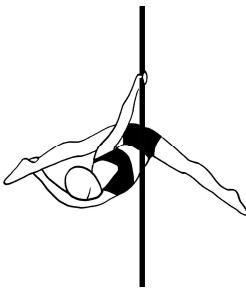
Code No.	Name	Element	Tech. Value	Criteria
SP23	Outside Knee Hang Closed Fang 2		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: one knee and one thigh - Arm position/grip: both hands hold the legs at ankle/shin level - Leg position: fang position - Body position: inverted - Starting position: aerial position on the pole
SP24	Seahorse		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: one hand (with second hand optional), one crook of knee and back of thigh, ankle (optional), glutes - Arm position: at least one hand is holding the pole above the head, the other arm is in a fixed position of choice - Grip: basic or cup grip - Leg position: one leg grips the pole in the crook of the knee and along the back of the thigh, the other leg is crossed over the first leg with optional ankle contact with the pole - Body position: upright, facing away from the pole
SP25	Straddle Spin 2 Hands Up		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: both hands - Arm position/grip: basic grip - Leg position: both legs are fully extended in straddle position, parallel to the floor or higher than hips - Body position: upright
SP26	Upright Libellula Spin		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: back of inside leg, one arm, back of shoulder of inside arm, neck (optional), back/shoulder blade (optional) - Arm position: one arm is fully extended and hand is holding the shin/ankle of the same side leg, the other arm is wrapped around the pole and hand is in contact with the thigh of the same side leg - Leg position: inside leg is in contact with the pole, outside leg is bent/extended backwards, legs are in a split/half split position - Body position: upright
SP27	Broken Doll		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: heel/ankle of outside leg, side of torso, back, at least one arm, no hand contact - Arm position/grip: arms are fully extended in fixed position of choice, same arm and leg are in contact with the pole - Leg position: both legs are bent - Body position: inverted

Code No.	Name	Element	Tech. Value	Criteria
SP28	Butterfly Twist No Hands		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: one leg, chest, opposite arm (no hand contact), same shoulder (optional) - Arm position/grip: one arm is bent and around the pole with hand holding the opposite knee/thigh, other arm is fully extended and hand holding shin/ankle/foot of back leg - Leg position: one leg is bent around the pole, the other leg is bent backwards - Body position: inverted
SP29	Cradle Spin Pike No Hands		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: hips, torso, thighs - Arm position/grip: both arms are wrapped around the legs with no contact with the pole - Leg position: both legs are fully extended and closed in pike position - Body position: wrapped around the pole and parallel to the floor
SP30	Elbow Spin Attitude		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: crook of both elbows, shoulder blades - Arm position: both elbows hold the pole, with no hand contact with the pole - Grip: elbow grip - Leg position: both legs in attitude, parallel to the floor - Body position: back is to the pole
SP31	Gargoyle Spin		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: calf and crook of knee of upper leg, back of thigh of lower leg, knee (optional) - Arm position/grip: arms are fully extended, and hands hold the foot/ankle/shin of opposite legs - Leg position: both legs are bent - Body position: facing downwards, upper body is in a horizontal position
SP32	Iguana Fang		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: both hands, one shoulder, thighs/ glutes optional - Arm position: iguana arm position - Grip: basic grip - Leg position: both legs are bent in fang position - Body position: inverted, back arch
SP33	Inverted Stand Spin		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: one leg, chest, opposite arm (no hand contact), same shoulder (optional) - Arm position/grip: one arm is bent and around the pole with hand holding the opposite knee/thigh, other arm is in fixed position of choice without contact with the pole or the body - Leg position: one leg is bent around the pole, other leg is fully extended and parallel to the pole - Body position: inverted

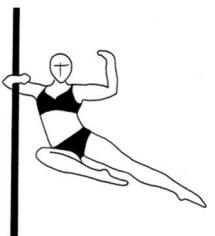
Code No.	Name	Element	Tech. Value	- Criteria
SP34	Inverted Straddle Spin		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: thigh of inside leg, outside underarm, back, side of torso - Arm position/grip: both arms are extended and holding the same side leg below the knee - Leg position: both legs are fully extended in a straddle position - Body position: inverted and in a back arch
SP35	Meathook Pike Spin		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: one hand and arm, shoulder (optional), thighs, hips, torso - Arm position/grip: inside arm is fully extended and holding pole, outside arm is in a fixed position of choice with no contact with the pole - Leg position: both legs are fully extended and closed in a pike position - Body position: wrapped around the pole
SP36	Muse Spin		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: hands and one foot, calf (optional) - Arm position: arms are fully extended, and hands are in contact with the pole. One of the hands must hold the pole between the legs. - Grip: grip of choice - Leg position: both legs are fully extended - Body position: forward fold where head is lower than hips
SP37	Pencil Spin Basic Grip 2		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: both hands - Arm position/grip: basic grip, arms are extended - Leg position: both legs are fully extended and closed in pencil position - Body position: upright and parallel to the pole
SP38	Split Grip Leg Through Spin		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: both hands, one calf, ankle (optional) - Arm position/Grip: both arms are fully extended in front of the body in split grip position. One arm is above the leg, while the other arm is below the leg, and has contact with the same side leg. - Leg position: both legs are fully extended in split position - Body position: upright with the hips away from the pole
SP39	Underarm Meathook Straddle Spin		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: underarm of inside arm, torso, thighs - Arm position/grip: both arms are fully extended, outside arm is in a fixed position of choice, inside arm is in underarm grip - Leg position: both legs are fully extended in a straddle position - Body position: inverted

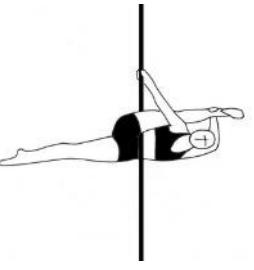
Code No.	Name	Element	Tech. Value	Criteria
SP40	Upright Teardrop Spin		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: both hands, both shins, calf (optional), ankles (optional), one foot (optional) - Arm position/grip: one arm is fully extended holding the pole above the head, the other arm is bent, with the hand in line with the shoulder and chin. - Leg position: both legs are extended and crossed - Body position: upright, in back arch position
SP41	Vertical Half Split Spin		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: forearm of the inside arm, crook of elbow (optional), full length of the front leg, thigh and knee of the back leg, pelvis - Arm position: the inside arm is wrapped around the pole and holding the front leg at the ankle/calf. The outside arm is fully extended, and the hand is holding the foot/ankle of the back leg. - Grip: wrap grip - Leg position: half split position with front leg fully extended and in contact with the pole, and back leg bent - Body position: upright
SP42	Wrap Grip Straddle Spin		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: both hands, inside arm, inside leg - Arm position/grip: inside arm is in a wrap grip position. Outside arm is extended. - Leg position: both legs are fully extended in straddle position. Inside leg is in contact with the pole. Outside leg is in contact with the body. - Body Position: inverted
SP43	Back Arch Scissor Spin 1		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: side of torso, one hand, thighs, calf/shin of one leg, knees (optional), glutes (optional) - Arm position/grip: hand of outside arm is holding the pole behind the torso. The inside arm is fully extended holding the same side leg at the calf/shin - Leg position: legs are extended with no foot contact with the pole. The pole is between the legs - Body position: back arch
SP44	Cradle Spin Tuck No Hands 2		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: hips, torso, top of thighs - Arm position/grip: arms are wrapped around legs - Leg position: tuck position - Body position: body is at a 90° angle to the pole

Code No.	Name	Element	Tech. Value	Criteria
SP45	Elbow Grip Spin		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: inside crook of elbow (including bicep and forearm), side of torso, one thigh, hip (optional) - Arm position: inside arm is in elbow grip and the hand is holding the opposite leg, the hand of the outside arm is holding the opposite leg at ankle/calf - Leg position: both legs are fully extended and open - Body position: upright
SP46	Elbow Hold Inverted Scissor		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: crook of the outside elbow, both thighs, side of torso, back, back of the neck, outside shoulder - Arm position/grip: the inside arm is fully extended with the hand holding the opposite (top) leg. The outside arm is wrapped around the pole above the head (relative to the inverted athlete), with the hand holding the ankle of the inside leg. No hands have contact with the pole. - Leg position: both legs are fully extended, the top leg is parallel to the floor - Body position: inverted
SP47	Elbow Hold Split Spin		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: inside elbow (including bicep and forearm), back, glutes (optional) - Arm position: one arm in elbow grip, other arm is holding the opposite leg at ankle/calf - Leg position: both legs are fully extended in split position, with the front foot higher than the hips - Body position: upright
SP48	Gargoyle Spin No Hands		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: calves, crook of knees, back of thighs - Arm position/grip: arms are fully extended without contact with the pole or the body - Leg position: both legs are bent - Body position: facing downwards, upper body is in a horizontal position
SP49	Icarus Spin		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: crook of the knee of the inside leg, underarm of the outside arm, back of shoulder of inside arm, neck (optional) - Arm position: back of the shoulder of inside arm on pole. Outside arm in position of choice with underarm in contact with the pole. - Leg position: inside leg grips pole in the crook of the knee, outside leg in position of choice - Body position: upright

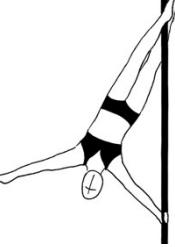
Code No.	Name	Element	Tech. Value	Criteria
SP50	Inverted Back Arch Scissor Spin		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: both thighs, one underarm, chest, neck (optional), glutes (optional) - Arm position/grip: both arms are fully extended, hand of the inside arm holds same side leg at shin level (between ankle and knee), no hands have contact with the pole - Leg position: both legs are fully extended - Body position: inverted and in a back arch
SP51	Inverted Libellula Spin		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: one arm, back, neck (optional), calf/ankle of top leg - Arm position/grip: one arm is in an elbow grip position (where the arm has contact) with the hand holding the hip, the other arm is fully extended and holding the ankle/calf of the lower leg - Leg position: both legs are fully extended in split position - Body position: inverted
SP52	One Handed Handspring Scissor		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: one hand and forearm (optional), shoulder (optional), bicep of other arm, neck, calf of back leg, front leg (optional), head - Arm position/grip: arms are fully extended. One hand is holding the pole, other hand is holding the opposite leg at ankle/calf. - Leg position: both legs are fully extended and open in a scissor position. - Body position: inverted
SP53	One Handed Straddle Spin		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: one hand, torso, hips, top part of one thigh, forearm (optional) - Arm position: outside arm is extended, inside arm is bent and holding the opposite leg at the calf or ankle - Grip: outside arm is in basic grip - Leg position: both legs are fully extended in a straddle position, one leg has thigh contact only with the pole, the other leg has no contact with the pole, both feet are lower than hips level - Body position: inverted
SP54	Vertical Split Spin		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: inside arm including hand, outside forearm/wrist, torso, both legs, bottom foot, top foot (optional) - Arm position/grip: the inside hand is holding the pole above the head, the outside arm is bent and holding the ankle of the opposite leg - Leg position: both legs are fully extended in a split position - Body position: upright

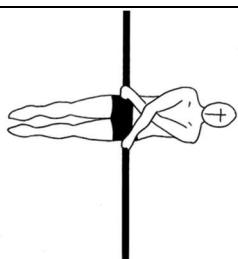
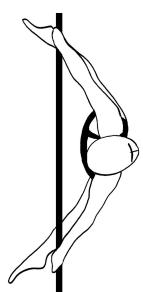
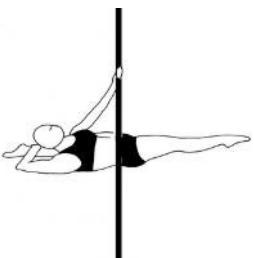
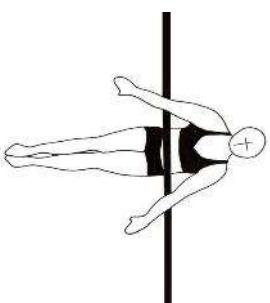
Code No.	Name	Element	Tech. Value	- Criteria
SP55	Back Arch Scissor Spin 2		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: side of torso, inside elbow, hip, and thigh (optional) - Arm position/grip: inside arm is in elbow grip with the arm holding the torso. The outside arm is fully extended holding the same side leg at shin/ankle - Leg position: legs are fully extended with no foot contact with the pole - Body position: back arch
SP56	Brass Ring		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: crook of one knee, thighs, glutes, pelvis (optional), one shoulder (optional), one arm, head, and neck (optional) - Arm position/grip: both hands hold the legs at feet/ankles - Leg position: both legs are bent. The pole is not between the legs (i.e., legs are both on the same side of the pole). - Body position: inverted, back arch, back is facing the pole
SP57	Butterfly Extended No Hands		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: one foot and ankle/shin, one shoulder and neck, upper arm (optional), back (optional) - Arm position/grip: arms are in a fixed position of choice with no contact with the pole - Leg position: both legs are fully extended, one foot has contact with the pole, opposite leg is extended away from the pole - Body position: inverted
SP58	Elbow Grip Split Spin		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: crook of elbow of inside arm (including bicep and forearm), side of torso, one thigh, hip (optional) - Arm position: inside arm is in elbow grip, the hand of the outside arm is holding the opposite leg at ankle/calf - Leg position: both legs are fully extended in a front split position. Legs are in a straight line - Body position: upright
SP59	Elbow Grip Vertical Split 1		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: arch of both feet, legs (optional), one crook of elbow, inside arm, back of shoulder (optional), torso/waist, hand of outside arm - Arm position: inside arm wraps around pole at elbow, outside arm can be bent and hand is holding the pole at / above the head (relative to the inverted athlete) - Grip: inside arm is in elbow grip, outside arm is in grip of choice - Leg position: both legs are fully extended in straddle position - Body position: inverted

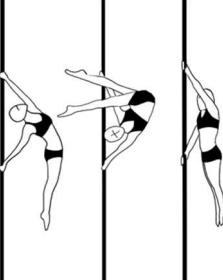
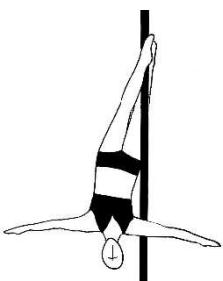
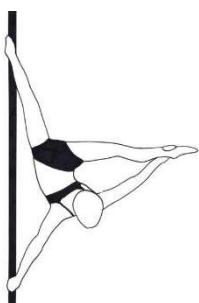
Code No.	Name	Element	Tech. Value	Criteria
SP60	Elbow Spin		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: crook of one elbow - Arm position: one arm in elbow grip, other arm is in fixed position of choice with no contact with the pole - Grip: elbow grip - Leg position: front leg is bent, back leg is fully extended - Body position: upright at an angle away from the pole
SP61	Elbow Hold Upright Scissor		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: crook of outside elbow, both thighs, side of torso, back, back of neck, back of outside shoulder (optional) - Arm position/grip: inside arm is fully extended and holding the opposite (bottom) leg. The outside arm is wrapped around the pole above the head, with the hand holding the ankle of the inside leg. No hands have contact with the pole. - Leg position: both legs are fully extended, bottom leg is parallel to the floor - Body position: upright
SP62	Hand Based Split Spin		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: both arms and hands, one foot, upper back - Arm position: top arm is fully extended and holds the pole, bottom arm wraps around the pole. - Leg position: lower foot balances on lower hand, legs are in a split position of choice - Body position: torso facing away from the pole
SP63	One Handed Muse Spin		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: sole of one foot, same side hand, same calf (optional) - Arm position: both arms are fully extended. One arm is holding the pole between the legs. The other arm is in a fixed position of choice with no contact with the pole. - Grip: basic grip - Leg position: both legs are fully extended and open - Body position: forward fold where head is lower than hips
SP64	Parallel Split Spin		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: both hands - Arm position: both arms are fully extended - Grip: wide basic grip - Leg position: both legs are fully extended in split position, parallel to the pole - Body position: upright

Code No.	Name	Element	Tech. Value	Criteria
SP65	Tuck Through Spin Pike		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: both hands, back of both legs - Arm position: arms have no contact with the legs - Grip: split grip - Leg position: both legs are fully extended in a closed pike position or crossed - Body position: body and legs are in front of the pole at a 90° angle to the pole
SP66	Cradle Spin No Hands		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: hips and tops of thighs - Arm position/grip: arms have no contact with the body or the pole - Leg position: tucked (legs closed) - Body position: body is at a 90° angle to the pole
SP67	Cradle Split		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: one hand, hips, front of torso, one thigh - Arm position: one arm is fully extended, and the hand is holding the pole, the other arm is bent, and the hand is holding the opposite leg at the ankle - Grip: basic grip - Leg position: both legs are fully extended in split position, in a straight line and parallel to the floor - Body position: parallel to the floor
SP68	Cupgrip Pencil		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: both hands - Arm position: top arm fully extended, bottom arm slightly bent - Grip: both hands are in a cup grip position - Leg position: both legs are fully extended in pencil position - Body position: upright at an angle away from the pole
SP69	Reverse Butterfly Extension		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: one hand, one arm, shoulder, foot, the ankle, and shin of top leg - Arm position/grip: both arms are fully extended, with inside arm holding the pole, and the outside arm holding the outside leg - Leg position: both legs are fully extended in split position - Body position: inverted
SP70	Titanic Support		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: one leg, thigh of other leg, one shoulder/side of neck (optional), glutes, foot (optional) - Arm position/grip: both arms are fully extended back, and have no contact with the pole - Leg position: both legs are fully extended - Body position: upright, upper body in back arch

Code No.	Name	Element	Tech. Value	Criteria
SP71	Twisted Ballerina Split		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: inside leg, opposite underarm, back, neck (optional) - Arm position: Inside arm is in a fixed position of choice with underarm in contact with the pole only. Outside arm is fully extended, holding outside leg over the head at shin level. - Leg position: inside leg is fully extended, leg and foot in contact with the pole. Outside leg is bent backwards with foot above the head in a ring position and held by the opposite hand. - Body position: upright, back is arched
SP72	Twisted Brass Ring		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: inside leg, glute (optional), shoulder, upper arm, neck, head (optional) - Arm position/grip: arms are fully extended. One arm is holding opposite foot over the head, the other arm is behind the body, holding opposite ankle - Leg position: crook of inside knee is hooked around the pole, outside leg is stretched over the head or in ring position - Body position: inverted, back arch
SP73	Closed Cross Bow		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: both hands, hips, front of torso, thighs (optional) - Arm position: Both arms are fully extended - Grip: split grip - Leg position: both legs are fully extended in straddle position in front of the pole and behind the arms, legs are in contact with the triceps - Body position: upper body is parallel to the floor
SP74	Cross Bow 2 Hands on Pole		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: both hands - Arm position/grip: split grip - Leg position: both legs are fully extended in straddle position with no contact with the pole - Body position: 90° angle to the pole
SP75	Elbow Grip Half Split Spin		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: one arm, shoulders (optional), back of neck, biceps/triceps, one hand, ankle/calf - Arm position/grip: top arm is in elbow grip and the hand holds the foot of same leg, the bottom arm is wrapped around the same leg and holds the pole at ankle/calf. - Leg position: Legs are in half split position, where the bottom leg is fully extended. - Body position: Torso is horizontal

Code No.	Name	Element	Tech. Value	- Criteria
SP76	Elbow Grip Vertical Split 2		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: both calves (knees and thighs optional), top ankle and foot of the lower leg, elbow, inside arm - Arm position: inside arm wraps around pole at elbow, outside arm in position of choice with no contact with the pole. - Grip: elbow grip - Leg position: both legs are fully extended in split position - Body position: inverted
SP77	Inverted Split Spin		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: underarm of inside arm, outside leg, foot of outside leg, lower back (optional), glutes (optional) - Arm position: both hands are holding the ankle of the inside leg - Grip: inside underarm grip - Leg position: both legs are fully extended in split position - Body position: inverted
SP78	Needle Half Split Spin		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° - Points of contact: both hands, upper leg below the knee, foot, head (optional), back of neck, one shoulder, back, glutes (optional) - Arm position/grip: both arms are extended and the hands hold the pole above the head at the ankle - Leg position: Legs are in half split position, upper leg is extended, lower leg is bent - Body position: upright and in a back arch
SP79	One Handed Spin		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: one hand - Arm position/grip: inside arm is extended and in contact with the pole, outside arm in a fixed position of choice with no contact with the pole - Leg position: both legs are fully extended and closed in pencil position - Body position: upright, away from the pole, parallel to the pole
SP80	Supported Sailor		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: both ankles, one shin and one calf, one hand, one foot (optional) - Arm position/grip: inside arm fully extended and in contact with the pole, outside arm in a fixed position of choice with no contact with the pole - Leg position: fully extended and closed - Body position: inverted and extended

Code No.	Name	Element	Tech. Value	Criteria
SP81	Teardrop Variation		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: both arms and hands, one shoulder, neck (optional), head (optional), both calves - Arm position/grip: one arm fully extended, other arm can be bent - Leg position: legs are closed and fully extended - Position of body: inverted, back bend, chest is facing downwards
SP82	Crossed Hands Plank		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: hips and both hands - Arm position/grip: cross grip - Leg position: both legs are fully extended and closed, parallel to the floor - Body position: 90° angle to the pole
SP83	Extreme Crossbow		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: both ankles and/or calves, both hands - Arm position/grip: both arms are fully extended and open with hands holding the pole at ankle level - Leg position: both legs are fully extended in straddle position with ankles in contact with the pole - Body position: torso is at a 90° angle to the pole, with the pole behind the body (body on the same side of the pole as the legs)
SP84	Horizontal Split Spin		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: one hand, side of torso, forearm (optional) - Arm position: outside arm is fully extended, inside arm is bent and holding the opposite leg at the ankle - Grip: basic grip - Leg position: both legs are fully extended in a split position and parallel to the floor, and no contact with the pole - Body position: torso is horizontal
SP85	No Hands Plank Spin		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: torso and both forearms/elbows - Arm position/grip: no hand contact, both arms are fully extended - Leg position: both legs are fully extended, parallel to the floor, legs are closed - Body position: entire body (head to feet) is straight and at 90° to the pole, with a tolerance of not more of 20°

