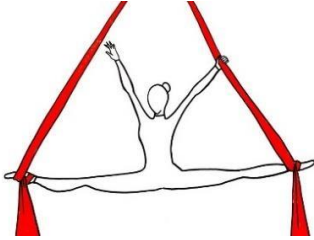
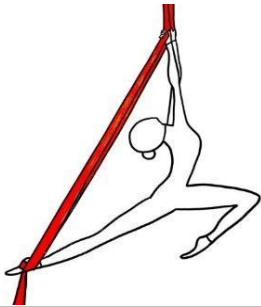
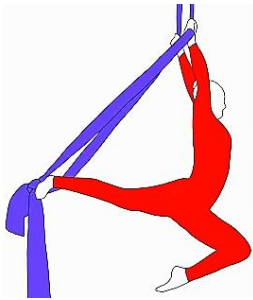
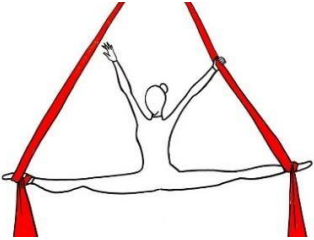

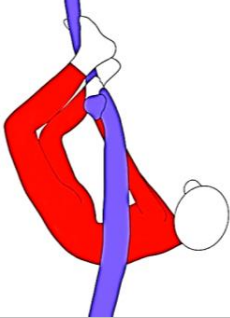
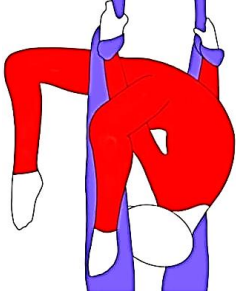

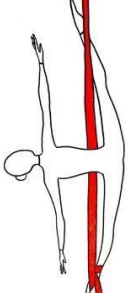


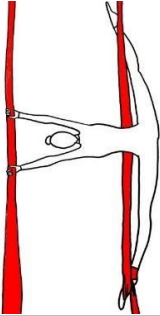

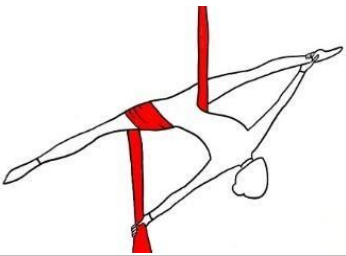
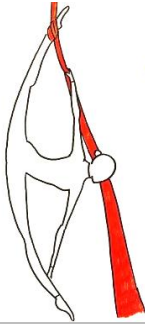
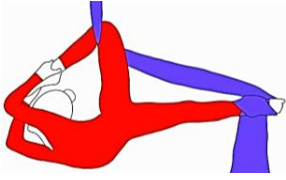
## 14.1 GROUP A - FLEXIBILITY ELEMENTS


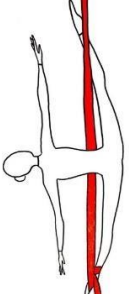
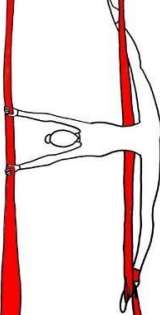
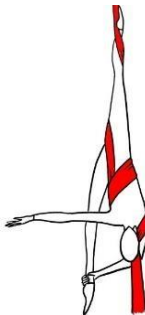
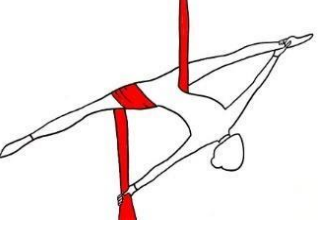
Note: All flexibility elements must be held in fixed position for 2 seconds.

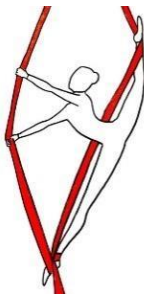


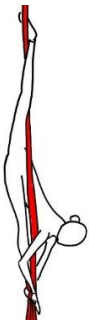
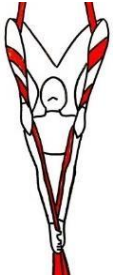
Note: In masters +50 category a tolerance of 20° is given for the requirement to open the legs to 180° if there is no 160° variation for the move. Moves, that do have different levels of execution are without tolerance.




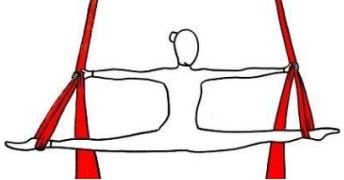
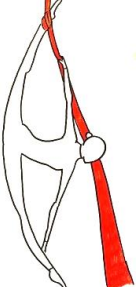
Value	Element	Code	Requirements
0.1		<b>SA001</b>	<p><b>Split in knots 160°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 160°</li> <li>• Legs in knots</li> </ul> <p><i>Levels of execution:</i> SA001 Split in knots 160° SA002 Split in knots 180°</p>
0.1		<b>SA003</b>	<p><b>Upright backbent</b></p> <ul style="list-style-type: none"> <li>• One leg in knot</li> <li>• Arms are fully extended</li> <li>• Only one foot and hands in contact with the silks</li> </ul>
0.1		<b>SA014</b>	<p><b>Backbent on the loop knot</b></p> <ul style="list-style-type: none"> <li>• Arms are fully extended</li> <li>• Only one foot and hands in contact with the silks</li> </ul>
0.2		<b>SA002</b>	<p><b>Split in knots 180°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Legs in knots</li> </ul> <p><i>Levels of execution:</i> SA001 Split in knots 160° SA002 Split in knots 180°</p>

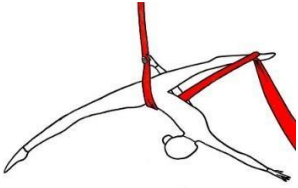
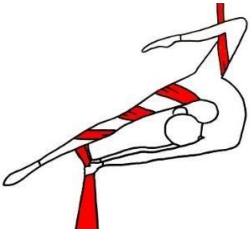
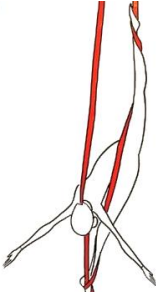
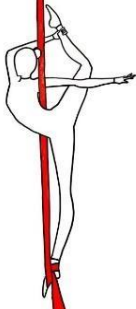
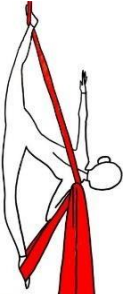
0.2		<p><b>SA004 Split with wrapping 160°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 160°</li> <li>• Lower foot in knot</li> </ul> <p>Levels of execution: SA004 Split with wrapping 160° SA005 Split with wrapping 180°</p>
0.2		<p><b>SA015 Box</b></p> <ul style="list-style-type: none"> <li>• Back in bend</li> </ul>
0.2		<p><b>SA022 Lantern</b></p> <ul style="list-style-type: none"> <li>• Back in bend</li> </ul>
0.3		<p><b>SA005 Split with wrapping 180°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Lower foot in knot</li> </ul> <p>Levels of execution: SA004 Split with wrapping 160° SA005 Split with wrapping 180°</p>
0.3		<p><b>SA006 «T» Split 160°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 160°</li> <li>• Lower foot in knot</li> <li>• Middle split</li> <li>• Hands are not in contact with the silks and legs</li> </ul> <p>Levels of execution: SA006 «T» Split 160° SA007 «T» Split 180°</p>

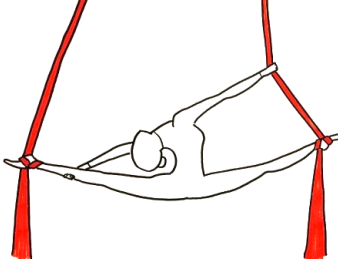
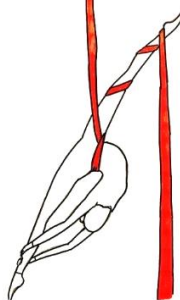
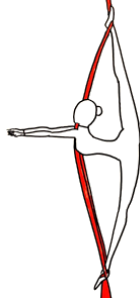

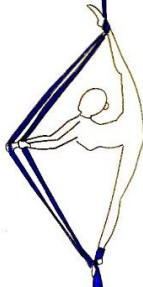
0.3		<p><b>SA008 «T» split on separate silks 160°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 160°</li> <li>• Lower foot in knot</li> <li>• Middle split</li> </ul> <p>Levels of execution: SA008 «T» split on separate silks 160° SA009 «T» split on separate silks 180°</p>
0.3		<p><b>SA010 Inverted candle 160°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 160°</li> <li>• Spiral wrapping</li> <li>• The opposite hand in contact with the leg</li> </ul> <p>Levels of execution: SA010 Inverted candle 160° SA011 Inverted candle 180°</p>
0.3		<p><b>SA012 Pin 160°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 160°</li> <li>• Leg in spiral wrapping above knee</li> <li>• Free hand in contact with leg</li> </ul> <p>Levels of execution: SA012 Pin 160° SA013 Pin 180°</p>
0.3		<p><b>SA043 Bow and arrows 160°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 160°</li> <li>• Upper leg in spiral wrapping</li> </ul> <p>Levels of execution: SA043 Bow and arrows 160° SA030 Bow and arrows 180°</p>
0.3		<p><b>SA047 Peter pen in backbent</b></p> <ul style="list-style-type: none"> <li>• Only legs in contact with the silks</li> <li>• Hands in contact with leg behind the head</li> </ul>

0.3		<b>SA048</b>	<b>Split hang 160°</b> <ul style="list-style-type: none"> <li>• Opening of the legs 160°</li> <li>• Hand in contact with the opposite leg</li> </ul> <i>Levels of execution:</i> SA048 Split hang 160° SA049 Split hang 180°
0.4		<b>SA007</b>	<b>«T» Split 180°</b> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Lower foot in knot</li> <li>• Middle split</li> <li>• Hands are not in contact with the silks and legs</li> </ul> <i>Levels of execution:</i> SA006 «T» Split 160° SA007 «T» Split 180°
0.4		<b>SA009</b>	<b>«T» split on separate silks 180°</b> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Body is parallel to the floor</li> <li>• Lower foot in knot</li> <li>• Middle split</li> </ul> <i>Levels of execution:</i> SA008 «T» split on separate silks 160° SA009 «T» split on separate silks 180°
0.4		<b>SA011</b>	<b>Inverted candle 180°</b> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Spiral wrapping</li> <li>• The opposite hand in contact with the leg</li> </ul> <i>Levels of execution:</i> SA010 Inverted candle 160° SA011 Inverted candle 180°
0.4		<b>SA013</b>	<b>Pin 180°</b> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Leg in spiral wrapping above knee</li> <li>• Free hand in contact with leg</li> </ul> <i>Levels of execution:</i> SA012 Pin 160° SA013 Pin 180°


