
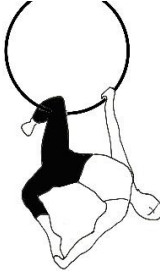
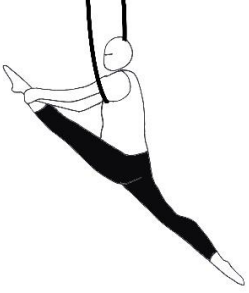




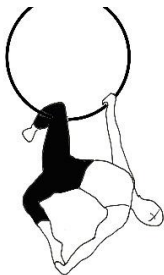
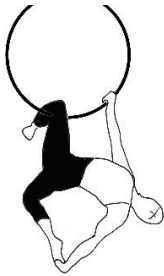

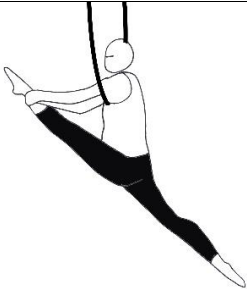


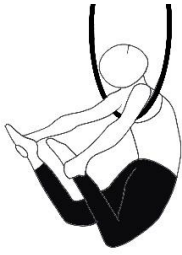
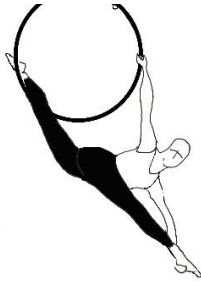



COMPULSORY SINGLES

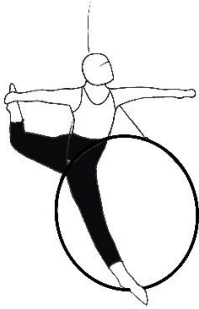
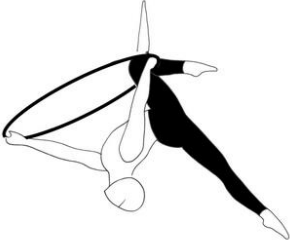
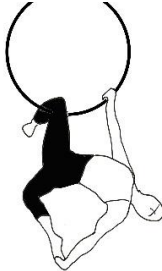
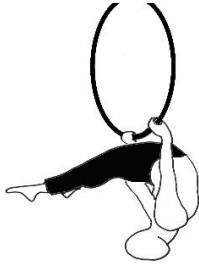
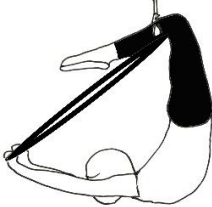
Please note that the drawings are to be used only as a guide.
It is important to follow the minimum requirements under criteria.




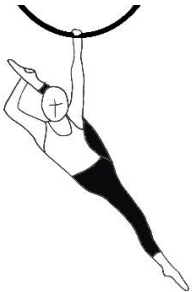

FLEXIBILITY ELEMENTS

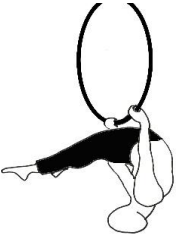
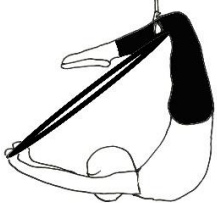
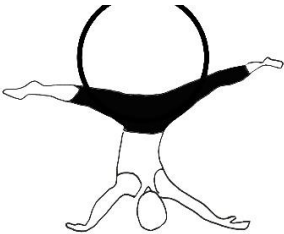

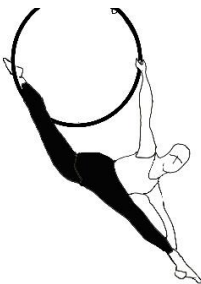
Code No.	Name	Element	Tech. Value	Criteria
F1	Back Bend S 1		0.1	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, crook of knee of front leg, shin or ankle of back leg - Arm Position: both arms are extended and hands holding the high bar of the hoop - Leg position: both legs are bent and in contact with the hoop. Front leg is hooked over the high bar and the back leg is in contact with the low bar. - Body position: inverted, back arch - Angle of split: a minimum of 160°
F2	Delilah 1		0.1	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of one knee, same side hand - Arm position: both arms are extended, one hand holding the hoop, other hand holding the same side foot or ankle - Leg position: both legs are bent - Body position: at least one shoulder at the same level or lower than the hips - Angle of split: a minimum of 160°
F3	Underarm Hold Split 1		0.1	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both underarms, upper arms, chest (optional) - Arm position: hands are holding the ankle of front leg - Leg position: legs are extended in front split position without contact with the hoop - Body position: upright - Angle of split: a minimum of 160°
F4	Upright Balance Back Bend 1		0.1	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, pelvis, both thighs, one ankle and foot (optional) - Arm position: one arm is fully extended, the other arm is bent with hands holding the hoop over the head - Leg position: one leg is bent backwards, and foot is touching the crown of the head, the other leg is in a fixed position of choice - Body position: upright, back arched

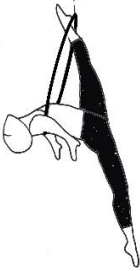


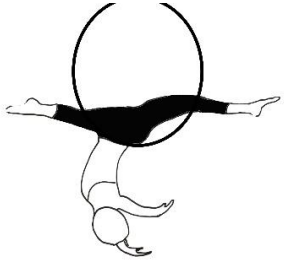

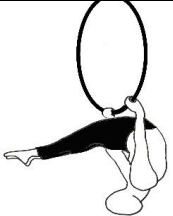
Code No.	Name	Element	Tech. Value	Criteria
F5	Birds Nest		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, both ankles or feet, shins/calves (optional) - Arm Position: arms are fully extended, and hands have contact with the low bar - Leg position: both legs are fully extended (flexed feet optional) - Body position: hanging from the low bar and facing downwards, back arch
F6	Closed Delilah 1		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of one knee, opposite hand - Arm position: both arms are extended, one hand holding the hoop, other hand holding opposite foot or ankle - Leg position: both legs are bent - Body position: torso is twisted with at least one shoulder at the same level or lower than the hips - Angle of split: a minimum of 160°, with a 20° tolerance
F7	Delilah 2		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of one knee, same side hand - Arm position: both arms are extended, one hand holding the hoop, other hand holding the same side foot or ankle - Leg position: both legs are bent - Body position: at least one shoulder at the same level or lower than the hips - Angle of split: a minimum of 180°
F8	Trapped Half Split 1		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one leg, back, one underarm - Arm Position: no hands have contact with the hoop, the same hand holds the foot/ankle/shin of back leg and arm is fully extended, the opposite arm is in a fixed position of choice - Leg position: in half split position with front leg fully extended - Body position: upright - Angle of split: a minimum of 160°
F9	Underarm Hold Split 2		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both underarms, chest - Arm position: hands are holding the ankle of front leg - Leg position: legs are extended in front split position without contact with the hoop - Body position: upright - Angle of split: a minimum of 180°


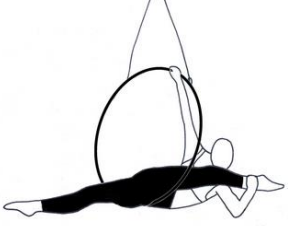
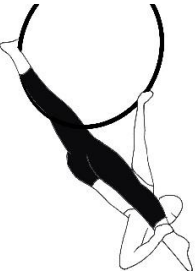


Code No.	Name	Element	Tech. Value	Criteria
F10	Yogini 1		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: biceps, underarms, shoulder blades - Arm position: extended and holding the legs at ankle/shin - Leg position: legs are bent backwards, ankles are pushed away from the glutes - Body position: upright, in a back arch
F11	Angel 1		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one shin, foot and ankle, opposite hand - Arm Position: both arms are fully extended. One hand is holding the hoop, the other hand is holding the opposite leg from ankle or foot. - Leg position: legs are fully extended in a front split position - Body position: facing downwards - Angle of split: a minimum of 160°
F12	Arabesque 1		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, one shin, ankle (optional) and foot - Arm position: arms are extended over the head and hands are holding the hoop - Leg position: the leg in contact with the hoop is fully extended, the foot may be flexed (optional), the other leg is in a fixed position of choice without contact with the hoop - Body position: facing downwards, back arch
F13	Back Bend S 2		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, crook of knee of front leg, shin or ankle of back leg - Arm Position: both arms are extended, and hands are holding the high bar of the hoop - Leg position: both legs are bent and in contact with the hoop. Front leg is hooked over the high bar and the back leg is in contact with the low bar. - Body position: inverted, back arch - Angle of split: a minimum of 180°
F14	Back Support Stag Split 1		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands and arms, back of ankle, shoulders/shoulder blades, heel (optional) - Arm Position: hands are holding the side bars - Leg position: both legs are in stag position, the ankle of upper leg has contact with the high bar, other leg is bent backwards - Body position: back arch - Angle of split: a minimum of 160°

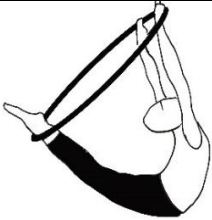


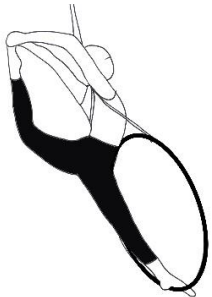
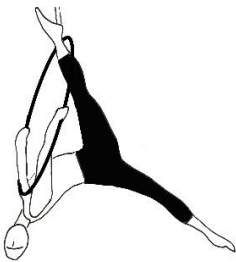
Code No.	Name	Element	Tech. Value	Criteria
F15	Ballerina 1		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: sole of one foot and front of torso - Arm Position: no hands contact with the hoop and or slings, one arm is fully extended with hand holding the back leg at ankle/shin, the opposite arm is in a fixed position of choice. - Leg position: in half split position with front leg fully extended - Body position: upright, standing on the low bar - Angle of split: a minimum of 160°
F16	Butterfly Half Split		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, crook of one knee - Arm position: both arms are fully extended. One hand is holding the low bar of the hoop, the other hand is holding the high bar next to the bent leg. - Leg position: in half split position, one leg is bent and in contact with the high bar at the crook of the knee, the other leg is fully extended and has no contact with the hoop or slings. - Body position: inverted - Angle of split: a minimum of 180°
F17	Closed Delilah 2		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of one knee, opposite hand - Arm position: both arms are extended, one hand holding the hoop, other hand holding opposite foot or ankle - Leg position: both legs are bent - Body position: torso is twisted with at least one shoulder at the same level or lower than the hips - Angle of split: a minimum of 180°, with a 20° tolerance
F18	Mexican Straddle 1		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands - Arm Position: one arm is fully extended, the other arm is between the legs and can be bent - Leg position: Legs are fully extended in a straddle position, with ankles and feet lower than the hips - Body position: inverted, back arch
F19	Scarab Backwards 1		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, crooks of both knees - Arm Position: arms can be bent and are pushing the low bar away and over the head, with hands in shoulder width (maximum distance apart) - Leg position: legs are bent and hooked on the high bar - Body position: Inverted, back arch, the hoop is behind the body and the low bar is above the head