Code No.	Name	Element	Tech. Value	Criteria
SP86	One Handed Parallel Split Spin		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: only one hand - Arm position: inside arm is fully extended and in contact with the pole, outside arm is bent, holding the opposite leg above the head - Grip: basic grip - Leg position: both legs are fully extended in split position, parallel to the pole - Body position: upright, away from the pole, parallel to the pole
SP87	Pole Based Clock		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: both hands - Arm position/grip: grip of choice - Leg position: starting in an upright position, legs and hips make a circular rotation (fan kick/flair) passing through an inverted position with the hips above the head, ending in pike position (jack knife) over the head for 2 times - Body position: upright/inverted
SP88	Sailor		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: one triceps, both ankles, one shin and one calf, one foot (optional) - Arm position/grip: inside arm is extended, and the triceps has contact with the pole; outside arm is in fixed position of choice with no contact with the pole. - Leg position: fully extended and closed - Body position: inverted and extended
SP89	Split Grip Contortion Spin		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: both hands, shin of top leg, crook of the knee of the bottom leg - Arm position: upper hand holds pole above shin of upper leg, Lower hand holds pole below the lower thigh - Grip: split grip. - Leg position: lower leg must be extended, with shin of the top leg is in contact with the pole - Body position: upright, facing away from the pole
SP90	Supported Sailor Back Bend		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact: one hand, foot, and shin of the same leg - Arm position/grip: both arms are fully extended. Inside hand is holding the pole above the head (relative to the inverted athlete), the outside hand is holding the same leg at ankle/shin level - Leg position: both legs are fully extended. Foot and shin of inside leg have contact with the pole, outside leg is extended to the back - Body position: inverted and suspended away from the pole, back is in a back arch

DEADLIFTS

DEAD LIFT (DL)

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

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

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

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

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

AERIAL DEAD LIFT (ADL)

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

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

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

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

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

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

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

DEAD LIFTS

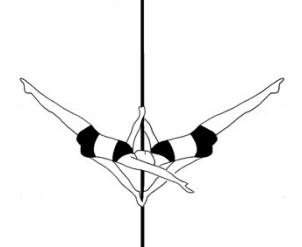
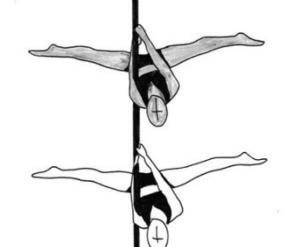
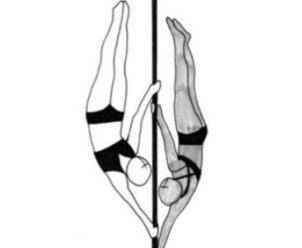
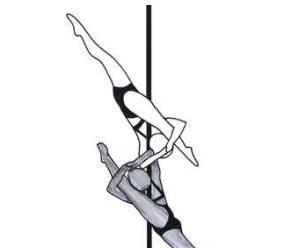
Code No.	Name	Element	Tech. Value	Criteria
DL1/ ADL1	Dead lift from shoulder mount grip		a - 0.1 b - 0.2 c - 0.3 a - 0.4 b - 0.5 c - 0.7	- Points of contact: both hands, one shoulder - Arm position/grip: both hands grip of choice
DL2/ ADL2	Dead lift from twist grip		a - 0.2 b - 0.3 c - 0.4 a - 0.5 b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

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

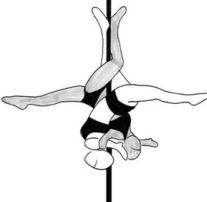


COMPULSORY DOUBLES

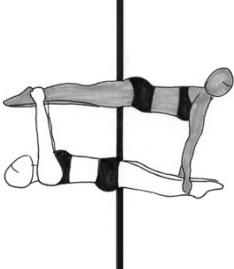
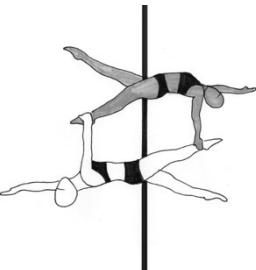
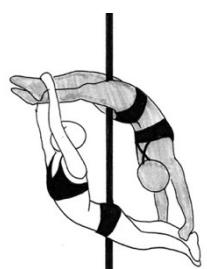
Please note that the drawings are to be used only as a guide.
It is important to follow the minimum requirements under criteria.

SYNCHRONISED PARALLEL ELEMENTS				
Code No.	Name	Element	Tech. Value	Criteria
SYN1	Different Direction to the Pole OR Horizontal Position OR Vertical to the Pole OR Mirror Image	   	0.1/ 1.0	<ul style="list-style-type: none"> - Hold the position for 2 seconds - This element must be a Flexibility or Strength element chosen from the singles compulsory elements. The same element must be used for all except mirror image (which is defined here as mirror image on a point). - Partners must be parallel to each other. - In the event that the mirror image version of SYN 1 is performed, where two parallel elements consist of different elements, the Technical Value of the element with the lower value will apply. This should be indicated on the Compulsory Form in the following manner: SYN1/Element1,Element2. - Please include the element code as well in the compulsory form (e.g., SYN1/F10 or SYN1/S40 or SYN1/EI1,EI2, etc.). Please indicate only the name(s) of the individual element to be performed. - This may be performed on either the same pole or on 2 separate poles.

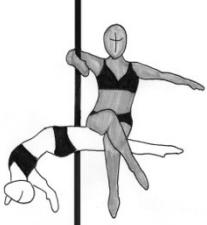
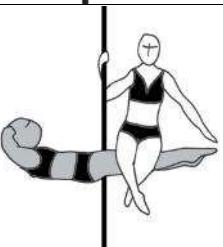
SYNCHRONISED INTERLOCKING ELEMENTS

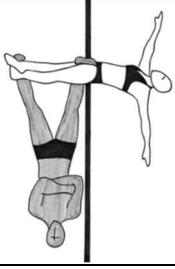
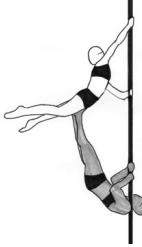
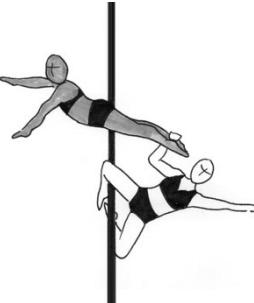
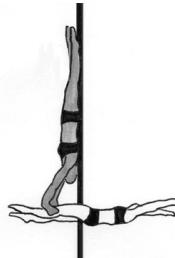
Code No.	Name	Element	Tech. Value	Criteria
SYN2	Floor Based Position 1		0.4	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Partners locked together in a synchronised interlocking inverted floor-based position - Legs must be in a fixed position of choice. Hand or arm contact with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

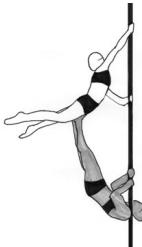
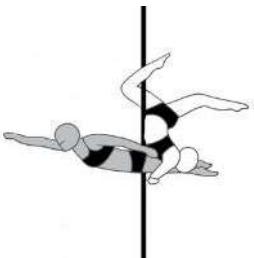
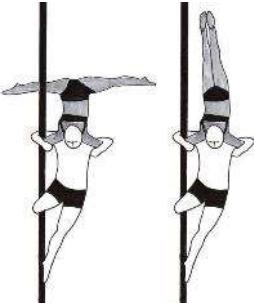
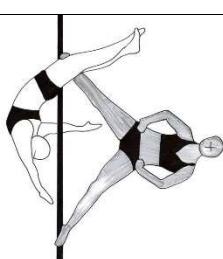
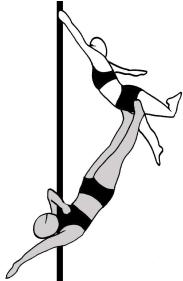
SYNCHRONISED BALANCE BASED PARTNER ELEMENTS

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

BALANCE BASED PARTNER ELEMENTS

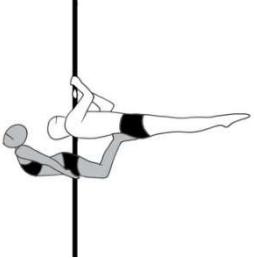
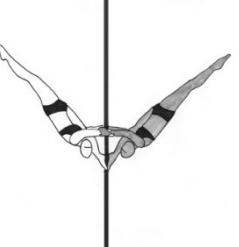
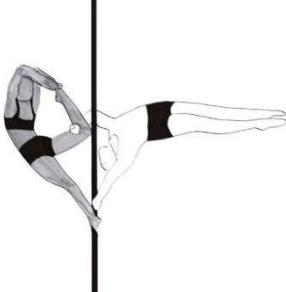
Code No.	Name	Element	Tech. Value	Criteria
BLN1	Layback Position 1		0.2	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The lower partner is in a layback position holding with the legs only - The upper partner is either standing or seated on the lower partner holding the pole with one hand or elbow only - Both partners must have contact with the pole
BLN2	Horizontal Balance		0.3	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The lower partner is in a horizontal position facing upwards holding the pole with the thighs only. - The upper partner is either standing or sitting on the lower partner holding the pole with one hand and/or arm only - Both partners must have contact with the pole
BLN3	Layback Position 2		0.3	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The upper partner is in a layback or layout position holding with the legs only - The lower partner is in an upright fixed position of choice holding pole with one hand only, supports the upper partner with other hand - Both partners must have contact with the pole
BLN4	Layback Balance		0.3	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Lower partner is in a layback position (S4/S15) and has contact with the pole with the legs only. Lower partner's arms are extended and both hands in contact with the top partners foot/feet only. - The upper partner is in an upright position of choice balancing on the lower partner's hands, and only one crook of elbow and/or one hand is in contact with the pole. - Both partners must have contact with the pole
BLN5	Seated Balance 1		0.3	<ul style="list-style-type: none"> - Hold the position for 2 seconds. - The lower partner is in an upright seated position. - The upper partner is in an inverted position of choice balancing on the lower partner. Only shin/calf and feet can be in contact with the pole. - Both partners have contact with the pole.
BLN6	Shoulder Mount Balance 1		0.3	<ul style="list-style-type: none"> - Hold the position for 2 seconds. - The upper partner is in an upright position with the back arched and no hand or arm contact with the pole. - The lower partner performs a shoulder mount straddle position - the lower partner supports and holds the upper partner at knee level with elbows/arms. - Both partners must have contact with the pole - hand contact is not allowed.

Code No.	Name	Element	Tech. Value	Criteria
BLN7	Horizontal Inverted Position		0.4	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The upper partner is in a position facing upwards and parallel to the floor holding with the thighs only with a 40° tolerance on the body angle - The lower partner is in an inverted flying fixed position of choice holding the upper partner with one or two feet only - Only one partner has contact with the pole
BLN8	Shoulder Mount Balance 2		0.4	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The lower partner is in a shoulder mount position and holding the upper partner by pushing him/her up by the legs with his/her legs - Lower partner: torso and legs must be fully extended in a straight line. - Both partners must have contact with the pole
BLN9	Superman And Knee Hold Position		0.4	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The upper partner is in a superman position holding with the legs only, hips and legs are parallel to the floor - The lower partner is in a knee hold position supports the upper with hand - Both partners must have contact with the pole
BLN10	X Pose Balance 1		0.4	<ul style="list-style-type: none"> - Hold the position for 2 seconds. - The supporting partner is in an upright position of choice with a back bend, and with only legs in contact with the pole - no floor contact. - The supported partner is in an X pose position, balanced on the supporting partner. The supported partner may have pole contact, but not in a way that would support their weight.
BLN11	Handstand Position		0.5	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The lower partner is in a horizontal position facing upwards holding with the thighs only with a 40° tolerance on the body angle, the upper partner is in an inverted handstand position with the body leaning against the pole - No hand/arm contact with the pole. - Both partners must have contact with the pole.
BLN12	Pencil Hug Balance		0.5	<ul style="list-style-type: none"> - Hold the position for 2 seconds. - The upper partner is in an upright position with the back arched. Only legs have contact with the pole (no hip contact). - The lower partner performs a Pole Hug Pencil position. The criteria of Pole Hug Pencil apply (refer to S6). - The lower partner supports and holds the upper partner at knee level with elbows/arms. - Both partners must have contact with the pole.

Code No.	Name	Element	Tech. Value	Criteria
BLN13	Shoulder Mount Balance 3		0.5	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The lower partner is in a shoulder mount position and holding the upper partner by pushing him/her up by the hips with his/her legs - Lower partner: torso and legs must be fully extended in a straight line. - Both partners must have contact with the pole
BLN14	Superman Position 1		0.5	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Lower partner is in superman position with legs parallel to the floor. Hands have no contact with the pole. - The upper partner is in inverted position, has contact with the pole and is balancing on the lower partner's legs. Upper partner may not have both legs in contact with the pole. - Both partners have contact with the pole.
BLN15	Titanic Balance 1		0.5	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The lower partner is in a titanic position where the legs are bent. The glutes and the legs can be in contact with the pole, shoulder/neck contact is optional. No hand/arm and feet contact with the pole. - The upper partner is standing on the lower partner's feet and holding the pole with one hand or elbow only. - Both partners must have contact with the pole.
BLN16	Cupid Balance 1		0.6	<ul style="list-style-type: none"> - Hold the position for 2 seconds - An interlocking balance element with both partners in contact with the pole - The lower partner performs a cupid position with elbow grip - The upper partner performs a shoulder stand balancing on the lower partner. Legs are fully extended in a fixed position of choice. Torso is parallel to the pole - Partners facing in different directions - Both partners may have contact with the pole, but no hand contact.
BLN17	Layback – X Pose Balance 1		0.6	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Upper partner is in layback position with no hand contact with the pole - Lower partner performs an X pose where the torso is horizontal, and the top foot is between the legs of upper partner - Both partners may have contact with the pole
BLN18	Shoulder Mount Balance 4		0.6	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The lower partner is in a shoulder mount position with one arm wrapped around the pole and the other in a fixed position of choice with no contact to the pole. The partner is supporting the upper partner by pushing them up by the legs/hips, using their feet - Upper partner: is holding the pole with one hand. - Both partners must have contact with the pole

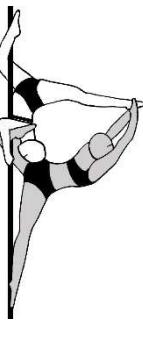
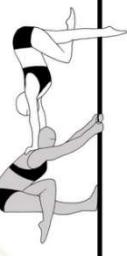
Code No.	Name	Element	Tech. Value	Criteria
BLN19	Shoulder Mount Plank Balance		0.6	<ul style="list-style-type: none"> - Hold the position for 2 seconds. - The upper partner is in an upright position with the back is arched. Only legs have contact with the pole (no hip contact). - The lower partner performs a shoulder mount plank (with arms around partner) with a 45 degree angle to the pole. - Both partners must have contact with the pole.
BLN20	Handstand Balance 1		0.7	<ul style="list-style-type: none"> - Hold the position for 2 seconds. - The supporting partner is in an upright position of choice. - The supported partner is in a fixed handstand position of choice with no contact with the pole, balancing on the supporting partner. - Only the supporting partner has contact with the pole.
BLN21	Handstand Plank Position		0.7	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The lower partner is in a horizontal plank position facing upwards holding with the thighs only, the upper partner is in an inverted handstand position with the body leaning against the pole - No hand/arm contact with the pole. - Both partners must have contact with the pole.
BLN22	Horizontal Plank Inverted Position		0.7	<ul style="list-style-type: none"> - Hold the position for 2 seconds - An element with partners positioned in different directions - The upper partner is horizontal plank position facing upwards holding the pole with the thighs only - The lower partner is in an inverted fixed position of choice and in contact with the upper partner with one or two feet/shins/calves only - Only one partner has contact with the pole.
BLN23	Russian Split Balance		0.7	<ul style="list-style-type: none"> - Hold the position for 2 seconds. - The supporting partner is in an Underarm hold (see SP9 for minimum requirements - spin not required) - The supported partner is in a Russian split position, with a minimum split angle of 180° (body does not have to be parallel) - the Russian split is to be performed against the supporting partners' body. - Only the supporting partner has contact with the pole.
BLN24	Superman Position 2		0.7	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The lower partner is in a superman position holding with the legs only, hips and legs are parallel to the floor - The upper partner is standing on the lower partner holding the pole with one hand or elbow only - Both partners must have contact with the pole

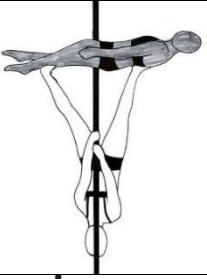
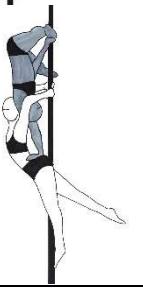
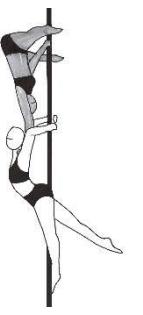
Code No.	Name	Element	Tech. Value	Criteria
BLN25	Superman Position 3		0.7	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The lower partner is in a superman position holding with the legs only, hips and legs are parallel to the floor - The upper partner is sitting on the lower partner holding the pole with one hand or elbow only - Both partners must have contact with the pole
BLN26	Superman Support		0.7	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Supporting partner is in a superman position with one hand in contact with the pole (optional), and is holding the torso of the supported partner - Supported partner is in an inverted position of choice holding to the pole with hands only - Both partners must have contact with the pole
BLN27	Titanic Balance 2		0.7	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Upper partner performs a titanic position, where the legs, and glutes can be in contact with the pole. No hand/arm and feet contact with the pole. - Lower partner holds the legs/feet of catching partner and must be in an inverted fixed position of choice or must at least have the feet lifted above the head - Both partners must have contact with the pole
BLN28	Layback Arch Balance 1		0.8	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Upper partner is in layback or layout position with no hand contact with the pole - Lower partner must perform any strength element and have only one point of contact with the pole - Both partners may have contact with the pole and each other
BLN29	Layback Arch Balance 2		0.8	<ul style="list-style-type: none"> - Hold the position for 2 seconds - One partner is in layback or layout position with no hand contact with the pole. - The other partner is in an inverted position balancing on the partner's legs with only one hand in contact with the pole. Legs are parallel to the pole. - Both partners must have contact with the pole
BLN30	Superman Position 4		0.8	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The upper partner is in a superman position holding with the legs only - The lower partner is in inverted position holding the upper partner with the legs only and has no contact with the pole - Only the upper partner has contact with the pole
BLN31	Layback – X Pose Balance 2		0.9	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Upper partner is in layback position with no hand contact with the pole - Lower partner performs an X pose where the torso is at a 90 angle to the pole and the top foot is between the legs of upper partner - Both partners may have contact with the pole

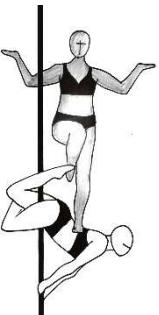
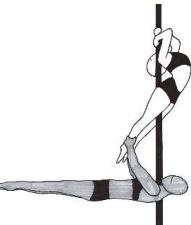
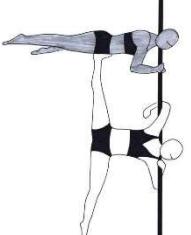
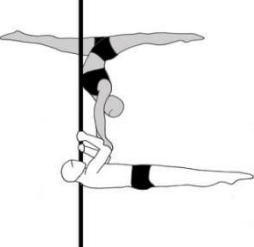
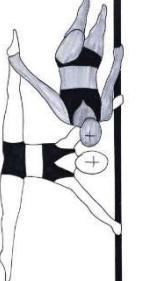
Code No.	Name	Element	Tech. Value	Criteria
BLN32	No Hands Superman Support		0.9	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The lower partner is in a no hands superman position, holding the upper partner with feet. Legs are not crossed and only the feet can be in contact with the upper partner. - The upper partner performs a shoulder mount plank (see minimum requirements S93) balancing on the lower partners' feet. - Only the upper partner can have hand contact with the pole, both partners have contact with the pole.
BLN33	Shoulder Mount Position 1		0.9	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The lower partner is in a shoulder mount pencil position, where the legs are fully extended. - The upper partner is balancing on the lower partner's feet with body parallel to the pole and fully extended. Only hands can be in contact with the pole. - Both partners must have contact with the pole
BLN34	Titanic Balance 3		0.9	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The lower partner is in a titanic position where the legs are bent, and the legs and glutes must be in contact with the pole. - The upper partner is in a headstand position, balancing on the lower partner's feet and holding the pole with the hands only. The body is parallel to the pole. - Both partners must have contact with the pole.
BLN35	Chest Balance		1.0	<ul style="list-style-type: none"> - Hold the position for 2 seconds. - Supported partner is in a chest stand position, balanced on the supporting partner's chest, and only has contact with the pole their hands. - Supporting partner in an upright position with no hand or foot contact with the pole. - Both partners must have contact with the pole.
BLN36	Double Russian Split		1.0	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Both partners perform a Russian split - Only feet have contact with the pole - Both partners are holding hands only, not the pole - Partners must be in a mirror image - Both partners must have contact with the pole.
BLN37	Elbow Hold Balance 1		1.0	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The one partner performs any strength element, where the body is fully extended, and hips are parallel to the floor. The legs are fully extended, closed, and parallel to the floor and only one hand and elbow/arm are in contact with the pole. - The other partner must be in a fixed position of choice with only one foot in contact with the pole and facing away from the catching partner. - Both partners must have contact with the pole.