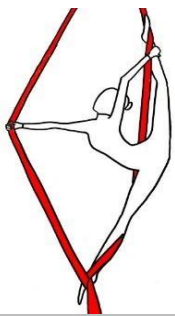
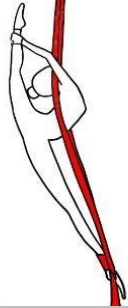
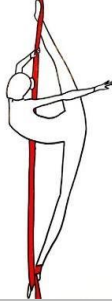
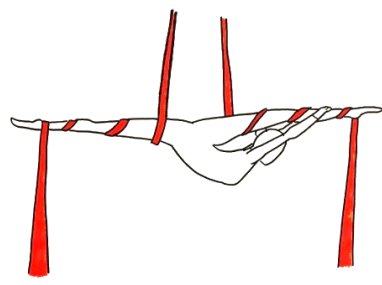
0.4		<b>SA016 Cupid 180°</b>	<ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Shoulders are above the level of pelvis</li> <li>• Lower foot in knot</li> <li>• Arms are fully extended</li> <li>• Basic grip</li> </ul>
0.4		<b>SA017 Cupid on separate silks 180°</b>	<ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Shoulders are above the level of pelvis</li> <li>• Legs in spiral wrapping</li> <li>• Arms are fully extended</li> <li>• Hands in basic grip</li> </ul>
0.4		<b>SA029 Slingshot 180°</b>	<ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Lower leg in knot</li> <li>• Upper leg in single spiral wrapping on foot or on ankle</li> <li>• Legs are fully extended</li> </ul>
0.4		<b>SA040 Split «Needle» 180°</b>	<ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Lower leg in knot</li> <li>• Hands in contact with leg</li> </ul>
0.4		<b>SA044 Ring – legs in contact with the head</b>	<ul style="list-style-type: none"> <li>• Legs in spiral wrapping</li> <li>• Feet in contact with the head</li> <li>• Arms are fully extended</li> </ul> <p><i>Levels of execution:</i>  SA044 Ring – legs in contact with the head  SA019 Ring – legs in contact with shoulders</p>

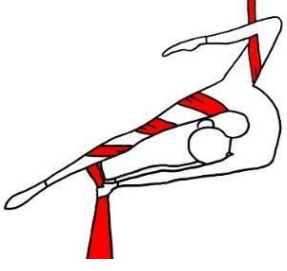
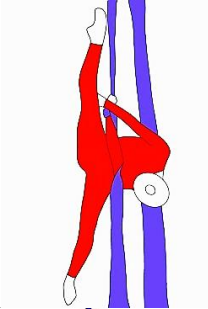
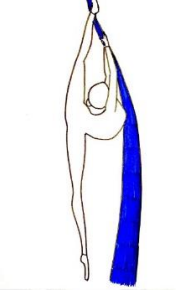


0.4		SA049	<p><b>Split hang 180°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Hand in contact with the opposite leg</li> </ul> <p><i>Levels of execution:</i> SA048 Split hang 160° SA049 Split hang 180°</p>
0.5		SA018	<p><b>Candle in middle split 180°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Middle split</li> <li>• The opposite hand in contact with upper leg behind the head</li> <li>• Hands are not in contact with the silks</li> <li>• Lower leg in knot</li> </ul>
0.5		SA019	<p><b>Ring – legs in contact with shoulders</b></p> <ul style="list-style-type: none"> <li>• Legs in spiral wrapping</li> <li>• Feet in contact with shoulders</li> <li>• Arms are fully extended</li> </ul> <p><i>Levels of execution:</i> SA044 Ring – legs in contact with the head SA019 Ring – legs in contact with shoulders</p>
0.5		SA021	<p><b>Weighing-machine 180°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Arms are fully extended</li> <li>• Hands in basic grip</li> </ul>
0.5		SA030	<p><b>Bow and arrows 180°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Upper leg in spiral wrapping</li> <li>• Hand in contact with similar leg</li> </ul> <p><i>Levels of execution:</i> SA043 Bow and arrows 160° SA030 Bow and arrows 180°</p>

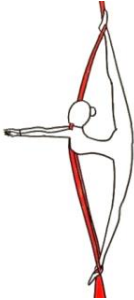


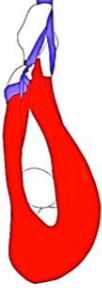
0.6		SA020	<b>Hang «Lever arm» 180°</b> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Upper leg in knot</li> <li>• Hand grab silks behind the similar straight leg</li> </ul>
0.6		SA026	<b>Cocoon 160°</b> <ul style="list-style-type: none"> <li>• Opening of the legs 160°</li> <li>• Lower leg in spiral wrapping</li> <li>• Hands in contact with leg behind the head</li> </ul> <p><i>Levels of execution:</i> SA026 Cocoon 160° SA038 Cocoon 180° (extended)</p>
0.6		SA031	<b>Swan 180°</b> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Front split</li> <li>• Legs are fully extended</li> <li>• Lower leg in knot</li> <li>• Hands are not in contact with the silks</li> </ul>
0.6		SA023	<b>Bilman 160°</b> <ul style="list-style-type: none"> <li>• Opening of the legs 160°</li> <li>• Lower leg in knot</li> <li>• The opposite hand in contact with leg behind the head and behind the silks</li> <li>• Hands are not in contact with the silks</li> </ul>
0.6		SA024	<b>Crossbow 180°</b> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Front split</li> <li>• Only feet, shoulder and one hand in contact with the silks</li> </ul>

0.7		SA032	<b>Backbent split in knots 180°</b> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• The opposite hand in contact with leg behind the head</li> <li>• Legs are fully extended</li> <li>• Head in contact with leg</li> </ul>
0.7		SA034	<b>Unicorn 180°</b> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Legs are fully extended</li> <li>• Hands behind the head in contact with leg</li> <li>• Head in contact with hip</li> <li>• Upper leg in spiral wrapping</li> </ul>
0.7		SA035	<b>Peacock 180°</b> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Front split</li> <li>• Lower leg in knot</li> <li>• Legs are fully extended</li> <li>• Hands are not in contact with the silks</li> </ul> <p><i>Levels of execution:</i>  SA035 Peacock 180°  SA036 Extreme peacock 180°</p>
0.7		SA041	<b>Tulip 180°</b> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Hands in contact with leg behind the head</li> <li>• Leg in single spiral wrapping</li> </ul> <p><i>Levels of execution:</i>  SA041 Tulip 180°  SA042 Tulip extended 180°</p>
0.7		SA050	<b>Moth 180°</b> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Arms are fully extended</li> </ul>




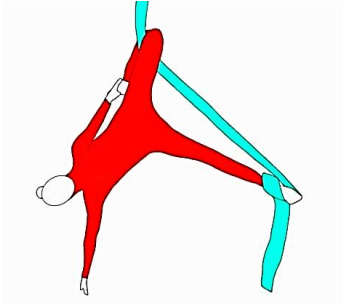
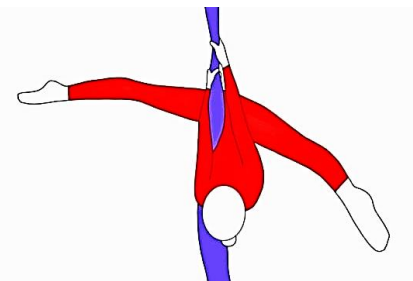
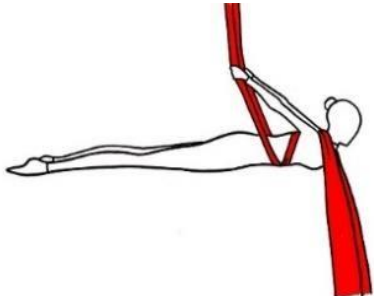
0.7		SA051	<p><b>Chinese chopsticks 180°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Supporting arm in contact with the opposite leg</li> <li>• Free hand in contact with the opposite leg</li> </ul>
0.8		SA025	<p><b>Cupid with grab of leg 180°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Front split</li> <li>• Hand are fully extended</li> <li>• Hand in contact with similar leg</li> <li>• Head in contact with legs or silks</li> </ul>
0.8		SA027	<p><b>Super bilman 180°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Hands in contact with leg behind the head</li> <li>• Head in contact with leg</li> </ul> <p><i>Levels of execution:</i>  SA027 Super bilman 180°  SA039 Super bilman - extended 180°</p>
0.8		SA028	<p><b>Andreeva split 180°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Lower leg in knot</li> <li>• Hand in contact with leg behind the head</li> <li>• Legs are fully extended</li> </ul>
0.8		SA033	<p><b>Snake 180°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Hands in contact with leg behind the head</li> <li>• Legs in spiral wrapping</li> <li>• Head in contact with legs</li> <li>• Legs are fully extended</li> </ul>

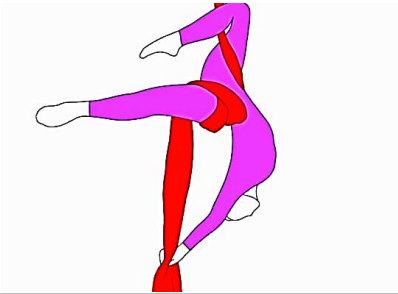
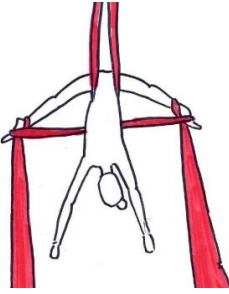