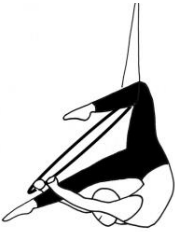


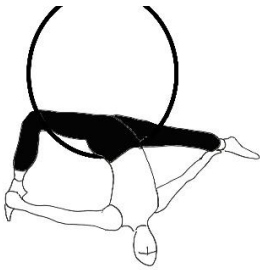
Code No.	Name	Element	Tech. Value	Criteria
F20	Back Balance Split 1		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one ankle/heel, upper back, underarms (optional) - Arm position: fixed position of choice, no hand contact with the hoop - Leg position: both legs are fully extended in front split position, one ankle/heel is on the high bar. - Body position: facing upwards, in a back arch, balancing with the upper back on the low bar - Angle of split: a minimum of 160°
F21	Back Support Split 1		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands and arms, ankle/heel of front leg, shoulder blades - Arm Position: hands are holding the side bars - Leg position: both legs are fully extended in front split position, the ankle/heel of the upper leg has contact with the high bar - Body position: back arch - Angle of split: a minimum of 160°
F22	Ballerina 2		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: sole of one foot and front of torso - Arm position: arms have contact with the slings, but no hands in contact with hoop or slings. Arms are fully extended, and one hand holds the same side leg at ankle/shin level - Leg position: legs are fully extended in front split position - Body position: upright, standing on the low bar, torso is against the high bar - Angle of split: a minimum of 180°
F23	Diagonal Split 1		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand - Arm position: one arm is fully extended with hand holding the hoop, back of the shoulder has contact with the same side leg. Other arm is bent with hand holding the ankle of the opposite leg over the head - Leg position: both legs are fully extended in a diagonal split position - Body position: upright - Angle of split: a minimum of 160°
F24	Elbow Hang Twisted Scissor		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of one elbow - Arm Position: one arm is bent and hanging from one elbow with hand holding the opposite ankle. The other arm is bent behind the head, with hand holding the ankle of the opposite leg, behind the body. - Leg position: legs are fully extended, and open, back leg is behind the upper body and has contact with the opposite shoulder - Body position: upright, twisted


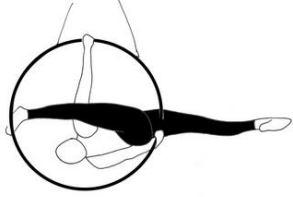
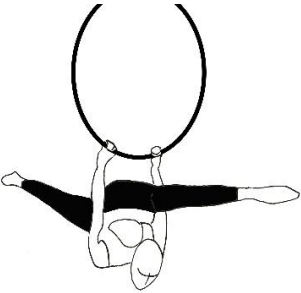
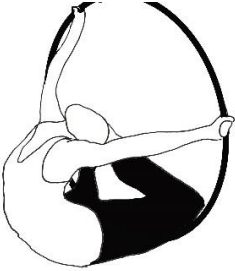
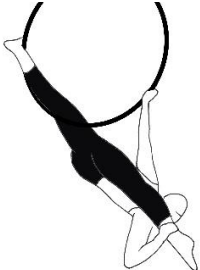
Code No.	Name	Element	Tech. Value	Criteria
F25	Mexican Straddle 2		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands - Arm Position: one arm is fully extended, other arm is between the legs - Leg position: Legs are fully extended in a straddle position, with ankles and feet lower than the hips - Body position: inverted, back arch
F26	Scarab Backwards 2		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, crooks of both knees - Arm Position: arms are fully extended and are pushing the low bar away and over the head, with hands in shoulder width (maximum distance apart) - Leg position: legs are bent and hooked on the high bar - Body position: Inverted, back arch, the hoop is behind the body and the low bar is above the head
F27	Star on the Bar 1		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both legs and lower back - Arm Position: arms are in fixed position of choice with no contact with the hoop - Leg position: both legs are fully extended in a box split position - Body position: inverted - Angle of split: a minimum of 160°
F28	Trapped Half Split 2		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one leg, back, one underarm - Arm Position: no hands have contact with the hoop, the same hand holds the foot/ankle/shin of back leg and arm is fully extended, the opposite arm is in a fixed position of choice - Leg position: in a half split position with front leg fully extended and in contact with the hoop - Body position: upright - Angle of split: a minimum of 180°
F29	Angel 2		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one shin, foot and ankle, opposite hand - Arm Position: both arms are fully extended. One hand is holding the hoop, the other hand is holding the opposite leg from ankle or foot. - Leg position: legs are fully extended in a front split position - Body position: facing downwards - Angle of split: a minimum of 180°

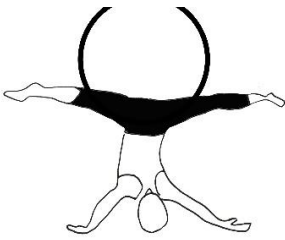
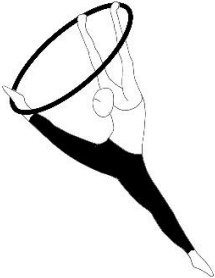

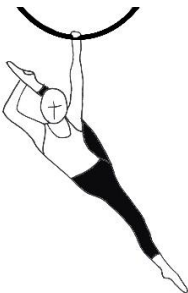

Code No.	Name	Element	Tech. Value	Criteria
F30	Back Balance Split 2		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one ankle/heel, upper back, underarms (optional) - Arm position: fixed position of choice, no hand contact with the hoop - Leg position: both legs are fully extended in front split position, one ankle/heel is on the high bar. - Body position: facing upwards, in a back arch, balancing with the upper back on the low bar - Angle of split: a minimum of 180°
F31	Back Support Stag Split 2		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands and arms, back of ankle, shoulders/shoulder blades, heel (optional) - Arm Position: hands are holding the side bars - Leg position: both legs are in stag position, the ankle of upper leg has contact with the high bar, other leg is bent backwards - Body position: back arch - Angle of split: a minimum of 180°
F32	Cocoon 1		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of knee of front leg - Arm position: both arms are over the head and fully extended, holding foot/ankle of back leg - Leg position: back leg is fully extended and over the head - Body position: inverted and back arch
F33	Gazelle		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both legs, one hip, lower back, glutes (optional) - Arm Position: arms in fixed position of choice with no contact with the hoop, one hand can hold the front leg (optional) - Leg position: both legs are fully extended in front split position - Body position: inverted - Angle of split: a minimum of 160°
F34	Hip Hold Split 1		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand, one forearm (optional), sole of one foot, hip, one thigh, glutes/lowerback/side of torso (optional) - Arm position: one hand is holding the low bar with a fully extended arm, the other hand is holding the same side leg - Leg position: legs are extended in a front split position, the sole of the foot of the back leg is on the side bar of the hoop - Body position: inverted - Angle of split: a minimum of 180°
F35	Mexican Legs Closed		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands - Arm Position: one arm is fully extended, the other arm is between the legs - Leg position: Legs are fully extended and closed, with feet and ankles are lower than hips - Body position: inverted, back arch

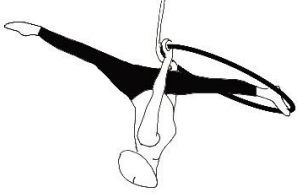
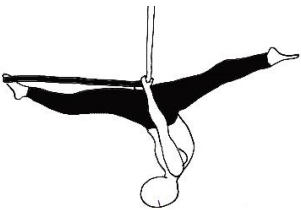
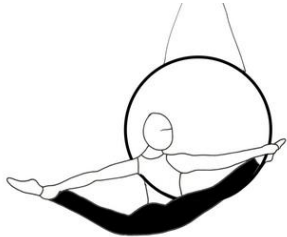
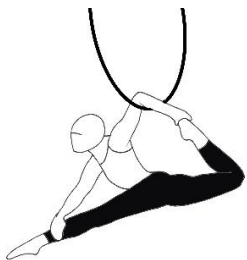
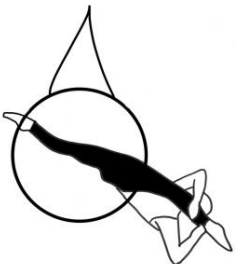
Code No.	Name	Element	Tech. Value	Criteria
F36	One Arm Front Split Ring		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand, one ankle - Arm Position: one arm is fully extended with hand holding the high bar of the hoop. Other arm is bent overhead, with the hand holding the foot of the opposite leg. - Leg position: legs are in half split position, back leg is in a ring position. - Body position: upright - Angle of split: a minimum of 180°
F37	Optical Split		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand, lower back, glutes, thighs - Arm Position: inside arm is fully extended with hand holding the hoop, the outside arm is bent, with the hand holding the ankle of opposite leg over the head - Leg position: both legs are fully extended in split position, one leg is behind the body and has contact with opposite shoulder - Body position: horizontal, facing away, twisted - Angle of split: a minimum of 180°
F38	Reverse Angel 1		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one foot, one leg, back of thigh (optional), opposite hand - Arm Position: one arm is fully extended with hand holding the hoop, other arm is bent with hand holding the ankle of opposite leg over the head - Leg position: legs are fully extended in split position, bottom leg is behind the shoulder - Body position: inverted - Angle of split: a minimum of 160°
F39	Reverse Vertical Split Hang		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, back, glutes, side of torso, ankle/shin of back leg - Arm Position: arms are extended, and hands are holding the hoop - Leg position: legs are extended in a front split position, foot of back leg is higher than the head. Back leg has contact with the same side hand/arm and is between the hand/arm and the hoop. - Body position: upright, hoop is behind the body - Angle of split: a minimum of 160°
F40	Side Scorpio		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one shoulder (optional), one hand, arms (optional), back leg, foot of back leg (optional) front leg (optional), - Arm Position: one hand is holding the side bar of the hoop, and the other hand is holding the ankle of the same side leg. - Leg position: legs are in half split position, back leg is hooked on the high bar and one sling, and front leg is full extended being held by the same side hand. - Body position: torso is horizontal. - Angle of split: a minimum of 160°

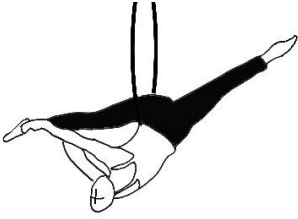
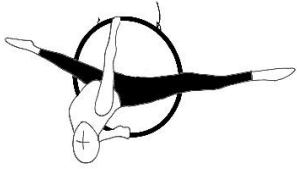

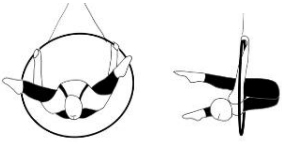
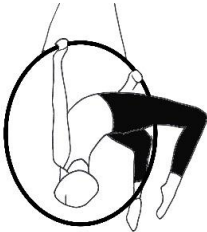
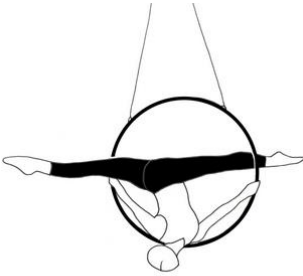
Code No.	Name	Element	Tech. Value	Criteria
F41	Swallow 1		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands and both shins - Arm Position: arms are fully extended and holding the high bar of the hoop - Leg position: legs are fully extended and touching the low bar of the hoop - Body position: upright, back arch
F42	Arabesque Split Twist		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand, opposite leg, back (optional) and other leg (optional) - Arm position: one arm is fully extended with hand holding the high bar of the hoop. The hand of the other arm is holding the opposite, front leg, at the ankle - Leg position: Legs are fully extended in a front split position, the back leg has contact with the sling and the high bar of the hoop - Body position: inverted, facing downwards - Angle of split: a minimum of 180°
F43	Back Support Split 2		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands and arms, ankle of front leg, shoulder blades, heel (optional) - Arm Position: arms are holding the side bars - Leg position: both legs are fully extended in front split position, the ankle (and heel - optional) of front leg has contact with the high bar - Body position: back arch - Angle of split: a minimum of 180°
F44	Ballerina 3		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: sole of the foot of the front leg, front of torso - Arm Position: arms are over the head and can be bent, holding the foot of back leg - Leg position: in split position with front leg fully extended, back leg is bent backwards in ring position - Body position: upright, standing on the low bar, back arch
F45	Choke Hold 1		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands and arms, ankle of the upper leg, chest (optional) - Arm Position: arms are fully extended, holding the hoop from inside - Leg position: both legs are fully extended in front split position, the heel of the front leg is in contact with the high bar, the back leg is behind the body - Body position: back arch, the hoop is in front of the body - Angle of split: a minimum of 160°