Code No.	Name	Element	Tech. Value	Criteria
BLN38	Layback Balance Element		1.0	<ul style="list-style-type: none"> - Hold the position for 2 seconds - One partner is in a layback position and has contact with the pole with the legs only - The other partner is in inverted handstand position and has no contact with the pole - Both partners have fully extended arms and legs - Only one partner has contact with the pole.

BALANCE SUPPORT PARTNER ELEMENTS

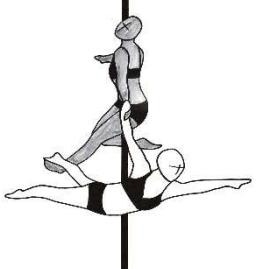
Code No.	Name	Element	Tech. Value	Criteria
BLN39	Seated Balance 2		0.2	<ul style="list-style-type: none"> - Hold the position for 2 seconds. - The upper partner is in an upright seated position, no hand contact is allowed. - The lower partner is in an inverted position, mirroring the top partner (except arms). - Both partners must have contact with the pole.
BLN40	Seated Balance 3		0.2	<ul style="list-style-type: none"> - Hold the position for 2 seconds. - The lower partner is in an upright seated position. - The upper partner is in an inverted position of choice balancing on the lower partner. - Both partners have contact with the pole.
BLN41	Knee Hold Support		0.4	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The lower partner is in a Knee hold position (minimum requirements apply) - The upper partner is standing on the lower partner and holding the pole with arm only (grip of choice) - Both partners must have contact with the pole - Criteria of Knee hold apply (refer to S40)
BLN42	Standing Balance		0.4	<ul style="list-style-type: none"> - Hold the position for 2 seconds. - Both partners have contact with the pole. - The lower partner performs an upright position of choice with no contact with the floor. - The upper partner is in inverted handstand position balancing on the lower partner only with one hand contact with the pole. - Both partners must have contact with the pole.
BLN43	Cupid Balance 2		0.5	<ul style="list-style-type: none"> - Hold the position for 2 seconds - A balance element with both partners in contact with the pole - The supporting partner performs a cupid position facing away from the pole and is holding the foot of the balancing partner with both hands. The supporting partner is in an upright back arch position. - The supported partner is in an inverted position, balancing on the lower partner's leg. Legs are in a fixed position of choice and the partner is holding the pole with both hands, leg contact (optional). Back is arched. - Partners facing in different directions - Both partners have contact with the pole.
BLN44	Handstand Balance 2		0.6	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Supporting partner is holding on to the pole in an upright position. - Supported partner has contact with the pole only with one foot/ankle and is balancing on the supporting partner in an inverted position. - Both partners must have at least 1 leg parallel to the floor. - Both partners must have contact with the pole

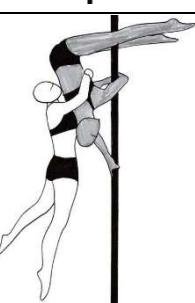
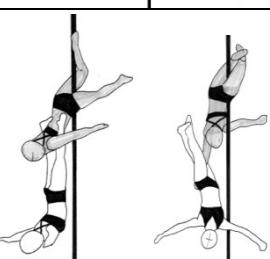
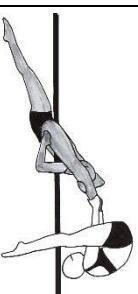
Code No.	Name	Element	Tech. Value	Criteria
BLN45	Iguana Balance		0.6	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The supporting partner performs an inverted fixed position of choice with iguana arm position. - The supported partner must be in a horizontal fixed position of choice balancing on the lower partner's feet without hand or arm contact with the pole. - Both partners must have contact with the pole.
BLN46	Strength Hold Balance		0.6	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The lower partner performs any strength element, where the body is parallel to the floor. - The upper partner is in inverted handstand position balancing on the lower partner with hand/arm contact with the pole. - Both partners must have contact with the pole.
BLN47	Titanic Balance 4		0.6	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The lower partner performs a titanic position with hand contact, where the one leg, glutes, one foot and hands can be in contact with the pole. - The upper partner is in an inverted handstand position balancing on the lower partner and only one hand is in contact with the pole. - Both partners must have contact with the pole.
BLN48	Titanic Balance 5		0.7	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The lower partner performs a titanic position, where the one leg, glutes, one foot are in contact with the pole; hands and/or neck/shoulder may be in contact with the pole. - The upper partner is in an inverted handstand position balancing on the shoulder of lower partner and only one hand is in contact with the pole (with forearm / elbow contact optional). - Both partners must have contact with the pole.
BLN49	Iron X Position 1		0.8	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The lower partner performs an Iron X (see minimum requirements), upper body is parallel to the floor, the upper partner is in upright fixed position of choice - Both partners must only have contact with the pole with their hands - Criteria of Iron X 2 applies (refer to S65)
BLN50	Split Hold Balance		0.8	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The lower partner is in a split position of choice. - The upper partner is in inverted handstand position balancing on the lower partner with hand/arm contact with the pole. - Both partners have contact with the pole. - Angle of split: a minimum 180°

Code No.	Name	Element	Tech. Value	Criteria
BLN51	Strength Hold Balance		0.8	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The lower partner performs any strength element, where the body is horizontal to the floor. The lower partner is only allowed pole contact with one hand, the arms and/or upper body. - The upper partner is in inverted handstand position balancing on the lower partner with hand/arm contact with the pole. - Both partners must have contact with the pole.
BLN52	Thigh/Outside Knee Hang Support 1		0.8	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The lower partner performs a supported thigh /outside knee hang with both hands on the pole and arms are extended - The upper partner is in upright fixed position of choice with no contact with the pole and is standing on the lower partner upper back with at least one foot - Only the lower partner must have contact with the pole
BLN53	Titanic Balance 6		0.8	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Upper partner performs a titanic position, where the legs, hands and glutes can be in contact with the pole, no feet contact with the pole. - Lower partner holds the legs/feet of catching partner and must be in a horizontal fixed position of choice and must be at 90° to the pole - Both partners must have contact with the pole
BLN54	Elbow Hold Balance 2		0.9	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The lower partner performs an elbow/neck hold straddle with lower forearm on the pole and torso parallel to the floor. - The upper partner must be in a horizontal fixed plank position of choice balancing on the lower partner's upper foot. - Both partners must have contact with the pole.
BLN55	Handstand Plank Balance		0.9	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The lower partner is in a shoulder mount position, with body and legs parallel to the floor - The upper partner is in a handstand split position balancing on the lower partner. Both legs are fully extended. Upper partner has no hand or arm contact with the pole. - Both partners have contact with the pole
BLN56	Iron X position 2		0.9	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The lower partner performs an Iron X (see minimum requirements), upper body is parallel to the floor. - The upper partner is in an inverted fixed position of choice with torso parallel to the pole. - Both partners must only have contact with the pole with their hands - Criteria of Iron X 2 applies (refer to S65)

Code No.	Name	Element	Tech. Value	Criteria
BLN57	Thigh/Outside Knee Hang Support 2		0.9	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The lower partner performs a supported thigh /outside knee hang with both hands on the pole and arms are extended - The upper partner is in upright fixed position of choice with no contact with the pole and is standing on the lower partner upper back with one foot only - Only the lower partner must have contact with the pole
BLN58	Vertical Jade Balance		0.9	<ul style="list-style-type: none"> - Hold the position for 2 seconds. - The lower partner performs a Vertical Jade. Criteria of Vertical Jade applies (refer to F99). - The upper partner is in inverted handstand position balancing on the lower partner's upper foot, and only has contact with the pole with one hand. - Both partners must have contact with the pole.
BLN59	Iron X position 3		1.0	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The lower partner performs an Iron X (see minimum requirements for an iron x), where the upper body is parallel to the floor - The upper partner is standing in upright fixed position of choice on the lower partner with no contact with the pole - Only the lower partner must have contact with the pole - Criteria of Iron X 2 applies (refer to S65)
BLN60	Strength Hold Balance		1.0	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The lower partner performs any strength element, where the body is parallel to the floor. The lower partner is only allowed pole contact with one hand, the arms and/or upper body. - The upper partner is in inverted handstand position balancing on the lower partner with hand/arm contact with the pole. - Both partners must have contact with the pole.

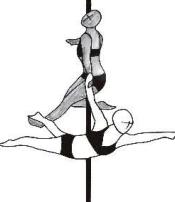
FLYING PARTNER ELEMENTS – ONLY ONE PARTNER CAN HAVE CONTACT WITH THE POLE

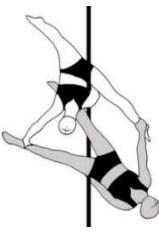
Code No.	Name	Element	Tech. Value	Criteria
FLY1	Seated Position 1		0.1	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner is in a seated position - One hand or elbow has contact with the pole and feet contact is allowed. - Flying partner must be in an upright fixed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

Code No.	Name	Element	Tech. Value	Criteria
FLY8	Thigh/Outside Knee Hang 1		0.6	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner is in an inverted thigh / outside knee hold position - Flying partner may be in an upright fixed position of choice - Only one partner has contact to the pole
FLY9	Inside Knee Hang 2		0.7	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner is in an inverted inside knee hang - Flying partner holds outside leg of catching partner and must be in an inverted fixed position of choice. - Only one partner has contact with the pole
FLY10	Only Hands Holding		0.7	<ul style="list-style-type: none"> - Hold the position for 2 seconds. - Catching partner is holding with hands and inside underarm with no leg contact with the pole - Flying partner must be in a fixed position of choice - Only one partner has contact with the pole
FLY11	Elbow Grip Straddle Hang		0.8	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner is in an Elbow Grip Straddle - Flying partner must be in an upright fixed position of choice with no contact with the pole - Only one partner has contact with the pole - Criteria of Elbow Grip Straddle apply (refer to S51)
FLY12	Iguana Split Hang		0.8	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner is in an inverted split position of choice with iguana grip. - Flying partner holds the leg of catching partner and must be in an inverted fixed position of choice - Only one partner has contact with the pole
FLY13	Thigh/Outside Knee Hang 2		0.8	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner is in an inverted thigh / outside knee hang position - Flying partner must be in an inverted fixed position of choice or must at least have feet lifted above the head - Only one partner has contact with the pole
FLY14	Split Hang 1		0.9	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner is in a split position of choice - Angle of split: a minimum of 180° - Flying partner holds leg of catching partner and must be in an inverted fixed position of choice or must at least have the feet lifted above the head - Only one partner has contact with the pole

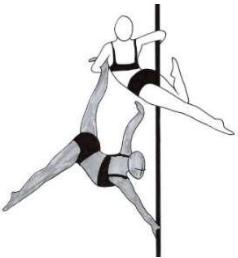
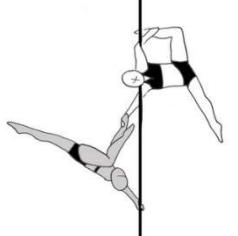
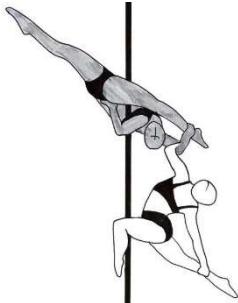
Code No.	Name	Element	Tech. Value	Criteria
FLY15	Split grip reverse plank hang 1		1.0	<ul style="list-style-type: none"> - Hold the position for 2 seconds - An element with partners positioned in different directions - The catching partner is in a split grip reverse plank position (refer to minimum requirements of S111) with a 20° tolerance - The flying partner is in an upright fixed position of choice - Only one partner has contact with the pole
FLY16	Split grip reverse plank hang 2		1.0	<ul style="list-style-type: none"> - Hold the position for 2 seconds - An element with partners positioned in different directions - The catching partner is in a split grip reverse plank position (refer to minimum requirements of S111) with a 20° tolerance - Flying partner must be in a horizontal split fixed position of choice - Angle of split: a minimum of 180° - Only one partner has contact with the pole

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

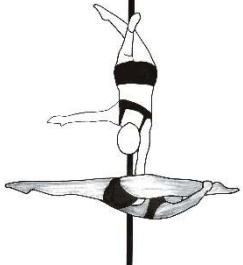
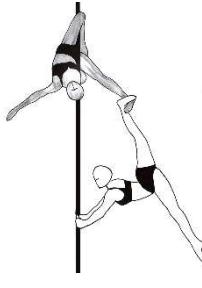
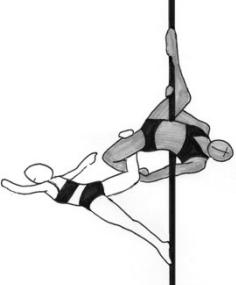
Code No.	Name	Element	Tech. Value	Criteria
FLY17	Elbow grip seated position		0.2	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner is in an elbow grip seated position - Flying partner must be in a fixed position of choice - Criteria of Elbow grip seat apply (refer to S3) - Both partners have contact with the pole.
FLY18	Seated Position 6		0.2	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner is in a seated position - One hand or elbow has contact with the pole - Flying partner must be in an inverted fixed position of choice. - Both partners have contact with the pole.
FLY19	Seated Position 7		0.3	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner is in a seated position - The flying partner must be in a fixed position of choice - Both partners have contact with the pole.
FLY20	Inverted thigh hold		0.4	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner is in an inverted thigh outside knee hold position - Flying partner is in a layback position with one leg extended and other leg in passé - Flying partner must not have legs crossed - Both partners have no hand contact with the pole, and have contact with the pole
FLY21	Layback Position 3		0.4	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner is in a layback position - The flying partner must be in a fixed position of choice - Both partners have contact with the pole.
FLY22	Seated Position 8		0.4	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner is in a seated position - One hand or elbow has contact with the pole - Flying partner must be in a horizontal fixed position of choice - Both partners have contact with the pole
FLY23	Superman Hang 1		0.4	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner is in a superman position elbow grip is allowed. - Flying partner must be in an inverted split position of choice, only with hands contact with the pole. Hands must be lower than the head. - Both partners must have contact with the pole.

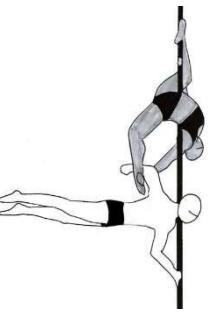
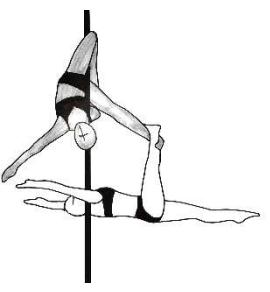
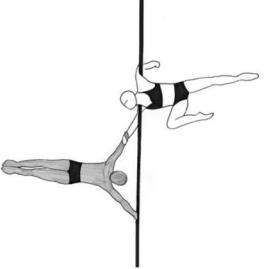
Code No.	Name	Element	Tech. Value	Criteria
FLY24	Allegra Half Split Hang 1		0.5	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The catching partner is in an Allegra half split 1 position (refer to F13). - Minimum split angle for Allegra half split: 160° - The flying partner must have only one point of contact with one hand on the pole. - Both partners must have contact with the pole.
FLY25	Hanging Balance		0.5	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The catching partner is holding the lower partner at the shoulder and has contact with the pole only with hands and wrists. - The flying partner has contact with the pole only with feet. - The whole body of both partners must be fully extended. - Both partners must have contact with the pole
FLY26	Hip Hold Straddle Hang		0.5	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner is in an inverted hip hold straddle position - Flying partner must be in an inverted position of choice - Both partners have contact with the pole and each other
FLY27	Outside Knee Hang Position		0.5	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner is in an inverted outside knee hang position - Flying partner must be in an inverted fixed position of choice - Both partners have contact with the pole and each other
FLY28	Remi Hang		0.5	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner is in Remi layback position (refer to S28) holding the legs of the flying partner - The flying partner must be in a fixed position of choice and has contact with the pole at least with the hands - Both partners have contact with the pole.
FLY29	Seated Position 9		0.5	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Both partners have contact with the pole - Catching partner is in a seated position - The flying partner must be in an upright fixed split position of choice - Angle of split: a minimum of 180° - Both partners have contact with the pole.
FLY30	Thigh/Outside Knee Hang 3		0.5	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner in an inverted thigh / outside knee hang position - Flying partner must be in an inverted fixed split position of choice - Both partners have contact with the pole.

Code No.	Name	Element	Tech. Value	Criteria
FLY31	Upright Split Position		0.5	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner in a seated position with no hand contact with the pole. - Flying partner must be in an inverted fixed split position of choice - Angle of split: a minimum of 160° - Both partners have contact with the pole.
FLY32	Allegra Half Split Hang 2		0.6	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The catching partner is in an Allegra half split 2 position (refer to F25). - Minimum split angle for Allegra half split: 180° - The flying partner must have only one point of contact with one hand on the pole. - Both partners must have contact with the pole.
FLY33	Iguana - Superman Hang		0.6	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner is in a split position of choice with iguana arm position. - Flying partner performs a superman with no hand contact with the pole, holding the catching partner's lower leg. - Both partners have contact with the pole.
FLY34	Janeiro Hang		0.6	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner is in a Janeiro position, holding the leg of the flying partner - Flying partner hangs on catching partner's lower leg in a fixed position of choice with only one hand in contact with the pole - Both partners have contact with the pole.
FLY35	Janeiro Superman Hang		0.6	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner performs a Janeiro. - Flying partner performs a superman with no hand contact with the pole, holding the catching partner's lower leg. - Criteria of Janeiro apply (refer to F52) - Both partners have contact with the pole.
FLY36	Thigh/Outside Knee Hang 4		0.6	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner in an inverted thigh / outside knee hang position holding flying partner's leg - Flying partner must be in an upright position of choice, no hand contact with the pole - Both partners have contact with the pole.
FLY37	Seated Position 10		0.6	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner is in a seated position, with one hand or elbow in contact with the pole - Flying partner must be in an inverted fixed split position of choice - Angle of split: a minimum of 160° - Both partners have contact with the pole.