0.8		<p><b>SA038 Cocoon 180° (extended)</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Lower leg in spiral wrapping</li> <li>• Hands in contact with leg behind the head</li> <li>• Lower leg and arms are fully extended</li> <li>• Head in contact with hip</li> </ul> <p><i>Levels of execution:</i>  SA026 Cocoon 160°  SA038 Cocoon 180° (extended)</p>
0.8		<p><b>SA045 Back flag split 180°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Hand in contact with the similar leg</li> <li>• Legs are fully extended</li> </ul>
0.8		<p><b>SA052 Goddess 180°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Hands without windings</li> <li>• Head in contact with hip</li> </ul>
0.8		<p><b>SA053 Heron</b></p> <ul style="list-style-type: none"> <li>• Legs are fully extended</li> <li>• Hand without windings</li> </ul>
0.9 CBRF		<p><b>SA042 Tulip extended 180°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Hands in contact with leg behind the head</li> <li>• Leg in single spiral wrapping</li> <li>• Back leg is extended</li> <li>• Head in contact with hip</li> </ul> <p><i>Levels of execution:</i>  SA041 Tulip 180°  SA042 Tulip extended 180°</p>



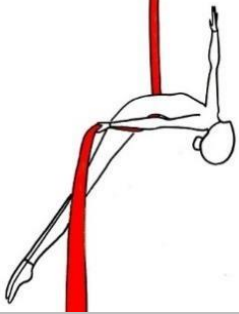
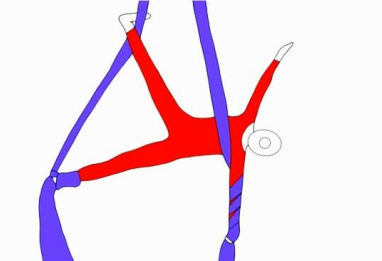
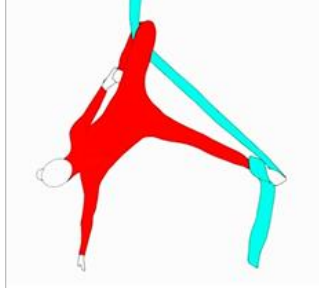
1.0 CBRF		SA036	<p><b>Extreme peacock 180°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Lower leg in knot</li> <li>• Legs are fully extended</li> <li>• Hands in contact with leg behind the head</li> <li>• Head in contact with the hip</li> </ul> <p><i>Levels of execution:</i> SA035 Peacock 180° SA036 Extreme peacock 180°</p>
1.0		SA037	<p><b>Droplet</b></p> <ul style="list-style-type: none"> <li>• Legs in eight winding</li> <li>• Legs are fully extended</li> <li>• Hands in contact with legs behind the head</li> <li>• Head in contact with hips</li> </ul>
1.0		SA039	<p><b>Super bilman - extended 180°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Lower leg in knot</li> <li>• Hands in contact with leg behind the head</li> <li>• Legs are fully extended</li> <li>• Head in contact with hip</li> </ul> <p><i>Levels of execution:</i> SA027 Super bilman 180° SA039 Super bilman - extended 180°</p>
1.0		SA046	<p><b>Masalova eyelet</b></p> <ul style="list-style-type: none"> <li>• Legs are fully extended</li> <li>• Head in contact with hips</li> </ul>


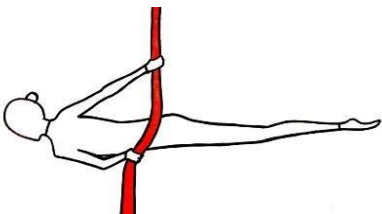
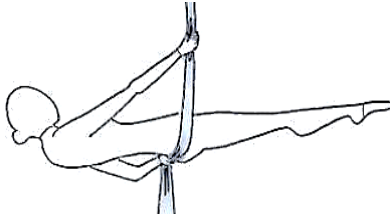

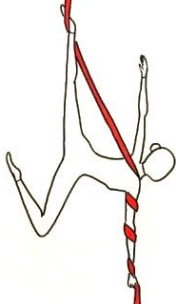
## 14.2 GROUP B - STRENGTH ELEMENTS

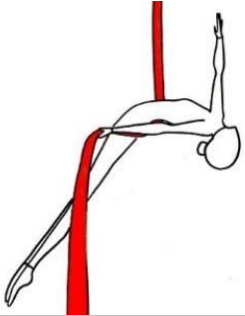
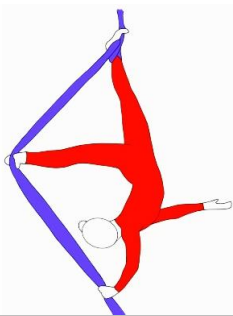
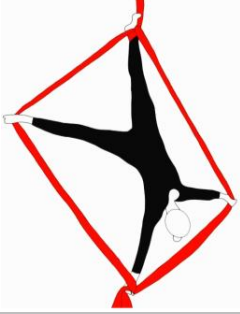
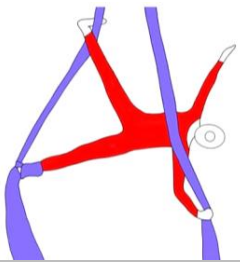
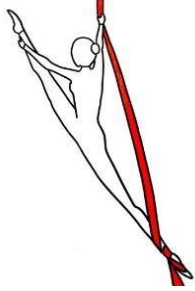
Note: All Strength elements must be held in fixed position for 2 seconds

Value	Element	Code	Requirements
0.1		<b>SB001</b>	<p><b>Hang «Cross» diagonal</b></p> <ul style="list-style-type: none"> <li>• The angle between arms and body 45°</li> <li>• Arms are fully extended</li> <li>• Hands in single spiral wrapping</li> </ul> <p><i>Levels of execution:</i>            SB001 Hang «Cross» diagonal            SB002 Hang «Cross»</p>
0.1		<b>SB049</b>	<p><b>Peter pen supported</b></p> <ul style="list-style-type: none"> <li>• Supporting leg extended</li> <li>• Only legs and one hand could be in contact with the silks</li> </ul> <p><i>Levels of execution:</i>            SB049 Peter pen supported            SB050 Peter pen            SB061 Peter pen without windings</p>
0.1		<b>SB052</b>	<p><b>Inverted straddle</b></p> <ul style="list-style-type: none"> <li>• Legs in V-position</li> <li>• Pelvis is higher than the level of shoulders</li> </ul>
0.2		<b>SB003</b>	<p><b>Baby plank</b></p> <ul style="list-style-type: none"> <li>• Body and legs are parallel to the floor</li> <li>• Legs are fully extended</li> <li>• Silks are crossed at the level of stomach</li> </ul>


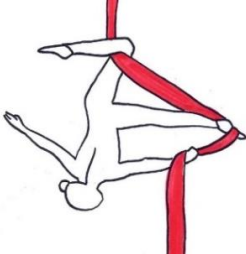

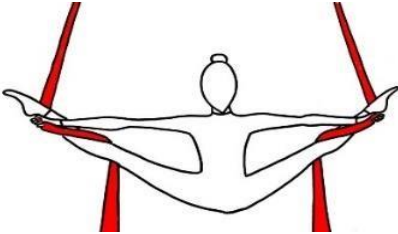
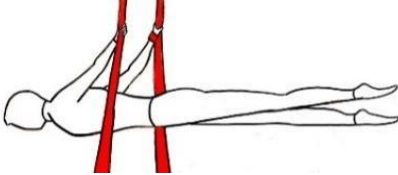
0.2		<b>SB051 Inside leg hang</b> <ul style="list-style-type: none"> <li>• Straight leg is parallel to the floor or below the parallel</li> <li>• One hand in contact with the silks under body, another hand is not contact with the silks</li> </ul>
0.2		<b>SB062 Hang “Moth” 160°</b> <ul style="list-style-type: none"> <li>• Opening of the legs 160°</li> <li>• Legs in knots</li> <li>• Hands are not in contact with the silks</li> </ul>
0.2		<b>SB004 Frontal flag</b> <ul style="list-style-type: none"> <li>• Legs and body are in pike position</li> <li>• Legs are closed and fully extended</li> <li>• One hand in contact with silks, another hand is not icontact with silks</li> </ul>
0.2		<b>SB053 Handrail tuck</b> <ul style="list-style-type: none"> <li>• Supporting arm is straight</li> <li>• Tuck position</li> <li>• Only one hand, stomach and hip are in contact with the silks</li> </ul> <p><i>Levels of execution:</i>  SB053 Handrail tuck  SB011 Handrail pike</p>
0.2		<b>SB063 Hang «Four»</b> <ul style="list-style-type: none"> <li>• One leg in knot</li> <li>• Hands are not in contact with the silks</li> </ul>

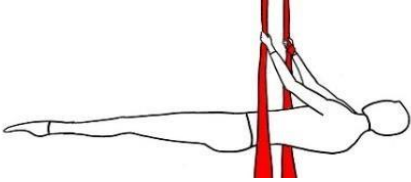
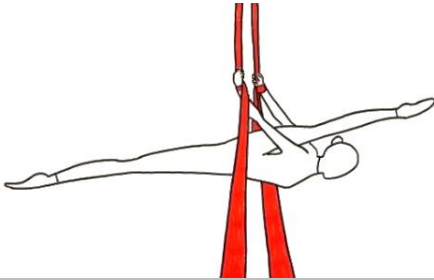
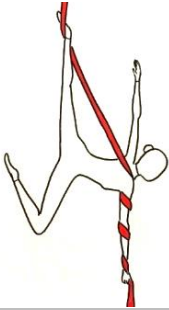
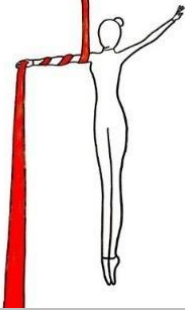
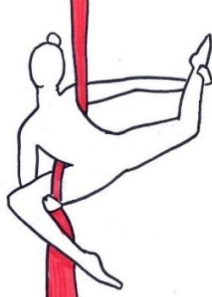
0.3		<p><b>SB002 Hang «Cross»</b></p> <ul style="list-style-type: none"> <li>• Arms are parallel to the floor</li> <li>• Arms are fully extended</li> <li>• Hands in single spiral wrapping</li> </ul> <p><i>Levels of execution:</i>  SB001 Hang «Cross» diagonal  SB002 Hang «Cross»</p>
0.3		<p><b>SB005 Open hang split leg grabbed</b></p> <ul style="list-style-type: none"> <li>• Legs in front split</li> <li>• Hands in basic grip</li> <li>• Hand in contact with leg</li> </ul>
0.3		<p><b>SB006 Supporting arm flag</b></p> <ul style="list-style-type: none"> <li>• Arms are fully extended</li> </ul> <p><i>Levels of execution:</i>  SB006 Supporting arm flag  SB039 Supporting arm flag – one handed</p>
0.3		<p><b>SB046 Rodionova Starfish - spiral wrapping</b></p> <ul style="list-style-type: none"> <li>• One hand is not in contact with the silks</li> </ul> <p><i>Levels of execution:</i>  SB046 Rodionova Starfish - spiral wrapping  SB047 Rodionova Starfish</p>
0.3		<p><b>SB050 Peter pen</b></p> <ul style="list-style-type: none"> <li>• Supporting leg is extended</li> <li>• Only legs in contact with the silks</li> <li>• Hands are not in contact with legs</li> </ul> <p><i>Levels of execution:</i>  SB049 Peter pen supported  SB050 Peter pen  SB061 Peter pen without windings</p>