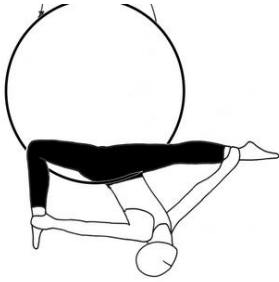

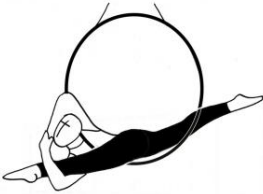
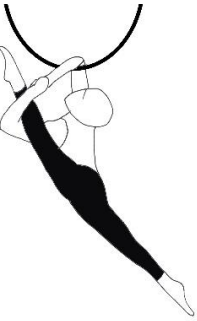
Code No.	Name	Element	Tech. Value	Criteria
F46	Cocoon 2		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, crook of one knee, shin/ankle (optional) - Arm position: both arms are extended over the head, with both hands holding the low bar of the hoop. Hands are shoulder width apart (maximum distance). - Leg position: one leg is bent and in contact with the high bar at the crook of the knee, the other leg is fully extended and between the arms (over the head) and on the same side of the hoop as the body. - Body position: inverted
F47	Drop Hang		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: hands, shins, ankles (optional), feet (optional) - Arm position: one arm is fully extended, the other arm can be bent. Hands are holding the one side bar. - Leg position: both legs are fully extended - Body position: back arch
F48	Elbow Hang Ballerina		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand, one crook of elbow, triceps (optional), forearm (optional) - Arm position: one arm is fully extended with hand in contact with the low bar of the hoop with the hand only. The other arm is bent around the high bar of the hoop, holding the same side leg at the ankle/shin with forearm in contact with the sling (optional) - Leg position: front split position with front leg fully extended, back leg can be bent - Body position: upright - Angle of split: a minimum of 160°
F49	Extreme Gazelle		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both legs, one hip, glutes (optional), lower back - Arm Position: no hands have contact with the hoop, hands hold the same side legs, one-hand holds the shin/ankle/foot of back leg and the arm is fully extended. The other hand holds front leg at the ankle. - Leg position: in half split position where the front leg is fully extended and horizontal - Body position: inverted - Angle of split: a minimum of 180°

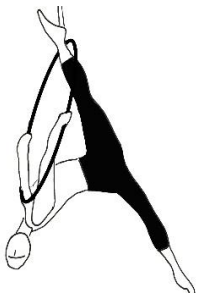

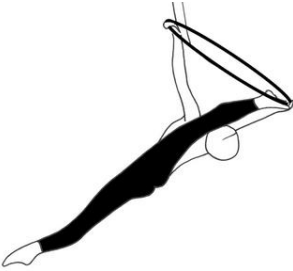
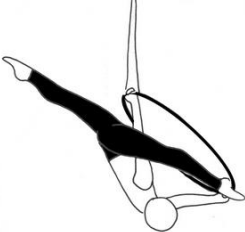

Code No.	Name	Element	Tech. Value	Criteria
F50	Hanging Elbow Ring		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of one elbow - Arm Position: hanging from one elbow, the same arm is bent and hand is holding the opposite leg at ankle or shin over the head. The other arm is in a fixed position of choice without contact with the hoop or body - Leg position: legs are bent, one leg is bent backwards in a ring position with foot over the head - Body position: upright, back arch
F51	Horizontal Front Split 1		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, sole of one foot, back of one thigh, glutes (optional) - Arm position: one hand is holding the high bar with a fully extended arm, the other hand is holding the side bar at the leg - Leg position: legs are fully extended in a front split position, front leg is horizontal with the sole of the foot on the side bar of the hoop, and in contact with the back of the same shoulder/triceps - Body position: inverted - Angle of split: a minimum of 180°
F52	Jigsaw 1		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands - Arm Position: arms are extended, arm with leg resting on it can be bowed, but not bent - Leg position: both legs are fully extended in front split position. Front leg is horizontal to the floor, it is behind the body and leaning to the same side arm. Other leg is pointing backwards. - Body position: torso is facing downwards, hips are dropped away from the bar - Angle of split: a minimum of 160°
F53	O Bend		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands in contact with high bar and both front thighs in contact with low bar - Arm Position: arms are fully extended, holding the high bar of the hoop - Leg position: both knees bent, toes touching head or shoulders. Thighs are in contact with the low bar. - Body position: upright, in a back arch in a ring position.
F54	Reverse Angel 2		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one foot, one leg, back of thigh (optional), opposite hand - Arm Position: one arm is fully extended with hand holding the hoop, other arm is bent with hand holding the ankle of opposite leg over the head - Leg position: legs are fully extended in split position, bottom leg is behind the shoulder - Body position: inverted - Angle of split: a minimum of 180°

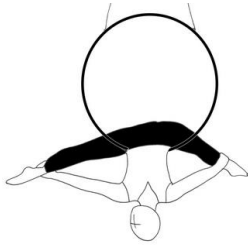
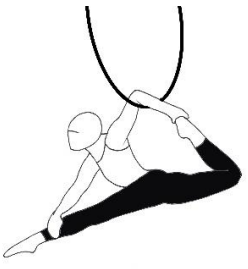
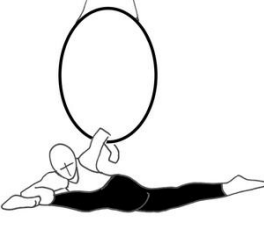

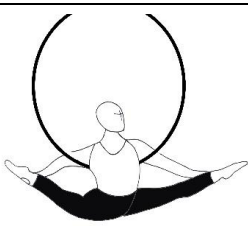

Code No.	Name	Element	Tech. Value	Criteria
F55	Star on the Bar 2		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both legs and lower back - Arm Position: arms in fixed position of choice with no contact with the hoop - Leg position: both legs are fully extended in a box split position - Body position: inverted - Angle of split: a minimum of 180°
F56	Swallow Split 1		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands and shin of back leg - Arm Position: arms are fully extended and holding the high bar of the hoop - Leg position: legs are fully extended in a front split position. The shin of back leg is in contact with the low bar - Body position: upright, back arch - Angle of split: a minimum of 160°
F57	Vertical Angel Split		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one shoulder, hand of opposite arm, back leg, front leg (optional), - Arm Position: both arms are fully extended, one hand is holding the hoop behind the body, and the other hand is holding the ankle of the front, opposite leg. - Leg position: legs are in front split position, back leg is in contact with the high bar and the foot is in contact with the sling (optional), front leg has optional contact with the low bar. - Body position: inverted - Angle of split: a minimum of 180°
F58	Diagonal Split 2		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand - Arm position: one arm is fully extended with hand holding the hoop, back of the shoulder has contact with the same side leg. Other arm is bent with hand holding the ankle of the opposite leg over the head - Leg position: both legs are fully extended in a diagonal split position - Body position: upright - Angle of split: a minimum of 180°
F59	Feet Hang Scarab		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds. - Points of contact: both feet, both ankles, both hands, shins (optional). - Arm position: arms are fully extended and holding the low bar with hands shoulder width apart. - Leg position: legs are fully extended backwards and open. - Body position: inverted, in a back arch, the hoop is behind the body.


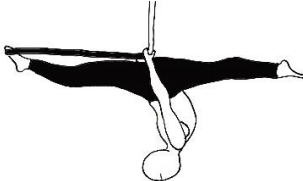


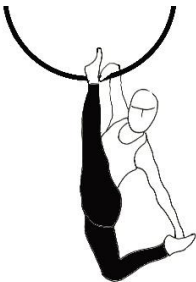
Code No.	Name	Element	Tech. Value	Criteria
F60	Flying Russian Back 1		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, one foot - Arm Position: Both arms are extended holding the high bar of the hoop - Leg position: legs are fully extended in a straight front split position. The front leg is horizontal, and the foot of the front leg is on the low bar. - Body position: inverted - Angle of split: a minimum of 160°
F61	Flying Russian Front 1		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, one foot - Arm Position: Both arms are extended holding the high bar of the hoop - Leg position: legs are fully extended in a straight front split position. The back leg is horizontal, and the foot of the back leg is on the low bar. - Body position: Inverted - Angle of split: a minimum of 160°
F62	Front Amazon Oversplit		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one underarm, one hand, back, inner thigh and calf of one leg, ankle, and foot (optional) - Arm Position: both arms fully extended. One hand is holding the hoop, the other hand is holding the ankle/shin of the same side leg. - Leg position: legs are in a front split position. Front leg (and foot optional) is in contact with the hoop. - Body position: upright - Angle of split: a minimum of 190°
F63	Hanging Elbow Half Split 1		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of one elbow - Arm Position: hanging from one elbow with the hand holding the opposite leg at ankle or foot which is bent backwards, the hand of the other arm is holding the front leg at calf or ankle - Leg position: legs are in half split position, with front leg is fully extended - Body position: upright - Angle of split: a minimum of 160°
F64	Hip Hold Split 2		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one foot, hip, thigh, side of torso, back (optional) - Arm position: one arm is bent and the hand is holding the ankle of the opposite leg, other arm is in a position of choice with no hoop contact - Leg position: both legs are fully extended in split position, one leg is in contact with the back of shoulder - Body position: inverted - Angle of split: a minimum of 180°

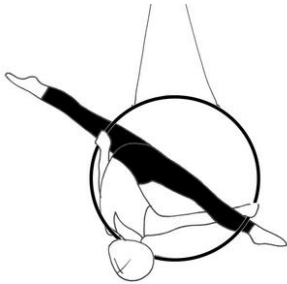
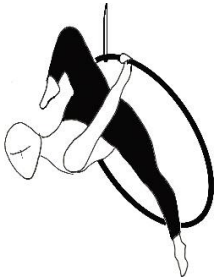
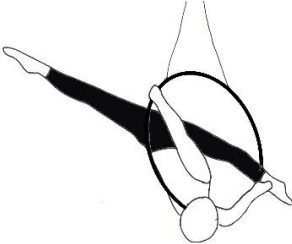
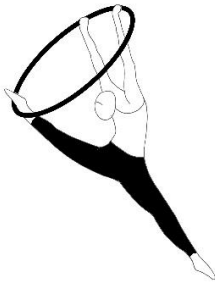
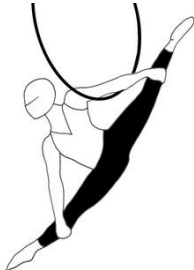
Code No.	Name	Element	Tech. Value	Criteria
F65	Hip Split Balance 1		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hip - Arm position: minimum one hand is holding the front leg at the foot or ankle - Leg position: both legs are fully extended in front split position and front leg is parallel to the floor with a maximum of 20° tolerance - Body position: torso is horizontal with 20° tolerance, balancing on one hip. - Angle of split: A minimum of 160°
F66	Horizontal Box Split		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both legs, both hands - Arm Position: Both arms are extended. One hand is holding the high bar and the other hand the low bar of the hoop - Leg position: both legs are fully extended and horizontal in box split position with both legs in contact with the hoop - Body position: back arch - Angle of split: a minimum of 180°
F67	Horizontal Front Split 2		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both legs, both hands - Arm Position: Both arms are extended. One hand is holding the high bar and the other hand the low bar of the hoop - Leg position: both legs are fully extended in front split position with both legs in contact with the hoop. Line of the legs is horizontal - Body position: back arch - Angle of split: a minimum of 180°
F68	Jigsaw Straddle		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands - Arm position: arms can be bent, triceps/underarms have contact with the legs - Leg position: both legs are fully extended in a horizontal straddle position - Body position: horizontal
F69	Mexican Fang		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands - Arm Position: one arm is fully extended, other arm is between the legs - Leg position: fang position with both legs bent backwards, feet must be at shoulder level or lower, and knees are at the same level or lower than the hips - Body position: inverted, back arch
F70	Shoulder Balance Twisted Split		0.7	<ul style="list-style-type: none"> - Hold position: a minimum of 2 seconds - Points of contact: both hands, both legs, shoulder, and side of neck. - Arm position: both arms are fully extended, with opposite arm to front leg to the front of the body, and the other arm to the back - Leg position: front split position with both legs extended. Legs are on opposite sides of the hoop. - Body position: inverted - Angle of split: a minimum of 180°