Code No.	Name	Element	Tech. Value	Criteria
FLY38	Superman Hang 2		0.6	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner is in a superman position elbow grip is allowed. - Flying partner must be in an inverted split position of choice and only with one hand contact with the pole. Hand must be lower than the head. - Both partners must have contact with the pole.
FLY39	Allegra Split Hang		0.7	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The catching partner is in an Allegra split 2 (refer to F14) position. - Minimum split angle for Allegra split: 180° - The flying partner must have only one point of contact with one hand on the pole. - Both partners have contact with the pole.
FLY40	Elbow Hold Hang 2		0.7	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner executes an elbow grip strength position of choice - Flying partner executes an inverted strength position of choice - Both partners are in contact with each other by holding hands/wrists/forearms
FLY41	Janeiro Inverted Hang		0.7	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner is in a Janeiro position, holding one arm/hand of the flying partner - Flying partner hangs on catching partner's arm/hand and lower leg in an inverted fixed position of choice with only arm/back contact (optional) with the pole. No leg contact allowed. - Both partners have contact with the pole
FLY42	Split Hang 2		0.7	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner is in a split position of choice - Angle of split: a minimum of 180° - Flying partner holds the arm or leg of catching partner in a fixed position of choice with no hand contact with the pole. - Both partners must have contact with the pole.
FLY43	Split Hang 3		0.7	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner is in a split position of choice - Angle of split: a minimum of 180° - Flying partner is in a fixed position of choice with contact with the pole. - Both partners have contact with the pole

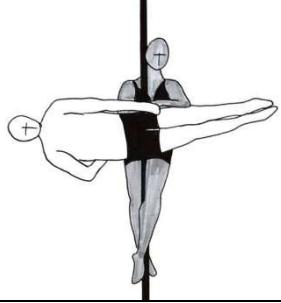
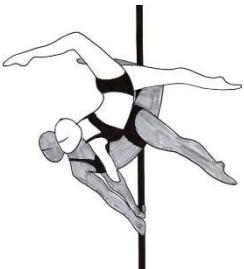
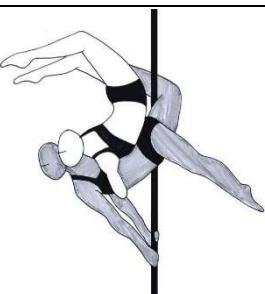
Code No.	Name	Element	Tech. Value	Criteria
FLY44	Split Hang 4		0.7	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner is in a split position of choice - Flying partner must be in a fixed upright split position of choice - Angle of splits: a minimum of 180° for both partners - Both partners have contact with the pole
FLY45	Thigh/Outside Knee Hang 5		0.7	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner in an inverted thigh / outside knee hang position - Flying partner must be in an inverted fixed split position of choice - Angle of splits: a minimum of 180° - Both partners have contact with the pole
FLY46	Janeiro Split Hang		0.8	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The catching partner is in a Janeiro position. - The flying partner is in a split position balancing on the catching partner's lower foot, and has contact with the pole with hands only. Hands must be lower than the head. - Angle of splits: a minimum 180° - Both partners have contact with the pole.
FLY47	Elbow Hold Hang 3		0.8	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Both partners balance each other by holding hands - Catching partner executes an elbow grip split position of choice - Flying partner executes an inverted split position of choice - Split angle: a minimum of 160° for both partners - Both partners have contact with the pole.
FLY48	Only Hands Holding Split		0.8	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner is holding with hands and inside underarm. - Flying partner must be in a fixed split position of choice with legs and body horizontal - Angle of split: a minimum of 180° - Both partners have contact with the pole
FLY49	Split Hang 5		0.8	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner is in a split position of choice - Flying partner is in an inverted, vertical split position of choice and has contact with the catching partner with one leg only - Angle of splits:-a minimum of 180° for both partners - Both partners have contact with the pole

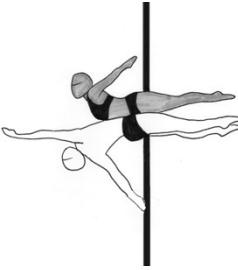
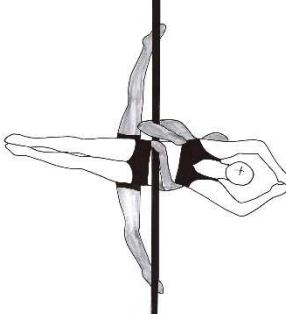
Code No.	Name	Element	Tech. Value	Criteria
FLY50	Superman V Position		0.8	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner is in a Superman V position - Criteria of Superman V apply (refer to F78) - Flying partner must be in an inverted fixed position of choice - Both partners have contact with the pole
FLY51	Thigh/Outside Knee Hang 6		0.8	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner is in an inverted thigh / outside knee hang position - Flying partner must be in a fixed split position of choice with legs and body horizontal - Angle of split: a minimum of 180° - Both partners have contact with the pole and each other
FLY52	Thigh/Outside Knee Hang 7		0.8	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The catching partner is in an inverted thigh / outside knee hold position. - The flying partner must only have contact with hands on the pole. Hands must be lower than the head. - Partners must use one foot to be in contact with each other. - Both partners must have contact with the pole.
FLY53	Thigh/Outside Knee Hang 8		0.8	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner is in an inverted outside knee hold position - Flying partner is in a horizontal fixed position of choice - Both partners have contact with the pole
FLY54	Thigh/Outside Knee Hang 9		0.8	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner is in an inverted thigh / outside knee hang position, and is supporting the flying partner with their hands. - Flying partner is in a horizontal position of choice, with no hand, arm or leg contact with the pole. - Both partners have contact with the pole.
FLY55	Inside Knee Hang 3		0.9	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Catching partner is in an inverted inside knee hang - Flying partner must be in fixed position of choice with only one foot in contact with the pole and facing away from the pole (refer to glossary) - Both partners have contact with the pole

Code No.	Name	Element	Tech. Value	Criteria
FLY56	Inside Knee Hang 4		0.9	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The catching partner is in an Allegra half split position where the inside leg can be bent. - Minimum split angle for Allegra half split: 180° - The flying partner has one hand on the pole and one point of contact (optional). Full length of the body must be parallel to the floor. - Both partners must have contact with the pole.
FLY57	Thigh/Outside Knee Hang 10		0.9	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The catching partner is in an inverted thigh / outside knee hold position. - The flying partner must only have contact with the pole on their shoulder (neck contact is optional). Full length of the body (except the leg in contact with the partner) must be parallel to the floor. - Partners must use one foot/calf/shin to be in contact with each other. - Both partners must have contact with the pole.
FLY58	Elbow Grip/Iron Pencil		1.0	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Both partners balance each other by holding hands - Catching partner executes an elbow hold passé (see minimum criteria for elbow hold passé (S52)) with no hand contact with the pole - Flying partner executes iron pencil (see minimum requirements for iron pencil (S105), where the top hand is holding onto the upper partner instead of the pole) - Both partners have contact with the pole.

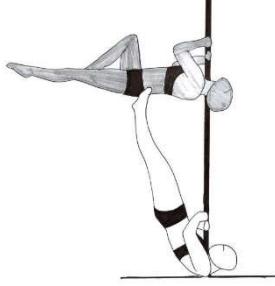
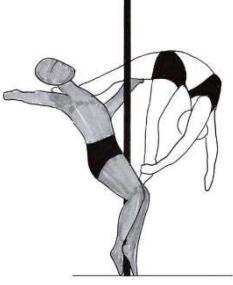
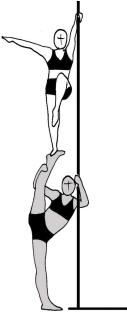
PARTNER SUPPORTED ELEMENTS

Code No.	Name	Element	Tech. Value	Criteria
PSE1	Basic Invert Hold 1		0.1	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Supporting partner is in a basic invert position with no hand contact with the pole - Supported partner is in an upright position of choice with no hand or leg contact with the pole - Both partners must have contact with the pole
PSE2	Basic Invert Hold 2		0.2	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Supporting partner is in a basic invert position with no hand contact with the pole - Supported partner is in an invert position of choice with no hand or leg contact with the pole - Both partners must have contact with the pole
PSE3	Upright Hanging Support 1		0.3	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Supporting partner is holding on to the pole in an upright position with soles on the pole and extended legs - Supported partner has contact with the pole only with one hand and is positioned on the supporting partner - Both partners must have contact with the pole
PSE4	Seated Support		0.4	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Both partners are upright - The supporting partner is in a seated or standing position on the pole and supporting the other partner - The supported partner is lying on the supporting partners' arm/leg. The supported partner may have pole contact, but not in a way that would support their weight.
PSE5	Hanging on Two Hands Support 1		0.5	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Supporting partner is holding on to the pole with the hands only in an upright position - Supported partner is facing the pole and is in contact with the pole without holding on with legs or arms, and is held only by the pressure from the supporting partner - Both partners have contact with the pole.
PSE6	Hanging on Two Hands Support 2		0.5	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Supporting partner is holding to the pole with the hands only in an upright position - Supported partner has the back to the pole without arm or hand contact and is held only by the pressure from the supporting partner - Both partners have contact with the pole.

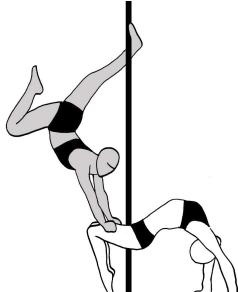
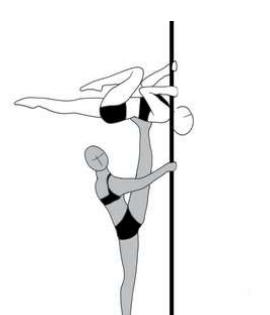
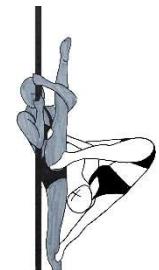
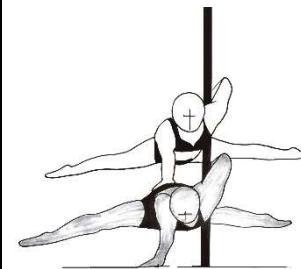
Code No.	Name	Element	Tech. Value	Criteria
PSE7	Standing Support		0.5	<ul style="list-style-type: none"> - Hold the position for 2 seconds - One partner is in an upright position of choice and holding the other partner by the hands or arms only - Other partner must perform any strength element, where the torso is parallel to the floor - Both partners must have contact with the pole - hand contact is not allowed
PSE8	Upright Standing Support		0.5	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Supported partner is in an inverted position with no leg contact with the pole - Supporting partner is in an upright position of choice, arms are wrapped around the upper body of the supported partner - Both partners must have contact with the pole
PSE9	Ballerina Support		0.6	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Supporting partner is in a ballerina position - Supported partner must be in a fixed position of choice on the supporting partner's back leg/glutes/torso without hand or leg contact with the pole - Both partners must have contact with the pole
PSE10	Extended Brass Monkey Support 1		0.6	<ul style="list-style-type: none"> - Hold the position for 2 seconds - One partner performs an extended brass monkey. - Other partner is in a fixed position of choice and have contact with the pole and is positioned on the supporting partner. - Both partners have contact with the pole. - Criteria of Extended brass monkey apply (refer to S25)
PSE11	Upright Hanging Support 2		0.7	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Supporting partner is holding on to the pole in an upright position. - Supported partner has no contact with the pole and is positioned on the supporting partner - Only one partner has contact with the pole
PSE12	Extended Brass Monkey Support 2		0.8	<ul style="list-style-type: none"> - Hold the position for 2 seconds - One partner performs an Extended brass monkey. - Other partner is in a fixed position of choice with no contact with the pole and is positioned on the supporting partner - Only one partner has contact with the pole - Criteria of Extended brass monkey apply (refer to S25)

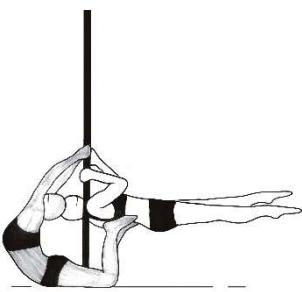
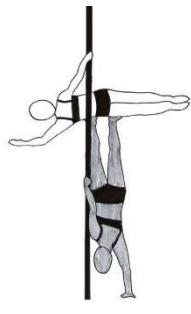
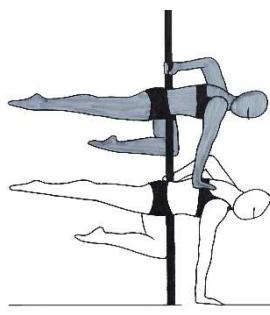
Code No.	Name	Element	Tech. Value	Criteria
PSE13	Horizontal Support		0.9	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Both partners are holding on to the pole in lying position. - The supporting partner is in a Supported Layback position (refer to S31) and has hand contact with the pole. - The supported partner has no hand contact with the pole. - Both partners must be in a horizontal position.
PSE14	Hanging From One Hand Support		1.0	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Supporting partner is holding the pole with only one hand in an upright position. - Supported partner is facing the pole and is in contact with the pole without holding with legs or arms - The supported partner is held only by the pressure from the holding partner - Both partners have contact with the pole.
PSE15	Straddle Support		1.0	<ul style="list-style-type: none"> - Hold the position for 2 seconds - Supporting partner is holding the pole in a straddle position with upper elbow, lower hand, forearm, and soles of the feet. Upper body must be at a 90° angle to the pole. - Supported partner is facing the pole, legs and body must be at a 90° angle to the pole and fully extended. - The supported partner is held only by the pressure from the supporting partner with no arm or hand contact. - Both partners have contact with the pole.

POLE BASED FLOOR PARTNER ELEMENTS

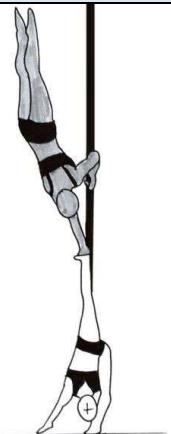
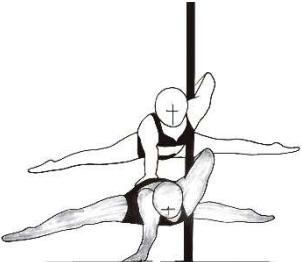
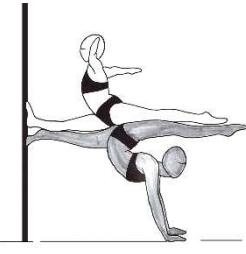
Code No.	Name	Element	Tech. Value	Criteria
FLR1	Shoulder Mount Position 2		0.2	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The lower partner is holding the upper partner by pushing him/her up by the glutes with feet and has contact with the floor. - The upper partner must be parallel to the floor and in contact with the pole with one shoulder and hands. - Both partners have to be fully extended where the arms can be bent. - Both partners must have contact with the pole.
FLR2	X Pose Balance 2		0.2	<ul style="list-style-type: none"> - Hold the position for 2 seconds. - An element with partners positioned in different directions. - One partner performs an upright position of choice with contact with the floor. - The other partner is in X pose position balancing on the lower partner without contact with the pole. - Only one partner has contact with the pole.
FLR3	Split Balance 1		0.3	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The lower partner performs a floor-based fixed split position of choice and has contact with the pole with one hand and/or arm - Angle of split: a minimum of 160° - The upper partner is in an upright position of choice with one hand and/or arm in contact with the pole, balancing on the lower partner's foot. - Only the lower partner can have contact with the floor with one foot. - Both partners have contact with the pole.
FLR4	Upright Handstand Balance		0.3	<ul style="list-style-type: none"> - Hold the position for 2 seconds. - An element with partners positioned in different directions. - The lower partner performs an upright position of choice with contact with the floor. - The upper partner is in inverted handstand position balancing on the lower partner and has contact with the pole only with one hand. - Both partners have contact with the pole.

Code No.	Name	Element	Tech. Value	Criteria
FLR5	Cupid Balance 3		0.4	<ul style="list-style-type: none"> - Hold the position for 2 seconds - An interlocking balance element with both partners in contact with the pole - The lower partner performs a cupid position with elbow grip on the floor. - The upper partner performs a shoulder stand balancing on the lower partner. Legs are fully extended in a fixed position of choice. Torso is parallel to the pole - Partners facing in different directions - Both partners may have contact with the pole, but no hand contact. - Only the lower partner has contact with the floor with one foot
FLR6	Floor Arch Plank Balance 1		0.4	<ul style="list-style-type: none"> - Hold the position for 2 seconds - An element with partners positioned in different directions - The lower partner is in a superman crescent on the floor with bent legs, the upper partner performs a Shoulder mount straddle (S30 see minimum requirements for straddle position) balancing on the lower partners' feet. - The lower partner has contact with the floor with the hips and thighs and supporting the upper partner at the lower back with the feet. - Both partners have contact with the pole.
FLR7	Bridge Balance 1		0.5	<ul style="list-style-type: none"> - Hold the position for 2 seconds - An element with partners positioned in different directions. - The lower partner performs a floor-based bridge (hands are in contact with the floor, the pole is in contact with the thighs), where the legs are parallel to the floor. The upper partner is in an inverted chest-stand position balancing on the lower partner and only hand contact with the pole. - The lower partner has contact with the pole with thighs only and with the floor with hands only. - Both partners have contact with the pole.

Code No.	Name	Element	Tech. Value	- Criteria
FLR8	Bridge Balance 2		0.5	<ul style="list-style-type: none"> - Hold the position for 2 seconds. - An element with partners positioned in different directions. - The lower partner performs a floor-based (chair) bridge (where the hips are lower or at same level as the shoulders), with the pole between the legs. - The upper partner is in a handstand position, facing away from the pole, balancing on the lower partner's thighs. The legs are in a position of choice, with one foot and leg (below the knee) in contact with the pole; the other leg has no contact with the pole. - Only the lower partner has contact with the floor with both hands and feet only. - Both partners have contact with the pole.
FLR9	Split Balance 2		0.5	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The lower partner performs a floor based fixed split position of choice - Angle of split: a minimum of 160° - The upper partner must be horizontal to the floor and in contact with the pole with one shoulder and both hands, balancing on the lower partners' foot - Only the lower partner can have contact with the floor with one foot and one hand (optional). - Both partners have contact with the pole.
FLR10	Standing Inverted Balance 1		0.5	<ul style="list-style-type: none"> - Hold the position for 2 seconds - An interlocking strength element with one partner in contact with the pole and floor - One partner must be in an inverted fixed strength position of choice, without contact with the floor - The other partner must be in an upright split position of choice with contact with the floor and the pole - Angle of split: a minimum of 160° - Only one partner has contact with the pole.
FLR11	Straddle Plank Balance 1		0.5	<ul style="list-style-type: none"> - Hold the position for 2 seconds. - Partners perform the same strength element: - The lower partner performs a floor-based balance element only one hand and side of torso in contact with the pole, and only one point of contact with the floor. - The upper partner must perform the same element balancing on the lower partner and only one hand and side of torso in contact with the pole, and only one point of contact with the lower partner. - Partners must be parallel to the floor and each other with a 20-degree tolerance and facing the same direction. Legs must be in a straddle position. - Both partners have contact with the pole.

Code No.	Name	Element	Tech. Value	Criteria
FLR12	Floor Arch Plank Balance 2		0.6	<ul style="list-style-type: none"> - Hold the position for 2 seconds - An element with partners positioned in different directions - The lower partner is in a superman crescent on the floor with bent legs, the upper partner performs a Shoulder mount plank straddle (S57 see minimum requirements) balancing on the lower partners' feet. - The lower partner has contact with the floor with the hips and thighs and supporting the upper partner at the lower back with the feet. - Both partners have contact with the pole.
FLR13	Handstand Balance 3		0.6	<ul style="list-style-type: none"> - Hold the position for 2 seconds - An element with partners positioned in different directions. - The lower partner performs a handstand, where the body and legs are parallel to the pole and inside arm and leg/foot are in contact with the pole. - The upper partner must be in a horizontal fixed position of choice balancing on the lower partner's feet. - The lower partner has contact with the floor with one hand only. - Both partners must have contact with the pole.
FLR14	Passé Plank Balance		0.6	<ul style="list-style-type: none"> - Hold the position for 2 seconds. - Partners perform the same strength element. - The lower partner performs a floor-based balance element only one hand, inside leg and side of torso in contact with the pole. Inside leg is in passé. - The upper partner must perform the same element balancing on the lower partner and only one hand, inside leg and side of torso in contact with the pole. - Partners must be parallel to the floor and to each other, and facing the same direction. - Both partners have contact with the pole.

Code No.	Name	Element	Tech. Value	Criteria
FLR15	Split Balance 3		0.6	<ul style="list-style-type: none"> - Hold the position for 2 seconds. - Partners perform the same flexibility element. - The lower partner performs a floor based split element where the legs and the arms are fully extended, and the torso is parallel to the floor. - The upper partner must perform the same element balancing on the lower partner's foot. - Partners must be parallel to each other and facing the same direction. - Only the lower partner has contact with the floor. - Angle of splits: minimum 180° for both partners - Both partners have contact with the pole.
FLR16	Split Balance 4		0.6	<ul style="list-style-type: none"> - Hold the position for 2 seconds - The lower partner performs a floor based fixed split position of choice. Only the lower partner can have contact with the floor with one foot and one hand (optional). - The upper partner is in an inverted split position balancing on the lower partner's upper foot and has contact with the pole with one elbow/hand/forearm only and one foot/ankle (optional). - Angle of splits: minimum 180° for both partners - Both partners have contact with the pole.
FLR17	Strength Hold Position 1		0.6	<ul style="list-style-type: none"> - Hold the position for 2 seconds - An element with partners positioned in different directions. - The lower partner performs any strength element, where the body is parallel to the floor and only one hand is in contact with the floor. - The upper partner is in inverted handstand position balancing on the lower partner with hand/arm contact with the pole and no contact with the floor. - Both partners have contact with the pole.
FLR18	Floor Arch Plank Balance 3		0.7	<ul style="list-style-type: none"> - Hold the position for 2 seconds - An element with partners positioned in different directions - The lower partner is in a superman crescent on the floor with bent legs, the upper partner performs a shoulder mount plank passé (S80 see minimum requirements) balancing on the lower partners' feet. - The lower partner has contact with the floor with the hips and thighs and supporting the upper partner at the shoulder blades with the feet. - Both partners have contact with the pole.

Code No.	Name	Element	Tech. Value	Criteria
FLR19	Split Balance 5		0.7	<ul style="list-style-type: none"> - Hold the position for 2 seconds. - An element with partners positioned in different directions. - The lower partner performs a floor based fixed split position of choice. - Angle of split: a minimum of 180° - The upper partner is in inverted handstand position balancing on the lower partner's upper foot and has contact with the pole with one elbow or forearm/hand only. - Only the lower partner can have contact with the floor with one foot and one hand (optional). - Both partners have contact with the pole.
FLR20	Standing Inverted Balance 2		0.7	<ul style="list-style-type: none"> - Hold the position for 2 seconds - An interlocking strength element with one partner in contact with the pole and floor - One partner can be in an inverted fixed position of choice, without contact with the floor - The other partner must perform a vertical split element and be in contact with the pole - Angle of split: a minimum of 180° - Only one partner has contact with the pole.
FLR21	Straddle Plank Balance 2		0.7	<ul style="list-style-type: none"> - Hold the position for 2 seconds. - Partners perform the same strength element. - The lower partner performs a floor-based balance element only one hand and side of torso in contact with the pole, and only one point of contact with the floor. - The upper partner must perform the same element balancing on the lower partner and only one hand and side of torso in contact with the pole, and only one point of contact with the lower partner. - Partners must be parallel to the floor and to each other, and facing the same direction. Legs must be in a straddle position. - Both partners have contact with the pole.
FLR22	Split Balance 6		0.8	<ul style="list-style-type: none"> - Hold the position for 2 seconds - A handstand element based on balance and cannot be performed without one or the other partner - Lower partner is in a handstand position, with legs in a 180° split. Only point of contact with the pole is one foot. - Upper partner is in a split position on top of the supporting partner. Only point of contact with the pole is one foot. - Both partners have contact with the pole.