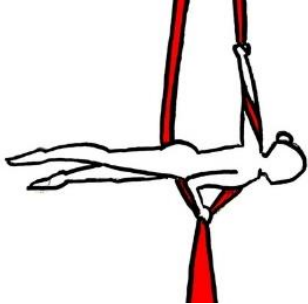
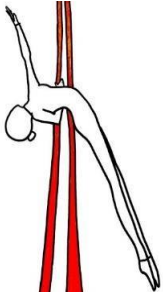
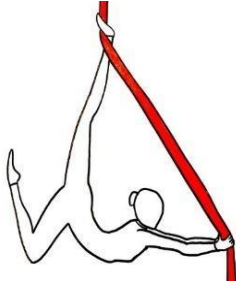
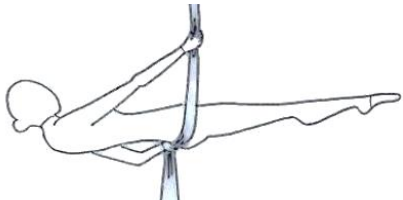
0.3		<p><b>SB011 Handrail pike</b></p> <ul style="list-style-type: none"> <li>• Supporting arm is straight</li> <li>• Legs are closed and fully extended</li> <li>• Pike position</li> <li>• Only one hand, stomach and hip are in contact with the silks</li> </ul> <p><i>Levels of execution:</i>  SB053 Handrail tuck  SB011 Handrail pike</p>
0.4		<p><b>SB009 Stomach plank tuck</b></p> <ul style="list-style-type: none"> <li>• Body is parallel to the floor</li> <li>• Tuck position</li> <li>• Stomach is facing to the floor</li> </ul>
0.4		<p><b>SB010 Back plank tuck</b></p> <ul style="list-style-type: none"> <li>• Body is parallel to the floor</li> <li>• Tuck position</li> <li>• Back is facing to the floor</li> </ul>
0.4		<p><b>SB015 Rocket with separate silks</b></p> <ul style="list-style-type: none"> <li>• Silks in contact with the neck</li> <li>• Body and legs are in pencil position</li> </ul>
0.4		<p><b>SB031 Butterfly</b></p> <ul style="list-style-type: none"> <li>• Supporting arm in spiral wrapping</li> <li>• Only hands, shoulder, neck and foot in contact with the silks</li> </ul> <p><i>Levels of execution:</i>  SB031 Butterfly  SB040 Butterfly – one handed</p>

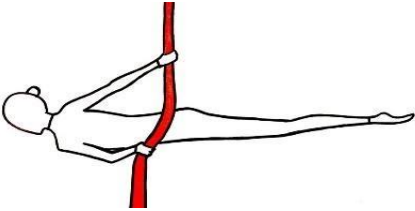
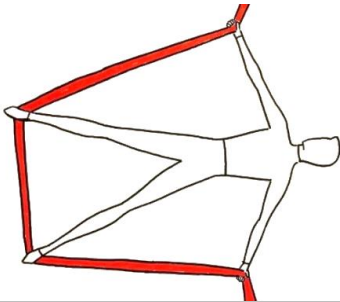
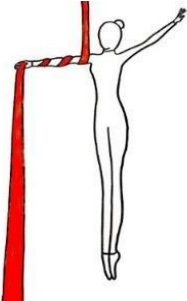
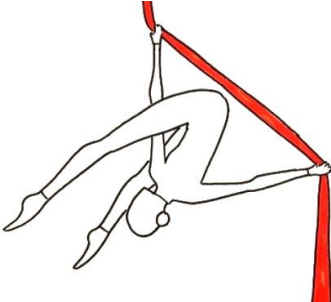
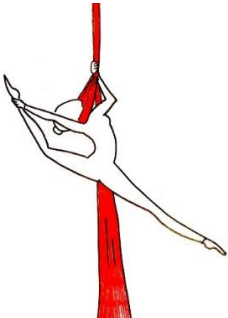
0.4		<p><b>SB039 Supporting arm flag – one handed</b></p> <ul style="list-style-type: none"> <li>• Supporting arm is extended</li> <li>• Only one hand and back in contact with the silks</li> </ul> <p><i>Levels of execution:</i>  SB006 Supporting arm flag  SB039 Supporting arm flag – one handed</p>
0.4		<p><b>SB044 Spy</b></p> <ul style="list-style-type: none"> <li>• Only one hand and feet in contact with the silks</li> <li>• Legs and supporting arm are fully extended</li> </ul>
0.4		<p><b>SB045 Kite</b></p> <ul style="list-style-type: none"> <li>• Body, legs and hands are in one plane</li> <li>• Legs and arms are fully extended</li> </ul>
0.4		<p><b>SB047 Rodionova Starfish</b></p> <ul style="list-style-type: none"> <li>• Body is parallel to the floor</li> <li>• One hand is not in contact with the silks</li> <li>• Lower hand in basic grip</li> </ul> <p><i>Levels of execution:</i>  SB046 Rodionova Starfish - spiral wrapping  SB047 Rodionova Starfish</p>
0.4		<p><b>SB048 Split «Arrow»</b></p> <ul style="list-style-type: none"> <li>• Legs in front split</li> <li>• One arm in basic grip</li> <li>• Only one hand and leg in contact with the silks</li> <li>• Free hand in contact with the leg</li> </ul>


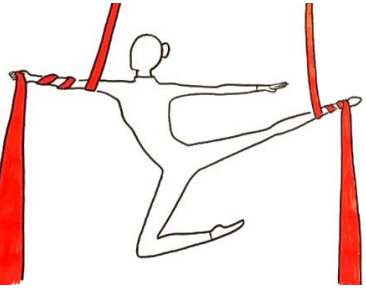
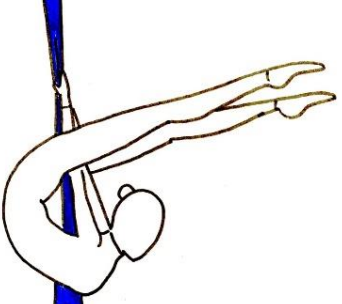
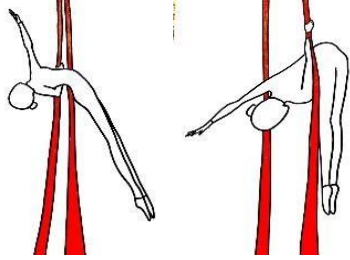
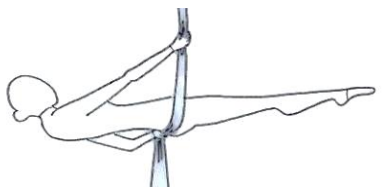


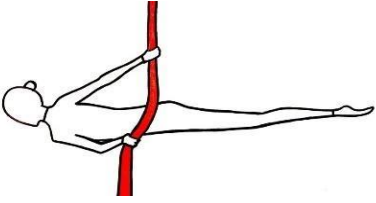
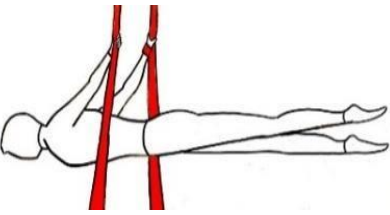
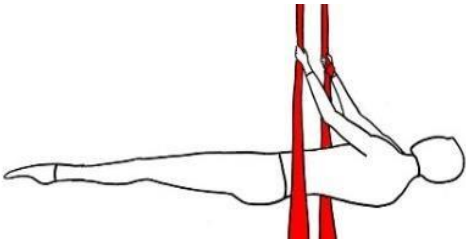
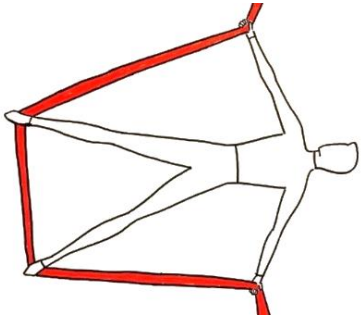
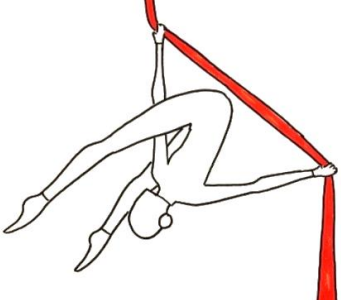
0.4		<b>SB055 One handed hang in arrow</b> <ul style="list-style-type: none"> <li>• Arms are fully extended</li> <li>• Legs in front split</li> </ul>
0.4		<b>SB061 Peter pen without windings</b> <ul style="list-style-type: none"> <li>• Supporting leg is extended</li> <li>• Only legs in contact with the silks</li> <li>• No windings</li> </ul> <i>Levels of execution:</i> SB049 Peter pen supported SB050 Peter pen SB061 Peter pen without windings
0.5		<b>SB007 Pendant</b> <ul style="list-style-type: none"> <li>• Arms are fully extended</li> <li>• No windings and knots</li> <li>• Only hands in contact with the silks</li> </ul>
0.5		<b>SB008 Trigon</b> <ul style="list-style-type: none"> <li>• Hands in basic grip or in single spiral wrapping</li> <li>• Legs and arms are fully extended</li> <li>• Body is parallel to the floor or above then parallel</li> </ul>
0.5		<b>SB013 Back basic plank tuck</b> <ul style="list-style-type: none"> <li>• Tuck position</li> <li>• Body is parallel to the floor</li> </ul>