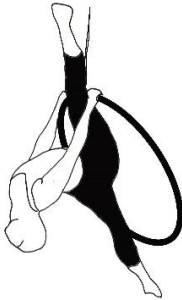


Code No.	Name	Element	Tech. Value	Criteria
F71	Swallow 2		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands and both feet or ankles (where the ankle and shin meet), shin (optional) - Arm Position: arms are fully extended and holding the high bar of the hoop - Leg position: legs fully are fully extended and touching the low bar of the hoop - Body position: upright, back arch
F72	Twisted Gazelle		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both legs, one hip, lower back, glutes (optional) - Arm Position: both arms are fully extended, one hand holds the shin/ankle of the back and opposite leg. The other hand holds the opposite, front leg at the ankle. - Leg position: in half split position, front leg is fully extended and horizontal - Body position: inverted - Angle of split: a minimum of 180°
F73	Back Balance Ring 1		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: lower back on the low bar and one foot/ankle/heel on the high bar - Arm position: arms can be bent and holding the foot of back leg over the head - Leg position: one leg (or foot) extended and touching the high bar. Other leg is bent backwards - Body position: inverted, balancing on the back - Angle of split: a minimum of a 160°
F74	Bird Of Paradise Horizontal		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of one elbow, neck, back, legs, head (optional), waist (optional) - Arm position: both arms are bent, hands are clasped. One arm is holding the hoop with the crook of the elbow over the head. The other arm has no contact with the hoop, and is wrapped around and holding the same leg, back of arm and forearm have contact with the same leg. - Leg position: both legs are fully extended in a split position - Body position: torso is horizontal - Angle of split: a minimum of 180°
F75	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 one elbow - Arm position: both arms are bent, hands are clasped. One arm is holding the hoop with the crook of the elbow. The other arm has no contact with the hoop, and is wrapped around and holding the same leg, back of arm and forearm have contact with the same leg shoulder contact with leg is optional. - Leg position: both legs are fully extended in a diagonal split position - Body position: upright - Angle of split: a minimum of 180°

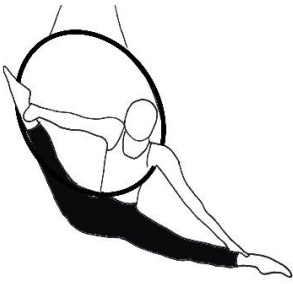


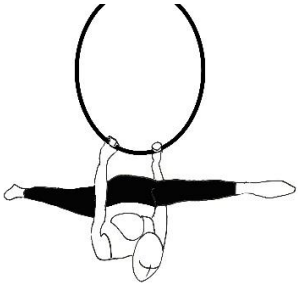
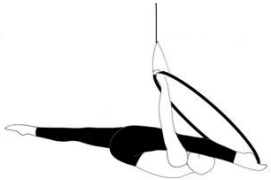
Code No.	Name	Element	Tech. Value	Criteria
F76	Choke Hold 2		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands and arms, ankle of the upper leg, chest (optional) - Arm Position: arms are fully extended, holding the hoop from inside - Leg position: both legs are fully extended in front split position, the heel of front leg is in contact with the high bar, the back leg is behind the body - Body position: back arch, the hoop is in front of the body - Angle of split: a minimum of 180°
F77	Cocoon Handstand		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, one leg/foot, glutes, side of torso - Arm position: both arms are extended, one hand is pushing against the low bar, the other hand is holding the side bar. - Leg position: one leg is bent around the slings. The other leg/foot is extended backwards and is in contact with hoop between arms. - Body position: inverted and back arch - Angle of split: a minimum of 180°
F78	Flying Split		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, one foot - Arm Position: Both arms are fully extended, opposite hand to leg in contact with the hoop is holding the low bar, and the other hand is holding the high bar - Leg position: legs are fully extended in a front split position. The foot of the front leg is on the low bar. - Body position: facing upwards - Angle of split: a minimum of 180°
F79	Flying Split Inverted		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, one foot - Arm Position: Both arms are fully extended, one hand is holding the low bar, and the other hand is holding the high bar - Leg position: legs are fully extended in a front split position. The foot of the front leg (opposite leg to hand holding the low bar) is on the low bar. - Body position: inverted - Angle of split: a minimum of 160°
F80	Front Bird Nest		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, hips, shins, thighs (optional), feet (optional) - Arm Position: arms are fully extended, holding the side bars of the hoop at the knees - Leg position: legs are fully extended in straddle position - Body position: back arch position, head is higher than the hips


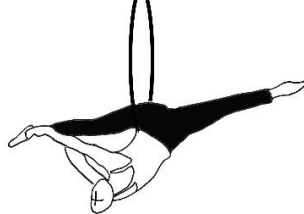
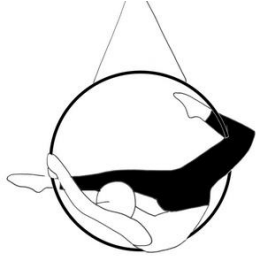
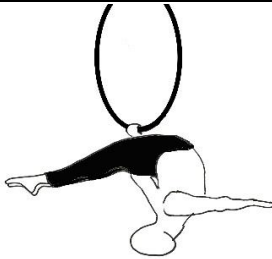

Code No.	Name	Element	Tech. Value	Criteria
F81	Gazelle Oversplit		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both legs, glutes, lower back - Arm position: arms are fully extended and holding the legs at the shin/calf/ankle - Leg position: legs are fully extended in a front split position. - Body position: inverted - Angle of split: a minimum of 190°
F82	Hanging Elbow Half Split 2		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of one elbow - Arm Position: hanging from one elbow with the hand holding the opposite leg at ankle or foot which is bent backwards, the hand of the other arm is holding the front leg at calf or ankle - Leg position: legs are in half split position, front leg is fully extended - Body position: upright - Angle of split: a minimum of 180°
F83	Hanging Elbow Split		0.8	<ul style="list-style-type: none"> - Hold position: a minimum of 2 seconds - Points of contact: crook of one elbow, forearm (optional), bicep (optional) - Arm position: hanging from one elbow and the hand of the other arm is holding the opposite leg at ankle/calf. - Leg position: Both legs are fully extended and horizontal in a split position. - Body position: torso is facing downwards. - Angle of split: a minimum of 160°
F84	Heel Hang Ring		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one heel/back of ankle, wrists (optional) - Arm position: arms are over the head and extended, with hands holding the foot of one leg - Leg position: the back leg is bent over the head in ring position and in contact with the hoop at the heel/back of ankle, the other leg is in a fixed position of choice with no contact to the hoop - Body position: upright, in a back arch
F85	Eagle Oversplit		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: underarms, biceps, shoulder blades - Arm position: extended and holding the legs at the shin/calf/ankle - Leg position: legs are fully extended in a front split position - Body position: upright - Angle of split: a minimum of 190°
F86	Elbow Hang Amazon Split		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of one elbow, thigh of front leg, side of torso, back, back of neck, back of one shoulder - Arm position/grip: both arms are bent, hands are clasped over 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
F87	Flying Russian Back 2		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, one foot - Arm Position: Both arms are extended holding the high bar of the hoop - Leg position: legs are fully extended in a straight front split position. The front leg is horizontal, and the foot of the front leg is on the low bar. - Body position: inverted - Angle of split: a minimum of 180°
F88	Flying Russian Front 2		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, one foot - Arm Position: Both arms are extended holding the high bar of the hoop - Leg position: legs are fully extended in a straight front split position. The back leg is horizontal, and the foot of the back leg is on the low bar. - Body position: Inverted - Angle of split: a minimum of 180°
F89	Foot Hang Twisted Scissor		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one foot, ankle (optional), opposite wrist/side of hand (optional) - Arm Position: one arm is fully extended and hand is holding the opposite foot. Other arm is bent and hand is holding the ankle of opposite leg over the head - Leg Position: both legs are fully extended. Leg behind the head is a horizontal position - Body Position: upper body is not facing downwards
F90	Heel Hang Split		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: ankle, heel, wrist (optional) - Arm position: Both arms are fully extended, one wrist may be in contact with the hoop with hand holding same side leg's foot, the hand of the other arm is holding same side leg at the calf - Leg position: In a half split position with front leg fully extended without contact with the hoop, back leg is bent with ankle/heel in contact with the hoop - Body position: torso is facing downwards - Angle of split: a minimum of 180°
F91	Hanging Elbow Half Split 3		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of one elbow - Arm Position: one arm is bent and hanging from one elbow with the hand holding the opposite shin/ankle/ foot, other arm is fully extended with hand holding the back leg at the ankle or foot behind the body - Leg position: legs are in half split position, front leg is fully extended - Body position: upright - Angle of split: a minimum of 180°





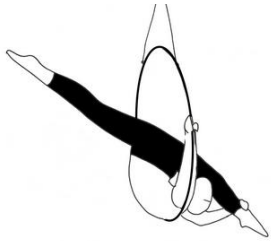
Code No.	Name	Element	Tech. Value	Criteria
F92	Mexican Stand Split		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, one arm (optional), both legs, one shoulder, chest (optional) - Arm position: one arm is extended with hand holding the side bar behind the back, the hand of the other arm is holding the hoop between the body and the leg - Leg position: both legs are fully extended in a front split position, back leg is between the arm and hoop - Body position: inverted - Angle of split: a minimum of 180°
F93	Scorpio Split		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both legs, both hands - Arm Position: both arms are extended holding the high bar - Leg position: legs are in half split position with both legs in contact with the hoop. The front leg is fully extended, the back leg is bent backwards in a ring position with the back foot touching the head. The front leg is touching the low bar, and the back leg is touching the high bar of the hoop. - Body position: back arch - Angle of split: a minimum of 180°
F94	Shoulder Balance Split 1		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: at least one hand (both hands optional), one arm, back, glutes and one shoulder, neck (optional) - Arm position: both arms can be bent. One hand is holding the hoop behind the back, the other hand is holding the ankle of the opposite leg around the hoop - Leg position: both legs are fully extended in front split position - Body position: inverted - Angle of split: a minimum of 180°
F95	Swallow Split 2		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands and one ankle (where the ankle and shin meet) or foot, shin (optional) - Arm Position: arms are fully extended and holding the high bar of the hoop - Leg position: legs are fully extended in a front split position. The ankle/foot/shin of back leg is in contact with the low bar - Body position: upright, back arch - Angle of split: a minimum of 160°
F96	Underarm Hold Split 3		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one underarm, bicep (optional) - Arm position: Both arms are fully extended and holding the same side legs below the knee - Leg position: Both legs are fully extended in a front split position without contact with the hoop - Body position: upright - Angle of split: a minimum of 180°