Code No.	Name	Element	Tech. Value	Criteria
FLR23	Split Balance 7		0.8	<ul style="list-style-type: none"> - Hold the position for 2 seconds. - The lower partner performs a floor based front split element where the torso is parallel to the floor. - Angle of split: a minimum of 160°. - The upper partner performs a shoulder mount plank (S93 see minimum requirements) balancing on the lower partner's foot. - Both partners have contact with the pole.
FLR24	Standing Horizontal Balance		0.9	<ul style="list-style-type: none"> - Hold the position for 2 seconds - An interlocking strength element with one partner in contact with the pole and floor - One partner must be in a fixed position of choice where the entire body is parallel to the floor, without contact with the floor - The other partner must perform a vertical split element and be in contact with the pole - Angle of split: a minimum of 180° - Only one partner has contact with the pole.
FLR25	Strength Hold Position 2		0.9	<ul style="list-style-type: none"> - Hold the position for 2 seconds - An element with partners positioned in different directions - The lower partner performs any strength element, where the body is parallel to the floor. The lower partner is only allowed pole contact with one hand, the arms and/or upper body, and only one hand is in contact with the floor. - The upper partner is in inverted handstand position balancing on the lower partner with hand/arm contact with the pole and no contact with the floor. - Both partners have contact with the pole.
FLR26	Standing Horizontal Balance 1		1.0	<ul style="list-style-type: none"> - Hold the position for 2 seconds - An interlocking strength element with one partner in contact with the pole and floor - One partner must be in a fixed position of choice where the entire body is parallel to the floor, without contact with the floor - The other partner must perform a vertical split element and be in contact with the pole - Angle of split: a minimum of 190° - Only one partner has contact with the pole.

Compulsory Score Form

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

Naming the form:

Country_Discipline_Division_Category_Compulsory form_First name_Last name

Athlete(s):

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

Country/Region:

Insert the country and region of the athlete's or athletes' origin. For International competitions, the athlete must only indicate their country. For National competitions, the athlete must also indicate their region / province / county. Open athletes are only required to indicate their country and must not include their region.

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

<https://ipsfsports.org/en/federation-membership/federation-membership/ipsf-regions>

Division:

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

Category:

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

Date:

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

Federation:

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

Element No:

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

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

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

Element Code No:

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

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

Element Name:

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

Technical Value:

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

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

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

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

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

National coaches: <https://ipsfsports.org/en/athletes-coaches-info/coaches-info/list-of-all-national-coaches>

Worlds coaches: <https://ipsfsports.org/en/athletes-coaches-info/coaches-info/list-of-all-worlds-coaches>

EXAMPLE ON HOW TO FILL IN THE COMPULSORY SINGLES SCORE SHEET



COMPULSORY FORM

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

Athletes: First Name and Last Name			Date: 32 December 2032		
Country: Australia		Region: New South Wales		Federation: APSF	
Division: Elite		Category: Junior Female		Judge Name:	
Element No	Element Code No	Element Name	Technical Value	Score (Judge only)	Notes (Judge only)
1	ADL1b	Dead Lift from Shoulder Mount Grip	0.5		
2	S83	Wenson Straddle	0.8		
3	ST32	Phoenix Spin 1	0.7		
4	F33	Hip Hold Split 2	0.5		
5	S72	Back Support Plank Outside Leg Passé	0.8		
6	F85	Dragon Tail Fang 2	0.8		
7	F39	Split Grip Leg Through Split 2	0.5		
8	F75	Oversplit on Pole	0.7		
9	SP30	Elbow Spin Attitude	0.5		
10	S65	Iron X 2	0.7		
11	S60	Butterfly Extended Twist One Hand	0.7		
Compulsory form not filled in correctly					
Wrong order of sequence					
TOTAL SCORE					
Athletes' signature: First Name and Last Name			Coaches signature: IPSF Coach or Parent/Legal Guardian (for athletes under 18 years of age) only		

EXAMPLE ON HOW TO FILL IN THE COMPULSORY DOUBLES SCORE SHEET



COMPULSORY FORM

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

Athlete 1: First Name and Last Name

Date: 32 December 2032

Country: Australia

Region: New South Wales

Federation: APSF

Division: Elite

**Category: Doubles Senior
(Women/Men)**

Judge Name:

Element No	Element Code No	Element Name	Technical Value	Score (Judge only)	Notes (Judge only)
1	ADL2b	Dead Lift From Twist Grip	0.6		
2	SYN1/ S65	Iron X 2	0.7		
3	BLN23	Russian Split Balance	0.7		
4	BLN30	Superman Position 4	0.8		
5	SYN4	Upright Aerial Position	0.5		
6	FLY9	Inside Knee Hang 2	0.7		
7	FLY48	Only Hands Holding Split	0.8		
8	FLY39	Allegra Split Hang	0.7		
9	SYN11	Balance Facing Away From Each Other	0.7		
10	FLR20	Standing Inverted Balance 2	0.7		
11	PSE6	Hanging On Two Hands Support 2	0.5		
Compulsory form not filled in correctly					
Wrong order of sequence					
TOTAL SCORE					
Athletes' signature: First Name and Last Name First Name and Last Name			Coaches signature: IPSF Coach or Parents/Legal Guardians (for athletes under 18 years of age) only		

Technical Bonus Form

Instructions on how to fill in the technical bonus score form: a deduction of -1 is made for an incorrectly completed form. Please note: the form should be typed in Microsoft Word, using black print. Only the official IPSF technical bonus form is allowed to be submitted. A deduction of -1 will be made for the use of the incorrect form. Extra rows may be added as long as the format of the form is not changed (e.g. columns changed around, rows moved around etc.).

Naming the form:

Country_Discipline_Division_Category_Technical Bonus Form_First name_Last name

Athlete(s):

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

Country/Region:

Insert the country and region of the athlete's or athletes' origin. For International competitions, the athlete must only indicate their country. For National competitions, the athlete must also indicate their region / province / county. Open athletes are only required to indicate their country and must not include their region.

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

<https://ipsfsports.org/en/federation-membership/federation-membership/ipsf-regions>

Division:

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

Category:

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

Date:

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

Federation:

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

Order:

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

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

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

Bonus Code:

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

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

Technical Value:

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

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

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

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

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

National coaches: <https://ipsfsports.org/en/athletes-coaches-info/coaches-info/list-of-all-national-coaches>

Worlds coaches: <https://ipsfsports.org/en/athletes-coaches-info/coaches-info/list-of-all-worlds-coaches>

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



SINGLES TECHNICAL BONUS FORM

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

Athlete: First Name and Last Name				Date: 32 December 2032
Country: Australia		Region: New South Wales		Federation: APSF
Division: Elite		Category: Junior Female		Judge:
Order	Bonus code	Bonus TV	Score (judge only)	Notes (judge only)
1	JO	0.2		
2	ST/ST	1.0		
3	JO + JO	0.2 + 0.2		
4	AC + ACB (DC) + D + JO	0.3 + 0.5 + 0.5 + 0.2 + 0.2		
5	JO (DC)	0.2 + 0.5		
6	SP/SP	1.0		
7	RG + RG	0.2 + 0.2		
8	RG (DC)	0.2 + 0.5		
9	CF	0.5		
10				
11				
12				
13				
14				
15				
Singular bonus total (Maximum +15)				+
Overall Bonus Points (judges only)				
0 = simple, 0.5 = moderate, 1.0 = difficult, 1.5 = very difficult, 2.0 = extremely difficult				
			Score (judge only)	Notes (judge only)
Flexibility elements		Max +2		
Strength elements		Max +2		
Spins		Max +2		
Pole transitions		Max +2		
Climbs		Max +2		
Overall bonus total (Maximum +10)			+	
Form filled in incorrectly		-1	-	
TOTAL		Max 25		
Athletes' signature: First Name and Last Name			Coaches signature: IPSF Coach or Parent/Legal Guardian (For athletes under 18 years of age) only	

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



DOUBLES TECHNICAL BONUS FORM

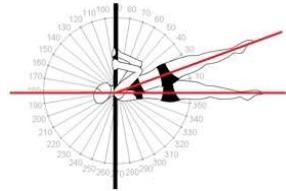
Please complete form in order of sequence as in routine. Add extra lines if necessary. Please use black print.

Athlete 1: First Name and Last Name		Date: 32 December 2032		
Athlete 2: First Name and Last Name				
Country: Australia		Region: New South Wales		Federation: APSF
Division: Elite		Category: Doubles Senior (Women/Men)		Judge:
Order	Bonus code	Bonus TV	Score (judge only)	Notes (judge only)
1	AC/SYN + ACB/SYN (DC/SYN)	0.3 + 0.5 + 0.5		
2	JO/SYN + JO/SYN	0.2 + 0.2		
3	FO	1.0		
4	SP/E/SYN	0.5		
5	JO/SYN + SP/SYN	0.2 + 0.5		
6	PCT	0.4		
7	DC/SYN	0.5		
8				
9				
10				
11				
12				
13				
14				
15				
Singular bonus total (Maximum +10)		+		
Overall Bonus Points (judges only)				
0 = simple, 0.5 = moderate, 1.0 = difficult, 1.5 = very difficult, 2.0 = extremely difficult				
			Score (judge only)	Notes (judge only)
Synchronised parallel / interlocking elements		Max +2		
Flying partner elements		Max +2		
Balance elements		Max +2		
Flexibility elements		Max +2		
Strength elements		Max +2		
Pole transitions		Max +2		
Climbs		Max +2		
Overall bonus total (Maximum +14)		+		
Both partners catch and fly equally in the routine		+1	+	
Form filled in incorrectly		-1	-	
TOTAL		Max 25		
Athletes' signature: First Name and Last Name First Name and Last Name		Coaches signature: IPSF Coach or Parents/Legal Guardians (For athletes under 18 years of age) only		

Glossary:

20° (degree) tolerance

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



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

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

*****Please note:** Athletes in the Intro Division have a 20° tolerance on all Flexibility and Strength elements. Intro Division Athletes also have a 20° tolerance on body position in dead lifts.

Aerial dead lift (ADL)

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

Aerial position

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

Angled away

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

Balance based partner elements (Doubles BLN 1 - 38)

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

Balance support partner elements (Doubles BLN 39 – 60)

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

Beginning of the music

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

Body position: Horizontal position

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

Body position: Interlocking position (Doubles)

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

Body position: Inverted position

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

Body position: Layback

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

Body position: Layout

The layout is when only the inner thighs grip the pole and the upper body is leaned away from the pole by arching the back.

Body position: Parallel body position

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

Body position: Twist

Body position is where there is rotation on the vertical axis of the spine. The shoulders and the hips do not face the same direction.

Changing positions (Changing body position)

Changing positions refers to changing the position of the whole body on the pole. This means changes vertically or horizontally is required. At least one change in points of contact is also required.

Categories

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

Closed legs

In a closed leg position, 2 of the following three body parts should be in contact:

- Thighs
- Knees
- Heels / Ankles

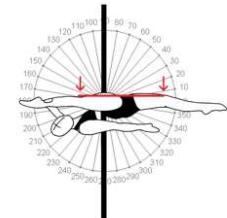
This would mean athletes should have either thighs and knees together, OR knees and heels/ankles together, OR thighs and heels/ankles together.

Components

A component of the routine includes any part of that routine, including but not limited to compulsory elements, additional elements, movements such as transition, bonuses and dance sequences.

Correct angle in splits

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

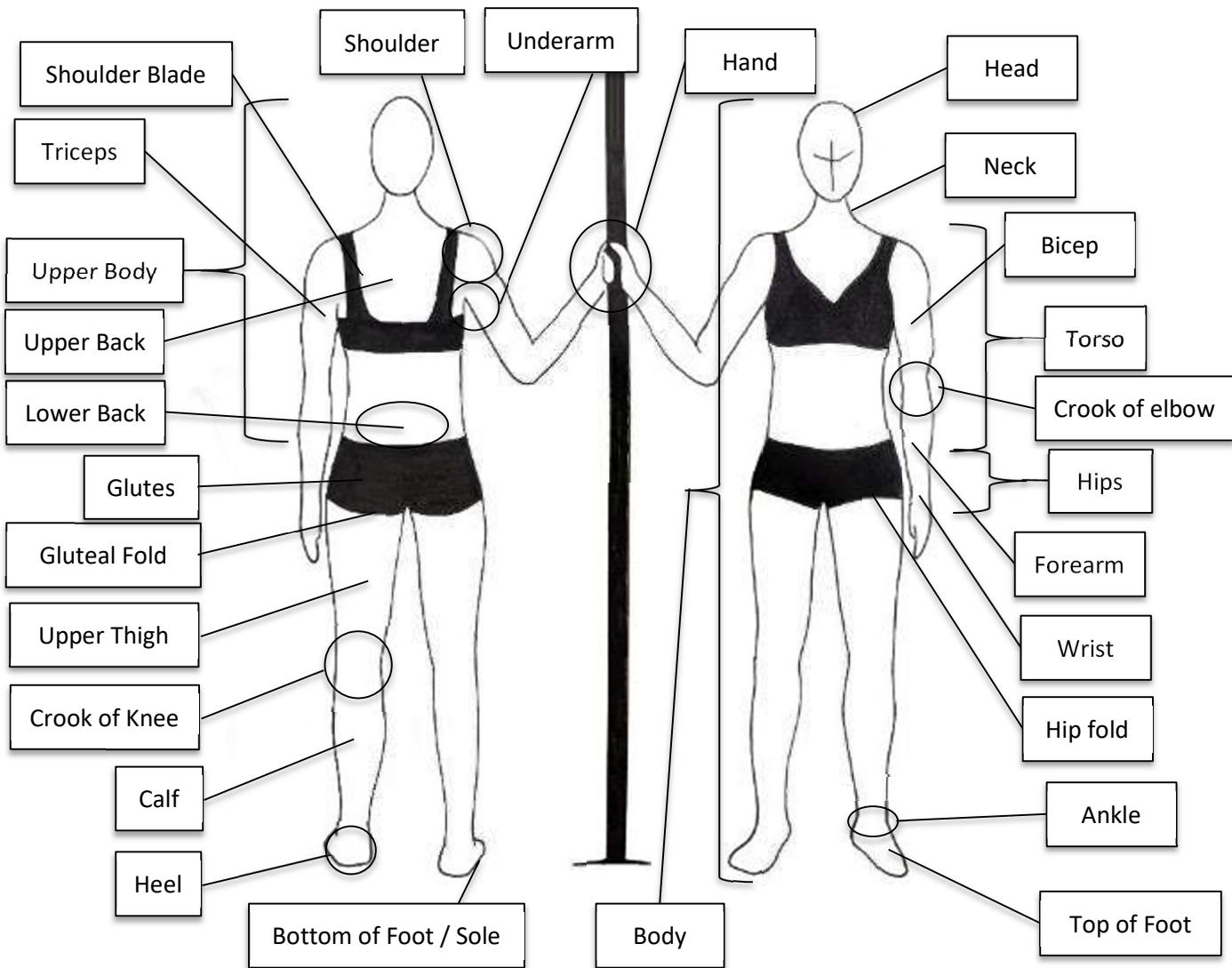


Dead lift (DL)

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

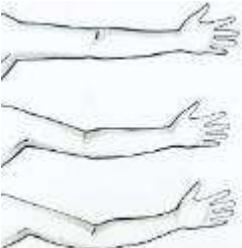
Description of body

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



Hand: from fingertips to wrist
Lower arm: from wrist to elbow
Upper arm: from elbow to shoulder
Arm: from wrist to shoulder
Crook of elbow: includes inside of the elbow as well as the upper part of the forearm and the lower part of the bicep
Body: from head to toes
Upper body: from head to hips including head
Torso: from shoulders to hips
Back: Below the shoulders and above the glutes, does not include arms, shoulders or neck, but does include shoulder blades.

Foot: from toes to ankle
Lower leg: from ankle to knee
Shin: from ankle to knee, front of Lower leg
Calf: from ankle to knee, back of Lower leg
Upper leg/Thigh: from knee to hip bone
Leg: from ankle to hip bone
Crook of knee: includes back of the knee as well as the upper part of the calf and the lower part of the thigh

	Fully extended arm Micro bent arm (Extended arm) Bent arm		Fully extended leg Micro bent leg (Extended leg) Bent leg
---	--	--	--

When the minimum criteria of an element states Extended (as opposed to Fully Extended), and the athlete performs the element with Full Extended arms/legs, the element will still be awarded. However, if the element says Fully Extended and it is not performed with Fully Extended arms/legs (i.e. with only Extended arms/legs or with Bent arms/legs), the element will not be awarded. If a minimum requirement specifies that bent legs are required, and an athlete performs the element with extended or fully extended legs, the element will not be awarded, as the requirement is bent legs.

***Please note:** Hyperextension is not a flexion of the joint. Flexion is what creates the bend in the joint which closes the angle of a joint. As hyperextension does not do that, hyperextension will be considered as fully extended.

****Please note:** The full extension of the arm is considered from the wrist to the shoulder. The full extension of the leg is considered from the ankle bone to the hip bone.

Direct transition

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

Division

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

Dynamic Movement

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



Facing away position

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

Fixed Position

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

Floor work

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

Flying partner elements (Doubles FLY 1 – 58)

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

Full length of the body

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

Holding a position for two seconds

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

Legal Guardian

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

LOC

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

LOD

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

LOD under Overall Bonuses (Technical Bonus)

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

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

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

Majority

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

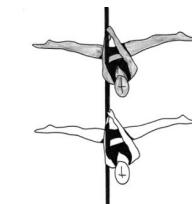
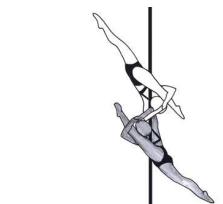
Mirror Image

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

Example of different mirror image positions:



Mirror image on a plane



Mirror image in parallel

Momentum in a spin

Momentum refers to the speed acquired when performing a spin. Good momentum in a spin means the rotation is at a high velocity, which pulls the body away from the pole. Lack of momentum in a spin means the rotation is at a low velocity, leaving the body close to the pole, or resulting in a pendulum-type movement. This refers to both spinning and static spins. Momentum for doubles refers to there being a constant rotation without the spin slowing down for a minimum of 720° for it to be considered as momentum in a spin.

Partner supported elements (Doubles PSE 1 - 15)

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

Pole-based floor partner elements (Doubles FLR 1 - 26)

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

Poor presentation of the element

This refers to elements executed with poor positioning or a poor angle to the judges so the element cannot be seen fully.

Spin

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

Starting position from the floor

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

Synchronisation / synchronicity (Doubles)

Synchronisation / synchronicity refers to the synchronisation of the overall performance. This includes on and off the pole, around the pole and the stage area as well as how well the partners work together throughout the whole performance. This can either be both athletes on one pole or on two separate poles performing a mirror image of the trick or combination. In order to display the highest LOD to the judges, the athletes must be in unison in timing, execution, and range of movement. Athletes should move together – this can be in identical movements, but can also be in separate movements. The athletes must always be aware of each other, and move with this awareness throughout their routine.

Synchronised balanced elements (Doubles SYN 8-11)

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

Synchronised interlocking elements (Doubles SYN 2-7)

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

Synchronised parallel elements (Doubles SYN 1)

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

Throw on to the pole (Doubles)

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

Transition

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

Upright position

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

National / Regional Championships
Pole Sport
Rules and Regulations



www.ipsfspor ts.org



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This is an open working document and subject to change at the discretion of the IPSF.

Definitions

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

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

Competition refers to all IPSF endorsed competitions.

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

Division refers to the levels of difficulty within the competition.

Document refers to this entire document.

IPSF refers to the International Pole Sports and Aerial Federation.

Organiser refers to the organiser of an IPSF endorsed competition.

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

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

WPSC refers to the World Pole Sports Championships.

Eligibility

1. DIVISION

- Intro
- Amateur
- Professional
- Elite

1.1 Intro

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

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

1.2 Amateur

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

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

1.3 Professional

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

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

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

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

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

1.4 Elite

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

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

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

Please note: an instructor is defined as someone who has taught the specific apparatus in any way – this includes teaching in person (regardless of the level), online classes, workshops of any kind (including group routines of any kind) or via tutorial dvd's/video instruction. This is regardless of whether or not compensation received – it is the act of instructing that qualifies someone as an instructor. If an instructor enters the amateur category, they will be disqualified and banned from competing for at least 1 year.

2. CATEGORIES

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

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

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

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

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

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

3. AGE

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

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

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

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

4. ATHLETE SELECTION PROCESS

- 4.1. All applicants of national competitions must have citizenship or residency of the country they are competing in except when competing in Open Championships.
- 4.2. Deadlines must be strictly adhered to. If an athlete is late in submitting their application to compete, they will not be allowed to compete. All athletes will be given deductions for late forms and late music.
- 4.3. Athlete participation is by qualification, i.e., regional heats. The selection process can be specified by the Organiser of the national competition.
- 4.4. Athletes must be in the correct age category.
- 4.5. The athlete's position in the running order will be determined by a random draw. This will be recorded by the competition organiser. In the case of an athlete performing in multiple categories (e.g., Senior doubles Women/Men and Senior 18+ Women), the competition organiser reserves the right to place the athlete (i.e., not randomising their position in the running order) to take this into account.