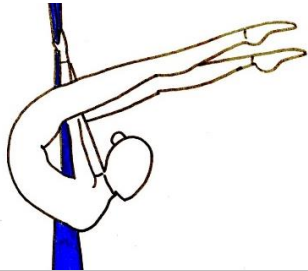

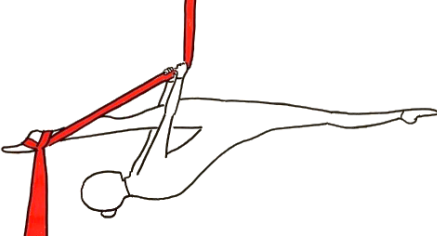
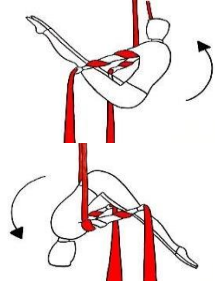
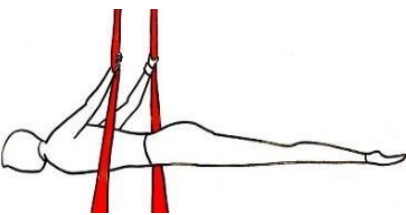
0.5		<p><b>SB014 Basic plank tuck</b></p> <ul style="list-style-type: none"> <li>• Tuck position</li> <li>• Arms are fully extended</li> <li>• Body is parallel to the floor</li> </ul>
0.5		<p><b>SB029 Split in back basic plank</b></p> <ul style="list-style-type: none"> <li>• Arms and legs are fully extended</li> <li>• Body is parallel to the floor</li> </ul>
0.5		<p><b>SB040 Butterfly – one handed</b></p> <ul style="list-style-type: none"> <li>• Supporting arm in spiral wrapping</li> <li>• Only one hand, shoulder, neck and foot in contact with the silks</li> </ul> <p><i>Levels of execution:</i>  SB031 Butterfly  SB040 Butterfly – one handed</p>
0.5		<p><b>SB016 Toreador (with tolerance)</b></p> <ul style="list-style-type: none"> <li>• Supporting arm is extended and in spiral wrapping</li> <li>• Pencil position</li> <li>• Only one hand in contact with the silks</li> </ul> <p><i>Levels of execution:</i>  SB016 Toreador (with tolerance)  SB041 Toreador (no tolerance)</p>
0.5		<p><b>SB064 Hang «Arabesque»</b></p> <ul style="list-style-type: none"> <li>• Silks is grabbed under leg</li> <li>• No windings and knots</li> </ul> <p><i>Levels of execution:</i>  SB064 Hang «Arabesque»  SB065 Hang «Arabesque» - extended</p>

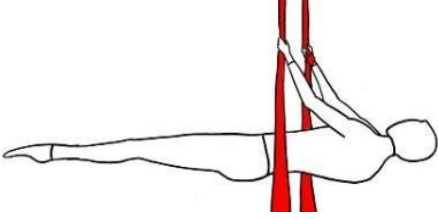
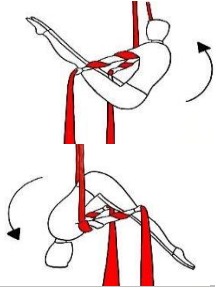
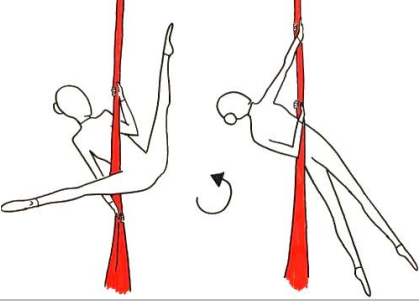
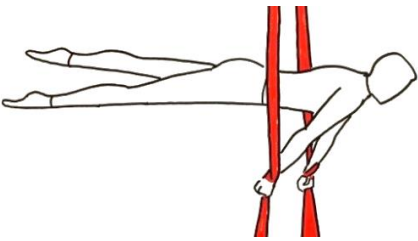
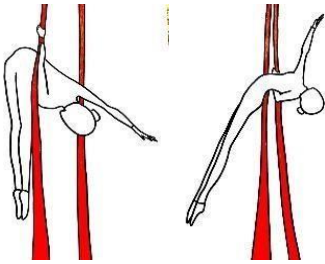
0.6		<b>SB030 Rocket on the closed silks</b> <ul style="list-style-type: none"> <li>• Silks in contact with neck</li> <li>• Body and legs in pencil position</li> <li>• Silks are closed</li> </ul>
0.6		<b>SB067 Crocodile in shoulder mount</b> <ul style="list-style-type: none"> <li>• Hand in spiral winding</li> <li>• Body and legs are parallel to the floor</li> </ul>
0.7		<b>SB012 Back flag</b> <ul style="list-style-type: none"> <li>• Only one hand and back could be in contact with the silks</li> <li>• Legs are fully extended</li> </ul>
0.7 CBRF		<b>SB017 Dangerous bridge</b> <ul style="list-style-type: none"> <li>• Arms are fully extended</li> <li>• Only hands and one foot are in contact with the silks</li> </ul>
0.7		<b>SB018 Back plank V-position</b> <ul style="list-style-type: none"> <li>• Body and legs are parallel to the floor in V-position</li> <li>• Supporting arm under the lower back</li> <li>• Back facing to the floor</li> </ul>

0.7		<p><b>SB019 Stomach plank V-position</b></p> <ul style="list-style-type: none"> <li>• Body and legs are parallel to the floor in V-position</li> <li>• Supporting arm under stomach</li> <li>• Stomach facing to the floor</li> </ul>
0.7		<p><b>SB033 Side plank V-position</b></p> <ul style="list-style-type: none"> <li>• Body is parallel to the floor</li> <li>• Legs are in V-position</li> <li>• Legs and arms are fully extended</li> </ul> <p><i>Levels of execution:</i>  SB033 Side plank V-position  SB035 Side plank pencil</p>
0.7		<p><b>SB041 Toreador (no tolerance)</b></p> <ul style="list-style-type: none"> <li>• Supporting arm is extended in spiral wrapping and parallel to the floor</li> <li>• Pencil position</li> <li>• Only one arm in contact with the silks</li> </ul> <p><i>Levels of execution:</i>  SB016 Toreador (with tolerance)  SB041 Toreador (no tolerance)</p>
0.7		<p><b>SB043 Basic deadlift</b></p> <ul style="list-style-type: none"> <li>• Upper hand in basic grip</li> <li>• Deadlift without momentum</li> <li>• Final position: fixing of 2 sec, back is not in contact with arms and silks</li> </ul>
0.7		<p><b>SB058 Rocket bin bilman</b></p> <ul style="list-style-type: none"> <li>• Free hand in contact with leg behind the head</li> </ul>

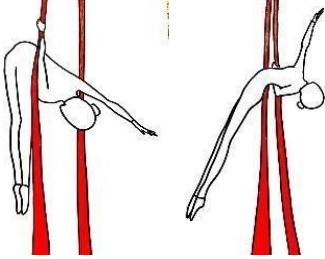
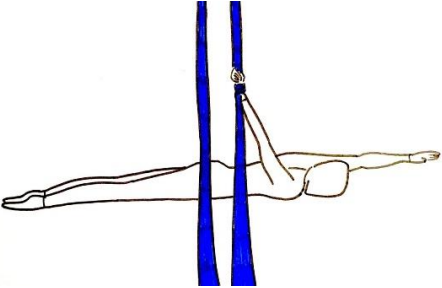
0.7		SB065	<p><b>Hang «Arabesque» - extended</b></p> <ul style="list-style-type: none"> <li>• Silks is grab under leg</li> <li>• Upper leg is extended and in contact with similar arm</li> <li>• No windings and knots</li> </ul> <p><i>Levels of execution:</i>  SB064 Hang «Arabesque»  SB065 Hang «Arabesque» - extended</p>
0.7		SB032	<p><b>Spiral</b></p> <ul style="list-style-type: none"> <li>• Hand and the opposite leg in contact with the silks</li> <li>• Supporting arm and leg are fully extended</li> <li>• Cyclical winding to the arm and leg</li> <li>• 3 turns and more</li> </ul>
0.7		SB056	<p><b>Iguana</b></p> <ul style="list-style-type: none"> <li>• Hands in contact with the silks between legs and behind of the back without windings</li> </ul> <p><i>Levels of execution:</i>  SB056 Iguana  SB057 Iguana - extended</p>
0.7		SB024	<p><b>Transition from back flag to frontal flag</b></p> <ul style="list-style-type: none"> <li>• Starting and final position fixing of 2 sec</li> <li>• Free arm doesn't help supporting arm during performing</li> <li>• No momentum</li> <li>• No contact with the floor</li> </ul>
0.8		SB020	<p><b>Back plank</b></p> <ul style="list-style-type: none"> <li>• Body and legs parallel to the floor in pencil position</li> <li>• Supporting arm under lower back</li> <li>• Back facing to the floor</li> </ul>

0.8		<b>SB021 Stomach plank</b> <ul style="list-style-type: none"> <li>• Body and legs are parallel to the floor in pencil position</li> <li>• Supporting arm is under the stomach</li> <li>• Stomach facing to the floor</li> </ul>
0.8		<b>SB022 Plank V-position</b> <ul style="list-style-type: none"> <li>• Legs are fully extended in V-position</li> <li>• Legs and Body is parallel to the floor</li> </ul>
0.8		<b>SB023 Basic plank V-position</b> <ul style="list-style-type: none"> <li>• Legs are fully extended in V-position</li> <li>• Arms are fully extended</li> <li>• Legs and Body is parallel to the floor</li> </ul>
0.8		<b>SB035 Side plank pencil</b> <ul style="list-style-type: none"> <li>• Body is parallel to the floor</li> <li>• Legs and arms are fully extended</li> <li>• Legs are closed and fully extended</li> </ul> <p><i>Levels of execution:</i>  SB033 Side plank V-position  SB035 Side plank pencil</p>
0.8		<b>SB038 Basic deadlift (legs are fully extended)</b> <ul style="list-style-type: none"> <li>• Upper hand in basic grip</li> <li>• Deadlift without momentum</li> <li>• Legs are fully extended</li> <li>• Final position: fixing of 2 sec, back not in contact with arms and silks</li> </ul>