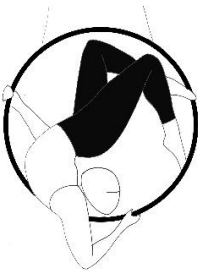
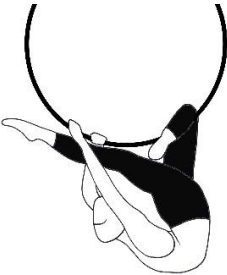

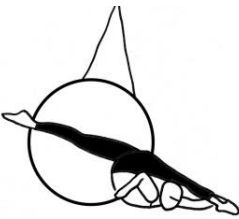
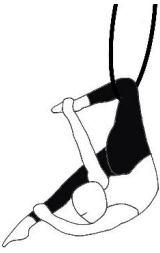
Code No.	Name	Element	Tech. Value	Criteria
F97	Upright Balance Back Bend 2		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand, torso, pelvis, one thigh, one foot, ankle (optional). - Arm position: One hand is holding the hoop in front of the body, the other arm is over the head and extended, with the hand holding the shin/ankle of the back leg. - Leg position: Front leg is bent, and the back leg is fully extended over the head with foot and in contact with the hoop. - Body position: upper body is in a back arch position
F98	Vertical Hang Back Bend		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, both legs - Arm position: arms are fully extended and holding the high bar - Leg position: legs are fully extended, the front of both legs has contact with the low bar. Legs and body are on the same side of the hoop. - Body position: inverted, back arch
F99	Vertical Split		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both legs, both hands - Arm Position: Both arms are fully extended and hands are holding the high bar of the hoop. - Leg position: both legs are fully extended in front split position in contact with the hoop. Front leg is touching the high bar and the back leg is touching the low bar. - Body position: back arch - Angle of split: a minimum of 180°
F100	Back Balance Needle 1		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: lower back, glutes, one foot - Arm position: both arms extended and holding the shin/ankle of back leg over the head - Leg position: both legs are fully extended in front split position. - Body position: body is in a back bend position around the side bar with one foot on the other side bar. Body is angled downwards.
F101	Back Bend in the Moon		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, one arm, abdominal part of the torso, hips, one leg (optional) - Arm position: one arm is bent with hand holding the side bar in front of the body. The other arm is between the legs with hand holding the opposite side bar behind the body. - Leg position: legs are in a fixed position of choice and knees higher than the shoulders - Body position: in a back arch position inside the hoop

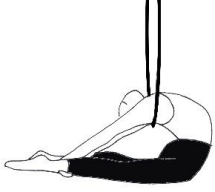
Code No.	Name	Element	Tech. Value	Criteria
F102	Capezio Split		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: underarm of inside arm, back, back leg, hand of outside arm (optional) - Arm position/grip: the inside arm is fully extended with hand holding front leg at ankle/shin level. The outside arm is fully extended with hand holding back leg at ankle/shin level. - Leg position: both legs are fully extended in split position - Body position: upright - Angle of split: a minimum of 180°
F103	Chest Stand Split		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, both legs, chest, chin (optional) - Arm position: both arms are extended, holding the hoop with the hands - Leg position: both legs are fully extended in a front split, back leg is over the head and is between the hand/arm and hoop - Body position: inverted, back is arched - Angle of split: a minimum of 180°
F104	Cocoon 3		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of knee of front leg - Arm position: both arms are over the head and fully extended, holding foot/ankle of back leg - Leg position: in split position, back leg is fully extended - Body position: inverted and back arch - Angle of split: a minimum of 160°
F105	Jigsaw 2		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands - Arm Position: arms are extended, arm with leg leaning on it can be bowed, but not bent - Leg position: both legs are fully extended in front split position. Front leg is horizontal, behind the body and leaning to the same side arm. Other leg is pointing backwards - Body position: torso is horizontal - Angle of split: a minimum of 180°
F106	Flying Russian Back 3		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, one foot - Arm position: both arms are extended and holding the high bar of the hoop - Leg position: legs are fully extended in a straight front split position. The front leg is horizontal, and the foot of the front leg is on the low bar. - Body position: upper body is horizontal - Angle of split: a minimum of 180°

Code No.	Name	Element	Tech. Value	Criteria
F107	Foot Hang Split 1		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one foot and ankle (optional) - Arm position: in a fixed position of choice, no hand contact with the hoop, at least one hand is holding the ankle/foot of the lower leg - Leg position: both legs are fully extended in a split position, lower leg is in contact with the back of the same shoulder - Body position: inverted - Angle of split: minimum 180°
F108	Hip Split Balance 2		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hip - Arm position: minimum one hand is holding the front leg at the foot or ankle - Leg position: both legs are fully extended in front split position and parallel to the floor - Body position: torso is horizontal with 20° tolerance, balancing on one hip - Angle of split: a minimum of 180°
F109	Marchenko in the Moon		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, crook of one knee, calf/ankle of the other leg, torso - Arm position: both hands are holding the side bar, above the extended leg - Leg position: legs are in a half split, one leg is bent and hooked around the side bar, the other leg is extended over the head, is between the same side arm and the hoop, and is horizontal. - Body position: inverted, back is arched
F110	Mexican Legs Closed One Hand		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hands - Arm Position: one arm is extended with hand holding the hoop between the legs, other arm in fixed position of choice - Leg position: Legs are fully extended and closed with feet and ankles, lower than hips - Body position: inverted, back arch
F111	Neck Balance Split		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: back of arms, back of shoulders, neck, back of head (optional), upper back contact (optional) - Arm position: arms are over the head and extended, holding the shin/ankle of the back leg - Leg position: both legs are fully extended in a front split position, with the back leg over the head - Body position: upright, in a back arch - Angle of split: a minimum of 160°

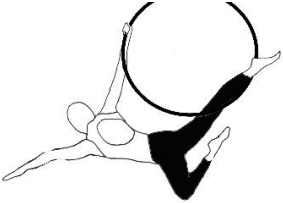
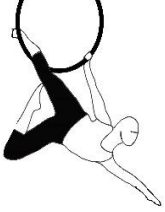

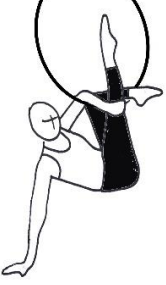
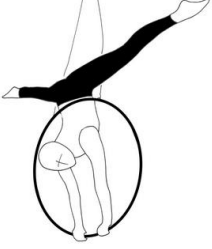
Code No.	Name	Element	Tech. Value	Criteria
F112	Rainbow Gazelle		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum 2 seconds. - Points of contact: front leg in its entirety in contact with the hoop (including foot), lower back, glutes, thighs/knee of back leg. - Leg position: legs are in a half split position, with the back leg fully extended, and the front leg bent. - Arm position: fully extended, both hands holding the leg. - Body position: inverted with back arch. - Angle of split: a minimum of 180°
F113	Back Bend Gazelle		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds. - Points of contact: both legs, lower back, glutes, hand of one arm. - Arm position: one arm is fully extended with no contact with the hoop, with the hand holding the back leg at ankle/shin. The hand of the other arm is holding the hoop on the low bar - Leg position: both legs are fully extended in a horizontal split position. - Body position: inverted with back arch, chest is facing downwards. - Angle of split: a minimum of 180°
F114	Reverse Meathook One Hand Split		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand, opposite leg (optional) - Arm position: one arm is bent and hand is holding the hoop behind the back, other arm is holding the same side leg - Leg position: legs are fully extended in a front split position - Body position: back is leaning on one arm, upper body is facing sideways - Angle of split: a minimum of 180°
F115	Side Eagle Split		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one underarm, one hand, upper back, one leg, side of torso (optional), neck (optional), foot (optional) - Arm position: one arm is fully extended with hand holding the same side shin, the other arm may be bent with hand holding the hoop around the same side leg. - Leg position: legs are fully extended in a front split position. One leg is extended towards the back, while the other is extended, in contact with the side and high bar of the hoop and on the same side of the hoop as the arm with hand contact. - Body position: upper body is horizontal
F116	Tear Drop Feet Hook		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, both calves (optional) - Arm position: arms are extended and hands are holding the high bar - Leg position: legs are fully extended over the head, ankles/feet are hooked around the slings. Feet can be flexed - Body position: upright, in a back arch

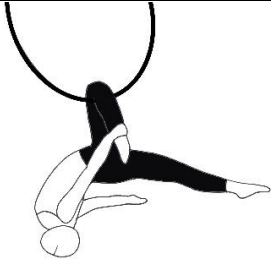
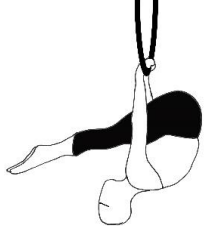


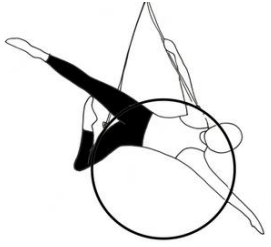
Code No.	Name	Element	Tech. Value	Criteria
F117	Upright Balance Back Bend Split		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand, torso, pelvis, one thigh, one foot, ankle (optional). - Arm position: One hand is holding the hoop in front of the body, the other arm is over the head and extended, with the hand holding the shin/ankle of the back leg. - Leg position: both legs are fully extended in a front split position, with the back leg over the head and foot in contact with the hoop. - Body position: upright, in a back arch - Angle of split: a minimum of 180°
F118	V Back Bend		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, one shin, ankle (optional) and foot of one leg, shin and/or knee of other leg optional - Arm position: arms are extended over the head and hands are holding the hoop - Leg position: the leg in contact with the hoop is fully extended, the foot may be flexed (optional), the other leg is extended over the head with optional contact with the hoop - Body position: facing downwards with the torso completely under the low bar, back arch
F119	Back Balance Split 3		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: lower back on the low bar and one foot/ankle/heel on the high bar - Arm position: both arms fully extended and holding the shin/ankle of back leg over the head - Leg position: both legs are fully extended in front split position. - Body position: inverted, balancing on the back - Angle of split: a minimum of 180°
F120	Back Bend Pretzel		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of one elbow - Arm Position: hanging from one elbow, arms are bent, hands are holding the opposite legs at ankle or foot over the head - Leg position: legs are bent with both legs in ring position - Body position: upright, back arch
F121	Chest Balance Rainbow		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one arm (and hand), shoulder (optional), chest - Arm position: one hand is holding the side bar, the other hand is holding the ankle of the opposite leg over the head - Leg position: both legs are fully extended in a front split position. - Body position: inverted, balancing on the chest - Angle of split: a minimum of 180°