- 4.6. Athlete(s) may only restart their performance in the following cases:
- A technical fault with the music.
 - A health and safety fault e.g., a problem with unsafe equipment such as a pole falling or cleaning fluid on the floor. This does not include slippery poles, since this is subjective to each athlete.
 - At the discretion of the head judge.
 - The athlete will be allowed to start their routine from where it was stopped, with a 10 second intro to prepare.
- *Please note: If an athlete chooses to continue their performance regardless of the technical fault (for example music), they will not be allowed to restart their performance.*
- 4.7. Winners are the athletes with the highest scores in their competitive categories. Should two athletes have the same final score, the athlete with the highest technical deduction points will be declared the winner. Should two athletes have the same final total technical deduction score, the athlete with the highest score in technical bonus will be declared the winner. The detailed result of the tie breaking score will be shared with the athletes involved upon request.
- 4.8. The title of National Pole Sports Champion 20XX or Open Pole Sports Champion 20XX (if applicable) in all categories will be a lifetime title unless a sanction has been placed on the athlete.
- 4.9. Athletes who place 1st in the Elite category in an IPSF endorsed national competition will automatically qualify to compete at the WPSC. The 2nd placed athlete in the Elite category will qualify, provided that they meet the minimum score requirement as determined by the IPSF every year. The minimum point requirement as awarded at the qualifying National/Open competition for the current competition season is 27 points for Masters 40+, Masters 50+ and Masters 60+, 33 points for all other categories. The 3rd and 4th placed athlete can be accepted to WPSC as reserve athletes in the event that the 1st and/or 2nd placed athlete is unable to compete at the WPSC. The minimum point requirements may be adjusted by the IPSF at any time at their discretion. Athletes will be informed in a timely manner by the competition organiser if this is the case. Reserves will not be invited if a performer drops out after the entries for the WPSC have closed.
- 4.10. Athletes from countries that do not have a national competition are permitted to compete in an open competition to qualify for the WPSC. The two athletes with the highest scores for their country will qualify for the WPSC. This will be determined after the final open competition in the competition season.

Application Process

5. INITIAL APPLICATION

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

- 5.1. All qualified athletes must:
- Download an application form from the organisers' website, and complete, sign and return the application form to the organisers' email address by the deadline. If this is not available on the website, please contact the organiser for an application form. This also applies to athletes entering an open competition.
 - Pay the application fee, which is non-refundable. Application fees and payment details can be found on the application form.
 - Send their music in mp3 format to the email address provided in the application pack, by the specified deadline (See Head Judges Penalties in the Code of points).
 - Submit their compulsory form by the deadline specified by the organiser. (See Head Judges Penalties in the Code of points). Athletes may change their compulsory forms between the preliminaries and the finals. The new forms must be submitted within one hour of the conclusion of the preliminaries or by a time stated by the competition organiser
- *Please note: In the event of form changes between preliminaries and finals, handwritten forms will not be accepted unless specified by the organiser. Signatures may be typed.*
- Provide information about their legal gender. A copy of their birth certificate must be submitted upon request.

- Should athletes wish for their forms to be checked by the Head Judge for accuracy, an additional cost will be charged. The date for submission of forms for checking will always be two (2) weeks before the final submission of forms for competition. Please use the official channels as communicated.
- 5.2. All applications must be completed in the national language of the host country (or the language determined by the competition organiser). All applications for open competitions should be completed in English.
- 5.3. All athletes should be fit, healthy, and in the case of female athletes, not knowingly pregnant. Upon request, an athlete may be required to produce documentation from a doctor as confirmation of good health and fitness level. All information will be treated confidentially.
- 5.4. All athletes wishing to use grip gloves are required to produce a letter from their doctor written within the competition season year confirming that the athlete suffers from hyperhidrosis (sweaty hands) or similar.
- 5.5. All athletes must disclose if they have been previously disqualified from any IPSF competition.
- 5.6. Athletes may only compete in a national competition if they have citizenship and / or residency in that country. In the case of dual citizenship, athletes may only represent one country in the WSPC. Athletes wishing to change their country of representation must allow for one competitive year to pass before the changeover. Doubles athletes may only represent one country, and both athletes would be required to provide this proof of residency and to adhere to these conditions. It is also important to note that, should one of the Doubles athletes have competed for a specific country in the particular year of competition (or the year before that), both athletes must compete under that country's flag. Athletes may only compete in one National competition in a competition year.
- 5.7. Applicants under the age of 18 may only apply for participation in the competition by way of written permission signed by a parent(s) or by a legal guardian(s). Documentation must be provided upon request.
- 5.8. Applications will not be fully processed if they do not meet all of the above requirements by the given deadlines.

6. MUSIC CHOICE

- 6.1. Athletes have a personal choice of music; this can be a mix of various music and artists.
- 6.2. The music must be instrumental only. Lyrics/words in any language or dialect are not permitted, and no religious connotation is permitted. Vocals may only be permitted if used as an instrumental accompaniment and no words are being sung.
- 6.3. The same music can be used for both the preliminaries and finals.
- 6.4. Music must be submitted by the specified deadlines, or a penalty will apply. If music has not been received 48 hours before the start of the competition, the athlete will be disqualified.
- 6.5. Music must be submitted to the competition organiser in MP3 format, or the format specified by the competition organiser by the given deadline, and must be named using the name and category of the athlete.
- 6.6. A copy in CD or USB stick format must be clearly labelled with the athlete's name and category and submitted at time of registration. Failure to do so may result in the athlete not competing.

7. SCORE SHEETS

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

Registration Process

8. ATHLETE REGISTRATION

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

- 8.1. All athletes must arrive and register at the time designated by the Organiser unless prior written permission is received.
- 8.2. In the case where the country of an athlete's origin uses both a passport and an identity card, both documents should be presented.
- 8.3. All athletes, including doubles, must provide proof of citizenship, residency or working visa of the country they are competing in (or representing in the case of an Open Championships). Proof must be in the accepted form of the country, e.g., green card, passport, ID card, residency papers, etc.
- 8.4. All athletes must sign a confirmation of the following at the time of registration:
 - Rules and Regulations were read and accepted.
 - The IPSF Code of Ethics was read, accepted and the athlete agrees to behave in a manner befitting a professional sports person.
 - All expenses incurred by the athlete are the responsibility of the athlete and not of the Organiser.
 - Waiver of all image rights and agreement that the images can be used for promotion of pole sports around the world by the IPSF and/or National Federations belonging to the IPSF. Athletes will not receive any compensation for photos and videos taken during the event.
 - To be interviewed, filmed and or photographed by the media approved by the Organiser.
 - To take part in anti-doping testing in accordance with the WADA Code.
 - To enter the National or Open Championships at their own risk. Any injuries or accidents that may occur are the responsibility of the athlete and not of the Organiser or the IPSF.
 - To respect and follow rehearsal and performance times.
 - To wear their club/regional tracksuit at all times except during their performance.
 - To be present at the medal ceremony unless a medical emergency has occurred which prevents attendance.
 - If a participant does not attend the medal ceremony without a legitimate excuse (anti-doping testing, medical emergency or death of a direct family member) and has placed in the top 3, they will be disqualified, and their medal will be awarded to the next athlete.
 - If a participant has a legitimate excuse for missing the medal ceremony (anti-doping testing, medical emergency or death of a direct family member), a teammate or IPSF-recognised coach may step in for them in the ceremony, and will be expected to adhere to the tracksuit rules and regulations.
- 8.5. Athletes found to be causing disruptions to the competition may incur penalties or be disqualified in accordance with the published IPSF Rules and Regulations.
- 8.6. Athletes who do not arrive on the registration day will receive a -1 Head Judge deduction.
- 8.7. Please note that all IPSF competition venues are non-smoking venues –smoking will not be permitted in a 100m radius of the venue.

Competing

These rules apply to all IPSF competitions.

9. PERFORMANCE TIME

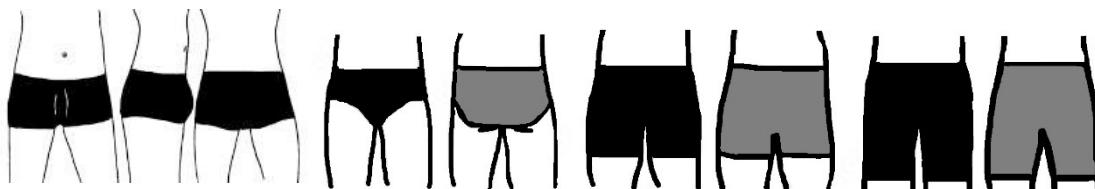
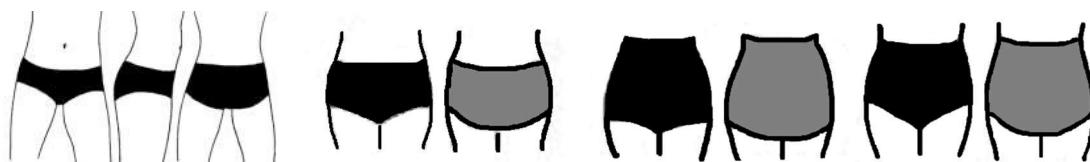
Athletes must adhere to the following rules:

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

10. COSTUME

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

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



- 10.8. Long shorts or leggings may be worn, provided they are skin-tight, and the fabric does not add extra grip. Cut outs are allowed in leggings along the leg for grip safety, but must still provide the coverage required in point 10.6.

- 10.9. A skirt is allowed for women if it does not fall lower than 3cm below the pelvic area so as not to deter the athlete from having leg grip on the pole. The skirt must sit on the hip and may not protrude outwards. Ballet tutus and tutu like skirts with netting are not permitted.
- 10.10. Clothing that is used for extra grip on the body, hands or feet is forbidden unless medical documentation is provided.
- 10.11. All decorations must be fixed on the costume (non-detachable) and no added accessories and/or props are permitted. Any and all accessories that may jeopardise the safety and/or distract from the performance of the athlete are not permitted. This includes piercings, loose hairpieces, earrings, bracelets, necklaces, and any other jewellery. No neck accessories or wrist bands are allowed. Any pieces of fabric attached to the costume may not fall lower than 3cm below the pelvic area.
- 10.12. Discrete jewellery and watches are allowed at the opening ceremony and the medals/awards ceremony. Smart watches should be set to silent.
- 10.13. Medical taping may be used; medical taping must be in a neutral colour. Medical taping may not be used as an accessory or decoration – this would result in a Head Judge deduction for costume not in accordance with the rules.
- 10.14. Any joint support (defined as a hard joint support or a fabric joint support) must be pre-approved, with medical documentation.
- 10.15. Shoes: the athlete may perform either bare foot or with skin-coloured gymnastic/dance sole protectors. Heels, ballet shoes/slippers and/or slipper-like footwear are not permitted.
- 10.16. Costumes should not include:
- Underwear.
 - Items of clothing that give the illusion of underwear are prohibited.
 - Nude / skin colour fabric cannot be the same colour as the athletes' actual skin tone.
 - Implied nudity is prohibited (this includes nude mesh fabrics).
 - Lace and mesh fabrics are permitted as long as they do not imply nudity or give the illusion of underwear.
 - Swimwear or bikinis.
 - Transparent clothing that does not cover the breast, pelvis, and gluteal area.
 - Metal parts.
 - Leather, latex, PVC, or rubber.
 - Jewellery and piercings of any kind.
 - Anything that interferes with the performance or can be considered a health and safety issue.
 - Face paint on the entire face.
 - Body paint or oil on any part of the body. (Make up and embellishment may be worn on the face only.)
 - Props such as hats and canes and anything that is not considered attached to the costume.
 - Hoods cannot be attached to costumes.
- 10.17. Additional requirements:
- Costumes for all may include sequins and diamantes; tassels or tassel-like attachments or fringing must be kept to a minimum, must not be longer than 3cm and is only allowed to cover material.
 - Decorations for Youth category (Pre-Novice, Novice and Junior) should be age and costume appropriate.
- 10.18. It is expressly forbidden to perform in anything other than sporting attire. Costumes, or any part thereof, must not be intentionally removed. Failure to adhere to these rules may result in disqualification.
- 10.19. Costumes must be free from sponsor logos or lettering / text.
- 10.20. All athletes should have tracksuits according to the requirements set out by the IPSF, and can refer any questions to their National Federations:
- For ALL tracksuit related rules and regulations to be taken into account, please refer to the Tracksuit Appendix, released as a separate document. This document provides guidance related to studio, regional, national and neutral tracksuits and what is permitted at IPSF Competitions.

11. HAIR AND MAKEUP

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

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

12. GRIPS

- 12.1. Any grip product can be used except for the banned list available on the IPSF website. Please be advised that NO products are to be applied to the pole. Grip aids may only be applied to the athlete's body. Please refer to the IPSF website for the full, updated list.
- 12.2. Grip gloves may only be used with medical documentation (as stated above under section 10: Costumes).
- 12.3. Poles must be cleaned with the competition organiser's cleaning products, and must be cleaned within 2 minutes. If residue remains on the pole and proves difficult to remove, the athlete will receive a Head Judge penalty.

13. STAGE

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

14. POLES

- 14.1. Competition poles are 45mm brass poles, four (4) metres of usable height and made of one piece.
- 14.2. The spinning pole is placed on the right-hand side and the static pole on the left-hand side of the stage from the spectators' view. All athletes must use the same configuration.
- 14.3. Cleaning of the poles:
 - The poles will be cleaned before each athlete competes by at least of two (2) pole cleaners (one or two per pole). Poles will be cleaned in their entirety; first with a grease remover, then with a dry towel/cloth.
 - Athletes are allowed to check the poles before they compete and may ask for a second cleaning.
 - Athletes may clean the poles themselves if they prefer but must use the cleaning products provided by the organiser.
 - Athletes are prohibited from cleaning the poles with their own cleaning products. The only exception to this rule is where the athlete experiences severe allergies and requires a specialised cleaning product, in which case medical documentation must be provided.

15. FILMING

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

Judging

16. JUDGES AND JUDGING SYSTEM

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

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

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

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

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

17. PENALTIES

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

*See also: Head Judge Penalties

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

Please note: Head Judge Penalties can be applied at any point during the competition, and disqualifications may be applied post-competition.

18. RESULTS

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

19. AWARDS

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

20. COACHES

- 20.1. In order to be an IPSF-registered coach, the coach must have completed at least a Code of Points course specific to the apparatus and current year they are coaching on/in (i.e. if coaching Aerial Hoop, the coach must complete the Aerial Hoop Code of Points within the competition year), as well as an Anatomy qualification (which includes warm up and cool down, and has an exam incorporated in the course - this can be either a university course or the IPSF Anatomy, Physiology and Biomechanics course). A coaching course is also highly recommended. The coach should then submit these qualifications to the IPSF and will be required to pay a registration fee. This fee is applicable per year. The IPSF will update coaches if any changes are required, and will provide ample time and opportunity to complete any additional qualifications.
- 20.2. All coaches that sign the athletes' compulsory, technical bonus forms and artistic theme sheets must be IPSF-registered coaches. Only the IPSF-recognised coach who signs the forms will be considered the athlete's coach, and thus only this coach will be afforded the privileges that accompany the title. Coaches are only permitted to sign forms in the disciplines in which they have qualified as an IPSF-registered coach (i.e. if a coach is registered as an Aerial Hoop coach, they are not permitted to sign the forms for a Pole or Aerial Pole competition). A maximum of 2 IPSF Coaches are permitted to sign the forms.
- 20.3. All coaches must complete their certification a minimum of 2 weeks before the competition at which they wish to represent their athlete. Coaches must submit this proof 2 weeks before the competition (in other words, should the coach be doing a course which requires exams to be marked, the timelines of this course must be respected; for all IPSF courses where video exams are undertaken, 2 weeks must be given to mark the video exam).
- 20.4. The coach must be dressed in the matching tracksuit of their club/school (Nationals) or country (at International competitions).
- 20.5. Only an IPSF-registered coach may accompany an athlete on the Kiss and Cry couch, and they, like the athlete, must be dressed in their tracksuit and trainers/bare feet only. A maximum of 2 IPSF Coaches are permitted to join the athlete on the Kiss and Cry.
- 20.6. IPSF Recognised Coaches are required to wear the same tracksuit as the athlete they are coaching. Doubles athletes must be wearing matching tracksuits on the Kiss and Cry, and during the medal ceremony for their category.
- 20.7. Youth athletes (any athlete under the age of 18) may have an IPSF-registered coach with them on the Kiss and Cry couch, even if this coach is not **their** registered coach for the competition.
- 20.8. Noone other than athletes and IPSF-registered coaches may sit on the Kiss and Cry. During the competition, athletes are only permitted on the Kiss and Cry while waiting for their own scores.
- 20.9. Coaches may face sanctions should they contravenes any of the rules and regulations for or on behalf their athlete.

21. DISQUALIFICATION

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

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

- 21.11. Directly contacting the judging panel to discuss the competition, or directly or indirectly influencing the judging decision prior to or during the competition.
- 21.12. Using vulgar language or gestures towards any IPSF official.
- 21.13. Testing positive for controlled substances (see Medical and Doping Regulations).
- 21.14. Refusing to undergo an anti-doping test when requested to do so.
- 21.15. Athletes may face a ban should there be any severe contravention of rules.
- 21.16. Any depiction of violence will lead to disqualification. This includes (but is not limited to) violence being reflected in the music, choreography or costume.

Medical and Doping Regulations

22. DOPING SANCTIONS

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

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

23. SEX REASSIGNMENT IN SPORT

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

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

Rights and responsibilities

24. RIGHTS AND RESPONSIBILITIES OF THE ATHLETES

- 24.1. All athletes must read the rules, regulations, and any updates.
- 24.2. All athletes must conduct themselves in accordance with the IPSF rules, regulations, and Code of Ethics.
- 24.3. All athletes must sign the IPSF Code of Ethics and behave accordingly.
- 24.4. Athletes under the age of 18 should have an approved chaperone (parent/authorised legal representative (legal guardian /IPSF recognised coach)).
- 24.5. All athletes are obligated to carry identification documents to the competition.
- 24.6. All athletes are fully responsible for their personal health condition and ability to compete. To avoid injury, no athletes should undertake elements they are not fully confident and secure in.
- 24.7. All athletes enter the National or Open Championships at their own risk and understand that any injuries or accidents that may occur are their responsibility.

- 24.8. All athletes must attend the opening ceremony and preliminary results ceremony (if applicable) unless a medical emergency has occurred that prevents attendance, or unless they are one of the first 2 athletes to compete. All finalists must attend the medal ceremony unless a medical emergency has occurred.
- 24.9. Please note that the competition starts when the athlete registers and ends when the judges panel and competition organisers have vacated the venue after the final day of competition.
- 24.10. Use of alcohol or banned or controlled substances before or during the competition is strictly prohibited.
- 24.11. All athletes must agree to take part in anti-doping testing in accordance with the WADA Code. For a list of prohibited substances please see <https://www.wada-ama.org>. Failure to supply a testing sample when requested to do so will result in the athlete being disqualified from the competition, a revocation of any title won and the possibility of a ban from further IPSF competitions.
- 24.12. All expenses incurred by the athlete are the responsibility of the athlete and not the Organiser. Confirmation of this will require a signature at the time of registration.
- 24.13. Athletes who are entering an international open championship are required to purchase/acquire the relevant visa for entry into the country where the competition is being held. If the athlete requires assistance in this regard, they should please contact the competition organiser.
- 24.14. All athletes have the right to receive all available public information regarding the scoring system or to the competition in general which can be found on the IPSF website: www.ipsfspor ts.org.
- 24.15. Ultimately it is the responsibility of the athlete/performer to ensure all rules and regulations are followed. Should there be a rule that is violated but is not picked up during the Head Judge checking process, the athlete/performer can still face a deduction for this rule violation at the competition.
- 24.16. During the preliminaries and finals:
 - All athletes must compete with their same gender category except in the case of doubles and if a category is mixed.
 - Athletes should be backstage two athletes prior to competing.
 - Athletes must start off stage and wait to be announced before walking out on to the stage.

25. RIGHTS AND RESPONSIBILITIES OF THE ORGANISER

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

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

The Organiser is required to:

- 25.7. Publish all competition criteria as stated above.
- 25.8. Announce all changes regarding the competition on the competition organisers' website.
- 25.9. Provide rooms for athletes to change and warm up in, with toilet facilities which are separate from those being used by judges and spectators.
- 25.10. Provide a separate area for youth athletes to change in or a fixed time slot for the changing rooms to be for their sole use.
- 25.11. Check the installation of the poles and test them.
- 25.12. Give athletes a chance to practice with the poles before the start of the competition.

- 25.13. Arrange the cleaning of the poles before each performance.
- 25.14. Provide the judges with all necessary information concerning the competition.
- 25.15. Provide interim first aid in the case of an incident or accident.
- 25.16. Provide anti-doping testing in accordance with the WADA Code (www.wada-ama.org).

Complaints and appeals

26. SCORING SYSTEM

- 26.1. For complaints about scores, athletes may lodge an appeal regarding their scores within 10 minutes of the athletes' personal scores being announced in accordance with the IPSF national scoring appeals procedure. After this time, scores will not be overturned. There is a cost involved, which will be returned should the complaint or appeal be upheld.
**See: IPSF National Scoring Information below.*
- 26.2. Further complaints about any other issue must be made in writing to the competition organiser within 7 working days.
- 26.3. For more information, please contact the competition organiser.
- 26.4. The process for contesting is as follows:
 - 26.4.1. The athlete must collect their score strip from the announcer as soon as their scores have been announced.
 - 26.4.2. Indicate your intent to contest within 10 minutes of the announcement of your score with the competition organiser. It is the responsibility of the athlete to make sure they are informed of exactly where the contest needs to be registered.
 - 26.4.3. You will be allowed access to watch your video by the competition organiser to determine whether you do want to go ahead with your contesting. You will be allowed 5 minutes to watch your video. You will be allowed to watch your video alone or with your IPSF-recognised coach and a technical support person, if necessary (technical support person relating to equipment and not athlete/competition related). Youth and Para athletes may have their chaperone watch with them. A translator may also be present if deemed necessary by the Head Judge.
 - 26.4.4. A non-refundable deposit will be required to watch the video. This price will be determined by the competition organiser in collaboration with the IPSF.
 - 26.4.5. Once you have determined that you do want to contest, you will be required to pay the contesting fee as determined by the competition organiser in conjunction with the IPSF. The competition organiser will communicate the process for this.
 - 26.4.6. Please note that this fee will be applicable per judging section – i.e., you will be required to pay for each section you wish to contest. For example, if you wish to contest both Compulsories and Technical Deductions, you will be required to pay separately for each of these.
 - 26.4.7. Once your payment has been received, the Head Judge of the competition will manage your contest. This will only happen once confirmation of payment has been received. The Head Judge will judge the video privately, and explain the decisions afterwards.
 - 26.4.8. Once the Head Judge is done, the Head Judge will discuss the results with the athlete and the IPSF Recognised Coach (/ Parent / Legal Guardian in the case of athletes under the age of 18). The athlete will have a maximum of 10 minutes for this discussion (or 15 minutes if a translator is needed).
 - 26.4.9. Should your contest / complaint be upheld, the competition organiser will refund your payment. Should your score / results remain the same or go down, your money will not be refunded.
 - 26.4.10. Your score will be updated at the earliest convenience of the competition organiser, and but will be done before the final medal ceremony.
 - 26.4.11. The contesting judge's decision is final, and no negotiation will be entered into.
 - 26.4.12. A score change will be enacted for Compulsory, Technical Bonus and Artistic & Choreography scores should there be any change identified in the contest. For Technical Deductions, the score change will only be enacted IF the score changes by 2.0 points or more from the original score.
 - 26.4.13. If the athlete or their IPSF Recognised Coach / Parent / Legal Guardian becomes belligerent,

argumentative, aggressive or combative, the Head Judge will add additional Head Judge deductions or disqualify the athlete (dependent on the severity of the behaviour).