0.8		<p><b>SB057 Iguana - extended</b></p> <ul style="list-style-type: none"> <li>• Hands in contact with silks between legs and behind back without windings</li> <li>• Legs are fully extended</li> </ul> <p><i>Levels of execution:</i>  SB056 Iguana  SB057 Iguana – extended</p>
0.9		<p><b>SB025 Basic plank (one leg bent)</b></p> <ul style="list-style-type: none"> <li>• Arms are fully extended</li> <li>• Body and straight leg are parallel to the floor</li> <li>• One leg bent</li> </ul>
0.9		<p><b>SB036 Rodionova split</b></p> <ul style="list-style-type: none"> <li>• Split position</li> <li>• Leg in knot</li> <li>• Arms are fully extended and in contact with silks behind leg</li> <li>• Legs and body are parallel to the floor</li> <li>• Silks are closed</li> </ul>
0.9		<p><b>SB028 Roll up - 2 turns</b></p> <ul style="list-style-type: none"> <li>• Starting position: upright aerial hang</li> <li>• Arms are fully extended in spiral wrapping.</li> <li>• Legs and body in pike position</li> <li>• 2 turns and more without momentum</li> </ul> <p><i>Levels of execution:</i>  SB028 Roll up - 2 turns  SB059 Roll up - 3 turns</p>
1.0		<p><b>SB026 Back basic plank pencil</b></p> <ul style="list-style-type: none"> <li>• Legs and body are parallel to the floor in pencil position</li> </ul>

1.0		<b>SB027 Basic plank pencil</b> <ul style="list-style-type: none"> <li>Arms are fully extended</li> <li>Legs and body are parallel to the floor in pencil position</li> </ul>
1.0		<b>SB059 Roll up - 3 turns</b> <ul style="list-style-type: none"> <li>Starting position: upright aerial hang</li> <li>Arms are fully extended in spiral wrapping.</li> <li>Legs and body in pike position</li> <li>3 turns and more without momentum</li> </ul> <p><i>Levels of execution:</i>  SB028 Roll up - 2 turns  SB059 Roll up - 3 turns</p>
1.0		<b>SB034 Double deadlift to back flag</b> <ul style="list-style-type: none"> <li>Legs are fully extended</li> <li>2 turns and more</li> <li>Starting position: in aerial supporting with silks (no contact with the floor)</li> <li>Final position: back flag</li> <li>No momentum</li> </ul>
1.0		<b>SB037 Horizontal plank</b> <ul style="list-style-type: none"> <li>Arms and legs are fully extended</li> <li>Legs and body are parallel to</li> </ul>
1.0		<b>SB042 Upper transition from frontal flag to back flag</b> <ul style="list-style-type: none"> <li>Starting position – frontal flag</li> <li>Final position – back flag</li> <li>Upper transition through position of parallel to the silks</li> <li>Free arm doesn't help to supporting arm during performing</li> <li>No momentum</li> <li>No contact with the floor</li> </ul>

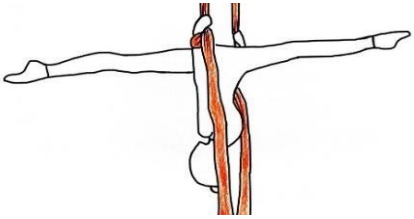
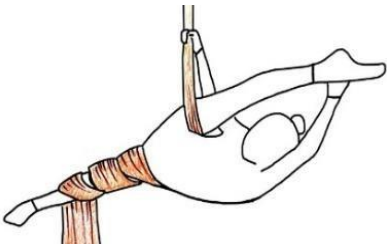
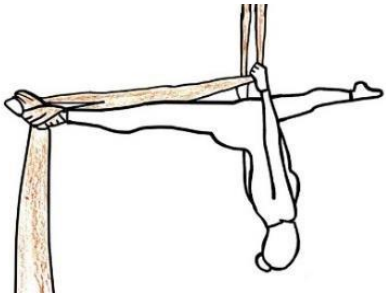
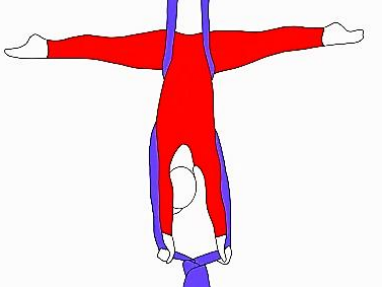


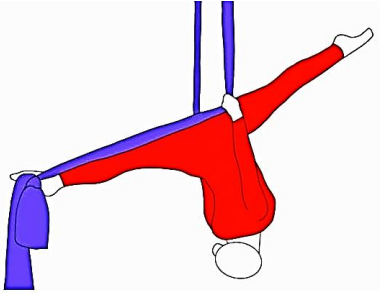
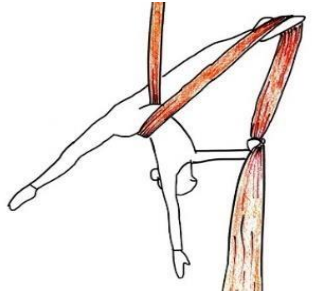
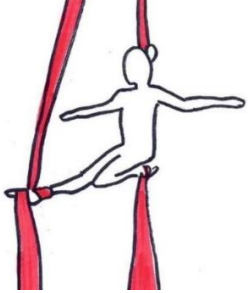
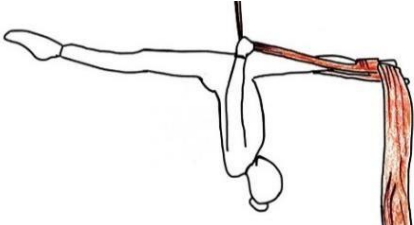
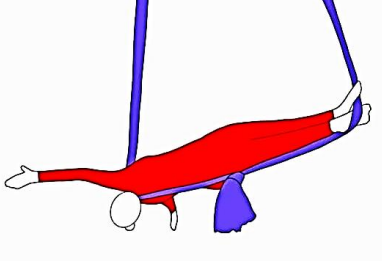
1.0		<p><b>SB060 Lower transition from frontal flag to back flag</b></p> <ul style="list-style-type: none"> <li>• Starting position – frontal flag</li> <li>• Final position – back flag</li> <li>• Lower transition through position of parallel to the silks</li> <li>• Free arm doesn't help to supporting arm during performing</li> <li>• No momentum</li> <li>• No contact with the floor</li> </ul>
1.0		<p><b>SB054 Iron plank – one handed</b></p> <ul style="list-style-type: none"> <li>• Legs in pencil position</li> <li>• Body is parallel to the floor</li> <li>• Only one hand in contact with the silks.</li> </ul>

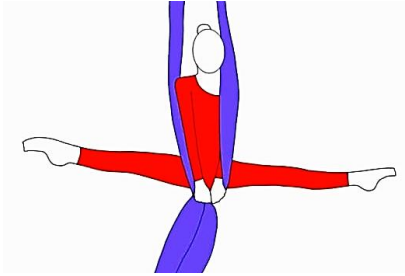

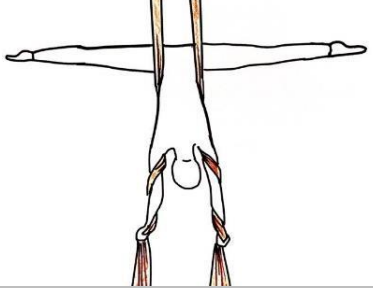
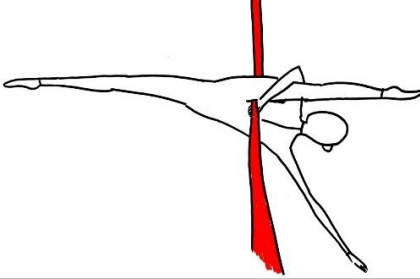
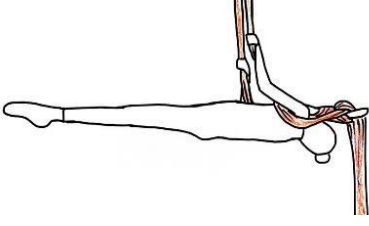
### 14.3 GROUP C – BALANCE ELEMENTS

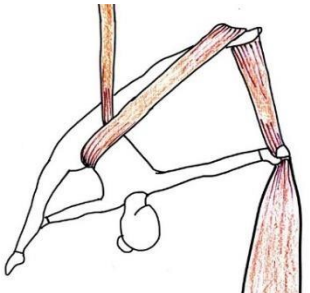
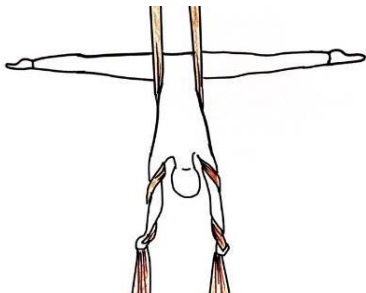
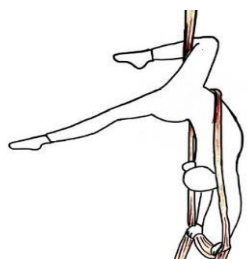
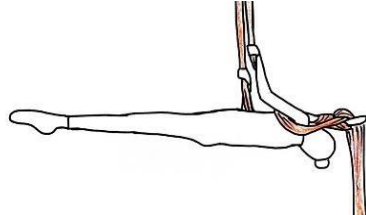
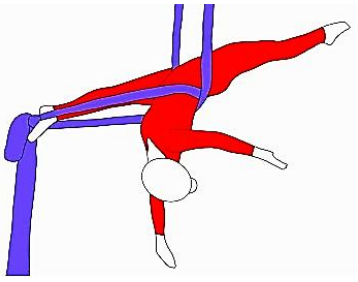
Note: All balance elements must be held in fixed position for 3 seconds.