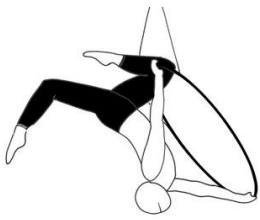

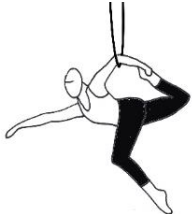

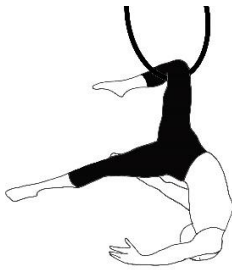

Code No.	Name	Element	Tech. Value	Criteria
F122	Chest Stand Back Bend		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, feet, chest, neck (optional), side of the jaw (optional) - Arm position: one hand is holding the side bar, other hand is holding the low bar in front of the head - Leg position: legs are bent backwards, one foot is touching the side bar over the head, other foot is touching the low bar in front of the head - Body position: inverted, inside the hoop except one arm and in a back arch
F123	Knee Hook Rainbow Marchenko		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of one knee, shin of other leg, knee of other leg (optional), both hands - Arm position: arms can be bent, and hands are holding the hoop over the head and above the leg - Leg position: one leg is bent, other leg is over the head - Body position: facing downwards, back arch
F124	Needle Oversplit		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: sole of one foot, back, shoulders (optional), glutes (optional) - Arm position: both arms are extended over the head and holding the foot/ankle of back leg - Leg position: oversplit position with both legs extended, back leg and foot must be stretched over the head - Body position: upright, standing on the low bar - Angle of split: a minimum of 190°
F125	Rainbow Marchenko #		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds. - Points of contact: one foot/ankle, one thigh, glutes (optional), side of torso, hand of one arm, one arm (optional) - Arm position: one arm is extended with no contact with the hoop, with the hand holding the back leg at ankle/foot. The other arm is bent and the hand is holding the hoop - Leg position: both legs are fully extended in a front split position - Body position: inverted, back arch, chest is facing downwards - Angle of split: a minimum of 180°
F126	Single Hox Cocoon		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of one knee - Arm position: hands have contact with opposite legs. Both arms are fully extended. Hand holding bent leg is holding at the ankle/foot, hand holding straight leg is holding at the shin. - Leg position: one leg is bent, the other is fully extended - Body position: inverted, twisted and in back arch

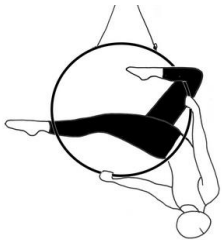

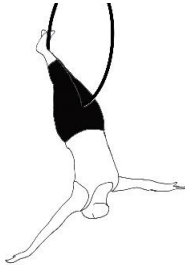



Code No.	Name	Element	Tech. Value	Criteria
F127	Yogini 2		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: underarms (optional), shoulder blades - Arm position: extended over the head, and holding the legs at ankle/shin - Leg position: legs are fully extended, to the back, and horizontal - Body position: upright, in a back arch

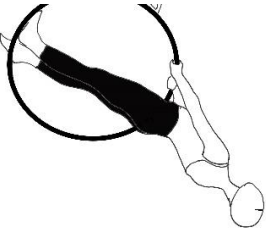
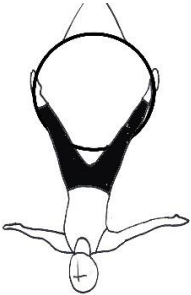



STRENGTH ELEMENTS



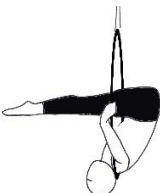


Code No.	Name	Element	Tech. Value	Criteria
S1	Angel Bent Leg		0.1	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand, one arm (optional), one leg, one foot (optional) - Arm Position: one hand is holding the hoop with the arm extended, the other arm is in fixed position of choice without contact with the hoop - Leg position: in half split position, with upper leg and foot touching the hoop - Body position: facing downwards, torso is horizontal
S2	Arabesque 2		0.1	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand and the same side leg, and foot (optional) - Arm position: one arm is fully extended with hand holding the hoop. Other arm is in a fixed position of choice without contact with the hoop - Leg position: The leg in contact with the hoop is extended, the foot might be flexed (optional). The other leg is bent in passé position - Body position: facing downwards, vertical or diagonal down.
S3	Basic Invert		0.1	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, both thighs - Arm position: both arms are fully extended - Leg position: both legs are fully extended - Body position: inverted, the full body is aligned
S4	Elbow Hold Hang		0.1	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of one elbow, one crook of knee, other knee/calf (optional) - Arm Position: hanging from one elbow holding the opposite leg, other arm is in a fixed position of choice - Leg position: one leg is bent and in contact with the hoop, other leg is fully extended and at a 90° angle to the hoop - Body position: upright
S5	Handstand Straddle 1		0.1	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: hands, lower back, glutes (optional) - Arm position: arms are fully extended and pushing against the low bar - Leg position: legs are fully extended in a straddle position with thighs in contact with the slings - Body position: inverted




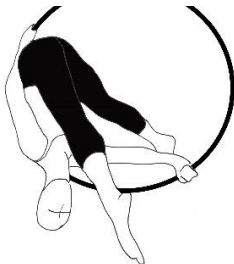
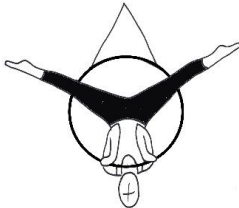
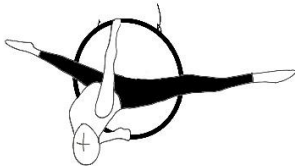
Code No.	Name	Element	Tech. Value	Criteria
S6	Knee Hang		0.1	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of one knee - Arm position: in fixed position of choice with no contact with the hoop, one hand holding the ankle of the upper leg - Leg position: one leg is bent and holding the hoop with the crook of the knee. The back leg is horizontal. - Body position: inverted
S7	Pike Hang		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 with hand holding the low bar of the hoop - Leg position: both legs are fully extended and closed in a pike position, between the arms - Body position: inverted
S8	Single Point Flag		0.1	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, shoulder blades and upper back. - Arm position: both arms are fully extended, one arm is in vertical position with hand holding the high bar of the hoop, the other arm is in horizontal position, with hand holding the side bar of the hoop - Leg position: legs are fully extended and closed in pencil position - Body position: upright
S9	Arabesque 3		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand, opposite leg, back (optional) - Arm position: one arm is fully extended with hand holding the high bar of the hoop. Other arm is in a fixed position of choice without contact with the hoop - Leg position: The leg in contact with the hoop is fully extended with foot/ankle in contact with the sling. The other leg is bent - Body position: inverted, facing downwards
S10	Arabesque on the Slings		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: back of one shoulder (optional), both legs, both glutes (optional) - Arm Position: one arm is fully extended with hand holding one sling, the other arm in fixed position of choice without contact with the hoop - Leg position: one leg is fully extended with the leg in between the sling and the high bar of the hoop (front of thigh in contact with the sling, glutes and back of thigh have contact with the hoop), the other leg is bent and in contact with the side bar (glute contact with the side bar optional) - Body position: angled downwards

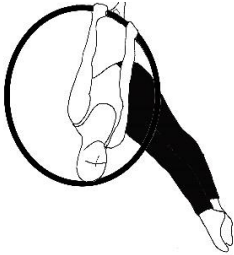
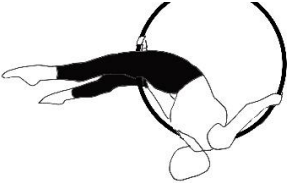
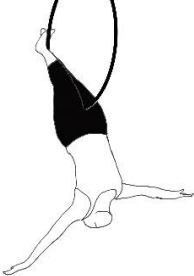
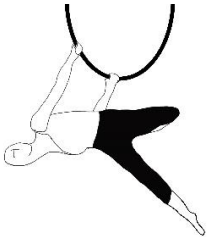
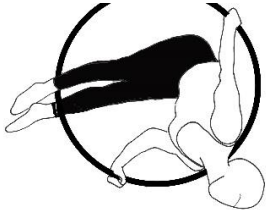

Code No.	Name	Element	Tech. Value	Criteria
S11	Butterfly		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, the crook of one knee - Arm position: both arms are fully extended. One hand is holding the low bar of the hoop, other arm is holding the high bar. - Leg position: legs are bent with one leg bent around the high bar. The other leg is bent to the back of the body with no hoop contact. - Body position: inverted
S12	Candlestick		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands and both legs and both feet - Arm position: both arms are fully extended with hands holding the hoop - Leg position: both legs are fully extended and ankles crossed holding the hoop between the legs. Feet can be flexed (optional). - Body position: Inverted
S13	Elbow Hang		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of one elbow - Arm Position: hanging from one elbow holding the opposite leg at ankle or foot, other arm is in a fixed position of choice - Leg position: legs are bent - Body position: facing downwards
S14	Side Flag		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, arms (optional), one underarm (optional), side of torso - Arm position: both arms are fully extended, one hand is holding the high bar and the same side torso is in contact with the hoop. The other hand is holding the low bar of the hoop. - Leg position: legs are fully extended and closed - Body position: upright
S15	Single Leg Hang		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of one knee - Arm position: in fixed position of choice with no contact with the hoop or the legs - Leg position: One leg is bent and holding the hoop with the crook of the knee. The other leg is in fixed position of choice without contact with the hoop - Body position: Inverted
S16	Single Yogini		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one underarm - Arm position: The hand that is holding the hoop with underarm is extended and holding the same side foot or ankle. The other arm is in fixed position of choice without contact with the hoop. - Leg position: one leg is bent and in contact with the arm. Other leg is in fixed position of choice without contact with the hoop. - Body position: upright


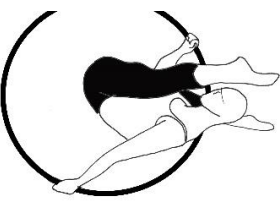
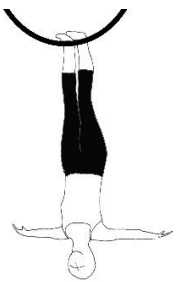
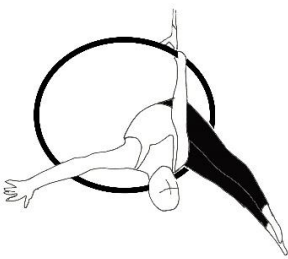

Code No.	Name	Element	Tech. Value	Criteria
S17	Supported Outside Knee Hang		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, both legs, side of torso - Arm position: both arms are fully extended. Outside hand is holding the low bar of the hoop, inside hand is holding the side bar below the bent leg. - Leg position: outside leg is bent and holding the hoop at the crook of the knee. Inside leg is fully extended in a horizontal position. Both legs are on the same side of the hoop. - Body position: inverted.
S18	Underarm Pike		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both underarms, chest - Arm position: hands are holding the calves or ankles - Leg position: legs are in pike position without contact with the hoop, and level with or higher than the hips - Body position: upright
S19	Candlestick No Hands 1		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both legs and both feet - Arm position: fixed position of choice without contact with the hoop - Leg position: both legs are fully extended and ankles crossed holding the hoop between the legs. Feet can be flexed (optional). - Body position: inverted
S20	Eagle		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both underarms, upper back, biceps (optional) - Arm position: both arms are fully extended, holding the hoop with underarms, the hoop behind the back - Leg position: legs are in a fixed of position or choice without contact with the hoop - Body position: upright
S21	Front Amazon		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand, back, one underarm - Arm position: both arms are fully extended. The inside arm is holding the hoop with underarm, and the outside arm is to the side and holding the hoop with the hand. - Leg position: legs are in fixed position of choice without contact with the hoop - Body position: upright
S22	Matrix		0.3	<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, one hand is holding the high bar, the other hand is holding the low bar - Leg position: legs are bent and back leg is horizontal - Body position: upright with torso angled at a 45° to the floor