IPSF Scoring System (Contesting)

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

Personal scores

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

Finals

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

Feedback

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

Guidance on your scores

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

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

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

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

Your scores

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

Fees – as determined by the National Federation and the IPSF

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

IPSF COMPETITIONS NO-SHOW POLICY

Purpose

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

Context

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

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

Expectations for Informing Competition Organisers

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

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

IPSF Notification Procedures

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

Sanctions

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

ADDENDUM 1

PROHIBITED ELEMENTS/MOVEMENTS

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

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

A 228	HIGH V-SUPPORT REVERSE CUT ½ TURN TO SPLIT	https://www.fig-aerobic.com/A-228-HIGH-V-SUPPORT-REVERSE-CUT-TURN-TO-SPLIT_a1150.html
A 237	HIGH V-SUPPORT ½ TWIST TO PUSH UP	https://www.fig-aerobic.com/A-237-HIGH-V-SUPPORT-TWIST-TO-PUSH-UP_a620.html
A 239	HIGH V- SUPPORT ½ TWIST TO WENSON	https://www.fig-aerobic.com/A-239-HIGH-V-SUPPORT-TWIST-TO-WENSON_a618.html
A 240	HIGH V- SUPPORT ½ TWIST TO LIFTED WENSON	https://www.fig-aerobic.com/A-240-HIGH-V-SUPPORT-TWIST-TO-LIFTED-WENSON_a619.html
A 309	FLAIR 1/1 TWIST AIRBORNE TO PU	https://www.fig-aerobic.com/A-309-FLAIR-1-1-TWIST-AIRBORNE-TO-PU_a1160.html
A 310	FLAIR ½ TURN, 1/1 TWIST AIRBORNE TO PU (PIMPA) OR TO WENSON (KIM)	https://www.fig-aerobic.com/A-310-FLAIR-TURN-1-1-TWIST-AIRBORNE-TO-PU-PIMPA-OR-TO-WENSON-KIM_a1161.html
A 326	FLAIR TO WENSON	https://www.fig-aerobic.com/A-326-FLAIR-TO-WENSON_a625.html
A 327	FLAIR ½ TURN TO WENSON	https://www.fig-aerobic.com/A-327-FLAIR-TURN-TO-WENSON_a626.html
A 328	FLAIR 1/1 TURN TO WENSON	https://www.fig-aerobic.com/A-328-FLAIR-1-1-TURN-TO-WENSON_a627.html
A 329	FLAIR 1/1 SPINDLE TO WENSON	https://www.fig-aerobic.com/A-329-FLAIR-1-1-SPINDLE-TO-WENSON_a1044.html
A 337	FLAIR TO LIFTED WENSON	https://www.fig-aerobic.com/A-337-FLAIR-TO-LIFTED-WENSON_a629.html
A 338	FLAIR ½ TURN TO LIFTED WENSON	https://www.fig-aerobic.com/A-338-FLAIR-TURN-TO-LIFTED-WENSON_a630.html
A 339	FLAIR 1/1 TURN TO LIFTED WENSON	https://www.fig-aerobic.com/A-339-FLAIR-1-1-TURN-TO-LIFTED-WENSON_a631.html
A 364	HELICOPTER	https://www.fig-aerobic.com/A-364-HELICOPTER_a637.html
A 365	HELICOPTER TO WENSON	https://www.fig-aerobic.com/A-365-HELICOPTER-TO-WENSON_a641.html
A 366	HELICOPTER TO LIFTED WENSON BOTH SIDE	https://www.fig-aerobic.com/A-366-HELICOPTER-TO-LIFTED-WENSON-BOTH-SIDE_a1282.html
A 368	HELICOPTER 1/1 TWIST AIRBORNE TO PU	https://www.fig-aerobic.com/A-368-HELICOPTER-1-1-TWIST-AIRBORNE-TO-PU_a1163.html
A 374	HELICOPTER TO SPLIT	https://www.fig-aerobic.com/A-374-HELICOPTER-TO-SPLIT_a640.html
A 375	HELICOPTER 1/2 TURN TO SPLIT	https://www.fig-aerobic.com/A-375-HELICOPTER-1-2-TURN-TO-SPLIT_a1162.html
B 104	STRADDLE SUPPORT 1/1 TURN	https://www.fig-aerobic.com/B-104-STRADDLE-SUPPORT-1-1-TURN_a650.html
B 106	STRADDLE SUPPORT 2/1 TURN OR MORE	https://www.fig-aerobic.com/B-106-STRADDLE-SUPPORT-2-1-TURN-OR-MORE_a652.html
B 114	1 ARM STRADDLE SUPPORT	https://www.fig-aerobic.com/B-114-1-ARM-STRADDLE-SUPPORT_a653.html
B 115	1 ARM ½ TURN STRADDLE SUPPORT	https://www.fig-aerobic.com/B-115-1-ARM-TURN-STRADDLE-SUPPORT_a654.html
B 116	1 ARM 1/1 TURN STRADDLE SUPPORT (LACATUS)	https://www.fig-aerobic.com/B-116-1-ARM-1-1-TURN-STRADDLE-SUPPORT-LACATUS_a655.html

B 117	1 ARM 1 1/2 TURN STRADDLE SUPPORT	https://www.fig-aerobic.com/B-117-1-ARM-1-1-2-TURN-STRADDLE-SUPPORT_a656.html
B 124	STRADDLE / L SUPPORT 1/1 TURN	https://www.fig-aerobic.com/B-124-STRADDLE-L-SUPPORT-1-1-TURN_a1180.html
B 126	STRADDLE / L SUPPORT 2/1 TURN (MOLDOVAN)	https://www.fig-aerobic.com/B-126-STRADDLE-L-SUPPORT-2-1-TURN-MOLDOVAN_a1181.html
B 134	L-SUPPORT 1/1 TURN	https://www.fig-aerobic.com/B-134-L-SUPPORT-1-1-TURN_a664.html
B 136	L-SUPPORT 2/1 TURN OR MORE	https://www.fig-aerobic.com/B-136-L-SUPPORT-2-1-TURN-OR-MORE_a666.html
B 145	STRADDLE V-SUPPORT 1/1 TURN	https://www.fig-aerobic.com/B-145-STRADDLE-V-SUPPORT-1-1-TURN_a672.html
B 147	STRADDLE V-SUPPORT 2/1 TURN	https://www.fig-aerobic.com/B-147-STRADDLE-V-SUPPORT-2-1-TURN_a674.html
B 157	V-SUPPORT 1/1 TURN	https://www.fig-aerobic.com/B-157-V-SUPPORT-1-1-TURN_a677.html
B 159	V-SUPPORT 2/1 TURN	https://www.fig-aerobic.com/B-159-V-SUPPORT-2-1-TURN_a679.html
B 170	HIGH V-SUPPORT 1/1 TURN	https://www.fig-aerobic.com/B-170-HIGH-V-SUPPORT-1-1-TURN_a1187.html
B 186	STRADDLE PLANCHE	https://www.fig-aerobic.com/B-186-STRADDLE-PLANCHE_a695.html
B 187	STRADDLE PLANCHE TO PUSH UP	https://www.fig-aerobic.com/B-187-STRADDLE-PLANCHE-TO-PUSH-UP_a696.html
B 200	PLANCHE TO LIFTED WENSON BACK TO STRADDLE PLANCHE	https://www.fig-aerobic.com/B-200-PLANCHE-TO-LIFTED-WENSON-BACK-TO-STRADDLE-PLANCHE_a1262.html
B 208	STRADDLE PLANCHE TO LIFTED WENSON BOTH SIDES	https://www.fig-aerobic.com/B-208-STRADDLE-PLANCHE-TO-LIFTED-WENSON-BOTH-SIDES_a1190.html
B 210	STRADDLE PLANCHE TO LIFTED WENSON BOTH SIDES BACK TO STRADDLE PLANCHE	https://www.fig-aerobic.com/B-210-STRADDLE-PLANCHE-TO-LIFTED-WENSON-BOTH-SIDES-BACK-TO-STRADDLE-PLANCHE_a1191.html
B 218	PLANCHE	https://www.fig-aerobic.com/B-218-PLANCHE_a699.html
B 219	PLANCHE TO PUSH-UP	https://www.fig-aerobic.com/B-219-PLANCHE-TO-PUSH-UP_a700.html
B 220	PLANCHE TO LIFTED WENSON	https://www.fig-aerobic.com/B-220-PLANCHE-TO-LIFTED-WENSON_a701.html
C 108	3/1 AIR TURNS	https://www.fig-aerobic.com/C-108-3-1-AIR-TURNS_a769.html
C 118	2 ½ AIR TURNS TO SPLIT	https://www.fig-aerobic.com/C-118-2-AIR-TURNS-TO-SPLIT_a774.html
C 119	3/1 AIR TURN TO SPLIT	https://www.fig-aerobic.com/C-119-3-1-AIR-TURN-TO-SPLIT_a775.html
C 153	GAINER ½ TWIST TO SPLIT	https://www.fig-aerobic.com/C-153-GAINER-TWIST-TO-SPLIT_a792.html
C 156	GAINER 1 ½ TWIST TO SPLIT	https://www.fig-aerobic.com/C-156-GAINER-1-TWIST-TO-SPLIT_a793.html
C 159	GAINER 2 ½ TWIST TO SPLIT	https://www.fig-aerobic.com/C-159-GAINER-2-TWIST-TO-SPLIT_a1210.html
C 144	GAINER ½ TWIST	https://www.fig-aerobic.com/C-144-GAINER-TWIST_a789.html

C 147	GAINER 1 ½ TWIST	https://www.fig-aerobic.com/C-147-GAINER-1-TWIST_a790.html
C 150	GAINER 2 ½ TWIST	https://www.fig-aerobic.com/C-150-GAINER-2-TWIST_a1209.html
C 193	TUCK JUMP TO SPLIT	https://www.fig-aerobic.com/C-193-TUCK-JUMP-TO-SPLIT_a807.html
C 194	½ TURN TUCK JUMP TO SPLIT	https://www.fig-aerobic.com/C-194-TURN-TUCK-JUMP-TO-SPLIT_a808.html
C 325	STRADDLE JUMP TO SPLIT	https://www.fig-aerobic.com/C-325-STRADDLE-JUMP-TO-SPLIT_a863.html
C 326	½ TURN STRADDLE JUMP TO SPLIT	https://www.fig-aerobic.com/C-326-TURN-STRADDLE-JUMP-TO-SPLIT_a864.html
C 327	1/1 TURN STRADDLE JUMP TO SPLIT	https://www.fig-aerobic.com/C-327-1-1-TURN-STRADDLE-JUMP-TO-SPLIT_a865.html
C 328	1 ½ TURN STRADDLE JUMP TO SPLIT	https://www.fig-aerobic.com/C-328-1-TURN-STRADDLE-JUMP-TO-SPLIT_a1224.html
C 336	STRADDLE JUMP TO PUSH UP	https://www.fig-aerobic.com/C-336-STRADDLE-JUMP-TO-PUSH-UP_a866.html
C 337	½ TURN STRADDLE JUMP TO PUSH UP	https://www.fig-aerobic.com/C-337-TURN-STRADDLE-JUMP-TO-PUSH-UP_a867.html
C 338	1/1 TURN STRADDLE JUMP TO PUSH UP	https://www.fig-aerobic.com/C-338-1-1-TURN-STRADDLE-JUMP-TO-PUSH-UP_a868.html
C 339	1 ½ TURN STRADDLE JUMP TO PUSH UP	https://www.fig-aerobic.com/C-339-1-TURN-STRADDLE-JUMP-TO-PUSH-UP_a1225.html
C 347	STRADDLE JUMP ½ TWIST TO PUSH UP	https://www.fig-aerobic.com/C-347-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a869.html
C 348	½ TURN STRADDLE JUMP ½ TWIST TO PUSH UP	https://www.fig-aerobic.com/C-348-TURN-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a870.html
C 349	1/1 TURN STRADDLE JUMP ½ TWIST TO PUSH UP	https://www.fig-aerobic.com/C-349-1-1-TURN-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a1226.html
C 350	1 ½ TURN STRADDLE JUMP ½ TWIST TO PUSH UP	https://www.fig-aerobic.com/C-350-1-TURN-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a1227.html
C 365	FRONTAL SPLIT JUMP TO FRONTAL SPLIT	https://www.fig-aerobic.com/C-365-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a877.html
C 366	½ TURN FRONTAL SPLIT JUMP TO FRONTAL SPLIT	https://www.fig-aerobic.com/C-366-TURN-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a878.html
C 367	1/1 TURN FRONTAL SPLIT JUMP TO FRONTAL SPLIT	https://www.fig-aerobic.com/C-367-1-1-TURN-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a879.html
C 368	1 1/2 TURN FRONTAL SPLIT JUMP TO FRONTAL SPLIT	https://www.fig-aerobic.com/C-368-1-1-2-TURN-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a1234.html
D 250	BALANCE 3/1 TURNS TO FREE VERTICAL SPLIT	https://www.fig-aerobic.com/D-250-BALANCE-3-1-TURNS-TO-FREE-VERTICAL-SPLIT_a1202.html
C 376	FRONTAL SPLIT JUMP TO PUSH UP (SHUSHUNOVA)	https://www.fig-aerobic.com/C-376-FRONTAL-SPLIT-JUMP-TO-PUSH-UP-SHUSHUNOVA_a880.html
C 377	FRONTAL SPLIT JUMP ½ TWIST TO PUSH UP	https://www.fig-aerobic.com/C-377-FRONTAL-SPLIT-JUMP-TWIST-TO-PUSH-UP_a881.html
C 378	½ TURN FRONTAL SPLIT JUMP 1/2 TWIST TO PU	https://www.fig-aerobic.com/C-378-TURN-FRONTAL-SPLIT-JUMP-1-2-TWIST-TO-PU_a882.html

C 379	1/1 TURN FRONTAL SPLIT JUMP ½ TWIST TO PU	https://www.fig-aerobic.com/C-379-1-1-TURN-FRONTAL-SPLIT-JUMP-TWIST-TO-PU_a1235.html
C 395	SPLIT JUMP TO SPLIT	https://www.fig-aerobic.com/C-395-SPLIT-JUMP-TO-SPLIT_a896.html
C 396	½ TURN SPLIT JUMP TO SPLIT	https://www.fig-aerobic.com/C-396-TURN-SPLIT-JUMP-TO-SPLIT_a897.html
C 397	1/1 TURN SPLIT JUMP TO SPLIT	https://www.fig-aerobic.com/C-397-1-1-TURN-SPLIT-JUMP-TO-SPLIT_a898.html
C 398	1 ½ TURN SPLIT JUMP TO SPLIT	https://www.fig-aerobic.com/C-398-1-TURN-SPLIT-JUMP-TO-SPLIT_a1020.html
C 406	SPLIT JUMP SWITCH TO SPLIT	https://www.fig-aerobic.com/C-406-SPLIT-JUMP-SWITCH-TO-SPLIT_a899.html
C 407	½ TURN SPLIT JUMP SWITCH TO SPLIT	https://www.fig-aerobic.com/C-407-TURN-SPLIT-JUMP-SWITCH-TO-SPLIT_a1237.html
C 408	1/1 TURN SPLIT JUMP SWITCH TO SPLIT	https://www.fig-aerobic.com/C-408-1-1-TURN-SPLIT-JUMP-SWITCH-TO-SPLIT_a900.html
C 409	1 ½ TURN SPLIT JUMP SWITCH TO SPLIT (ENGEL)	https://www.fig-aerobic.com/C-409-1-TURN-SPLIT-JUMP-SWITCH-TO-SPLIT-ENGEL_a1238.html
C 416	SPLIT JUMP TO PUSH UP	https://www.fig-aerobic.com/C-416-SPLIT-JUMP-TO-PUSH-UP_a903.html
C 417	½ TURN SPLIT JUMP TO PUSH UP	https://www.fig-aerobic.com/C-417-TURN-SPLIT-JUMP-TO-PUSH-UP_a904.html
C 418	1/1 TURN SPLIT JUMP TO PUSH UP	https://www.fig-aerobic.com/C-418-1-1-TURN-SPLIT-JUMP-TO-PUSH-UP_a905.html
C 419	1 ½ TURN SPLIT JUMP TO PUSH UP	https://www.fig-aerobic.com/C-419-1-TURN-SPLIT-JUMP-TO-PUSH-UP_a1239.html
C 435	SWITCH SPLIT LEAP TO SPLIT	https://www.fig-aerobic.com/C-435-SWITCH-SPLIT-LEAP-TO-SPLIT_a908.html
C 436	SWITCH SPLIT LEAP ½ TURN TO SPLIT	https://www.fig-aerobic.com/C-436-SWITCH-SPLIT-LEAP-TURN-TO-SPLIT_a909.html
C 446	SWITCH SPLIT LEAP TO PUSH UP	https://www.fig-aerobic.com/C-446-SWITCH-SPLIT-LEAP-TO-PUSH-UP_a910.html
C 476	SCISSORS LEAP TO SPLIT	https://www.fig-aerobic.com/C-476-SCISSORS-LEAP-TO-SPLIT_a947.html
C 477	SCISSORS LEAP ½ TURN TO SPLIT	https://www.fig-aerobic.com/C-477-SCISSORS-LEAP-TURN-TO-SPLIT_a916.html
C 478	SCISSORS LEAP 1/1 TURN TO SPLIT	https://www.fig-aerobic.com/C-478-SCISSORS-LEAP-1-1-TURN-TO-SPLIT_a917.html
C 487	SCISSORS LEAP ½ TURN SWITCH TO SPLIT (MARCHENKOV)	https://www.fig-aerobic.com/C-487-SCISSORS-LEAP-TURN-SWITCH-TO-SPLIT-MARCHENKOV_a918.html
C 488	SCISSORS LEAP 1/1 TURN SWITCH TO SPLIT	https://www.fig-aerobic.com/C-488-SCISSORS-LEAP-1-1-TURN-SWITCH-TO-SPLIT_a1241.html
C 497	SCISSORS LEAP TO PUSH UP	https://www.fig-aerobic.com/C-497-SCISSORS-LEAP-TO-PUSH-UP_a919.html
C 498	SCISSORS LEAP ½ TWIST TO PUSH UP	https://www.fig-aerobic.com/C-498-SCISSORS-LEAP-TWIST-TO-PUSH-UP_a920.html

C 500	SCISSORS LEAP 1/1 TWIST TO PUSH UP (NEZEZON)	https://www.fig-aerobic.com/C-500-SCISSORS-LEAP-1-1-TWIST-TO-PUSH-UP-NEZEZON_a921.html
C 505	SCISSORS KICK ½ TWIST TO PUSH UP	https://www.fig-aerobic.com/C-505-SCISSORS-KICK-TWIST-TO-PUSH-UP_a923.html
C 506	½ TURN SCISSORS KICK ½ TWIST TO PUSH UP	https://www.fig-aerobic.com/C-506-TURN-SCISSORS-KICK-TWIST-TO-PUSH-UP_a924.html
C 555	½ TWIST OFF AXIS JUMP TO FRONTAL SPLIT	https://www.fig-aerobic.com/C-555-TWIST-OFF-AXIS-JUMP-TO-FRONTAL-SPLIT_a1246.html
C 556	1/1 TWIST OFF AXIS JUMP TO FRONTAL SPLIT	https://www.fig-aerobic.com/C-556-1-1-TWIST-OFF-AXIS-JUMP-TO-FRONTAL-SPLIT_a1247.html
C 558	1 ½ TWIST OFF AXIS JUMP TO FRONTAL SPLIT	https://www.fig-aerobic.com/C-558-1-TWIST-OFF-AXIS-JUMP-TO-FRONTAL-SPLIT_a1248.html
C 566	½ TWIST OFF AXIS JUMP TO PUSH UP	https://www.fig-aerobic.com/C-566-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a1249.html
C 567	1/1 TWIST OFF AXIS JUMP TO PUSH UP	https://www.fig-aerobic.com/C-567-1-1-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a1250.html
C 569	1 ½ TWIST OFF AXIS JUMP TO PUSH UP	https://www.fig-aerobic.com/C-569-1-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a1251.html
C 570	2/1 TWIST OFF AXIS JUMP TO PUSH UP	https://www.fig-aerobic.com/C-570-2-1-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a931.html
C 584	BUTTERFLY	https://www.fig-aerobic.com/C-584-BUTTERFLY_a932.html
C 587	BUTTERFLY 1/1 TWIST	https://www.fig-aerobic.com/C-587-BUTTERFLY-1-1-TWIST_a933.html
C 590	BUTTERFLY 2/1 TWIST	https://www.fig-aerobic.com/C-590-BUTTERFLY-2-1-TWIST_a934.html
D 146	3/1 TURNS	https://www.fig-aerobic.com/D-146-3-1-TURNS_a715.html
D 157	3/1 TURNS TO VERTICAL SPLIT	https://www.fig-aerobic.com/D-157-3-1-TURNS-TO-VERTICAL-SPLIT_a720.html
D 168	3/1 TURNS TO FREE VERTICAL SPLIT	https://www.fig-aerobic.com/D-168-3-1-TURNS-TO-FREE-VERTICAL-SPLIT_a725.html
D 189	3/1 TURNS WITH LEG AT HORIZONTAL	https://www.fig-aerobic.com/D-189-3-1-TURNS-WITH-LEG-AT-HORIZONTAL_a1197.html
D 200	3/1 TURNS WITH LEG AT HORIZONTAL TO VERTICAL SPLIT	https://www.fig-aerobic.com/D-200-3-1-TURNS-WITH-LEG-AT-HORIZONTAL-TO-VERTICAL-SPLIT_a1198.html
D 228	BALANCE 3/1 TURNS	https://www.fig-aerobic.com/D-228-BALANCE-3-1-TURNS_a1050.html
D 239	BALANCE 3/1 TURNS TO VERTICAL SPLIT	https://www.fig-aerobic.com/D-239-BALANCE-3-1-TURNS-TO-VERTICAL-SPLIT_a1200.html

LIMITED ELEMENTS/MOVEMENTS

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

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

- Pivots (as in rhythmic gymnastics, specifically horizontal, attitude and needle pivots)
- Walkovers (forwards and backwards, including starting on the floor)
- Capoeira movements
- Cartwheels of any kind with no contact with the apparatus
- Round-offs

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

Please note that limited elements refer to elements with no apparatus contact.