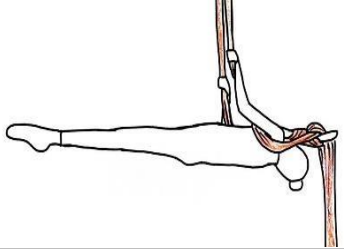
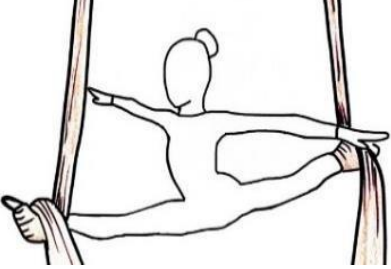
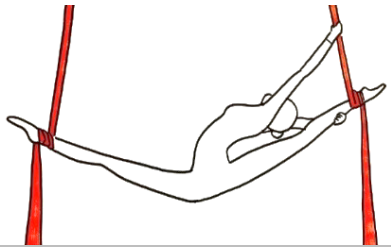
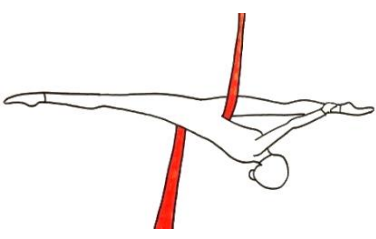
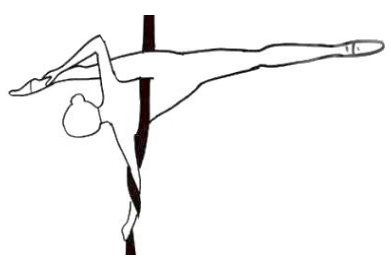
Note: In masters +50 category a tolerance of 20° is given for the requirement to open the legs to 180° if there is no 160° variation for the move. Moves, that do have different levels of execution are without tolerance.

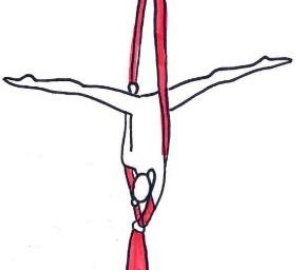
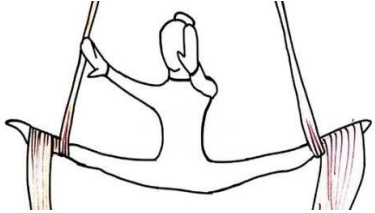

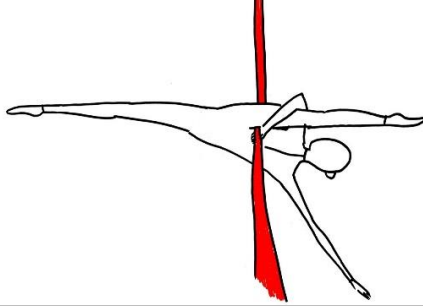
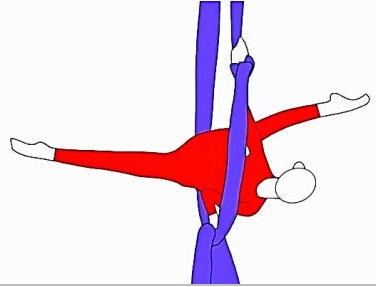
Value	Element	Code	Requirements
0.1		<b>SC001</b>	<b>Reversed split – hands in knots</b> <ul style="list-style-type: none"> <li>• Legs in front split</li> </ul>
0.1		<b>SC002</b>	<b>Candle laying</b> <ul style="list-style-type: none"> <li>• Legs in front split</li> <li>• Hand in contact with the opposite leg</li> </ul>
0.2		<b>SC003</b>	<b>Reversed split – leg in knot 160°</b> <ul style="list-style-type: none"> <li>• Opening of the legs 160°</li> <li>• Legs are fully extended</li> </ul>
0.2		<b>SC015</b>	<b>Handstand loop knot</b> <ul style="list-style-type: none"> <li>• Legs and arms are fully extended</li> </ul>

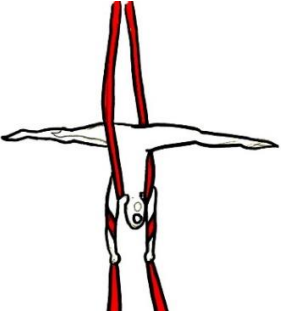
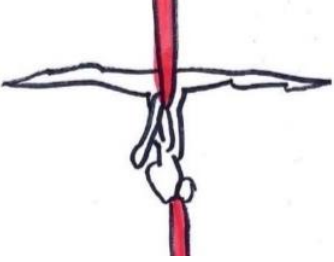
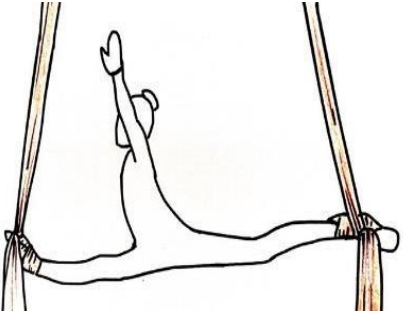
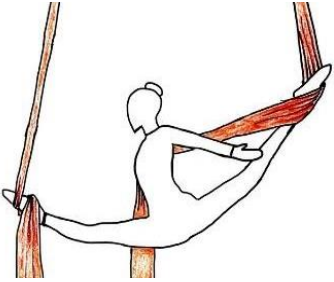
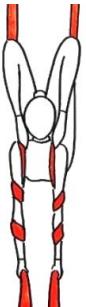
0.2		SC039	<b>Reversed split on the loop knot 160°</b> <ul style="list-style-type: none"> <li>• Opening of the legs 160°</li> <li>• Legs are fully extended</li> </ul>
0.3		SC004	<b>«Reversed equilibrium» 180°</b> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Front split</li> <li>• Supporting arm is extended</li> </ul> <i>Levels of execution:</i> SC004 «Reversed equilibrium» 180° SC005 «Reversed equilibrium» 180° - leg grabbed
0.3		SC046	<b>Balance Pistol</b> <ul style="list-style-type: none"> <li>• Legs in knots</li> <li>• Hands are not in contact with the silks</li> <li>• One leg is extended</li> </ul>
0.3		SC006	<b>Reversed split in knot 160°</b> <ul style="list-style-type: none"> <li>• Opening of the legs 160°</li> <li>• Legs and arms are fully extended</li> </ul>
0.3		SC012	<b>String on the loop knot</b> <ul style="list-style-type: none"> <li>• Body and legs are in pencil position</li> <li>• Hands are not in contact with the silks</li> </ul>

0.3		<p><b>SC038 Supporting corner</b></p> <ul style="list-style-type: none"> <li>• Legs are parallel to the floor or above</li> <li>• Legs and arms are fully extended</li> </ul>
0.4		<p><b>SC020 Balance deer 180°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Back leg extended</li> <li>• Frontal leg is bent with 90° as minimum</li> <li>• Only legs in contact with the silks</li> </ul>
0.4		<p><b>SC009 Handstand spiral wrapping 160°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 160°</li> <li>• Arms are fully extended in spiral wrapping. Pelvis, shoulders and hands in one vertical plane</li> </ul> <p><i>Levels of execution:</i>  SC009 Handstand spiral wrapping 160°  SC042 Handstand spiral wrapping 180°  SC043 Handstand spiral wrapping in front split 180°</p>
0.4		<p><b>SC032 Pin both hands 180°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Arm grabbing the similar leg and in contact with silks</li> <li>• Legs are fully extended</li> </ul> <p><i>Levels of execution:</i>  SC031 Pin 180°  SC032 Pin both hands 180°  SC041 Extreme Pin 180°</p>
0.4		<p><b>SC029 «Russian split» 160°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 160°</li> <li>• Supporting leg is extended</li> </ul> <p><i>Levels of execution:</i>  SC029 «Russian split» 160°  SC007 «Russian split» 180° (with tolerance)  SC008 «Russian split» 180°</p>

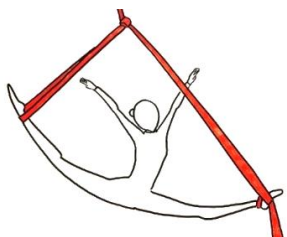
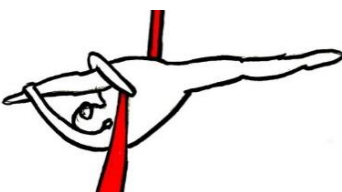
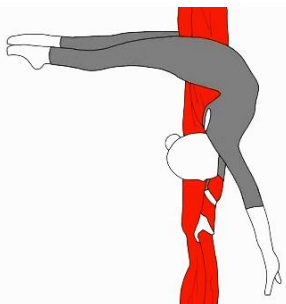

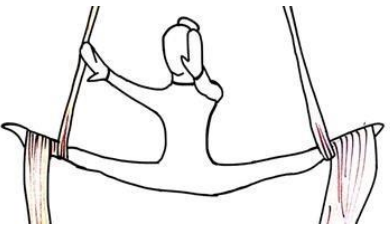
0.5		<p><b>SC005 «Reversed equilibrium» 180° - leg grabbed</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Supporting arm is fully extended</li> <li>• Another arm in contact with the leg</li> </ul> <p><i>Levels of execution:</i>  SC004 «Reversed equilibrium» 180°  SC005 «Reversed equilibrium» 180° - leg grabbed</p>
0.5		<p><b>SC042 Handstand in spiral wrapping 180°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Arms are fully extended in spiral wrapping</li> <li>• Pelvis, shoulders and hands in one vertical plane</li> </ul> <p><i>Levels of execution:</i>  SC009 Handstand spiral wrapping 160°  SC042 Handstand spiral wrapping 180°  SC043 Handstand spiral wrapping in front split 180°</p>
0.5		<p><b>SC010 Handstand in bent</b></p> <ul style="list-style-type: none"> <li>• Leg is parallel to the floor or below the</li> <li>• Hands in basic grip</li> <li>• Arms and free leg are fully extended</li> </ul>
0.5		<p><b>SC007 «Russian split» 180° (with tolerance)</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Supporting leg is extended</li> </ul> <p><i>Levels of execution:</i>  SC029 «Russian split» 160°  SC007 «Russian split» 180° (with tolerance)  SC008 «Russian split» 180°</p>
0.5		<p><b>SC037 Inverted split in knot 180°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Hands are not in contact with the silks</li> <li>• Supporting leg is extended</li> </ul>