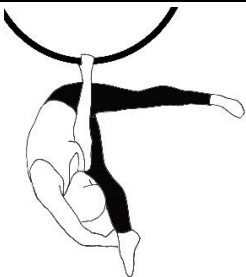
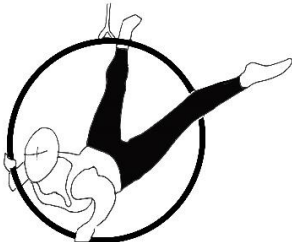
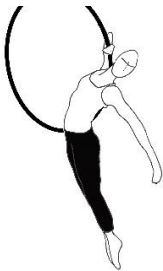
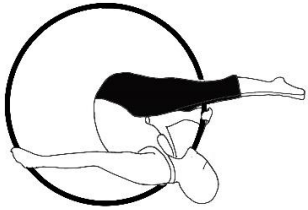
Code No.	Name	Element	Tech. Value	Criteria
S23	Side Stand		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, both inner thighs, both feet - Arm position: both arms are extended with hands holding the hoop from the side - Leg position: both legs are fully extended and stepping to the side of the hoop. Feet may be flexed(optional) - Body position: Fully extended and facing upwards
S24	Ankle Hang		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both legs, feet - Arm position: fixed position of choice without contact with the hoop - Leg position: both legs are fully extended. Feet are hooked around the back of the side bars. Legs do not have contact with the slings. - Body position: inverted, torso facing in the same direction as the hoop. Body in front of the hoop.
S25	Elbow Hold Straddle		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of one elbow - Arm position: one arm is bent and holding the hoop with the crook of the elbow, the other arm is in fixed position of choice without contact with the hoop - Leg position: both legs are fully extended in straddle position, at least one foot is higher than shoulders - Body position: upright
S26	Handstand Gazelle		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, one leg, glutes, side of torso - Arm position: both arms are fully extended pushing against the low bar with the hands - Leg position: one leg is bent and wrapped around one of the slings. The other leg is extended backwards and is in contact with the other sling. - Body position: inverted and back arch
S27	One Arm Pike		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand - Arm position: one arm is extended and holding the hoop with one hand, the other arm is wrapped around the legs - Leg position: legs are extended and closed in pike position - Body position: upright




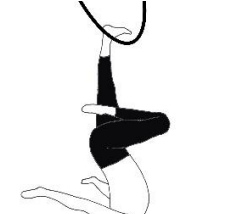
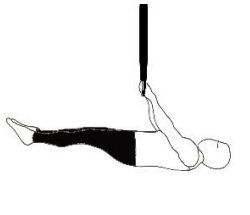
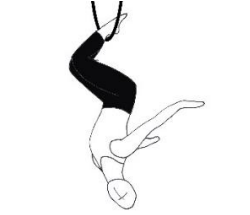
Code No.	Name	Element	Tech. Value	Criteria
S28	One Handed Pencil Hang		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand - Arm position: one arm is extended and hand is holding the high bar. Other arm is in a fixed position of choice with no contact with the hoop - Leg position: both legs are fully extended and closed in pencil position - Body position: upright and totally extended in a straight line (including the hips)
S29	Side Amazon		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand, opposite shoulder, side of torso, back, neck, head (optional) - Arm position: both arms are fully extended. One arm is in front of the body and holding the hoop with the hand, other arm is in fixed position of choice without contact with the hoop. - Leg position: legs are in fixed position of choice without contact with the hoop - Body position: upright
S30	Shoulder Stand Pike		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: shoulders, both arms, hands, and neck (optional) - Arm position: hands holding the side bars with arms in contact with the side bars - Leg position: Legs are in pike position, legs are fully extended and horizontal. - Body position: inverted
S31	Shoulder Stand Tuck		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: shoulders, both arms, hands, and neck (optional) - Arm position: holding the side bars - Leg position: Legs are in tuck position, the chest has contact with the thighs. - Body position: inverted
S32	Walking Man		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both legs and both feet - Arm position: fixed position of choice without contact with the hoop - Leg position: both legs are fully extended except the feet. The hoop is between the legs and the legs and feet are holding the hoop one leg on each side of the hoop. - Body position: inverted

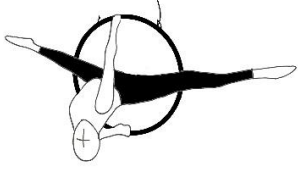

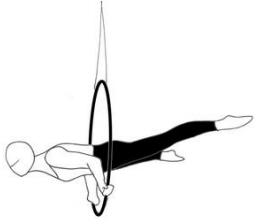
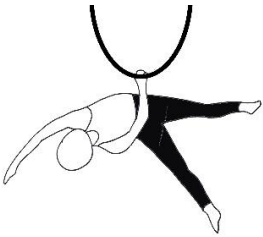
Code No.	Name	Element	Tech. Value	Criteria
S33	Back Hang Pike		0.5	<ul style="list-style-type: none"> - Hold the position a minimum of 2 seconds - Points of contact: both hands, wrists, and forearms (optional) - Arm position: arms are fully extended with hands holding the hoop behind the body - Leg position: legs are fully extended in pike position and parallel to the floor. - Body position: upright, facing downwards
S34	Elbow Hang Amazon 1		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of one elbow, side of the neck (optional), side of torso (optional) back (optional), hip (optional), leg (optional) - Arm position: upper arm is bent and holding the hoop at the tab (slings contact allowed) with the crook of the elbow, other arm is in fixed position of choice without contact with the hoop - Leg position: both legs are fully extended and closed - Body position: upright
S35	Feet Hang Pike		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both feet - Arm position: the hands are holding the legs - Leg position: both legs are extended and in pike position. The feet are holding the hoop. - Body position: upright
S36	Inverted Straddle		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, back and one shoulder, neck (optional) - Arm position: one arm is in the vertical position with the hand holding the hoop behind the back, the other arm is in the horizontal position with the hand holding the hoop in front of the body - Leg position: legs are fully extended in straddle position - Body position: inverted
S37	Handstand Straddle 2		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands and legs, chest (optional) - Arm position: arms are bent and in front of the chest - Leg position: legs are fully extended in straddle position and in contact with the side bars - Body position: Inverted
S38	Horizontal Straddle 1		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: both arms are extended. One hand is holding the high bar and the other hand the low bar of the hoop - Leg position: both legs are fully extended in straddle position with both legs in contact with the hoop - Body position: horizontal and back arch

Code No.	Name	Element	Tech. Value	Criteria
S39	Meathook		0.5	<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 with hands holding the hoop. One of the arms is pressed between the torso and the legs - Leg position: both legs are fully extended in pike position on one side and leaning to one arm - Body position: inverted
S40	Mexican Stand		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands and one shoulder, neck (optional), one arm (optional) - Arm position: One arm is leaning to the hoop with the shoulder and the hand is holding the hoop behind the back between the legs. Other hand is holding the hoop in front of the body - Leg position: both legs are fully extended in straddle position with feet and ankles lower than the hand holding the hoop behind the back and between the legs - Body position: inverted and back arch
S41	Candlestick No Hands 2		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both legs - Arm position: fixed position of choice without contact with the hoop - Leg position: both legs are fully extended and ankles crossed holding the hoop between the legs. - Body position: inverted
S42	Reverse Meathook		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands - Arm position: both hands are holding the hoop, one arm is bent and behind the back, other arm is extended - Leg position: legs are in fixed position of choice without contact with the hoop - Body position: back is leaning to one arm and torso is in horizontal position.
S43	Shoulder Press Pike		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, one shoulder, neck (optional), both ankles/legs - Arm position: one arm is fully extended with hand holding the hoop behind the back, other arm is bent with hand holding the hoop in front of the body - Leg position: both legs are fully extended and closed in pike position and horizontal - Body position: inverted
S44	Shoulder Stand Stag		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: neck (optional), shoulders, arms, hands(optional) - Arm position: extended on the sides or holding the hoop - Leg position: both legs are bent in stag position without contact with the hoop - Body position: Inverted

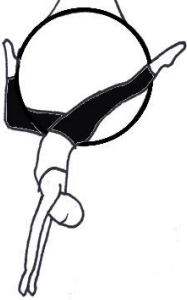


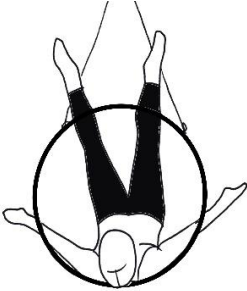

Code No.	Name	Element	Tech. Value	Criteria
S45	Heel Hang Tuck		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both heels - Arm position: wrapped around the legs - Leg position: legs are bent in a tuck position - Body position: the arms pulling the chest towards the knees
S46	Icarus Straddle		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, one shoulder - Arm position: upper arm is bent with hand holding the hoop, lower arm is fully extended with hand holding the hoop behind the back - Leg position: both legs are fully extended in even straddle position and horizontal - Body position: inside the hoop leaning with one shoulder to the side of the hoop, inverted so the hips are higher than head
S47	Feet Hang		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both feet - Arm position: both arms are in fixed position of choice - Leg position: both legs are fully extended and closed. Feet are flexed and holding the hoop - Body position: inverted and totally extended in a straight line (including the hips) or with the upper body arched backwards, head should be directly beneath the hips
S48	Meathook Single Arm		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand - Arm position: One arm is fully extended and holding the hoop with one hand. The extended arm is pressed between the torso and the legs. The other arm is in fixed position of choice without contact with the hoop - Leg position: both legs are fully extended and closed in pike position on one side leaning to one arm - Body position: inverted
S49	Mexican Stand One Hand		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), one arm (optional), glutes (optional), thighs (optional) - Arm position: One hand is holding the hoop behind the back and between the legs. The other arm is in a fixed position of choice, with shoulder contact with the hoop. - Leg position: both legs are fully extended in straddle position with feet and ankles lower than the hand holding the hoop behind the back and between the legs - Body position: inverted and back arch





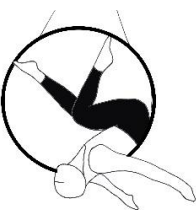

Code No.	Name	Element	Tech. Value	Criteria
S50	Shoulder Press Tuck		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, one shoulder, neck(optional) - Arm position: one arm is fully extended with hand holding the hoop behind the back, other arm is bent with hand holding the hoop in front of the body - Leg position: both legs are bent in a tuck position - Body position: inverted
S51	Side Straddle Meat Hook		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand - Arm position: inside arm is fully extended with hand holding the hoop, the arm is pressed between the torso and at least one leg. Outside hand is holding the foot/ankle of opposite leg - Leg position: both legs are fully extended in straddle position on one side of the body - Body position: inverted
S52	Crocodile		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, one leg (optional) - Arm position: both arms are bent. The lower arm is supporting the body with the hand in contact with the low bar, the elbow/upper arm is leaning to the torso, the hand of the upper arm is holding the side of the hoop - Leg position: both legs are fully extended in straddle position, feet higher than head - Body position: torso is horizontal
S53	Elbow Hang Amazon 2		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of one elbow, side of the neck, side of torso, back, hip (optional), leg (optional) - Arm position: upper arm is bent and holding the hoop with the crook of the elbow (contact with the tab or slings is not allowed), other arm is in fixed position of choice without contact with the hoop - Leg position: both legs are fully extended and closed - Body position: upright
S54	Icarus Pike		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands, one shoulder, both legs - Arm position: upper arm is bent with hand holding the hoop, lower arm is fully extended with hand holding the hoop behind the back - Leg position: legs are fully extended, closed in pike position and parallel to the floor - Body position: inverted and inside the hoop (except head and legs) leaning with one shoulder to the side of the hoop


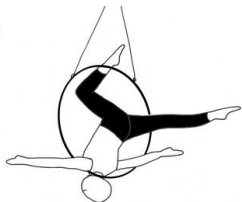

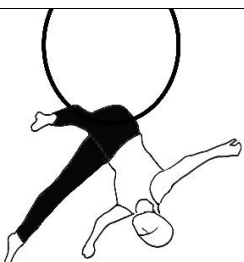
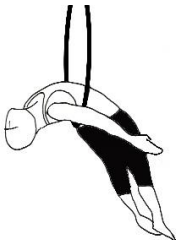