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

If more than one limited element of a type is performed, this additional element is considered a prohibited element and will result in a -5 Head Judge deduction. Performing a repetition of a limited element will be considered a prohibited element, and will thus result in a -5 penalty per repetition.

LIMITED ELEMENTS		
CODE NR.	NAME	LINK
A 265	DOUBLE LEG 1/1 CIRCLE (1 OR 2)	https://www.fig-aerobic.com/A-265-DOUBLE-LEG-1-1-CIRCLE-1-OR-2_a622.html
A 266	DOUBLE LEG 1/1 CIRCLE TO WENSON	https://www.fig-aerobic.com/A-266-DOUBLE-LEG-1-1-CIRCLE-TO-WENSON_a1152.html
A 267	DOUBLE LEG 1/1 CIRCLE 1/2 TWIST TO WENSON	https://www.fig-aerobic.com/A-267-DOUBLE-LEG-1-1-CIRCLE-1-2-TWIST-TO-WENSON_a623.html
A 268	DOUBLE LEG 1/1 CIRCLE 1/1 TURN TO WENSON	https://www.fig-aerobic.com/A-268-DOUBLE-LEG-1-1-CIRCLE-1-1-TURN-TO-WENSON_a1153.html
A 277	DOUBLE LEG 1/1 CIRCLE TO LIFTED WENSON	https://www.fig-aerobic.com/A-277-DOUBLE-LEG-1-1-CIRCLE-TO-LIFTED-WENSON_a1154.html
A 278	DOUBLE LEG 1/1 CIRCLE 1/2 TURN TO LIFTED WENSON	https://www.fig-aerobic.com/A-278-DOUBLE-LEG-1-1-CIRCLE-1-2-TURN-TO-LIFTED-WENSON_a1155.html
A 279	DOUBLE LEG 1/1 CIRCLE 1/1 TURN TO LIFTED WENSON	https://www.fig-aerobic.com/A-279-DOUBLE-LEG-1-1-CIRCLE-1-1-TURN-TO-LIFTED-WENSON_a1156.html
A 285	DOUBLE LEG 1/1 CIRCLE TO SPLIT	https://www.fig-aerobic.com/A-285-DOUBLE-LEG-1-1-CIRCLE-TO-SPLIT_a1157.html
A 287	DOUBLE LEG 1/1 CIRCLE 1/1 TURN TO SPLIT	https://www.fig-aerobic.com/A-287-DOUBLE-LEG-1-1-CIRCLE-1-1-TURN-TO-SPLIT_a1158.html
A 305	FLAIR (1 OR 2)	https://www.fig-aerobic.com/A-305-FLAIR-1-OR-2_a624.html
A 315	FLAIR TO SPLIT	https://www.fig-aerobic.com/A-315-FLAIR-TO-SPLIT_a633.html
A 317	FLAIR 1/1 TURN TO SPLIT	https://www.fig-aerobic.com/A-317-FLAIR-1-1-TURN-TO-SPLIT_a634.html

A 319	FLAIR + AIR FLAIR (1 OR 2)	https://www.fig-aerobic.com/A-319%EF%BC%9AFLAIR-AIR-FLAIR-1-OR-2_a635.html
A 320	FLAIR + AIR FLAIR (1 OR 2) + FLAIR	https://www.fig-aerobic.com/A-320-%EF%BC%9AFLAIR-AIR-FLAIR-1-OR-2-FLAIR_a636.html
A 330	FLAIR BOTH SIDES	https://www.fig-aerobic.com/A-330-FLAIR-BOTH-SIDES_a628.html
C 103	1/1 AIR TURN	https://www.fig-aerobic.com/C-103-1-1-AIR-TURN_a765.html
C 105	2/1 AIR TURNS	https://www.fig-aerobic.com/C-105-2-1-AIR-TURNS_a767.html
C 113	1/2 AIR TURN TO SPLIT	https://www.fig-aerobic.com/C-113-1-2-AIR-TURN-TO-SPLIT_a770.html
C 114	1/1 AIR TURN TO SPLIT	https://www.fig-aerobic.com/C-114-1-1-AIR-TURN-TO-SPLIT_a771.html
C 115	1 ½ AIR TURN TO SPLIT	https://www.fig-aerobic.com/C-115-1-AIR-TURN-TO-SPLIT_a772.html
C 116	2/1 AIR TURNS TO SPLIT	https://www.fig-aerobic.com/C-116-2-1-AIR-TURNS-TO-SPLIT_a773.html
C 182	TUCK JUMP	https://www.fig-aerobic.com/C-182-TUCK-JUMP_a802.html
C 184	1/1 TURN TUCK JUMP	https://www.fig-aerobic.com/C-184-1-1-TURN-TUCK-JUMP_a804.html
C 186	2/1 TURNS TUCK JUMP	https://www.fig-aerobic.com/C-186-2-1-TURNS-TUCK-JUMP_a806.html
C 223	COSSACK JUMP	https://www.fig-aerobic.com/C-223-COSSACK-JUMP_a816.html
C 225	1/1 TURN COSSACK JUMP	https://www.fig-aerobic.com/C-225-1-1-TURN-COSSACK-JUMP_a818.html
C 227	2/1 TURNS COSSACK JUMP	https://www.fig-aerobic.com/C-227-2-1-TURNS-COSSACK-JUMP_a820.html
C 264	PIKE JUMP	https://www.fig-aerobic.com/C-264-PIKE-JUMP_a836.html
C 266	1/1 TURN PIKE JUMP	https://www.fig-aerobic.com/C-266-1-1-TURN-PIKE-JUMP_a838.html
C 268	2/1 TURNS PIKE JUMP	https://www.fig-aerobic.com/C-268-2-1-TURNS-PIKE-JUMP_a1219.html
C 314	STRADDLE JUMP	https://www.fig-aerobic.com/C-314-STRADDLE-JUMP_a859.html
C 316	1/1 TURN STRADDLE JUMP	https://www.fig-aerobic.com/C-316-1-1-TURN-STRADDLE-JUMP_a861.html
C 318	2/1 TURNS STRADDLE JUMP	https://www.fig-aerobic.com/C-318-2-1-TURNS-STRADDLE-JUMP_a1223.html
C 354	FRONTAL SPLIT JUMP	https://www.fig-aerobic.com/C-354-FRONTAL-SPLIT-JUMP_a875.html
C 356	1/1 TURN FRONTAL SPLIT JUMP	https://www.fig-aerobic.com/C-356-1-1-TURN-FRONTAL-SPLIT-JUMP_a1229.html

C 358	2/1 TURNS FRONTAL SPLIT JUMP	https://www.fig-aerobic.com/C-358-2-1-TURNS-FRONTAL-SPLIT-JUMP_a1230.html
C 384	SPLIT JUMP	https://www.fig-aerobic.com/C-384-SPLIT-JUMP_a892.html
C 386	1/1 TURN SPLIT JUMP	https://www.fig-aerobic.com/C-386-1-1-TURN-SPLIT-JUMP_a894.html
C 388	2/1 TURNS SPLIT JUMP	https://www.fig-aerobic.com/C-388-2-1-TURNS-SPLIT-JUMP_a1236.html
C 424	SWITCH SPLIT LEAP	https://www.fig-aerobic.com/C-424-SWITCH-SPLIT-LEAP_a906.html
C 465	SCISSORS LEAP	https://www.fig-aerobic.com/C-465-SCISSORS-LEAP_a912.html
C 466	SCISSORS LEAP ½ TURN	https://www.fig-aerobic.com/C-466-SCISSORS-LEAP-TURN_a913.html
C 467	SCISSORS LEAP 1/1 TURN	https://www.fig-aerobic.com/C-467-SCISSORS-LEAP-1-1-TURN_a914.html
C 545	1/2 TWIST OFF AXIS JUMP	https://www.fig-aerobic.com/C-545-1-2-TWIST-OFF-AXIS-JUMP_a1244.html
C 546	1/1 TWIST OFF AXIS TUCK JUMP	https://www.fig-aerobic.com/C-546-1-1-TWIST-OFF-AXIS-TUCK-JUMP_a925.html
C 548	1 ½ TWIST OFF AXIS JUMP	https://www.fig-aerobic.com/C-548-1-TWIST-OFF-AXIS-JUMP_a1245.html
C 549	2/1 TWIST OFF AXIS JUMP	https://www.fig-aerobic.com/C-549-2-1-TWIST-OFF-AXIS-JUMP_a928.html
D 142	1/1 TURN	https://www.fig-aerobic.com/D-142-1-1-TURN_a710.html
D 144	2/1 TURNS	https://www.fig-aerobic.com/D-144-2-1-TURNS_a713.html
D 153	1/1 TURN TO VERTICAL SPLIT	https://www.fig-aerobic.com/D-153-1-1-TURN-TO-VERTICAL-SPLIT_a716.html
D 155	2/1 TURNS TO VERTICAL SPLIT	https://www.fig-aerobic.com/D-155-2-1-TURNS-TO-VERTICAL-SPLIT_a718.html
D 164	1/1 TURN TO FREE VERTICAL SPLIT	https://www.fig-aerobic.com/D-164-1-1-TURN-TO-FREE-VERTICAL-SPLIT_a721.html
D 166	2/1 TURNS TO FREE VERTICAL SPLIT	https://www.fig-aerobic.com/D-166-2-1-TURNS-TO-FREE-VERTICAL-SPLIT_a723.html
D 185	1/1 TURN WITH LEG AT HORIZONTAL	https://www.fig-aerobic.com/D-185-1-1-TURN-WITH-LEG-AT-HORIZONTAL_a737.html
D 187	2/1 TURNS WITH LEG AT HORIZONTAL	https://www.fig-aerobic.com/D-187-2-1-TURNS-WITH-LEG-AT-HORIZONTAL_a739.html
D 196	1/1 TURN WITH LEG AT HORIZONTAL TO VERTICAL SPLIT	https://www.fig-aerobic.com/D-196-1-1-TURN-WITH-LEG-AT-HORIZONTAL-TO-VERTICAL-SPLIT_a740.html
D 198	2/1 TURNS WITH LEG AT HORIZONTAL TO VERTICAL SPLIT	https://www.fig-aerobic.com/D-198-2-1-TURNS-WITH-LEG-AT-HORIZONTAL-TO-VERTICAL-SPLIT_a745.html

D 207	1/1 TURN WITH LEG AT HORIZONTAL TO FREE VERTICAL SPLIT	https://www.fig-aerobic.com/D-207-1-1-TURN-WITH-LEG-AT-HORIZONTAL-TO-FREE-VERTICAL-SPLIT_a742.html
D 209	2/1 TURNS WITH LEG AT HORIZONTAL TO FREE VERTICAL SPLIT	https://www.fig-aerobic.com/D-209-2-1-TURNS-WITH-LEG-AT-HORIZONTAL-TO-FREE-VERTICAL-SPLIT_a744.html
D 224	BALANCE 1/1 TURN	https://www.fig-aerobic.com/D-224-BALANCE-1-1-TURN_a727.html
D 226	BALANCE 2/1TURNS	https://www.fig-aerobic.com/D-226-BALANCE-2-1TURNS_a729.html
D 235	BALANCE 1/1 TURN TO VERTICAL SPLIT	https://www.fig-aerobic.com/D-235-BALANCE-1-1-TURN-TO-VERTICAL-SPLIT_a730.html
D 237	BALANCE 2/1 TURNS TO VERTICAL SPLIT	https://www.fig-aerobic.com/D-237-BALANCE-2-1-TURNS-TO-VERTICAL-SPLIT_a732.html
D 246	BALANCE 1/1 TURN TO FREE VERTICAL SPLIT	https://www.fig-aerobic.com/D-246-BALANCE-1-1-TURN-TO-FREE-VERTICAL-SPLIT_a733.html
D 248	BALANCE 2/1 TURNS TO FREE VERTICAL SPLIT	https://www.fig-aerobic.com/D-248-BALANCE-2-1-TURNS-TO-FREE-VERTICAL-SPLIT_a735.html
D 264	ILLUSION	https://www.fig-aerobic.com/D-264-ILLUSION_a746.html
D 265	ILLUSION TO VERTICAL SPLIT	https://www.fig-aerobic.com/D-265-ILLUSION-TO-VERTICAL-SPLIT_a747.html
D 266	ILLUSION TO FREE VERTICAL SPLIT	https://www.fig-aerobic.com/D-266-ILLUSION-TO-FREE-VERTICAL-SPLIT_a748.html
D 276	DOUBLE ILLUSION	https://www.fig-aerobic.com/D-276-DOUBLE-ILLUSION_a753.html
D 277	DOUBLE ILLUSION TO VERTICAL SPLIT	https://www.fig-aerobic.com/D-277-DOUBLE-ILLUSION-TO-VERTICAL-SPLIT_a754.html
D 278	DOUBLE ILLUSION TO FREE VERTICAL SPLIT	https://www.fig-aerobic.com/D-278-DOUBLE-ILLUSION-TO-FREE-VERTICAL-SPLIT_a755.html
D 285	FREE ILLUSION	https://www.fig-aerobic.com/D-285-FREE-ILLUSION_a749.html
D 286	FREE ILLUSION TO VERTICAL SPLIT	https://www.fig-aerobic.com/D-286-FREE-ILLUSION-TO-VERTICAL-SPLIT_a750.html
D 287	FREE ILLUSION TO FREE VERTICAL SPLIT	https://www.fig-aerobic.com/D-287-FREE-ILLUSION-TO-FREE-VERTICAL-SPLIT_a751.html
D 297	FREE DOUBLE ILLUSION	https://www.fig-aerobic.com/D-297-FREE-DOUBLE-ILLUSION_a756.html
D 298	FREE DOUBLE ILLUSION TO VERTICAL SPLIT	https://www.fig-aerobic.com/D-298-FREE-DOUBLE-ILLUSION-TO-VERTICAL-SPLIT_a757.html
D 299	FREE DOUBLE ILLUSION TO FREE VERTICAL SPLIT	https://www.fig-aerobic.com/D-299-FREE-DOUBLE-ILLUSION-TO-FREE-VERTICAL-SPLIT_a758.html

ADDENDUM 2

WORLD POLE SPORTS COMPETITION RULES

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

Please note that all communication with the competition organiser will be conducted via ipsfathletes@ipsfsports.org.

Eligibility

1. DIVISION - ELITE

- Only Elite athletes qualifying in IPSF endorsed competitions are eligible to qualify for WPSC.
- Athletes placing first (1st) in an Elite category at National Championships will automatically qualify to the WPSC.
- The 2nd placed athlete in the Elite category will qualify, provided that they meet the minimum score requirement as determined by the IPSF every year. The minimum point requirement as awarded at the qualifying National/Open competition for the current competition season is 27 points for Masters 40+, Masters 50+ and Masters 60+, 33 points for all other categories. The 3rd and 4th placed athlete can be accepted to WPSC as reserve athletes in the event that the 1st and/or 2nd placed athlete is unable to compete at the WPSC. The minimum point requirements may be adjusted by the IPSF at any time at their discretion. Athletes will be informed in a timely manner by the competition organiser if this is the case.
- Reserve Elite athletes may apply to WPSC in the case of a qualified athlete being unable to attend/compete.

2. CATEGORIES

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

- | | |
|---|--|
| <ul style="list-style-type: none">• Senior 18+ Women• Senior 18+ Men• Senior 30+ Women• Senior 30+ Men• Master 40+ Women• Master 40+ Men• Master 50+ Women• Master 50+ Men• Master 60+ Women• Master 60+ Men• Junior Female | <ul style="list-style-type: none">• Junior Male• Novice Female• Novice Male• Doubles Novice• Doubles Junior• Doubles Youth• Doubles Senior (Men/Men)• Doubles Senior (Women/Men)• Doubles Senior (Women/women)• Para Pole |
|---|--|

4. ATHLETE SELECTION PROCESS

- 4.1 All applicants of WPSC must have citizenship or residency of the country they are representing.
- 4.3 Athlete participation is by qualification at a National or Open Championships.
- 4.8 The title of World Pole Sports Champion 20XX in all categories will be a lifetime title unless a sanction has been placed on the athlete.

- 4.10 Only two athletes per category are permitted to represent each country. Reserves will not be invited if a performer drops out after the entries for the WPSC have closed.
- 4.11 The second or third runner up (3rd and 4th athlete) can be accepted to WPSC as reserve athletes. (Reserve athletes must apply under the same conditions to the WPSC).

Application Process

5. INITIAL APPLICATION

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

6. MUSIC CHOICE

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

Registration Process

8. ATHLETE REGISTRATION

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

Competing

10. COSTUME

- 10.15. The flag of the country being represented may be worn on the costume but may be no bigger than 10x10cm.
- 10.18. Only athletes and IPSF-registered coaches may wear the National tracksuit.
- ◆ For ALL tracksuit related rules and regulations to be taken into account, please refer to the Tracksuit Appendix, released as a separate document. This document provides guidance related to studio, regional, national and neutral tracksuits and what is permitted at IPSF Competitions.

19. AWARDS

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

ADDENDUM 3

PARA POLE

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

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

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

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

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

Description of eligible impairments accordingly to the International Paralympic Organisation:

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

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

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

4. - Intellectual Impairment: Athletes with an Intellectual Impairment have a restriction in intellectual functioning and adaptive behaviour in which affects conceptual, social and practical adaptive skills required for everyday life. This Impairment must be present before the age of 22. This includes athletes with an intellectual disability and/or autism.

All athletes competing in the Para Pole Discipline are subject to providing medical evidence to the IPSF upon request for confirming eligibility. This documentation will be reviewed by an independent medical panel. The decision by this panel is final. The athlete should ensure that they have all proper medical documentation before registration so as not to delay the process.

Athletes with an Intellectual Disability:

Intellectual Disability is a disability characterised by significant limitations both in intellectual functioning and in adaptive behaviour as expressed in conceptual, social and practical adaptive skills. This disability originates before the age of 22. Based upon this definition, the Eligibility.

Criteria for athletes with an intellectual disability are:

1. Significant impairment in intellectual functioning which is defined as a Full-Scale IQ score of 75 or lower, and;
 2. Significant limitations in adaptive behaviour as expressed in conceptual, social, and practical adaptive skills. This is defined as performance that is at least 2 standard deviations below the mean of, either:
 - a. One of the following 3 types of adaptive behaviour: conceptual, social, or practical skills
 - b. An overall score on a standardised measure of conceptual, social and practical skills, and;
 3. Intellectual disability must be evident during the developmental period, which is from conception to 22 years of age.
1. A formal diagnosis of Trisomy 21 or Translocation Down Syndrome. 2. Have a diagnosed intellectual disability (as defined by the ICD criteria) AND a diagnosed medical condition that impacts their functional capacity.

Athletes must meet all 3 elements of the criteria to be eligible.

PARA POLE CATEGORY CRITERIA:

- Para Pole is split into 2 age categories:
 - Youth (Mixed) - Ages 14-17 on the first day of the WPSC
 - Senior 18+ (Mixed) - Ages 18+ on the first day of the WPSC
- Only singles are allowed to participate; there is no doubles category.
- Only Elite division will be open for competition.
- The Para Pole Athlete must provide documentation supporting their eligibility to compete in their respective Para Pole category.
- If an athlete could be classified into several categories, the athlete should compete in the category that reflects the biggest of their impairments.

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

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