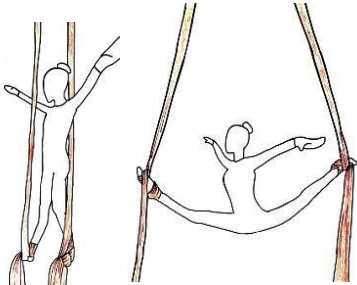
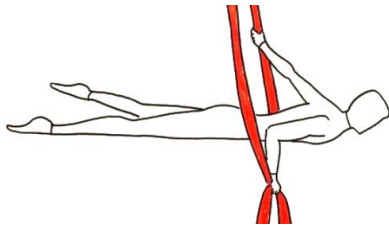
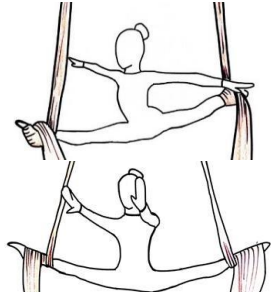
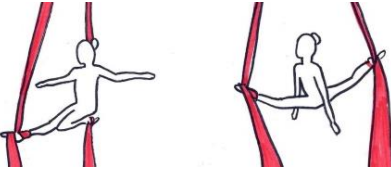
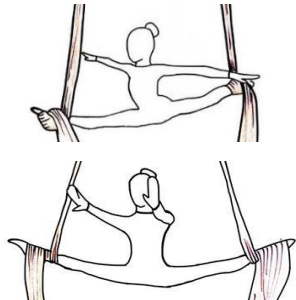
0.6		<p><b>SC008 «Russian split» 180°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Body is parallel floor</li> <li>• Legs are fully extended</li> </ul> <p><i>Levels of execution:</i>  SC029 «Russian split» 160°  SC007 «Russian split» 180° (with tolerance)  SC008 «Russian split» 180°</p>
0.6 CBRF		<p><b>SC011 Front split balance with spiral wrapping 180°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Wrapping of ankles</li> <li>• Only ankles in contact with the silks</li> </ul>
0.6		<p><b>SC021 Upright split balance in backbent 180°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Spiral wrapping of ankles</li> <li>• Hand in contact with the opposite leg behind the head</li> </ul>
0.6		<p><b>SC023 Inverted aim 180°</b></p> <ul style="list-style-type: none"> <li>• Hand in contact with the opposite leg in front of the body</li> <li>• Opening of the legs 180°</li> <li>• Supporting arm is extended</li> </ul>
0.6		<p><b>SC016 One arm split balance – spiral wrapping 180°</b></p> <ul style="list-style-type: none"> <li>• Arm in spiral wrapping and directed to the floor down</li> <li>• Frontal leg is parallel to the floor</li> <li>• Only one hand, back and hip are in contact with the silks</li> <li>• Opening of the legs 180°</li> </ul>

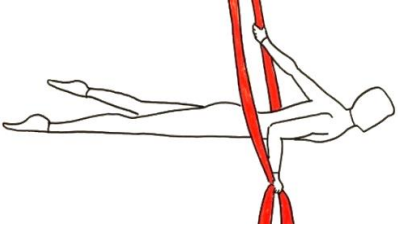
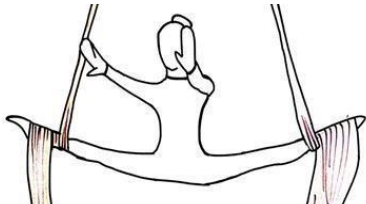
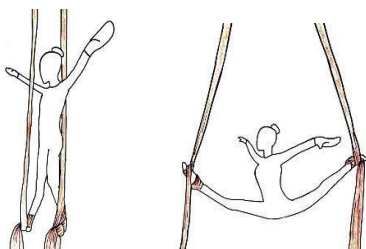
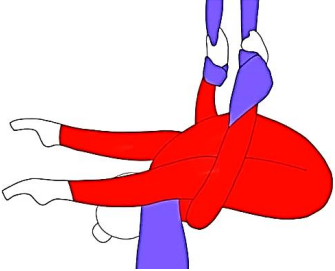
0.6		SC045	<p><b>Check mark balance 160°</b></p> <ul style="list-style-type: none"> <li>• Arm in spiral wrapping and directed to the floor down</li> <li>• One silk is behind the back</li> </ul>
0.7 CBRF		SC013	<p><b>Middle split balance in spiral wrapping 180°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Middle split</li> <li>• Wrapping of ankle</li> <li>• Only ankles in contact with the silks</li> </ul>
0.7 CBRF		SC022	<p><b>Handstand Ring</b></p> <ul style="list-style-type: none"> <li>• Arms in spiral wrapping are fully extended and facing down</li> <li>• Legs in contact with the head or shoulders</li> </ul> <p><i>Levels of execution:</i>  SC022 Handstand Ring  SC024 Handstand Ring – arms are parallel</p>
0.7		SC031	<p><b>Pin 180°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Only one hand in contact with silks, arm grabbing similar leg</li> <li>• Legs are fully extended</li> </ul> <p><i>Levels of execution:</i>  SC031 Pin 180°  SC032 Pin both hands 180°  SC041 Extreme Pin 180°</p>
0.7		SC036	<p><b>Mandrikova balance</b></p> <ul style="list-style-type: none"> <li>• Body is parallel to the floor</li> <li>• Legs are fully extended in split position</li> </ul>

0.7		<p><b>SC043 Handstand in spiral wrapping in front split 180°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Arms are fully extended in spiral wrapping, Shoulders and hands be one vertical plane</li> </ul> <p><i>Levels of execution:</i>  SC009 Handstand spiral wrapping 160°  SC042 Handstand spiral wrapping 180°  SC043 Handstand spiral wrapping in front split 180°</p>
0.7		<p><b>SC044 Elbow standing 180°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 180° in front split</li> <li>• Elbows grab</li> </ul>
0.8 CBRF		<p><b>SC014 Front split balance in knots 180°</b></p> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Front split</li> <li>• Legs in knots</li> <li>• Hands are not in contact with the silks</li> </ul>
0.8		<p><b>SC018 Rook 180°</b></p> <ul style="list-style-type: none"> <li>• Front split</li> <li>• Opening of the legs 180°</li> <li>• Arm in spiral wrapping</li> <li>• Legs and supporting arm are fully extended</li> </ul>
0.8 CBRF		<p><b>SC024 Handstand Ring – arms are parallel</b></p> <ul style="list-style-type: none"> <li>• Arms fully extended in spiral wrapping and parallel to the floor</li> <li>• Legs in contact with the head or shoulders</li> </ul> <p><i>Levels of execution:</i>  SC022 Handstand Ring  SC024 Handstand Ring – arms are parallel</p>



0.8 CBRF		SC025	<b>Swing 180°</b> <ul style="list-style-type: none"> <li>• Frontal leg in knot</li> <li>• Opening of the legs 180°</li> <li>• Back leg in loop</li> <li>• Only legs in contact with the silks</li> </ul>
0.8		SC041	<b>Extreme Pin 180°</b> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Upper hand in contact with silks, arm grabbing the similar leg</li> <li>• Legs are fully extended</li> <li>• Another hand in contact with the opposite leg</li> </ul> <i>Levels of execution:</i> SC031 Pin 180° SC032 Pin both hands 180° SC041 Extreme Pin 180°
0.8 CBRF		SC035	<b>Dolphin</b> <ul style="list-style-type: none"> <li>• Back in bend</li> <li>• One arm in spiral wrapping, another – not in contact with the silks</li> <li>• Legs are fully extended and parallel to the floor or below the parallel</li> </ul>
0.8 CBRF		SC048	<b>Armpit handstand ring</b> <ul style="list-style-type: none"> <li>• Armpit hang</li> <li>• Legs in contact with the head</li> </ul>
0.9 CBRF		SC017	<b>Middle split balance in knots 180°</b> <ul style="list-style-type: none"> <li>• Opening of the legs 180°</li> <li>• Middle split</li> <li>• Legs in knots</li> <li>• Only legs in contact with the silks</li> </ul>

0.9 CBRF		<b>SC019 Transition from pencil position to front split 180°</b> <ul style="list-style-type: none"> <li>• Starting position - pencil</li> <li>• Hands are not in contact with the silks</li> <li>• Fixed final position 3 sec</li> <li>• Opening of the legs 180°</li> </ul>
0.9 CBRF		<b>SC026 Goryacheva Crocodile V-position</b> <ul style="list-style-type: none"> <li>• Body is parallel to the floor</li> <li>• Legs are fully extended in V-position</li> <li>• Only hands and side part of body could be in contact with the silks</li> </ul> <p><i>Levels of execution:</i>  SC026 Goryacheva Crocodile V-position  SC030 Goryacheva Crocodile pencil</p>
0.9 CBRF		<b>SC027 Transition from front split to middle split in spiral wrapping 180°</b> <ul style="list-style-type: none"> <li>• Legs in spiral wrapping</li> <li>• Fixed final position 3 sec</li> <li>• Hands are not in contact with the silks</li> <li>• Opening of the legs 180°</li> </ul>
0.9 CBRF		<b>SC047 Transition from pistol to front split 180°</b> <ul style="list-style-type: none"> <li>• Legs in knots</li> <li>• Fixed final position 3 sec</li> <li>• Hands are not in contact with the silks</li> <li>• Opening of the legs 180°</li> </ul>
1.0 CBRF		<b>SC028 Transition from front split to middle split in knots 180°</b> <ul style="list-style-type: none"> <li>• Legs in knots</li> <li>• Hands are not in contact with the silks</li> <li>• Fixed final position 3 sec</li> <li>• Opening of the legs 180°</li> </ul>

1.0 CBRF		SC030	<p><b>Goryacheva Crocodile pencil</b></p> <ul style="list-style-type: none"> <li>• Legs and body are parallel to the floor in pencil position</li> <li>• Only one hand and side part of body could be in contact with the silks</li> </ul> <p><i>Levels of execution:</i>  SC026 Goryacheva Crocodile V-position  SC030 Goryacheva Crocodile pencil</p>
1.0 CBRF		SC033	<p><b>Transition from pencil position to middle split 180°</b></p> <ul style="list-style-type: none"> <li>• Starting position - pencil</li> <li>• Hands are not in contact with the silks</li> <li>• Fixed final position 3 sec</li> <li>• Opening of the legs 180°</li> </ul>
1.0 CBRF		SC034	<p><b>Transition from pencil position to front split with turn 180°</b></p> <ul style="list-style-type: none"> <li>• Starting position – in pencil, facing to one side of front split</li> <li>• Final position – the opposite front split fixed 3 sec</li> <li>• Hands are not in contact with the silks</li> <li>• Transition with 180° of turning</li> <li>• Opening of the legs 180°</li> </ul>
1.0		SC040	<p><b>Surdonkina crab</b></p> <ul style="list-style-type: none"> <li>• Legs are fully extended in V-position</li> <li>• Legs are between arms</li> <li>• Shoulders are at the same level with pelvis or above</li> </ul>