Code No.	Name	Element	Tech. Value	Criteria
S55	Back Horizontal Plank Passé		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands - Arm position: arms are fully extended with hands holding the hoop - Leg position: one leg is extended, other leg is in passé position - Body position: facing downwards, straight leg and torso parallel to the floor
S56	Front Horizontal Plank 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 with hands holding the hoop - Leg position: one leg is extended, the other leg is in passé position - Body position: facing upwards, straight leg and torso are parallel to the floor
S57	Back Horizontal Plank		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands - Arm position: arms are fully extended with hands holding the hoop - Leg position: both legs are extended and closed - Body position: facing downwards, legs and torso are horizontal and in a straight line
S58	Foot Hang		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one foot and ankle (optional) - Arm position: both arms are extended in a fixed position of choice - Leg position: one leg is fully extended with flexed foot holding the hoop. The other leg is in a bent position of choice, foot lower than the low bar - Body position: inverted, head should be directly beneath the hips, back may be arched
S59	Front Horizontal Plank		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 extended with hands holding the hoop - Leg position: both legs are fully extended and closed - Body position: facing upwards, legs and torso are horizontal and in a straight line
S60	Heel Hang		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both heels/ankles - Arm position: in a fixed position of choice, without contact with the hoop or the legs - Leg position: legs are bent with knees and ankles together - Body position: inverted, head should be directly beneath the hips, back may be arched



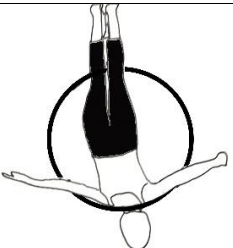
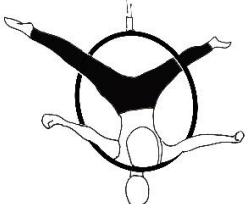
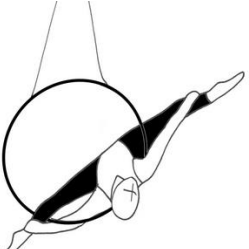
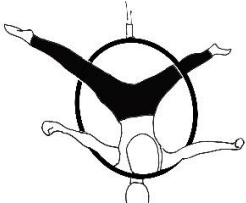
Code No.	Name	Element	Tech. Value	Criteria
S61	Horizontal Straddle 2		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both hands - Arm Position: both arms are extended. One hand is holding the high bar and the other hand the low bar of the hoop - Leg position: both legs are fully extended in straddle position - Body position: torso is horizontal, back arch
S62	Neck Hang		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: neck, nape - Arm position: fixed position of choice without contact with the hoop - Leg position: legs are fully extended and closed - Body position: upright
S63	Peacock Plank		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 bent with hands holding the low bar, torso and hips are leaning on the elbows/upper arms - Leg position: both legs are fully extended in a horizontal straddle position without contact with the hoop - Body position: legs and torso are horizontal
S64	Reverse Meathook One Hand		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hand - Arm position: one hand is holding the hoop with bent arm behind the back, other arm is in fixed position of choice - Leg position: legs are in fixed position of choice without contact with the hoop - Body position: back is leaning on the arm that is behind the body, torso is in a horizontal position

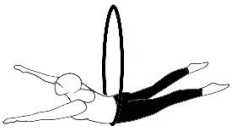
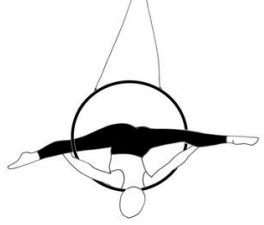


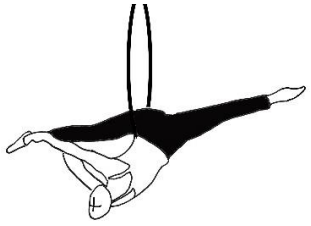

BALANCE BASED ELEMENTS

Code No.	Name	Element	Tech. Value	Criteria
B1	Balance Gazelle		0.1	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: front leg, calf, or shin of back leg (optional), one hip, lower back/glutes (optional) - Arm Position: arms in fixed position of choice with no contact with the hoop - Leg position: front leg is bent and hooked around the hoop. Back leg is fully extended - Body position: inverted
B2	Man in the Moon		0.1	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: back, glutes, both feet, one shoulder (optional), side of the neck - Arm position: arms in fixed position of choice with no contact with the hoop - Leg position: both legs are bent and feet are touching the inside of the hoop - Body position: upright, the whole body is inside the hoop except the arms
B3	Back Balance One Leg		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: lower back on the low bar and one foot or ankle on the high bar - Arm position: fixed position of choice without contact with the hoop - Leg position: one leg is extended and ankle or foot is touching the high bar. Other leg in position of choice without contact with the hoop - Body position: inverted, balancing on the back
B4	Chest Stand No Hands		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: chest, upper arms, back of legs, shoulders (optional) - Arm position: arms are fully extended and in contact with the low bar, no hands contact with the hoop - Leg position: legs are fully extended and in contact with the high bar (and the slings). Feet must not hook around the slings - Body position: inverted, back arch
B5	Upright Balance		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both inner thighs - Arm position: fixed position of choice without contact with the hoop - Leg position: fully extended and closed, pencil position - Body position: upright, the low bar of the hoop is between the legs

Code No.	Name	Element	Tech. Value	Criteria
B6	Man in the Moon Straight Legs		0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: back, both ankles, one shoulder, side of the neck - Arm position: arms in fixed position of choice with no contact with the hoop - Leg position: both legs are extended and crossed, the ankles are touching the hoop - Body position: upright
B7	Back Balance Stag		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: lower back on the low bar - Arm position: fixed position of choice without contact with the hoop - Leg position: both legs are bent in stag position - Body position: inverted, balancing on the lower back
B8	Cocoon 4		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: crook of knee of front leg - Arm position: both arms are over the head and can be bent, holding foot of back leg - Leg position: both legs are bent, back leg is in ring position - Body position: inverted and back arch
B9	Hip Tuck Balance		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hip - Arm position: fixed position of choice without contact with the hoop - Leg position: tuck position - Body position: Inverted, balancing with one hip on the low bar of the hoop.
B10	Inverted Man in the Moon		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: back, both feet, one shoulder, side of the neck, glutes (optional) - Arm position: arms in fixed position of choice with no contact with the hoop - Leg position: both legs are bent and feet are touching the inside of the hoop - Body position: inverted, the whole body (except arms and head) is inside the hoop
B11	Inverted Tree Balance		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hip, one thigh, one foot/ankle, torso (optional) - Arm position: fixed position of choice without contact with the hoop or the body - Leg position: one leg extended and touching the high bar with the foot/ankle. The other leg is bent with the thigh and hip in contact with the low bar. - Body position: inverted and balancing on the low bar

Code No.	Name	Element	Tech. Value	Criteria
B12	Seated Balance 1		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: the back side of the upper thighs - Arm position: In a fixed position of choice without contact with the hoop - Leg position: legs are bent and closed - Body position: Upright, holding a balance sitting on the low bar of the hoop
B13	Shoulder Stand Half Split		0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: neck (optional), shoulders (optional), one heel/back of ankle, arms, no hand contact allowed - Arm position: extended to the sides, with no hand contact allowed - Leg position: one leg is bent and in contact with the high bar at the heel/back of the ankle. The other leg is fully extended backwards in a horizontal position. - Body position: inverted
B14	Back Balance Ring 2		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: lower back on the low bar and one foot/ankle/heel on the high bar - Arm position: arms can be bent and holding the foot of back leg over the head - Leg position: one leg (or foot) is extended and touching the high bar. Other leg is in ring position - Body position: inverted, balancing on the back
B15	Hip Straddle Balance		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hip - Arm position: fixed position of choice without contact with the hoop - Leg position: straddle position - Body position: Inverted, balancing with one hip on the low bar of the hoop.
B16	Back Balance Extended 1		0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: lower back on the low bar - Arm position: fixed position of choice without contact with the hoop - Leg position: both legs are fully extended and closed, with legs below the low bar - Body position: upper body is in a back arch position, balancing on the lower back
B17	Back Balance Bent Legs		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: lower back on the low bar - Arm position: fixed position of choice without contact with the hoop - Leg position: both knees are bent and closed. Feet higher than the low bar of the hoop - Body position: inverted, balancing on the back

Code No.	Name	Element	Tech. Value	Criteria
B18	Back Balance Extended 2		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: lower back, glutes (optional) - Arm position: arms are fully extended to the back and hands hold the same side leg at ankle/shin level - Leg position: legs are fully extended - Body position: back arch position, balancing on the lower back, head is lower than glutes
B19	Hip Twisted Scissor Balance		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hip, both thighs, side of torso/back (optional) - Arm position: both hands are holding the opposite ankle, inside arm is fully extended, the outside arm may be bent - Leg position: both legs are fully extended and open, one leg is in contact with the back of shoulder - Body position: inverted, twisted
B20	Shoulder Stand		0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: neck (optional), shoulders, legs, arms (optional), no hand contact is allowed - Arm position: extended on the sides - Leg position: legs are fully extended with one leg in front of the other, the high bar of the hoop is between the legs. - Body position: Inverted and fully extended
B21	Shoulder Stand Straddle 1		0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: neck (optional), shoulders, arms (optional), no hand contact is allowed - Arm position: extended on the sides - Leg position: both legs are fully extended in straddle position with feet at a lower level than the hips - Body position: Inverted
B22	Shoulder Stand Straddle Balance		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds. - Points of contact: back, one shoulder, (second shoulder optional), neck (optional), legs (optional), one arm. - Arm position: One arm is fully extended and holding the ankle/calf of the same leg. The other arm comes around the hoop from the back and is holding the ankle/shin of the same leg. - Leg position: Both legs are fully extended in a straddle position. - Body position: Inverted
B23	Shoulder Stand Straddle 2		0.7	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: neck (optional), shoulders, arms (optional), no hand contact is allowed - Arm position: extended on the sides - Leg position: both legs are fully extended in straddle position without contact with the hoop, with the feet at a higher level than the hips - Body position: Inverted

Code No.	Name	Element	Tech. Value	Criteria
B24	Aeroplane No Hands		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: hips - Arm position: In a fixed position of choice without contact with the hoop - Leg position: legs are fully extended, higher than the low bar of the hoop - Body position: Horizontal, balancing on the hoop with hips
B25	Shoulder Balance Split 2		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds. - Points of contact: neck, shoulders, legs, arms - Arm position: One arm holds the same side leg around the hoop from the back, the other arm is extended and holding the same side leg. - Leg position: Both legs are fully extended in a front split position. - Body position: Inverted
B26	Stag in the Moon		0.8	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: both feet, both knees (knee of top leg is optional), one shoulder (other shoulder optional), one arm, chest - Arm position: Arms are fully extended on the sides - Leg position: legs are in stag position. Knees (knee of upper leg is optional) and feet are leaning to the hoop - Body position: inverted and inside the hoop except the arms, head, and knee of top leg (optional)
B27	Back Balance Needle 1		0.9	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: lower back, glutes, front leg, foot (optional) - Arm position: Both arms fully extended, holding ankle/shin of back leg over the head. - Leg position: Both legs are fully extended. - Body position: Inverted, on the high bar in between the slings, and in back arch.
B28	Hip Split Balance 3		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: one hip - Arm position: minimum one hand is holding the front leg at the foot or ankle - Leg position: both legs are fully extended in front split position and parallel to the floor - Body position: torso is horizontal, balancing on one hip - Angle of split: a minimum of 180°
B29	Teardrop		1.0	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact: lower back, glutes (optional) - Arm position: both arms are extended over the head and holding both legs at the ankles/feet over the head - Leg position: both legs are fully extended - Body position: back arch position, balancing on the lower back, head is lower than glutes